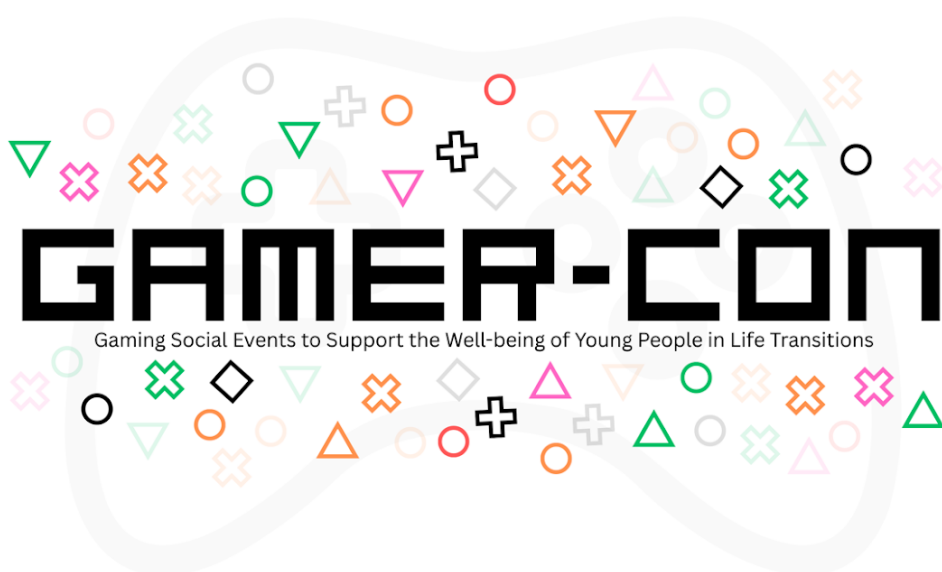


Gamer-Con Activity 1

National Report from Spain



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Introduction

This report presents the results of the Gamer-Con survey conducted in Spain as part of Activity 1 of the Erasmus+ Small-scale Partnership project, Gaming Social Events to Support the Well-being of Young People in Life Transitions [Gamer-Con#]. The aim of the survey was to gather information about the gaming habits, preferences and social needs of young people aged 18 to 25, in order to design inclusive social events based on gaming and well-being programmes tailored to their interests and circumstances.

In recent years, video games have become a fundamental part of youth culture, especially among young people going through periods of transition, such as the end of education, entering the labour market or unemployment. Although outdated stereotypes often portray video games as a socially isolating pastime, contemporary research and lived experiences increasingly demonstrate their potential to promote mental health, build resilience and foster meaningful social connections. Multiplayer games, cooperative missions and online communities offer opportunities for teamwork, communication and shared achievements, all of which are transferable skills to the real world. For young people in rural areas or those who feel disconnected from traditional supports, video games can be a bridge to connection and community.

The Gamer-Con project aims to harness this potential through an innovative approach called ‘integrated wellbeing.’ This concept refers to the practice of integrating discussions about mental health and wellbeing into regular, engaging activities, in this case video game sessions, so that young people can reflect and discuss their emotional wellbeing in a natural, pressure-free environment. Rather than isolating wellness interventions as something separate or clinical, “integrated wellbeing” creates a space for conversation and self-awareness to emerge through enjoyable, peer-led interactions. The Gamer-Con project team believes that this is an effective way to reach young people who may be reluctant to communicate or who feel excluded from more formal support systems. The following report presents the results of the survey conducted in Spain.



Methodology

The Gamer-Con survey was designed as a short, accessible questionnaire aimed at young people aged 18 to 25 living in Ireland, Iceland, and Spain. We chose this tool because it was the easiest and most effective way to reach young people and collect the information we needed in a clear and accessible format. We decided to translate the survey into Spanish, as we believe this would increase both the number and reliability of responses.

The survey focused on understanding their gaming habits, social preferences, and interest in community gaming activities that promote well-being. The survey included multiple-choice questions and open-ended questions to ensure a mix of quantitative data and space for individual perspectives.

- Data collection period: June and July 2025.
- Total number of valid responses (aged 18 or over): 52.
 - Including underage respondents, the total number of responses is 61.
- Distribution channels: BACKSLASH's social media platforms, youth centres, and networks from previous projects.

The contributions collected reflect a wide range of experiences and will serve as a basis for planning inclusive and relevant Gamer-Con activities in Spain.

