

VIDEO GAMES ADDITCION

A white video game controller, possibly a PlayStation 2 DualShock 2, is shown from a top-down perspective. The controller is heavily splattered with red liquid, resembling blood, in several locations: on the left grip, around the left analog stick, on the right side near the action buttons, and on the bottom grip. The background is a light, neutral color.

PRESENTED BY:

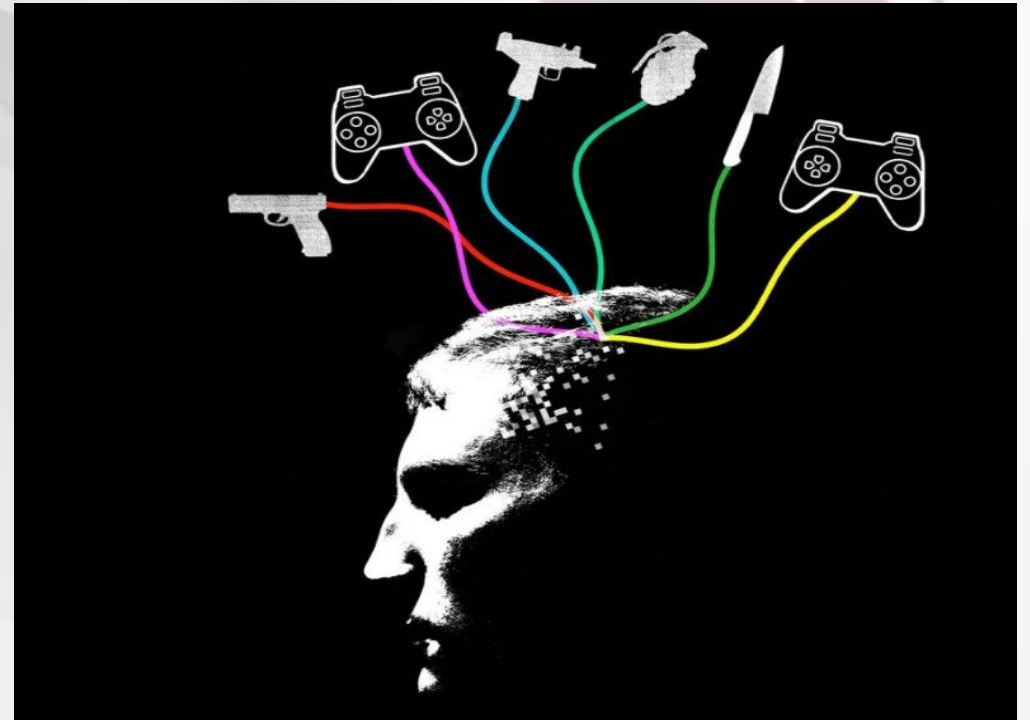
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WHAT ARE VIDEO GAMES?

- A video game is any software program that can be played on a computing device, such as a personal computer, gaming console or mobile phone.**
- Video games are age and gender friendly, very popular but like other pleasurable endeavors, can have adverse consequences, which are reviewed.**
- Video games have been in existence since the early 1970s and have become increasingly popular, spanning different mobile (smart phones, tablets) and stationary (computer or console) platforms.**



Who are the youths?



The **United Nations**, for statistical purposes, **defines 'youth'**, as those persons between the ages of 15 and 24 years, without prejudice to other definitions by member states.

Kailash Satyarthi, said that “The **power of youth** is the common wealth for the entire world. the faces of young people are the faces of our past, our present and our future. no segment in the society can match with the **power**, idealism, enthusiasm and courage of the young people.”

Youth is the most interesting and important phase of human life. A person becomes physically healthy and mentally sound in this phase. He or she becomes courageous to do any adventurous (risky) work. Youth is the energetic and the most productive period of human life.

Video game addiction or Gaming disorder:-

Video game addiction, also known as **gaming disorder** or **internet gaming disorder**, is generally defined as the problematic, compulsive use of video games that results in significant impairment to an individual's ability to function in various life domains over a prolonged period of time.

In this productive period of human life, Many of the youths have forgotten their way of life and are addicted toward the vedio games. Addiction to video games hinders one's progress diversely.

