

## **EAP2 Final Exam**

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### **Teenager and Game**

Since games and adolescence are closely related, it should be **mandatory** to stop teenagers from playing games at bedtime. The **principal** reason is adolescents are vulnerable to addiction to behavior such as games. Esposito et al. (2020) found that younger children are more likely to be addicted to games (p.221). If teenagers play games late at night, they will play games longer and eventually become addicted. My second reason is that it can cause sleep deprivation. In fact, according to **a study** by King et al. (2012), “After prolonged video-gaming, total sleep time decreased by  $27 \pm 12$  min, sleep efficiency decreased by  $7 \pm 2\%$ ” (pp. 139-140). If adolescents don't get enough sleep, their health can be adversely affected. Moreover, insufficient sleep hinders children's growth. Finally, the obvious reason is it reduces concentration on studies. According to Saputra et al. (2020), students who played games for a long time were less focused on their studies in class than those who did not (p.120). This fact clearly supports my claim. For the important reasons I mentioned here **such as** being addicted easily, insufficient sleep, and decreasing academic concentration, teenagers should not play games until late at night.

## References

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King, D. L., Gradisar, M., Drummond, A., Lovato, N., Wessel, J., Micic, G., Douglas, P. & Delfabbro, P. (2013). The impact of prolonged violent video-gaming on adolescent sleep: an experimental study. *Journal of sleep research*, 22(2), 137-143. <https://doi.org/10.1111/j.1365-2869.2012.01060.x>

Saputra, M. D., Marjohan, M., & Safrizal, S. (2020). Game addiction and its effects on teenagers' mental health. *Ta'dib*, 23(1), 117-122. <http://dx.doi.org/10.31958/jt.v23i1.2007>

## Outline

### < Outline >

#### I. Intro

- We should stop teenagers from playing games until the night.
- ~~Children's dependence on games is increasing recently.~~
- Games and teens' life are deeply related.

#### II. First point

- Teenagers can be addicted easily on games
  - Esposito found that younger children are more likely to be addicted.

#### III. Second point

- Gaming until late at night can cause sleep deprivation.
  - Research by King proved that it reduces total sleep time and sleep efficiency

#### IV. Third point

- It decreases concentration on studies.
  - Research by Saputra, game can affect their ability to concentrate.

#### V. Conclusion

- Teenagers should not play games at bed time.