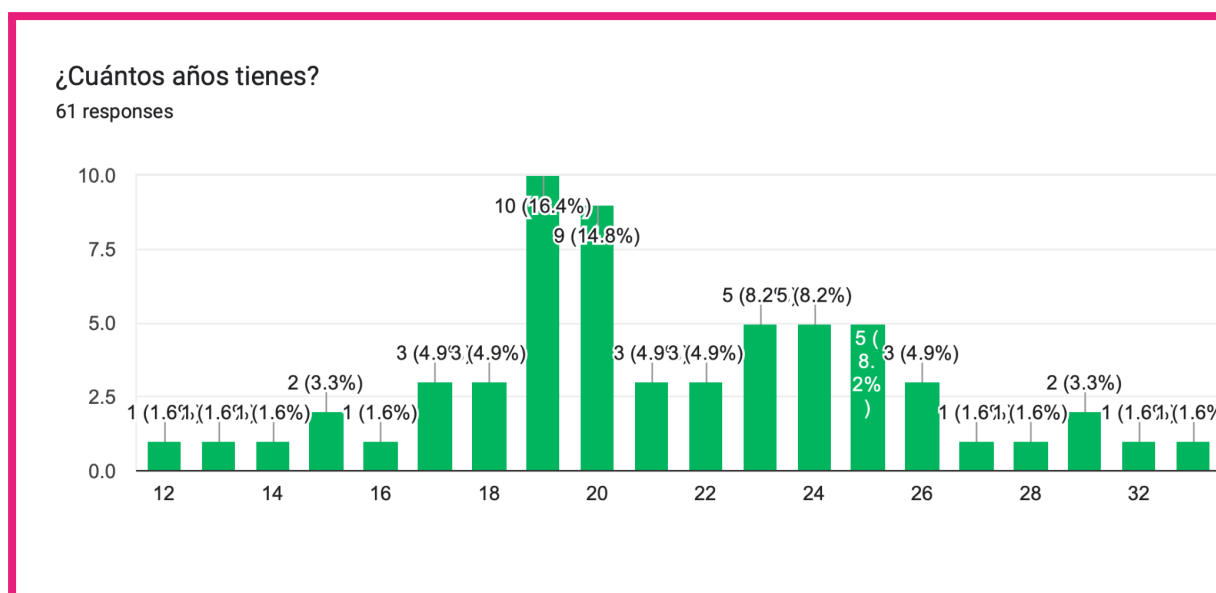


Survey Findings

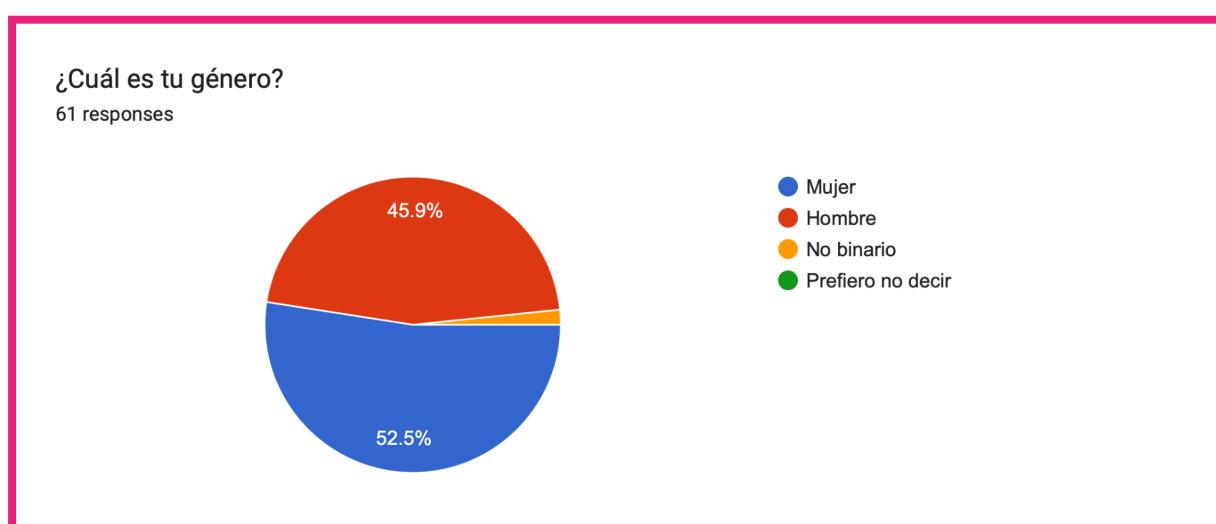
The following section presents an overview of the key findings from the survey disseminated in Ireland.

Profile of Participants

Average age: 22.6 years.