Is gaming addiction is bad to health?

Various studies show that **playing** too much **computer games** causes **physical** damages and increases anxiety and depression in players. Many studies show that most adolescents who are addicted to **computer games** have high heart beat and blood pressure due to too much excitement and stress.

Excessive sitting while playing video games with minimal movement may posses physical health problems like:-

- a)Obesity
- b)Backpain
- c)Insomnia
- d)Drowsiness

Does it affects to one's Academic Performance?

If you are addicted to gaming, then your academic and professional success is likely to suffer. People who play games excessively find it challenging to pay attention to their jobs or school. It is quite common to turn to video games when your performance in these areas suffers. Games turn into an escape when the responsibilities in your life feel overwhelming.

You can have a healthy gaming habit and still maintain excellent performance at school or work. **But due to the way games affect your brain, it is much easier to lose yourself in the virtual world then to try to tackle hardships in the real world.**

For example, many children and teenagers start gaming because they find a community that does not judge them for their socio-economic background or physical appearance. They get attached to this community and start to become disinterested in their performance in school, which leads to their grades taking a hit.

VIDEO GAMES ADDICTION IS A MENTAL ILLNESS: ARE YOU WORRIED ?



- a) problematic and excessive video gaming is also associated with maladaptive coping strategies, negative emotions and attitudes, low self-esteem, loneliness.
- b) Increased aggression or violent behaviour due to the content of some types of video games.
- c) Literature has consistently shown that the video games addict reported more anxiety, depression, lower positive effect and social wellbeing.

DOES Addiction to games effects social relationships?

a)A gamer has a poor relationships with family and friends due to lack of communications. As a result there is fundamental lack of understanding in the relations.

b)Due to emotional suppression from gaming, teenagers addicted to video games lack the emotional awareness and vocabulary to communicate their feeling to their parents.





	Mean (SD)	1	2	3	4
1. Violent video exposure	11.13 (10.54)	1			
2. Family environment	18.82 (4.06)	−0.09*	1		
3. Normative beliefs about aggression	32.49 (8.89)	0.20***	−0.34***	1	
4. Aggression	74.70 (16.04)	0.26***	−0.29***	0.34***	1

* $p < 0.05$, *** $p < 0.001$.

Internet Gaming Disorder: An Emergent Health Issue for Men

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Abstract

Internet gaming is a legitimate leisure activity worldwide; however, there are emerging concerns that vast numbers of gamers are becoming addicted. In 2013, the American Psychiatric Association (APA) classified *Internet Gaming Disorder* (IGD) as a condition warranting more clinical research ahead of formalizing it as a mental disorder. Proposed as a behavioral addiction, IGD shares many similarities in both physical and psychosocial manifestations with substance use disorder, including cerebral changes on functional magnetic resonance imaging (fMRI). Among the gaming population, compared to females, adolescent and adult males demonstrate far more addictive internet gaming use in terms of screen hours, craving, and negative impacts on health, which have, in isolated incidents, also caused death. The current article draws findings from a scoping review of literature related to IGD as a means to raising awareness about an emergent men's health issue. Included are three themes: (a) unveiling the nature, impacts and symptoms of IGD; (b) conceptualizing IGD through neuroscience; and (c) treatment approaches to IGD. Afforded by these themes is an overview and synthesis of the existing literature regarding IGD as a means of providing direction for much needed research on gaming addiction and orientating primary care providers (PCPs) to the specificities of IGD in men's health. The findings are applied to a discussion of the connections between IGD and masculinity and the importance of recognizing how behaviors such as social isolation and game immersion can be maladaptive coping strategies for males.

Keywords

internet gaming disorder, masculinity, online game, addiction, males, men's health

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Internet gaming is a leisure activity and high growth market worldwide generating an estimated profit of \$12 billion in China alone in 2013 (Kuss, 2013). However, there is emerging concern that internet gaming has the potential to evolve into a form of addiction, an issue that has been studied predominately in Asia (Bass, 2015; Kuss, 2013; Poddar, Sayeed, & Mitra, 2015; Spekman, Konijn, Roelofsma, & Griffiths, 2013). Indeed, in China, Korea, and Taiwan, internet gaming disorder (IGD) is considered a serious public health concern (Young, 2009). In the following section, an overview of internet gaming and the emergent issue of IGD is provided ahead of introducing the methods and findings drawn from the current scoping review.

