

## Game addiction among Adolescence

**WebQuest Description:** The purpose of this WebQuest is to make students aware of the effects of game addiction, how to prevent the game addiction and how students can play game to increase their performance.

**Grade Level:** 9-12

**Curriculum:** Life Skills / Careers

**Keywords:** game addiction, Physical effect, psychological effect, social effect, prevention

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### Introduction

Video game addiction (VGA) is a hypothetical behavioral addiction characterized by excessive or compulsive use of computer games or video games, which interferes with a person's everyday life. Video game addiction may present itself as compulsive gaming, social isolation, mood swings, diminished imagination, and hyper-focus on in-game achievements, to the exclusion of other events in life. In May 2013, the American Psychiatric Association (APA) proposed criteria for video game addiction in the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders, concluding that there was insufficient evidence to include it as an official mental disorder. However, proposed criteria for "Internet Gaming Disorder" were included in a section called "Conditions for Further Study". While Internet gaming disorder is proposed as a disorder, it is still discussed how much this disorder is caused by the gaming activity itself, or whether it is to some extent an effect of other disorders. Contradictions in research examining video game addictiveness may reflect more general inconsistencies in video game research. For example, while some research has linked violent video games with increased aggressive behavior other research has failed to find evidence for such links. What Causes an Addiction to Video Games? Many different causes factor into video game addiction. One of the main reasons that video games can become so addictive, however, is they are designed to be that way. Video game designers, like anyone else trying to make a profit, are always looking for ways to get more people playing their games. They accomplish this by making a game just challenging enough to keep you coming back for more but not so hard that the player eventually gives up. In other words, success for a gamer often feels just out of reach. In this respect, video game addiction is very similar to another more widely recognized disorder: gambling addiction.

### Tasks

**How to Recognize an Addictive Video Game Player:** People with addictions to video games have been observed to demonstrate certain habits and manners that can be considered signs of addiction. Intervention and psychological aid are recommended when a player exhibits some of the following signs for a period of several months or longer: 1) Playing in secret or lying about how long he or she has been playing 2) Mulling over video games when engrossed in other activities 3) Sacrificing time at work or school in order to play 4) Using games to escape from reality 5) Anxiety or depression 6) Becoming alienated from friends and family 7) Becoming irritated if unable to play 8) Lacking enough hours of sleep 9) Losing interest in other activities and hobbies 10) Increasingly ignoring personal hygiene Prolonged periods of sitting in front of the computer to play games or surf the Internet also cause detrimental effects to one's physical health. For instance, hardcore players may suffer from carpal tunnel syndrome, a condition that causes pain and numbness in the hands and wrists. They are also likely to experience dry eyes, headaches, back and neck aches, and a significant loss or gain in weight. **Steps You Can Take to Help Someone With a Computer or Internet Addiction:** If you think someone requires immediate attention and help because of a computer or Internet addiction, you can take certain steps to help the person regain self-control. If you are an addict yourself and have decided to change for the better, acquiring help beyond your own efforts is important. Outside support can help you stop yourself from reverting to your old, harmful ways. **Talking to Someone With Video Gaming Addiction:** Verbal communication is one of the best means to help an addict. By talking, you may be able to make the affected individual open up and recognize the compulsive behavior. Often, the compulsion is actually an excuse or way to be temporarily relieved from underlying issues, such as stress, anxiety and depression. By finding out what's really causing the video gaming addiction, you can help direct the person to the right treatment and support groups.