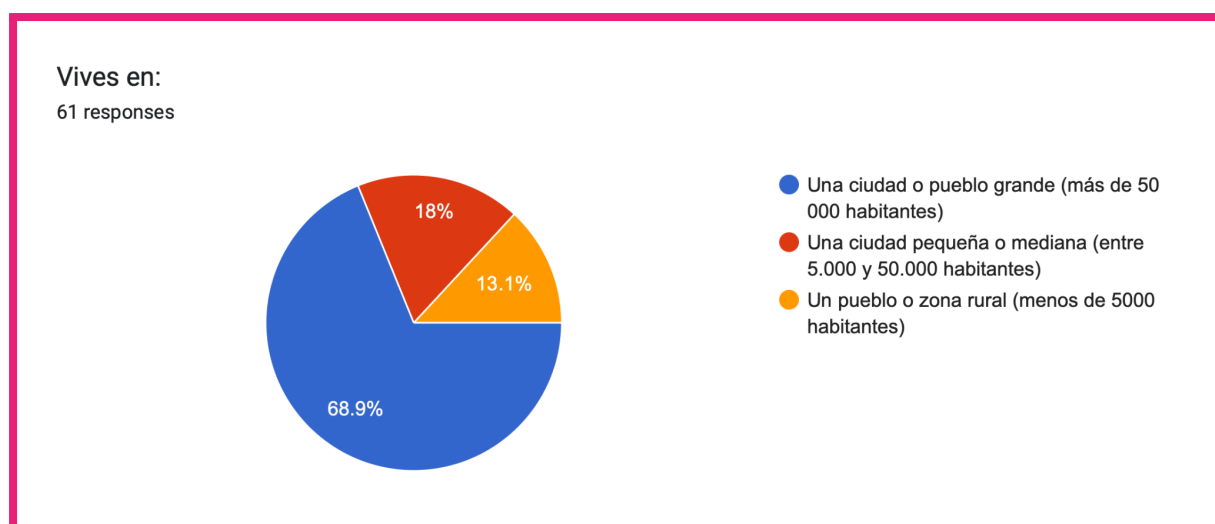


Gender distribution: Women: 29 // Men: 22 // Non-binary: 1



Place of residence:

- 68.9% live in a large city or town (more than 50,000 inhabitants).
- 18% in medium-sized or small cities (between 5,000 and 50,000 inhabitants).
- 13.1% in villages or rural areas (less than 5,000 inhabitants).



The vast majority of the respondents (over 86%) reported living in big cities or towns with populations over or equal 50,000.

The fact that most participants live in large cities or towns suggests that a significant proportion of the young people who responded to the survey are exposed to urban environments, with a wider range of leisure activities, infrastructure and resources, but also with faster-paced social dynamics that are sometimes less personalised. This environment can facilitate access to gaming events and spaces, although it does not necessarily guarantee meaningful interactions or the existence of a solid support network.

On the other hand, around a fifth live in small or medium-sized towns, where leisure options are usually more limited and the community is closer-knit. In these cases, interest in the activities on offer may respond to a need to find alternative spaces to socialise, especially if face-to-face options are scarce.

Finally, the group living in villages or rural areas, although representing a smaller percentage, provides a key perspective: the difficulty of accessing face-to-face events and the dependence on digital media to maintain social connections. This context makes initiatives such as Gamer-Con particularly valuable in reducing isolation and offering opportunities for participation through gaming, overcoming geographical barriers.



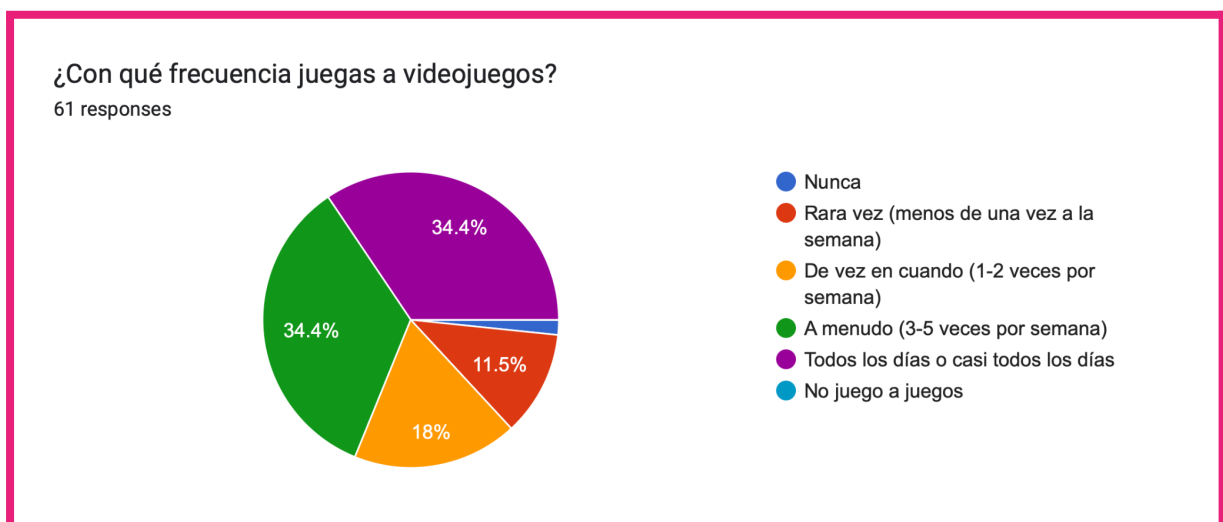
Gaming frequency and mode

The survey confirms that gaming is a common practice among young participants and that it fulfils multiple functions in their daily lives: entertainment, socialisation, relaxation and even emotional bonding.

Several observations can be drawn from the responses:

- High regularity of play: 68.8% of participants play frequently (between 3 and 5 times a week or almost every day). This indicates that gaming is a stable part of their routines and that it is a regular space for leisure and, potentially, for socialisation.
- Moderate use: 18% play occasionally (1-2 times per week), suggesting a more casual interest, possibly influenced by other commitments or leisure preferences.
- Low or sporadic participation: 11.5% play rarely and 1.6% never play. Although this group is small, it is relevant if the project seeks to reach people who may not initially identify as 'gamers' but who could benefit from social activities linked to gaming.

