Addiction to Video Games

Name

Institution

Date

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**Introduction**

Video games are very popular across the globe because of their entertaining aspects. These elements make individuals to spend a significant amount of their time on these games. Consequently, several studies have found that a small percentage of gamers find challenges to control their gaming habits. The findings further claim that addiction to video games is a serious social challenge that requires sufficient attention from all stakeholders namely parents, developers of the video games, and broader community. This viewpoint is driven by the belief that being unable to control the gaming behavior disrupts individuals’ school, work, and social lives. At the same time, it compromises their health as the addicts do not engage in physical activities as these games are played while seated. These aspects indicate that the producers of these games need to explore the issue of corporate social responsibility to protect the users from the possible harms that come with gaming when done for a prolonged period. Under this view, the developers and markers of the video games should inform their customers about the addictions risks that come with playing the games for many hours. The other approach is to provide referral services to the persons suffering from the addiction using their customer care platforms. Thus, the critical nature of video games addiction requires a collective approach to manage its effects to ensure that they do not compromise the well-being of the players.

**Research Questions**

The objective of the study was to determine the causes and effects of video games addiction to the society. The information acquired would provide vital insights into the effective ways of preventing the addiction and mitigating its effects. Thus, the dynamics of study revolved around two questions:

1. What are the factors that drive persons into video games addiction?
2. What are consequences of the addiction?

**Problem Statement**

Video games are a popular form of entertainment in the modern-day society. Many people use them to pass time as they are cheap and easily accessible. At the same time, their intriguing nature makes them very interesting to users. However, many players are unaware of the negative consequences of playing these games for a long time, such as addiction. For this reason, most of the addicts do not even know that they are misusing the games. Thus, it is imperative that the society is educated on the features of these games to know how to utilize them effectively, thus avoid their adverse effects.

**Research Methodology**

The study entailed a secondary research as it relied on secondary sources for data. Here, I analyzed and reviewed previous studies exploring the issue of video addiction to acquire data. I cross-examined research journals, newspaper article, and books to gain deeper insights into the social problem. During the evaluations, I had to check the credibility of the sources through conducting background checks on the researchers and publishers of the readings. The outlook was to ensure that the findings my study were both credible and reliable.

**The Findings of the Study**

The analysis of secondary sources revealed that the addiction to video games is caused by several factors. One of the causes is the reward that the players obtain from the games, which motivate them to play more. However, the rewards in these games are earned unlike in gambling where prizes are facilitated by luck. For instance, the video games have to utilize their intelligence and skills to move to the next level (Markey & Ferguson, 2017). At the same time, these rewards are in-game as individuals do not get any monetary gain for winning a particular game against the others. The pleasure that comes with emerging victorious in these games facilitates addiction as individuals continue to play them until they are unable to control themselves.

The other cause of the addiction to video games according to the sources I used for the study is mental disorders (Scutti, 2017). Persons who are emotionally and mentally unstable have high chances of becoming addicted to these games as they cannot control the pleasures that they obtain from them. They cannot tell when to stop playing them, a condition which compromises their well-being. Therefore, the psychiatrists who deal with the cases of video game addictions should conduct comprehensive analyses of their clients’ mental statuses before developing a treatment plan. The approach would enable them to determine if the addiction is brought about by mental disorders, hence managing the illness together with the addiction. This position is driven by the view that the addicts can manage their addictions if their psychological disorders are managed effectively.

The research also revealed that the addiction has adverse effects on people’s well-being. For instance, the correlation between academic performance and the addiction was negative, which shows that children who are addicted to these games cannot perform well in their studies. At the same time, the persons addicted to video gaming are unable to have sustainable interpersonal relationships, such as intimate partnerships and workplace relations (Zastrow, 2017). The games take much of their time, thereby denying them the social skills they need to have fulfilling interactions with the persons they encounter. Moreover, the games can lead to poor health due to physical inactivity. People play video games while seated, thus physically inactive. Therefore, the addicted individuals spend a lot of time indoors playing these games, a condition that denies them the opportunity to engage in physical activities, such as walking. Consequently they end up becoming overweight, thereby exposing themselves to several health problems.

**Discussion**

Addiction to video games is a serious social problem as it causes several problems to the addicts. It is caused by too much exposure to the games, which makes it difficult for the players to control the rewards and pleasure they derive from them. The condition is worsened by mental and emotional instability, which make it difficult for some gamers to manage their gaming behaviors. These findings provide psychologists with crucial details on how to manage the video games addiction conditions (Wittek, et al., 2016). Therefore, the study is likely to have immense benefits on the broader society as it would enable them to know how to prevent the cases of video games addiction and developing effective methods of managing its adverse effects. This is because the research would enable people to know the causes of the addiction to these games, thereby identifying ways to avoid becoming addicts. For example, parents will know how to regulate the time that their children spend on the video games to ensure they are not adversely affected. Thus, the study offers the global society with vital insights of dealing with the video games addiction challenge.

References

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