**EAP2 Final Exam**

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**Teenager and Game**

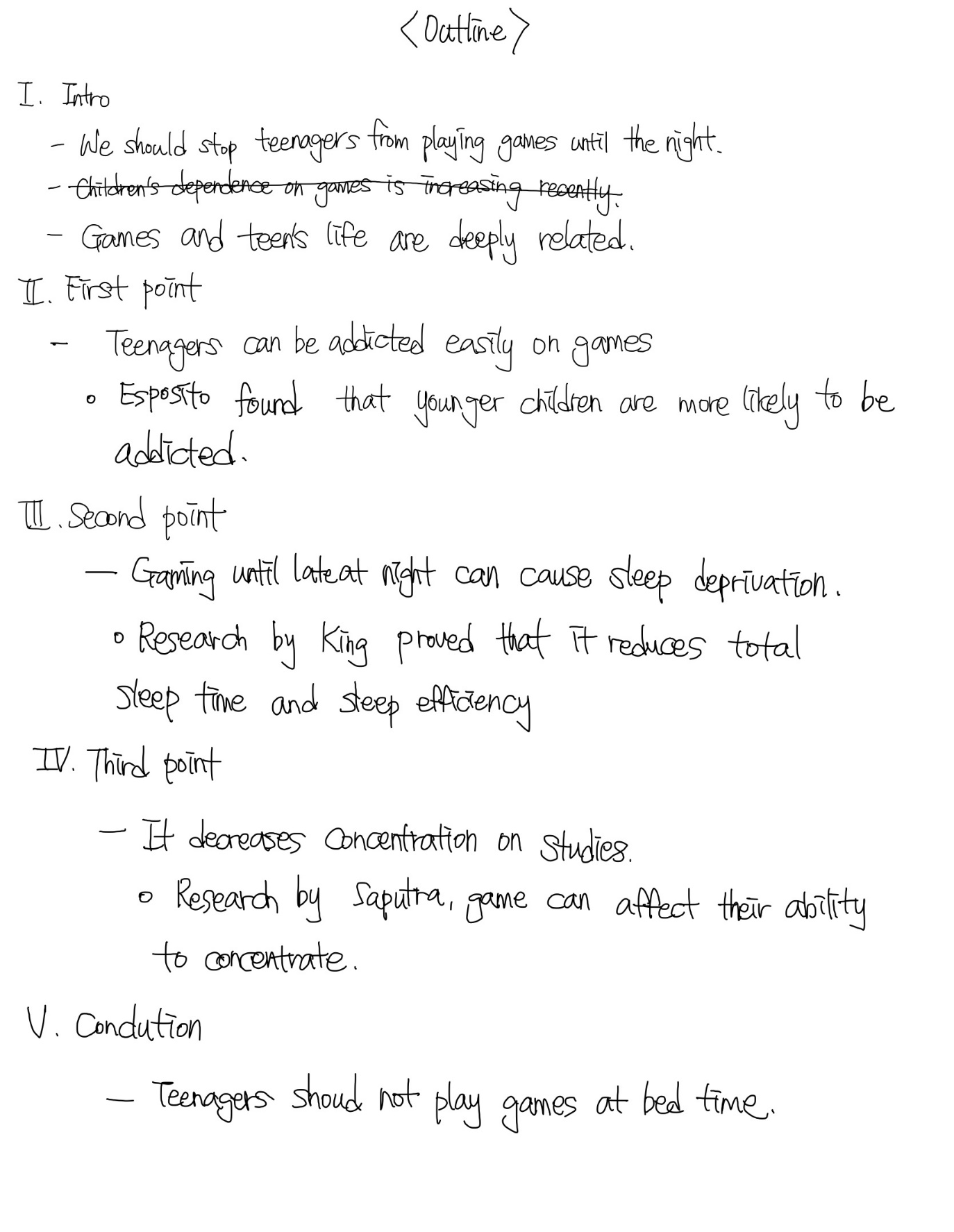
Since games and adolescence are closely related, it should be **mandatory** to stop teenagers from playing games at bedtime. The **principal** reason is adolescents are vulnerable to addiction to behavior such as games. Esposito et al. (2020) found that younger children are more likely to be addicted 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±12 min, sleep efficiency decreased by 7±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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**Outline**