**Gaming addiction in teenagers**

Gaming addiction has been around for a long time, ever since the first video games. In the process of playing, people relax, relieves emotional tension and distracts themselves from problems in real life. All this contributes to the spread of game addiction among teenagers. This way 25% of computer game players are under 18 years old. Gaming addiction can be equated to addiction to drugs or alcohol and it also has a negative impact on the lives of young people. In my research I will look at the causes of gaming addiction and the factors that can influence its development; the negative consequences on a physical and social level.

Skrypova Karolina

The source that primarily guided me on the topic:

<https://akjournals.com/view/journals/2006/1/1/article-p3.xml>