Massive Multiplayer Online Role-Playing Games

As a background to IGD, it is important to understand the features of *massive multiplayer online role-playing*

games (MMORPG), the most popular genre of internet gaming with more than 20 million gamers worldwide—a number that is expected to increase (Hussain, Griffiths, & Baguley, 2012; Lee & Leeson, 2015). Evolved from single-player games in the 1980s, MMORPG were developed to enhance gamers' experience, giving them the opportunity to create their own virtual worlds of fantasy and enjoyment (Young, 2009). As the gaming industry continued to evolve and expand markets, games became more sophisticated and interactive. Today, MMORPG, such as *World of Warcraft* and *League of*

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Activate Windows
Go to Settings to activate

The Psychosocial Impact of Extreme Gaming on Indian PUBG Gamers: the Case of PUBG (PlayerUnknown's Battlegrounds)

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Online video gaming has become one of the world's most popular leisure time activities among youth (Ballabio et al. 2017; Männikkö et al. 2015). Research has consistently shown that gaming can bring many positive benefits including therapeutic, medical, health, cognitive, and educational benefits (Griffiths 2002, 2019; Nuyens et al. 2019). However, for a small minority, gaming can be problematic and potentially addictive (Kuss and Griffiths 2012; Pontes and Griffiths 2014).

One of the most popular games at the time of writing is *PlayerUnknown's Battlegrounds* (PUBG), a "winner-takes-all" team game inspired by the Japanese film, *Battle Royale*. More specifically, in each game, *PUBG* parachutes 100 players on to a virtual island where teams of four fight each other to death until only one team is left alive. It was officially launched in December 2017 and can be played on both gaming consoles and smartphones (Quartz India 2018) and has been downloaded over 100 million times on the *Google Play Store* (Google Play 2019). At present, the game has over 30 million daily active users globally and is very popular in India (Bhattacharya 2019)—the country of focus in the present letter. A 2018 market research survey conducted among 1047 Indian gamers (Quartz India 2018) reported that *PUBG* was the most popular game (62%) followed by the games *Free Fire* (21%) and *Fortnite* (8%).

Despite the popularity of gaming in India, there have been no dedicated studies on the negative psychosocial impact although there have been studies that have included Indian gamers (1) as part of psychometric evaluations of the properties of gaming disorder assessment instruments (e.g., Pontes et al. 2017), (2) in multi-country gaming samples but not including any breakdown of individual country characteristics or variables (e.g., Subramaniam et al. 2016), and (3) as part of studies examining

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PUBG-related suicides during the COVID-19 pandemic: Three cases from Pakistan

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Abstract

Introduction: The present case report presents the most extreme negative aspects of gaming, namely *PUBG*-related suicide during the coronavirus disease-2019 pandemic in Pakistan.

Case Presentation: Three suicide cases of extreme gamers occurred within a few days of each other in Lahore, Pakistan. All three were young males aged 16–20 years and their suicides appear to be related to *PUBG* addiction. It is likely that all three individuals experienced other predisposing factors relating to psychological instability.

Practical Implications: For vulnerable groups such as adolescents and emerging adults who have psychological predispositions and/or other comorbidities, engrossing videogames which take up many hours a day such as *PUBG* may pose a risk which in the most extreme cases may be fatal.

