

Title: Game Addiction: Understanding Causes, Impacts and Solutions

Group Members: [Kevin
Qiu, Huiling Mei, Yang
Jun]

Instructor: [Yolande Elise
Brener]

Class: [writing for the
humanities]



Abstract

Game addiction is an increasingly serious problem, affecting people of all ages around the world. Although some people think this is a harmless pastime, excessive games can lead to negative consequences, poor academic performance and health problems. In this article, we will explore the causes, effects and potential solutions of game addiction. We will study the psychological and social factors that lead to game addiction, discuss the impact of excessive gaming on physical and mental health, and propose prevention and treatment strategies. By understanding the complexity of game addiction, we hope to raise awareness and promote healthy game habits.

Introduction

- Internet addiction refers to the psychological state of excessive dependence on the Internet or being unable to extricate oneself. Its origin can be due to various factors, here are some possible sources:
 - Social pressure.
 - The lure of the virtual world
 - Psychological problems
 - Way of life.
 - Consequences of Internet addiction

Causes of Gaming Addiction

Psychological factors

- 1 Reward systems in games
- 2 Escapism and coping mechanism
- 3 Social anxiety and depression

Effects of Gaming Addiction

Mental health

Physical health

- 1.Sedentary lifestyle and obesity
- 2.Sleep deprivation and insomnia
- 3.Vision problems and other health issues

Social and academic problems

- 1.Social isolation and relationship problems
- 3.Poor academic performance and reduced productivity
- 2.Gaming-related crimes and violence

Solutions to Gaming Addiction

Prevention strategies

1. Education and awareness campaigns
2. Parental supervision and involvement
3. Regulation and control of gaming industry

B. Treatment options

1. Cognitive-behavioral therapy and counseling
2. Medications and other interventions
3. Support groups and online communities

Image 1: A graph showing the gaming addiction stats by age

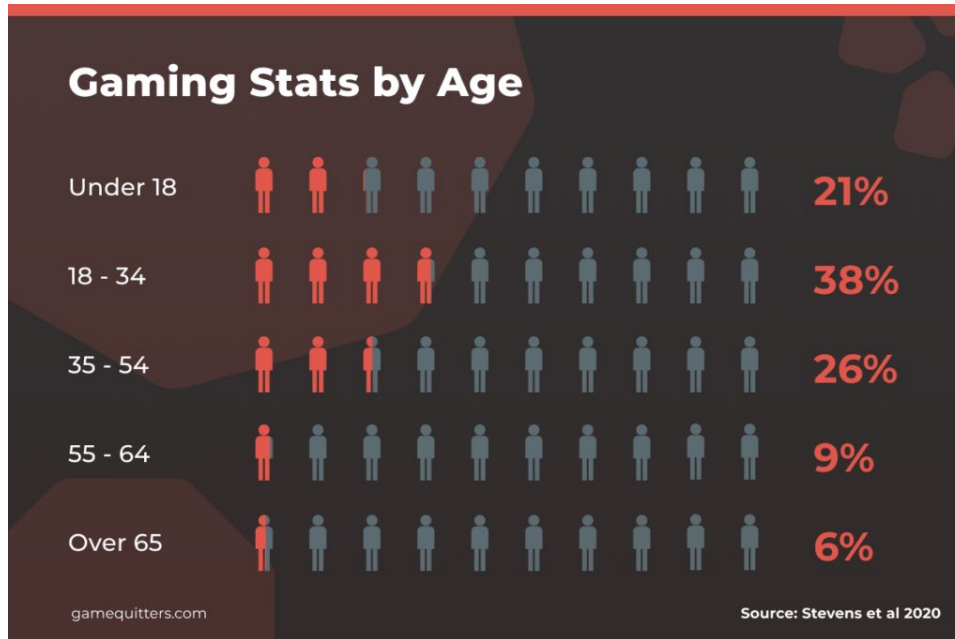


Image 2: the correlation between gaming addiction and mental health problems.

GAMING DISORDER

2018 The World Health Organization (WHO) recognized "gaming disorder" as a legitimate mental health condition

IS DESCRIBED AS AN ONGOING PATTERN OF PROBLEMATIC GAMING BEHAVIOR CHARACTERIZED BY:

- **A loss of control:** Being unable to regulate when, how often or how long they play
- **Over-prioritizing:** Giving gaming precedence over all other areas of life
- **Playing despite negative consequences:** Such as poor performance at work or school




Image 3: A photograph of a support group for gaming addiction.



Cited Sources

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4061797/>

<https://www.sciencedirect.com/science/article/pii/S0747563213004093>

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Summary of Topic Discussion

Gaming addiction is a complex problem involving psychological and social factors. Excessive gaming can be detrimental to physical and mental health as well as social and academic performance. Prevention and treatment strategies can help reduce the negative effects of gaming addiction, including education and awareness campaigns, parental engagement, and regulation of the gaming industry. Treatment options include therapy, medication, and support groups.

Conclusion

Through our exploration of the causes, effects and solutions of gaming addiction, we recognize the negative impact of gaming addiction on individuals and society. Excessive gaming can lead to mental and physical health problems, and can also affect social and academic performance. At the same time, gaming addiction is also a complex problem, influenced by many factors such as psychological, social and cultural.

Finally, we also need to realize that the game itself is not the problem, the problem is excessive and compulsive gaming behavior. Therefore, we call on people to develop healthy gaming habits, avoid excessive gaming, and maintain good mental and physical health. Only by working together can we better address gaming addiction and promote the development of a healthy gaming culture.