Overall, the data show that the majority have an established habit, which facilitates their involvement in recurring events. However, the presence of less frequent profiles opens up the opportunity to design inclusive activities tailored to different levels of familiarity with video games, preventing those who play infrequently from feeling excluded.



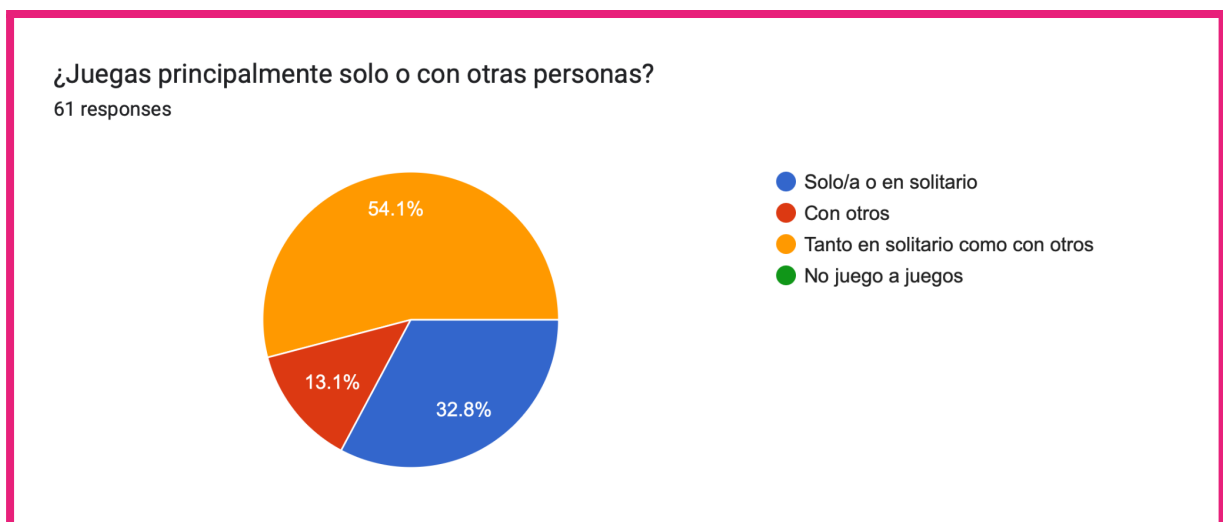
Gaming Style

In terms of how participants relate to video games, the data shows a diverse picture. More than half (54.1%) combine solo gaming with gaming in company, demonstrating great flexibility in their habits and a willingness to enjoy both individual experiences and those involving interaction with other people.

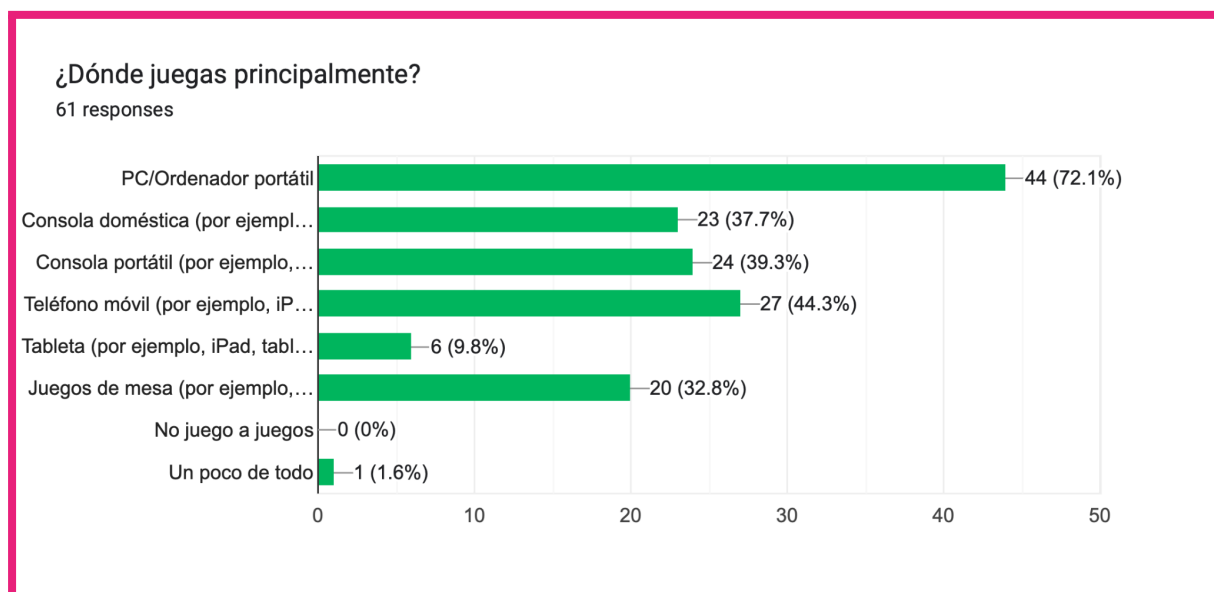
Meanwhile, 32.8% say they mainly play alone. In many cases, this is because gaming is used as a personal space for disconnection and private leisure. For this profile, Gamer-Con activities can be an opportunity to open up to more community-based experiences, although it will be important for the proposal to include spaces for gradual integration that allow them to participate without feeling out of place.