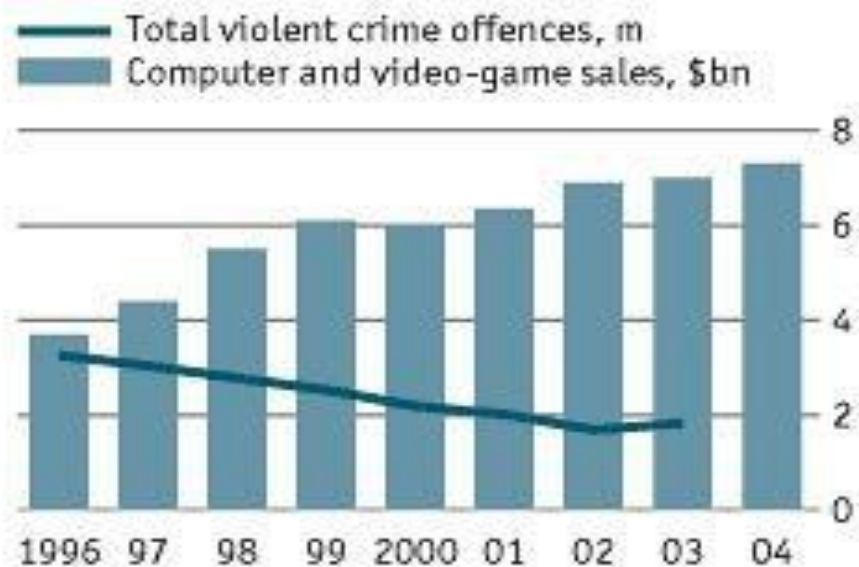
KEYWORDS

Pakistani youths, *PlayerUnknown's Battlegrounds*, *PUBG*, self-harm, suicide, video gaming.

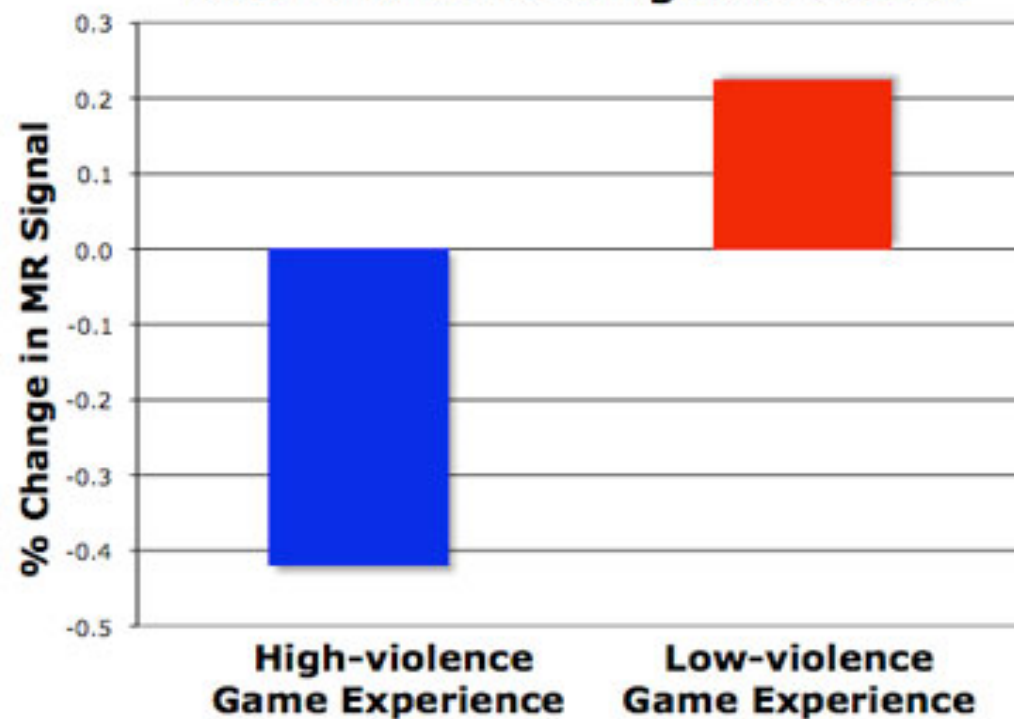
What link?

