

Abstract As the gaming scene grows the more popular it becomes the more important it becomes to consider how well gamers themselves understand the risks to hearing present in the medium and whether they take any steps to protect their own hearing. A recent review study has indicated that many gamers might be exposed to unsafe noise levels while gaming, but this study does not consider how well gamers themselves understand these risks. This study seeks to investigate how well adult gamers themselves understand the noise exposure risks while gaming and what measures they take to protect their own hearing while gaming. This is accomplished with a digital Google forms survey spread via Discord, asking demographic questions and asking participants to estimate the dB level the average gamer is exposed to along with asking them what precautions they take to protect their hearing while gaming. The survey had responses from 76 participants from several different age groups, genders, and countries with varied gaming habits. The findings of this study reveal that most participants (81%, N=62) assume the noise exposure while gaming to be below 75 dB and the average estimated noise exposure was 60.8 dB, this is considerably lower than the review article's finding, yet despite this, nearly all participants (85.5%, N=65) still took some sort of steps to protect their hearing while gaming. These results indicate a potential lack of understanding of noise exposure in gaming but also a potential link between hearing protection measures taken and gaming frequency. Further research into the awareness of hearing risks and safe listening behaviors among gamers could help lead to a better understanding and prevention of hearing dangers.

Keywords: Discord, Gaming, Hearing, Hearing awareness, Hearing loss, Safe listening