Finally, 13.1% almost always play accompanied by others, reflecting a markedly social approach to their relationship with video games. This group tends to value cooperative or competitive experiences and can become a driving force for promoting interaction and cohesion within events.

Although there is a core group of people with a clear social orientation in gaming, there is also a significant proportion for whom the community dimension is still limited, and for whom the project could have a positive impact by promoting connection and teamwork through gaming.



Preferred platforms



In terms of platforms used, PCs and laptops are the most common devices for gaming, either exclusively or in combination with other options such as consoles, mobile phones or even board games. This predominance suggests that a large proportion of participants have versatile equipment that allows them to access a wide variety of genres and gaming experiences.

Home consoles, such as PlayStation or Xbox, also occupy an important place, both as a single platform and in combination with PCs or portable consoles.

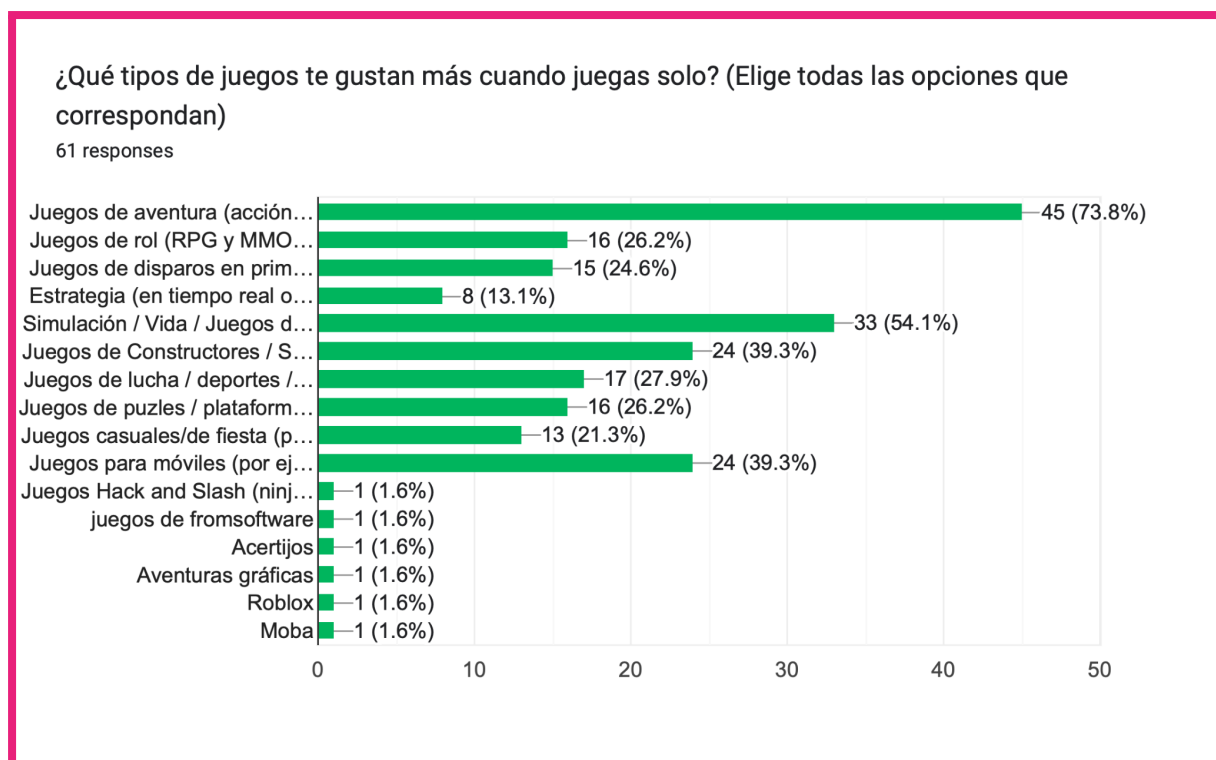
Handheld consoles and mobile phones, although less prevalent, represent profiles with more flexible gaming habits that are better suited to mobility. In many cases, their use is linked to the ability to play anywhere, which can facilitate participation in events in unconventional or hybrid spaces.

Overall, the diversity of platforms used indicates that Gamer-Con activities can be designed to be accessible from different devices, avoiding technological barriers and encouraging participation by both those with powerful equipment and those who prefer more portable or accessible options.