2

US:



The Brain's Rostral Anterior Cingulate Cortex





Harms Of Video Games

FACTORS THAT MAKES US A VIDEO GAME ADDICT

- Highest score in any video game is the most recognizable hook
- The desire to beat the game is another important factor
- Role playing in the game create an emotional attachment and the story makes it harder to stop playing the game.
- The thrill of discovery about new facts in the game is extremely compelling.
- Online gaming creates an emotional attachment with other gamers

PHYSICAL HARMS OF VIDEO GAMING

- Repetitive stress injuries, or overuse injuries, are injuries that come from activities that involve repeated use of muscles and tendons, to the point that pain and inflammation develop. If these injuries are allowed to progress, numbness and weakness can develop, and permanent injury can result. Overuse injuries of the hands and arms are rampant among gamers.
- One common example is **carpel tunnel syndrome**, which many gamers develop. Carpal tunnel syndrome, often seen in office workers, involves inflammation of a nerve in the wrist, which causes pain and numbness.
- “Gamer’s thumb,” which was previously called “PlayStation thumb” (or “nintendinitis” or “nintendonitis” when Nintendo was popular), occurs when the tendons that move the thumb become inflamed. The medical term for this is de Quervain’s tenosynovitis, and it can lead to swelling and limited movement. Gamers are also at risk for trigger finger, or stenosing tenosynovitis, which is when a finger gets stuck in the bent position due to chronic inflammation. Gamers can also get tennis elbow, a painful inflammation of the place where the tendon inserts into the bone on the outside of the elbow.



- Vision problems are common complaints of gamers. The most common vision problem is eye strain, which can lead to headaches and poor concentration. Gaming has been reported to result in seizures, leading to warnings on the packaging.



Internet Gaming Disorder

- gaming preoccupation
- withdrawal
- tolerance
- loss of interest in other activities
- downplaying use
- loss of relationship, educational, or career opportunities
- gaming to escape or relieve anxiety, guilt, or other negative mood states
- failure to control
- continued gaming despite psychosocial problems.

STUDY ABOUT PEOPLE WHO “NEVER” HAD HEALTH PROBLEM

Health factor	Share who replied "never"	
	Non-addiction group	Addiction group
Headache	28.7%	20.6%
Neck-/back pain	25.8%	16.2%
Digestive problems	51.4%	40.3%
Sleep problems	45.3%	31.2%
Sadness	43.1%	22.0%
Sleepy in daytime	22.6%	10.4%
Palpitations	71.4%	53.5%

Gaming has
contributed to
social isolation



SOCIAL CONSEQUENCES

- Addicted gamers spend so much time playing the games as a result their personal relationships get neglected.
- Among married people, up to 50% has a strain in their marriage due to the addiction of video games.
- Some of them talk so much about their game of choice – which results in the exclusion of everything else and as a result people no longer want to be around them.
- The lack of social interaction which is a results from obsessive gaming will have long-term social consequences.

FBI warning parents about the dangers of playing online video games

NEWS ARTICLE DOES NOT STOP HERE

aged 16–20 years and their suicides appear to be related to *PUBG* addiction.

2 | CASE 1: (SOURCE BAAGHI TV AND PARHLO; JUNE 22, 2020)

A 20-year-old male from Saddar Bazaar (Lahore) committed suicide. He was a 2nd-year student at Forman Christian College. The report claimed he was addicted to *PUBG*, playing the videogame almost all of the time. A day before committing suicide, he argued with his father about the amount of gaming he was engaged in. His father reprimanded him and prohibited him from playing the game. He got angry with his father because of his actions and committed suicide by hanging from a fan in his bedroom.

3 | CASE 2: (SOURCE DAWN NEWS; 24 JUNE, 2020)

A 16-year-old teenager from Hingerwal (Lahore) committed suicide by hanging himself from a ceiling fan after he missed a *PUBG* mission in the game that had been assigned to him. The teenager used to play game for many hours on daily basis, and was said by those who knew him to be addicted to the game. He committed suicide after not being able to complete the task while playing the game. Police found his mobile phone near him in his room with the *PUBG* application still running. His parents had told him many times to stop playing the game. On the day of the suicide, the teenager was alone and he had locked the door of his room while playing game and then killed himself.

