

DEALING WITH ADDICTION

# GAMING ADDICTION

by Kizzi Roberts



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# AT A GLANCE

- Gaming addiction is the dysfunctional use of video games.
- Estimating the number of people with gaming addiction is difficult. Researchers think between 1 and 10 percent of gamers become addicted.
- Young men are most likely to become addicted to gaming.
- Gaming addiction negatively affects a player's life. Its effects may include fatigue, depression, anxiety, anger, loss of relationships, and damage to physical health.
- The World Health Organization recognized gaming addiction as a disorder in 2018.

# 1

## WHAT IS GAMING ADDICTION?

**P**eople all over the world enjoy playing video games. People play games on consoles, computers, and handheld devices. Video games are very easy to access. This can cause some people to spend too much time playing. Time spent playing is not the only sign of trouble.

People will also **neglect** other important things to play video games. This can be a sign of a problem.

In 2018, the World Health Organization (WHO) recognized gaming addiction as a disorder. The WHO is an international

*Playing video games is a popular hobby across the world.*



organization. It helps people around the world lead healthy lives. It uses scientific research to identify diseases and disorders.

The WHO defines several signs of gaming addiction. Someone may struggle to control the time he or she spends gaming. A person may prioritize “gaming over other activities to the extent that gaming takes precedence over other interests and daily activities.”<sup>1</sup> Someone may continue to play despite **negative consequences**. Gaming may interfere with school or work.

The negative consequences of video game addiction can disrupt a person’s life.



***Too much gaming can interfere with school, work, and relationships.***

Gaming addiction affects the lives of a player's friends and family, too. Therefore, it is important to understand how gaming addiction starts.

## HOW DOES GAMING ADDICTION START?

People play video games for many reasons.

Most people play because it is fun. Other people play to keep their brains active.

Many games involve problem-solving and puzzles. People play video games to relax, too. Stanley Pierre-Louis is the president

### GOT GAME?

In 2021, 76 percent of American kids aged eighteen and younger played video games. Of these gamers, 77 percent played with friends online or in person. Additionally, 74 percent of parents played video games with their children at least once a week.

# COMMON HOOKS IN VIDEO GAMES



Source: "What Makes a Video Game Addictive?" Video Game Addiction, n.d. [www.video-game-addiction.org](http://www.video-game-addiction.org).

**Video game designers use several different types of hooks to keep players engaged.**

unique world is a complex hook. In a unique world, a gamer is eager to discover new things. Both simple and complex hooks

# GLOSSARY

**chronic**

long-lasting

**depression**

a mental illness that causes feelings of sadness and loss of interest in enjoyable activities

**dysfunctional**

not functioning properly

**fatigued**

weary or exhausted

**immersive**

deeply absorbing and engaging

**moderation**

doing something in a non-extreme way

**negative consequences**

harmful results

**neglect**

give little attention to

**rehabilitation**

the process of recovering from an addiction

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# FOR FURTHER RESEARCH

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