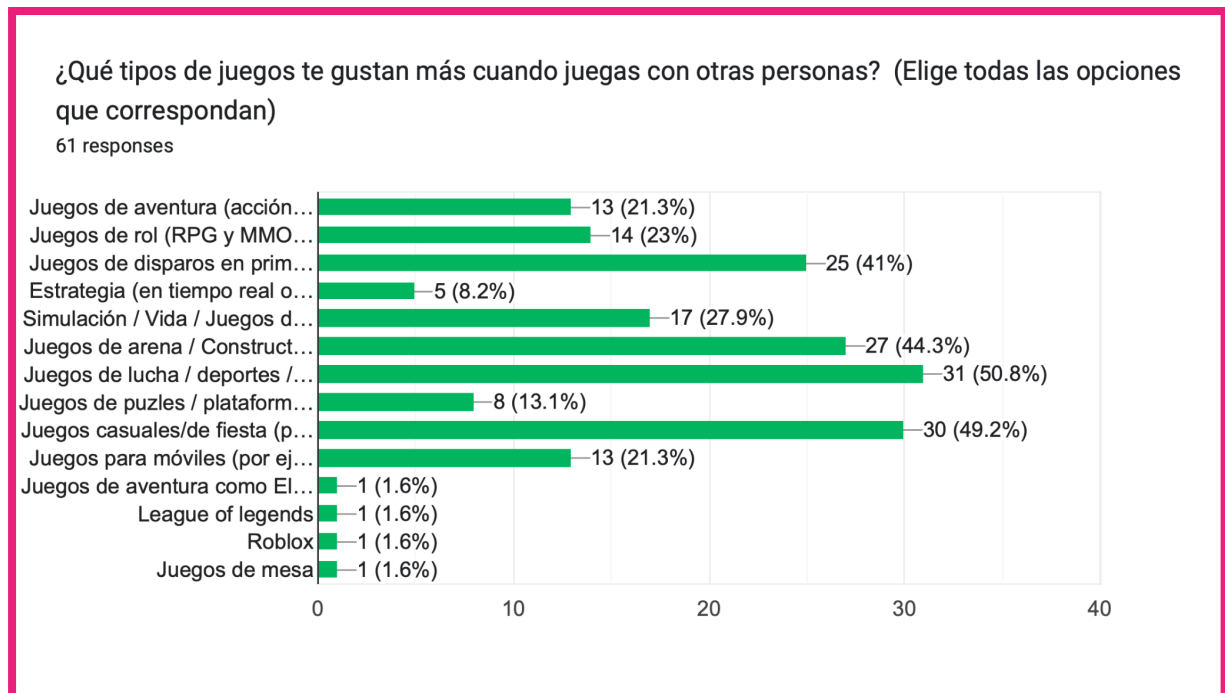


Preferred types of games

In solo games, narrative and adventure titles such as *The Legend of Zelda*, *Red Dead Redemption 2*, *Life is Strange* or *Firewatch* stand out strongly. This preference, shared by almost three quarters of respondents, reflects an interest in immersive experiences, with elaborate plots and a pace that allows for in-depth exploration of environments, characters and decisions. These games offer a more introspective space, where narrative and exploration outweigh immediate interaction with other people.



By contrast, when the game is multiplayer, the landscape shifts towards more dynamic and competitive experiences. Classics such as *Street Fighter 6*, *Rocket League*, *FIFA* or *Mario Kart* appear among the most recurrent options, all of them focused on direct competition or cooperation in real time. These types of games, chosen by around half of the participants, generate an environment of constant interaction, where skill, strategy and the immediacy of the games are combined with the social component.



Overall, the results show a clear duality: while solitary play is associated with narrative immersion and personal exploration, cooperative play prioritises interaction, the thrill of competition and fast-paced fun. This contrast suggests that Gamer-Con activities could benefit from a hybrid design, alternating sessions that invite calm and reflection with others that encourage energy, dynamism and teamwork.



List of favourite games right now

In the list of favourite titles of the moment, a few names stand out that are repeated with particular frequency and show the great variety of motivations and styles of play among the participants. *Minecraft* tops the mentions with 16 responses, confirming its validity as a creative, flexible space capable of adapting to different forms of play, from free-building to cooperative adventures. Close behind is *Animal Crossing*, with 12 mentions, associated with the creation of welcoming environments and social interaction at a more leisurely pace.

Other notable titles include *Stardew Valley* (10 mentions), which combines management, narrative and exploration, and *Zelda* (7 mentions), emblematic of open-world adventure and exploration. *Red Dead Redemption* (6 mentions) and *Pokémon* (6 mentions) complete the group of games with the highest number of references, both with exploration, progression and a strong narrative or strategic identity.