4 | CASE 3: (SOURCE: DAWN NEWS; JULY 1, 2020)

An 18-year-old male residing at the Punjab Housing Society (Lahore) committed suicide by hanging himself from a fan in a room of his rented house. The victim's brother who he lived with confirmed to police that his brother was addicted to playing the *PUBG* videogame. It was reported that the victim had made a video call to an uncle Task View before taking life. The victim also left a suicide note in

5 | DISCUSSION

Being in lockdown and other preventive measures have been implemented throughout the world in an attempt to minimize the spread of COVID-19.^{11,12} Millions of individuals have been restricted to their homes with lots of spare time to fill. Engaging in activities like gaming via smartphones has become more frequent. Gaming can be unhealthy for a minority of individuals who use it as coping mechanism and escapism from reality. Consequently, online gamers in the lockdown period may be impacting psychologically because of the persistence of excessive gaming.¹³ The present report highlights what appears to be the first online gaming suicides during the COVID-19 pandemic globally and the first gaming-related suicide cases in Pakistan.

The three cases highlighted here appeared to be addicted to the *PUBG* game (based on corroborative reports), and their failure to stop playing the game and/or failures within the game appears to have been the precipitating factor that led them to suicide. Previous cases of negative consequences, self-harm, and suicide among Indian youths addicted to *PUBG* cases have previously been reported.⁶ Various consequences of problematic *PUBG* gaming led to (i) exam failure by a formerly studious teenager who had a distinction in his Secondary School Certificate but ended up writing how to download and play *PUBG* in his exam questions; (ii) running away from home because of being brainwashed by online *PUBG* team-mates; (iii) hospitalization of a fitness trainer who lost his mental balance and started hitting himself and got being injured after completing one of the *PUBG* game rounds; (iv) drinking acid instead of water by mistake while being engrossed playing *PUBG*; (v) dying of neck pain nerve damage after playing *PUBG* for 45 continuous days¹, and (vi) being hit and killed by a train because of being so engrossed in playing the *PUBG* game at a railway station.⁶

The same study also provided evidence of a suicide attempt and suicide completion because of *PUBG*. More specifically, a 14-year-old boy allegedly attempted suicide by consuming poison in a fit of anger after his mother took away his mobile phone in an attempt to stop him playing *PUBG*. Another boy hung himself because his parents refused to buy a new smartphone for playing the *PUBG* after an argument with his family members.⁶ In another case from Bangladesh, Mamun and Griffiths¹⁴ reported that an 18-year-old student committed suicide with issues related to gaming although there were other multiple suicide factors including (i) not getting the highest marks in an exam (which may have been because of excessive

CYBER BULLYING

- In-game abuse is a common form of cyberbullying, with gamers being harassed and intimidated by other players, known as 'griefers'. This abuse can happen while playing on online gaming websites and social media, or while interacting through gaming consoles like Playstation and Xbox.
- At Ditch the Label, we define cyberbullying as 'the use of digital technologies with an intent to offend, humiliate, threaten, harass or abuse somebody.'
- It is often hard to know what to do to address and alleviate such a situation.

Harassing Messages

Some kids think it's okay to send harassing messages to their opponents in the online gaming world. After all, it's not real life – it's just a game. "You're protected by anonymity." Even if kids are nice in "real life," the anonymity that is provided on online gaming platforms emboldens them to be able to act disgustingly. These bullies don't understand that oftentimes, the harassing messages sent through cyberspace can have the same kind of impact on them as hurtful comments given in real life.

DISADVANTAGES

Many other games are aimed for single player and so could be criticised for isolating you from family and friends for many hours

They can take an awful lot of hours, that time could be spent doing something more productive or sociable

Constant use of thumbs, wrist and eyes can lead to problems such as eye strain, RSI and other physical problems

Games do not need much physical activity and so could be criticised for making you unfit - although the new motion sensing games are extremely active!

The hardware and software together are quite expensive, which can be a challenge when balancing what you want to spend your money on.



Conclusion

- 1 . Violent, nihilistic game often leads to aggression among youngsters**
- 2. Games are addictive and ruins your social life**
- 3. It can lead to addiction and harm mental health**
- 4. It leads to lack of sleep and bad physical health**
- 5. It leads to bad academic scores as well**



**PUBG ADDICTION:
GROOM PLAYS PUBG
AT HIS OWN WEDDING'
IGNORES HIS NEW BRIDE**



Stay alert !

