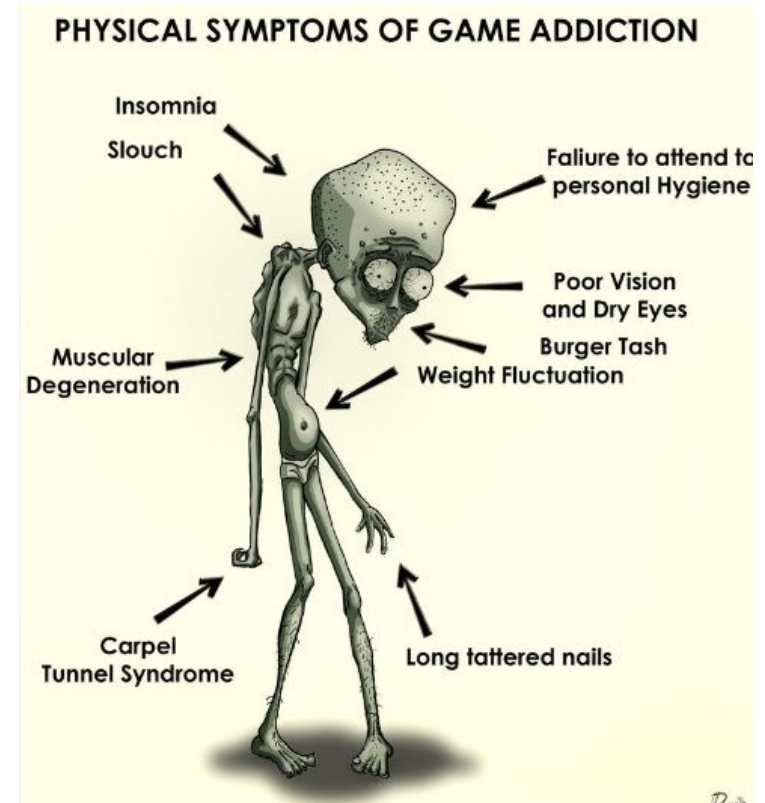# Gaming Addiction

Usman Ahmed and Kirk Martin

Definition

Video game addiction, also called internet gaming disorder, is a condition characterized by severely reduced control over gaming habits, resulting in negative consequences in many aspects of your life, including self-care, relationships, school and work.
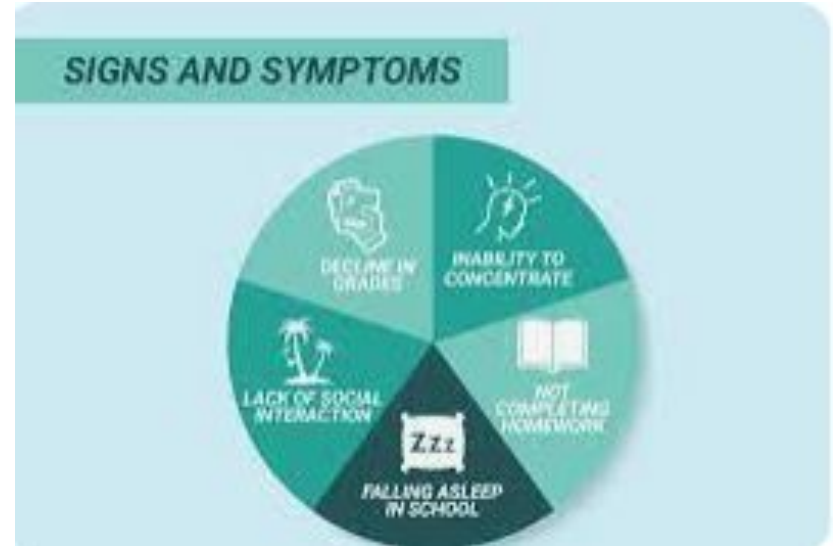
Symptoms

- Poor performance at work or household responsibilities as a result of excessive video game playing.

- Withdrawal symptoms, such as sadness, anxiety or irritability, when games are taken away or gaming isn't possible.

- A need to spend more and more time playing video games to get the same level of enjoyment.

- Giving up other previously enjoyed activities and/or social relationships due to gaming.

- Being unable to reduce playing time and having unsuccessful attempts to quit gaming despite the negative consequences it's causing.

- Lying to family members or others about the amount of time spent playing video games.

- A decline in personal hygiene or grooming due to excessive video gaming.

- Using video games as a way to escape stressful situations at work or school or to avoid conflicts at home.

- Using video games to relieve negative moods, such as guilt or hopelessness.

PHYSICAL SYMPTOMS OF GAME ADDICTION

Insomnia
Slouch
Failure to attend to personal Hygiene
Poor Vision and Dry Eyes
Burger Tash
Muscular Degeneration
Weight Fluctuation
Carpel Tunnel Syndrome
Long tattered nails

Facts

- The number is likely to surpass three billion by 2023. 3-4% of gamers are addicted to video games. IIt was discovered that between 0.3% and 1% of the general population have symptoms associated with gaming disorder.

- Gaming addiction by ethnicity shows that caucasions play games the most by 67%, followed by hispanics 15%, African 12%, and Aians 5%.

- By gender males and females are gamers equally but the numbers decrease among adults compared to teenagers. Single people are more likely to have video game addiction and younger adults have more problems with video game playing.

- Video game addiction has also increased since COVID. Studies shown that since post COVID

- People played an average of eight hours and 27 minutes of video games per week.

- Twenty-five percent of adults played video games for at least 12 hours weekly.

SIGNS AND SYMPTOMS

DECLINE IN GRADES

INABILITY TO CONCENTRATE

NOT COMPLETING HOMEWORK

Zzz FALLING ASLEEP IN SCHOOL

LACK OF SOCIAL INTERACTION

Solutions

Parents that want to limit and control the rate at which their children are gaming should attempt the following:

- Set a family agreement on which games can be played, when, and for how long. Hold each other accountable for sticking to the rules.
- Keep a firm rule against gaming during other activities, in-person or virtual.
- Confine game consoles to communal rooms (kids with consoles in their bedrooms log more than triple the play time).
- Consider programming all computers to "lock down" during certain hours.
- When everyone retires, put smartphones to bed in a different room. (Use a landline or apps-free phone for legitimate wee-hours emergencies.)
- Require that everyone get the whole family's permission before downloading any new video games.