

## **Chained: Cursors of the Unheard Whispers**

*They bowed down.* This is the struggle of parents as they face their children addicted to these virtual deceptions, to let them break free from the dungeon of their own shadow. A qualitative study in Cor Jesu College, Inc was conducted to express the sentiments and the perspectives of parents to their children addicted to online games. John Rey Pial, a Senior High School student, together with his co-researchers Jhoenice Madronial, Mae Caylan, Jesfer Angelo Mamon and Beaver Lloyd Tiamson with their study entitled “Virtual Reality: Parents’ Perspectives on Children’s Internet Gaming Addiction”, aims to reveal the hidden voices that parents long to untangle; discovering and exploring their hurdles, course of discipline and coping mechanisms towards unlocking their children from the steel bars of internet gaming addiction.

It is the rising phenomena in the current time, as children became too vulnerable to the situation; they easily get dragged and influenced with these games. These made the parents worry. In respond to this, the researchers asked 10 respondents for the study that wanted to share their experiences and hardships in handling and carrying their children’s misbehavior.

*Misbehavior*, since they do not behave like what they are expected to be. Results show that these children, before or after they emerge themselves to these games, became less attentive with the reality around them. Another is about their lack of time management. Because gaming needs time and full attention, it became difficult for the parents as they look at their children more engaged to gaming than their usual norms. This made their lifestyle unhealthy. Because of this, they often avoid the responsibilities that were assign to them to lend their focus on the game, and whenever they are disturbed, they get negative attitudes that they show in front of their parents, making them see that something wrong is happening to their children, and they need to fix it as soon as possible.

Parents have different techniques in handling their children with this condition. Monitor their children is one of the most common of them. They say that as long as they monitor their children and maintain balance on what they do, everything will fall into place. Others stated that creating regulations and policies can help them limit their consumption with internet use; but the most effective of them is to spend quality time with the family. No matter how busy the parents are to let the family stand with its feet, they still need to establish good communication and strengthen the foundation of their the sole of their family through bonding and showing them that there is something bigger that they can do other than just playing with their own shadows. This, for sure, can help the children know that they are loved.

Playing online games is never a problem as it holds as a new form of entertainment in the 21<sup>st</sup> century, but take note that being engaged to these games have set own responsibilities to deal with it too. Setting balance can always help children build their limits and set higher standards as they involve themselves in this virtual world.

Reality speaks by itself, there is still so much more to adapt and regulate. 21<sup>st</sup> century entertainment has gained everyone’s attention as it is truly eye-capturing and please to the senses, but every single one must remember not to bow down to this kind of entertainment. This is just a new form of satisfaction, and there is no need to live through the cursors and the keys to achieve victory. Learn to hear out the whispers beyond the voice always heard. Parents carry with them the power to establish harmony, to fix and to empower every child to stand to their best. Children must also learn to hear the sound of the cursors, of a turning point to break free from the chains of internet addiction.