Name of the game	n° of response	Name of the game	n° of response	Name of the game	n° of response	Name of the game	n° of response
Minecraft	16	New Vegas	2	Blood strike	1	Fall guys	1
Animal Crossing	12	clash royale	2	Assassins Creed	1	Baldur's gate III	1
Stardew Valley	10	Haste	2	Fantasy life	1	Block blast	1
Zelda	7	Supermarket Simulator	1	Monkey Island	1	Dragon Age Origins	1
Pokemon	6	World of Warcraft	1	Gris	1	Geometry Dash	1
Red Dead Redemption	6	GTA5	1	Civilization VI	1	The Witcher	1
Mario Kart	5	Cry of fear	1	Hades 2	1	Forgive Me Father	1
Sims	4	Mario Bross	1	It takes two	1	Grande life cozy simulator	1
Portal	4	Donkey Kong	1	Helldivers2	1	Clash of Clans	1
The last of us	4	Street Fighter	1	Dark Souls	1	Smash Ultimate	1
FIFA	4	Ace Attorney	1	Bioshock	1	Life is Strange	1
Roblox	4	Limbus Company	1	Unpacking	1	Revenge	1
Hollow Knight	4	Fields of Mistria	1	Sekiro: shadows die twice	1	Middle-earth: Shadow of w	1
League of Legends	4	BanGDream	1	Embr	1	ARK	1
The binding of Isaac	3	Palia	1	Balatro	1	Subnautica	1
Valorant	3	arena of valor	1	Counter Strike	1	project zomboid	1
Call of duty black OPS 2	3	Telltale Series	1	Identity V	1	Fornite	1
Terraria	3	Mario Galaxy	1	Tiny Robots Portal Escape	1	Symphony of the Night	1
Profesor Layton	3	Astro Bot	1	Love and deepspace	1	Skyrim	1
Elden Ring	2	Bloodborne	1	Honkai Stair Rail	1	ökami	1
God of war	2	starcraft	1	Rainbow six siege	1	Celeste	1
Blasphemous	2	Overcooked	1	Scribble it	1	brawlhalla	1
R.E.P.O	2	Death Stranding	1	Friends vs Friends	1	Super Smash Bros	1
Brawl stars	2	kingdom hearts	1	Undertale	1	Rocket League	1
tekken	2	hello Kitty Island Adventur	1	Tomb Raider	1	NieR: Automata	1
Mass Effect	2	Honor of kings	1	Little Nightmares	1	Astral Chain	1
The Walking Dead	2	House Flipper	1	No man's sky	1	who's tila	1
Metal Gear Rising	2	A little to the left	1	super mecha champion	1	Wolfenstein: the new orde	1
Cyberpunk 2077	2	Sky: the child of the light	1	D&D	1		



Competitive titles such as *Mario Kart* (5 mentions), *League of Legends* (4 mentions) or *FIFA* (4 mentions), which provide dynamism and cooperative challenges or challenges against other people, also appear quite often. The presence of *The Last of Us*, *Hollow Knight*, *Portal* and *Roblox* (all with 4 mentions) demonstrates a balance between those looking for immersive, challenging or narrative experiences, and those who prefer social and creative environments.

The variety widens with submissions ranging from major productions(*Elden Ring*, *God of War*, *Cyberpunk 2077*) to indie games(*Blasphemous*, *Gris*, *Celeste*), as well as niche and experimental titles.

Overall, this range confirms that the community targeted by Gamer-Con is not homogeneous: it combines profiles that are attracted by creativity and narrative, with others oriented towards competition, fast action or cooperation.

This reinforces the need to design varied activities, capable of satisfying both those who want to immerse themselves in a story and those who want to share games full of rhythm and energy.



Interest in social activities



Interest in participating in social activities linked to video games or wellbeing is very high. Three out of four people (75.4%) responded in the affirmative, which shows a high potential for involvement and a clear demand for spaces that combine digital leisure with social interaction and self-care.

In addition, 23% said that they would ‘maybe’ participate, indicating that, although there is no firm commitment, there is curiosity and openness to such initiatives. In many cases, this group could be engaged if the activities are presented in an attractive, accessible way and adapted to different levels of familiarity with video games.

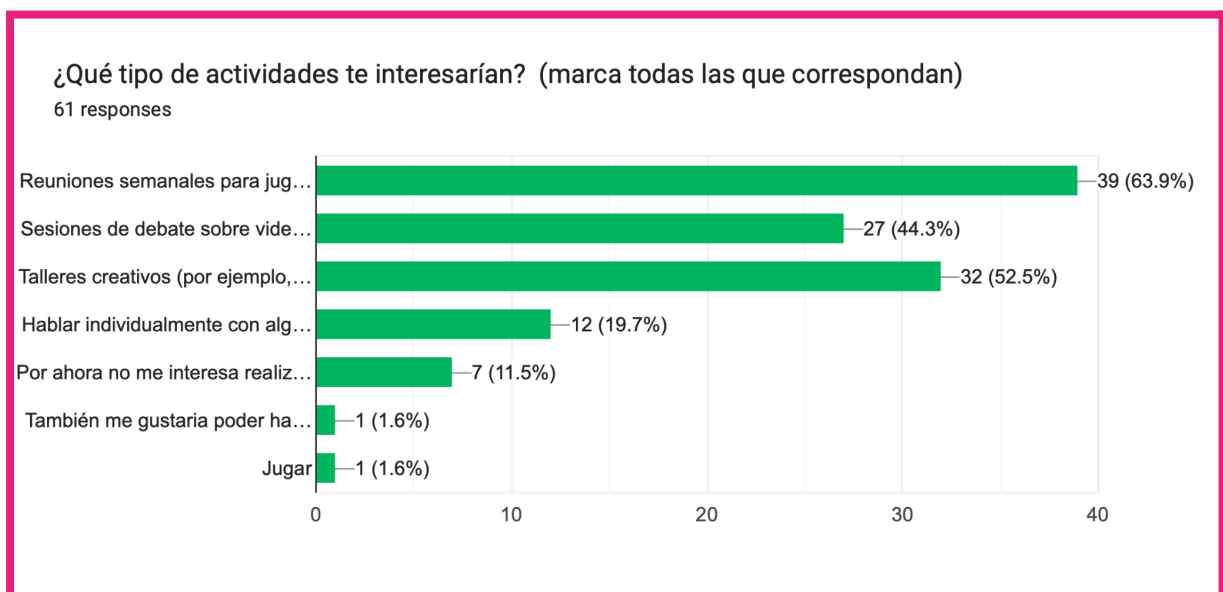
Only 1.6% said that they would not be interested in participating. This minimal percentage suggests that, in general, the Gamer-Con proposal connects with the motivations and interests of the target audience, and that the main challenge will be to design inclusive activities that transform curiosity into active participation.