### Process

**GAME ADDICTION among Adolescents**  
**Objectives:** Judge playing games in a positive way; Analyze the negative effects of game addiction Identify the symptoms of game addiction Students should be able to Some Questions to reflect: Do anyone face any problem due to long time gaming? Do you want to discuss any of your experience after playing games for long time? After playing video games or computer games can you feel any difference? **Physical Symptoms:** Headache / Migraine Taunting dreams Restless Cold awareness Physical illness Nausea **Social Effect:** Anger and verbal abuse, sometimes extreme Excessive crying Lack of motivation Difficulty facing obligations, procrastination Boredom/ Inability to find an activity of interest **Psychological Symptoms:** Anxiety Feelings of emptiness Depression Uncontrollable feelings Mood swings Fear Irritability **School symptoms:** Non-school hours are spend on the computer or playing games Falling asleep in school Falling behind with assignments Degradation in academic performance **The "Blue Whale" Challenge:** A teen boy comes across the online game, The Blue Whale. He is given one challenge after the other. He accomplishes every task and keeps on moving to the subsequent levels. The final and concluding challenge asks him to commit suicide. He clicks himself on top of a building and jumps. If police speculations are to be believed, this is what led to the death of the 14-year-old Mumbai boy four days ago. This is the first death in India, which is being linked to the

infamous Game: Blue Whale . The standard 9 boy had allegedly discussed the game with his friends, telling them about the final stage. They thought he was joking when he told them he won't be coming to the school anymore. The game is believed to have rocked many teen lives in Russia and even in the UK. The vow for the prevention of game addiction: Do not miss your bedtime because of playing games. Keep track of your daily playing game times. Play games after finishing your daily work. Keep your computers where you can share of your parents.

## Evaluation

It is a follow up questionnaire to evaluate the learning outcome of the learners. Questionnaire for follow up: Do you feel guilt and shame around your gaming? Have you sworn off a game, uninstalled it, and later returned to it? Have you called in sick or late to work or skipped classes to game? Do you lose hours of sleep to gaming? Do you set limits with gaming and then break them, playing hours longer than intended? Do you find ways to game when away from home? Do you find yourself gaming in the early morning? When upset, do you soothe yourself with games or plans to game? Have you ever taken a break from gaming and binged uncontrollably upon your return? Do you get very angry when someone or something interrupts a game? Do you hide or lie about your gaming? Do you often re-live gaming experiences or think about future ones? Does gaming contribute to arguments in your relationships? Has gaming taken the place of any hobbies or sports you used to enjoy? Do you forget appointments, responsibilities or deadlines in work or school when gaming? Do you become irritated and defensive when people suggest you might be gaming too much? Have your hours spent gaming increased over time? Do you blow off social events to game? Have you lost contact with friends and family since gaming? Do you have intense feelings (highs, lows, anger, fear) while gaming?

Category and Score	Beginning	Developing	Very Good	Exemplary	Score
Students understood the concept of game addiction	They were aware of game addiction but could not give a definition.	They became aware of definition of game addiction and was able to relate to its causes.	They were now able to distinguish the symptoms of game addiction and identified its effects.	They were able to recognize ways of dealing with game addiction and play game to improve their efficiency.	10
					20
					30
					40
				Total Score	100

## Conclusion

Playing games has two sides like a coin, positive and negative. If game is playing moderately then it can be beneficial for the player and they can improve their efficiency. But if people are addicted with games then it is a harmful activity for them. Adolescence is the age when a person can not think rationally. They need little guidance from adults and they should be treated empathically. Adolescence education is required to support them physically, mentally and spiritually.

## Teacher Page

Gaming addiction is to be listed as a mental health condition for the first time by the World Health Organisation. Its 11th International Classification of Diseases (ICD) will include the condition "gaming disorder". The draft document describes it as a pattern of persistent or recurrent gaming behaviour so severe that it takes "precedence over other life interests". Some countries had already identified it as a major public health issue. The last version of the ICD was completed in 1992, with the new guide due to be published in 2018. The guide contains codes for diseases, signs and symptoms and is used by doctors and researchers to track and diagnose disease. It will suggest that abnormal gaming behavior should be in evidence over a period of at least 12 months "for a diagnosis to be assigned" but added that period might be shortened "if symptoms are severe". Symptoms include: 1) impaired control over gaming (frequency, intensity, duration) 2) increased priority given to gaming 3) continuation or escalation of gaming despite negative consequences

### Standards

It is made for national standard and for 9-12 standard students.

### Credits

I am thankful to my guide who help me and inspire me to write this WebQuist.

### Other

This is a very sensitive topic and anyone can take it for further implementation and think about mobile addiction as a topic.