SOCIAL OR BUSINESS IMPACT

In 2020, there were an estimated 2.7 billion gamers worldwide, and the number is still rising. This rise in the popularity of video games has led to a significant increase in people experiencing the negative effects of video games.

Although not all gamers experience negative effects from gaming, and those effects vary from person to person, many do. Video game addiction statistics find roughly 2-3% of gamers can become clinically disordered.

EFFECT OF VIDEO GAMES

- INTER PERSONAL CONFLICT
- POOR SLEEP HYGEINE
- PHYSICAL HEALTH ATROPHY
- EXHAUSTION
- DEHYDRATION
- OBESITY& HEART PROBLEMS
- AGGRESSION
- LACK OF MOTIVATION
- DEPRESSION
- SOCIAL ANXIETY
- SUCIDIAL THOUGTS
- POOR EMOTIONAL REGULATION