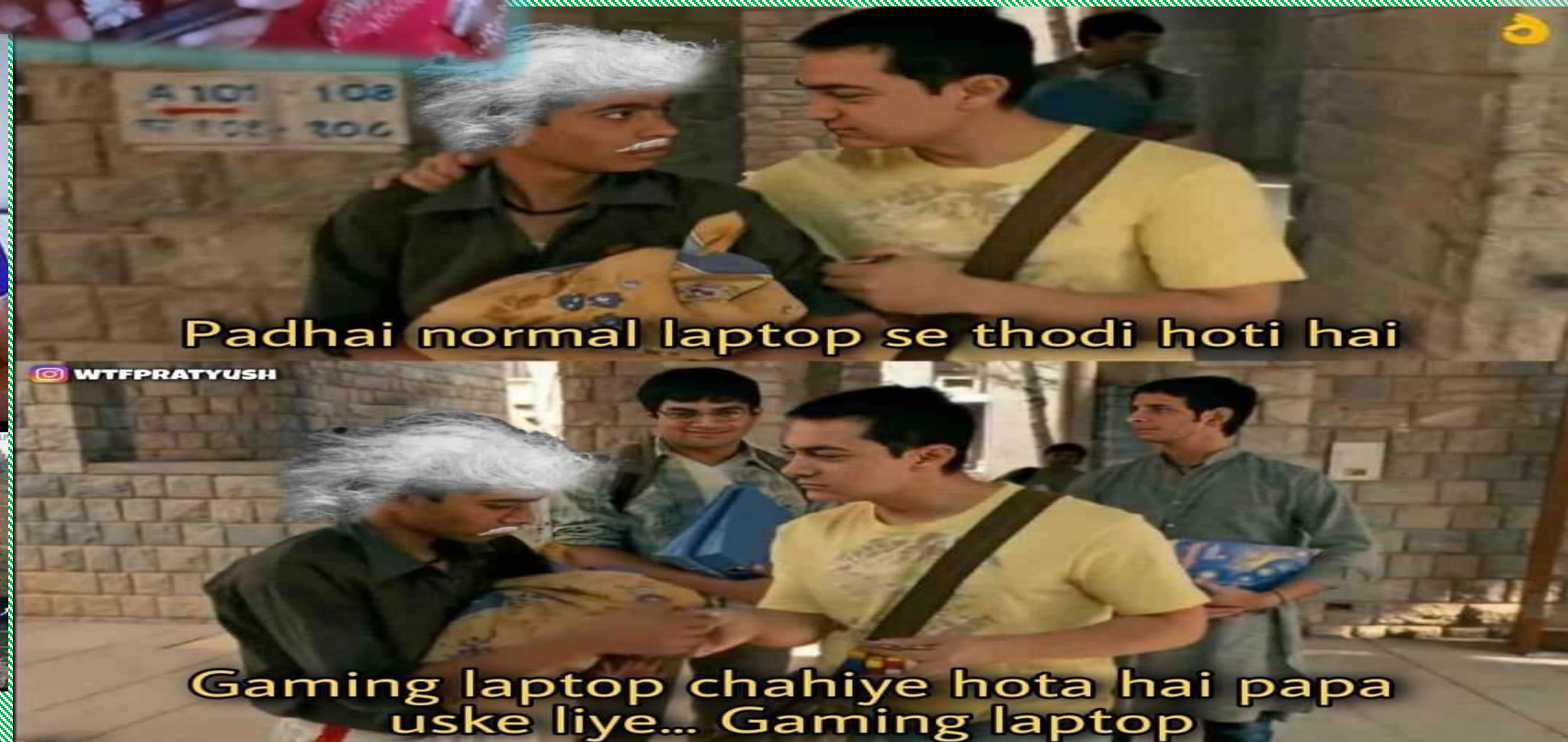


A Japanese man killed his friend just because he didn't give him 6x scope in PUBG



You said you were going to make us a chicken dinner?

I am



Padhai normal laptop se thodi hoti hai

WTFPRATYUSH

Gaming laptop chahiye hota hai papa uske liye... Gaming laptop



Let's Not Continue Gaming Again...

GAME OVER

DO YOU WANT TO CONTINUE?

The End!