Interest in types of activities

Among the proposed activities, weekly gaming meetings - either online or in person - stand out as the most attractive option, with 63.9% interest. This confirms that shared gaming is perceived as an effective way to connect socially and that there is a willingness to maintain regular participation in this type of space.

Secondly, more than half of the respondents (52.5%) showed interest in creative workshops, which include activities such as storytelling, podcasting, art or music. This underlines that, in addition to the game itself, there is a strong interest in exploring the creative and expressive potential that can be integrated into the gaming environment.



Discussion sessions on video games and mental health also received significant support (44.3%), indicating that there is an audience willing to engage in deeper conversations about the impact of gaming on wellbeing, provided they are presented in a dynamic and accessible format.

On the other hand, 19.7% would be interested in one-to-one conversations about wellbeing, indicating a need for more personalised and confidential spaces to discuss these topics. A small group (11.5%) declared no interest in any activity at the moment, while some open-ended responses added specific proposals, such as discussing the preservation of video games or simply 'playing' without a structured format.

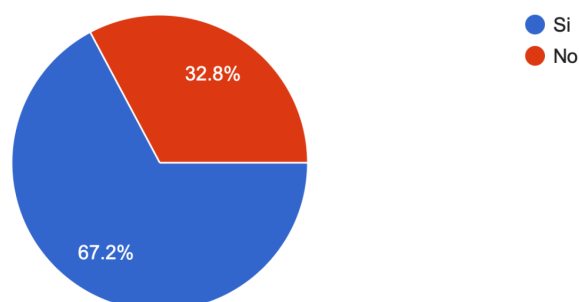


Consent for future contact

The willingness to keep in touch to receive information about future activities is high: two out of three people (67.2%) indicated that they do want to be informed, which is evidence of sustained interest beyond the one-off participation in the survey. This group represents a solid basis for the creation of an active community around Gamer-Con and offers an opportunity to establish ongoing communication channels to foster loyalty.

In contrast, 32.8% preferred not to leave their contact details. This percentage may include both those who do not want future engagement and those who prefer to stay informed through other means (e.g. social media). In any case, these data suggest the importance of open and accessible dissemination strategies that do not rely exclusively on direct contact.

¿Desea que nos pongamos en contacto con usted para informarle sobre futuras actividades?
61 responses



Quotes from young people

The open question on additional suggestions or comments received 11 responses, which represents a moderate participation compared to the other closed questions. Several of them were expressions of politeness or confirmations that there was nothing more to add, but there were also valuable contributions for the design of future activities.

Among the concrete proposals, the importance of keeping the playfulness and simulation component at the core of the activities stands out, as it is considered an effective way to learn about life, emotions and human interactions. Other responses suggested the organisation of small face-to-face events centred on video games or the integration of gamification dynamics in educational environments.

Although some responses were very brief or did not provide specific ideas, the information obtained reinforces the need to design experiences that combine gaming with educational and social objectives, ensuring that fun remains a central element.



Conclusion

The analysis of the results of the survey in Spain shows that video games, far from being a mere pastime, act as a space for socialisation, expression and personal development with a potential that has not yet been fully exploited in youth welfare environments. The high frequency of gaming and the widespread interest in participating in activities related to gaming and mental health reflect that there is a real willingness among young people to link their digital leisure with experiences of community and mutual support.

The fact that more than half of the participants combine individual and group play indicates that there is no strict dichotomy between the two styles, but a flexible profile that can adapt to hybrid approaches. This opens up the opportunity to design dynamics that integrate moments of individual reflection with instances of cooperation and teamwork, maximising the social impact of the activities.

The marked diversity in platforms and genres - ranging from immersive narratives to fast and creative competitions - confirms that there is no single type of 'gamer' to target. Gamer-Con's potential community is plural and heterogeneous, which means that success will depend on offering an inclusive, adaptable programme that balances the narrative, the creative and the competitive.

Furthermore, the high concentration of participants in urban settings contrasts with the smaller but significant presence of young people from rural areas, for whom digital access is key to overcoming geographical barriers. This suggests that activities should consider hybrid or online models that allow participation regardless of location, thus reducing territorial inequalities.

The interest in creative workshops, mental health discussions and one-to-one conversation spaces shows that young people are looking for more than just gaming: they want to use gaming as a means to express themselves, learn and connect deeply with others. This validates the project's *integrated wellbeing* approach, as it fits with a real demand for safe and stimulating environments where play is the starting point for personal and collective growth.

In conclusion, the data not only confirms that there is an audience willing to participate, but also points to a concrete need: to transform gaming into a tool for social cohesion and emotional well-being, capable of adapting to diverse contexts and generating a sustained impact on young people's lives.



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