The Risks and Dangers of Video Games, Social Networks, and Smart Phones

As technology continues to advance, the risks and dangers associated with video games, social networks, and smart phones are becoming more rilevant. Let's explore some of the challenges that arise from these modern-day technologies.

Impact of Video Games on Mental Health

1   **Addictive Behaviors**

Excessive gaming can lead to addiction, negatively impacting mental well-being and causing social isolation.

2   **Aggressive Tendencies**

Violent video games have been linked to increased aggression, desensitization to violence, and decreased empathy.

3   **Poor Academic Performance**

Excessive gaming can hinder educational progress, affecting concentration, time management, and overall academic performance.

Internet gaming disorder

In 2013 the DSM-5, or the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders, recognized problems related to the excessive use of video games as a diagnosable mental disorder. In fact, the manual talks about Internet Gaming Disorder (IGD)

- excessive worry about the game;

- symptoms of discomfort when not playing or when unable to play (abstinence);

- tolerance, or the necessary to increase the time spent playing;

- numerous, vain and unsuccessful attempts to limit Internet gaming;

- loss of interest in carrying out previously enjoyable activities;

- excessive use of games when you know the psychosocial problems it entails;

- lies about the time spent playing;

- using games to get out by a negative mood;

- putting relationships, jobs, and educational opportunities at risk for playing.

Addiction to Social Networks

Social Isolation

Excessive use of social networks can lead to real-world social isolation, affecting personal relationships and mental well-being.

Comparison and Self-Esteem

Exposure to carefully curated highlight reels on social media can lead to negative self-comparisons and reduced self-esteem.

Distracted Productivity

Spending excessive time on social networks hinders productivity, causing distractions and reducing focus on important tasks.

An example: TikTok

TikTok is the fourth social network in the world with the highest number of monthly active users.

The average time spent on the app is 89 minutes.

The algorithm of this social network is unique in the world and offers content based on musical tastes, humorous preferences, passions, emotional state, sexual orientation, etc.

Effects of Excessive Smart Phone Use

1   **Disrupted Sleep Patterns**

Blue light emitted by smartphones can interfere with melatonin production, disrupting sleep patterns and leading to insomnia.

2   **Neck and Back Pain**

Constantly looking down at a smartphone screen can lead to poor posture, neck strain, and back pain.

3   **Impaired Cognitive Abilities**

Overreliance on smartphones for information and communication can negatively impact critical thinking and memory skills.

Physical Health Risks

Sedentary Lifestyle

Spending excessive time on devices can contribute to a sedentary lifestyle, leading to various health issues like obesity and cardiovascular problems.

Eye Strain and Digital Vision Syndrome

Staring at screens for prolonged periods can cause eye strain, dry eyes, and other symptoms collectively known as digital vision syndrome.
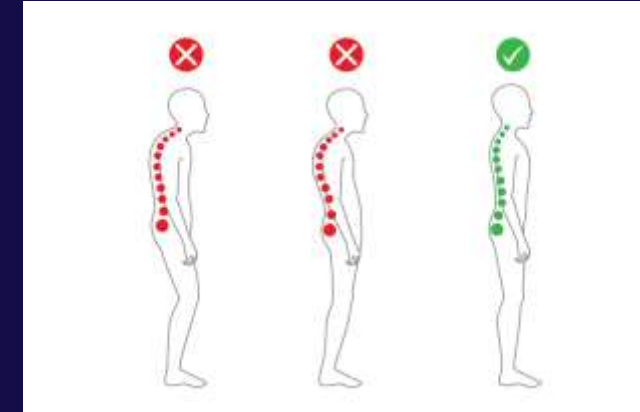
Poor Posture and Musculoskeletal Problems

Adopting improper postures while using digital devices can lead to musculoskeletal issues, including back, neck, and shoulder pain.

Cyberbullying and Online Predators

Cyberbullying

Social networks and online gaming platforms can provide avenues for cyberbullying, leading to serious emotional distress and mental health issues.

Online Predators

The anonymity of the internet puts vulnerable individuals at risk of encountering online predators who seek to exploit and harm.

Data Privacy Concerns

Sharing personal information online can make individuals susceptible to identity theft, scams, and invasion of privacy.

Conclusion

While video games, social networks, and smart phones offer many benefits, it's important to be aware of their potential risks and dangers. By promoting healthy boundaries, digital literacy, and open communication, we can navigate the digital landscape safely and responsibly.

Thanks for the attention!

I am at your disposal for questions
and clarifications

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