Video Game Addiction

The world has seen big progress on the Internet and online video games. Although there are many benefits in playing video games, some users cannot control how much time they spend on the Internet. In 2010, a couple was charged with the murder of their daughter through neglect. The parents were busy playing video games for many hours each day. In 2019, a single father who spent much of his time in Internet cafes was arrested after his two-year-old son starved to death. These days, many employees were fired because they spent most of their time playing video games at work. It is believed that addiction to video games has become a serious problem.

One of the main signs of an addiction is failure to allocate a reasonable amount of time for video games. For example, people addicted to video games may play for 10 or more hours a day, often late into the night. The lack of sleep this causes can lead to exhaustion. This affects their school, work, or social life. Students may fail certain subjects due to lack of focus in class. Employees' motivation and productivity may decrease. Some may lose their job too. All of these could happen because they cannot concentrate at work or at school. In addition, those who play a lot of video games spend too much time in their own rooms. This will certainly hurt their relationship with the people around them. Often, they do not have a realistic view on how much time they spend playing video games and how it is affecting their lives.

The people at risk of developing this addiction are probably those who are unhappy with their lives. They either have a problem at home, work, or school or have emotional problems. They want to escape reality by playing video games. Frequently, video games give them something that is missing in their real lives. For example, after many weeks of game play, they may feel a sense of achievement that they do not get in their real lives. Besides, those who have social anxiety will be more comfortable to find friends in a multi-player online game. They believe it is much easier to meet people online than it is to meet people face to face. In addition to that, they feel that they interact with their friends better online. This is because it is much easier to control characters in a game than a real human. This will give them a feeling of social control that they do not have in their real lives.

Playing video games can be a source of great fun, but too much of a good thing is bad. Luckily, video game addiction can be treated. However, there is no specific treatment. Depending on how bad the addiction is, different types of therapy would be successful. Some doctors believe that medicines can be helpful if the individual has depression or anxiety. They believe that once the illness is treated, the internet addiction will go away as well. People addicted to video games need to seek help before the games take over their lives.

Source:

Bennett, T. (2020). *Internet Addiction: Definition, Symptoms, Causes, Treatment, and More*. Thriveworks. https://thriveworks.com/blog/internet-addiction/