CRITICAL ANALYSIS OF TEENAGE VIDEO GAMING COMPULSIVENESS

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Abstract

Engaging in play is an essential component of a child's growth and maturation. Providing children with sufficient time and space is crucial for their optimal growth since it is a basic entitlement for every kid. Video games provide a useful platform for today's young people to enhance their understanding and involvement with the contemporary world. One popular way that people occupy their time is by engaging in video games. That being said, video games can have a significant impact on a person's well-being. Opinions on these consequences vary, with some considering them advantageous and others viewing them as unfavorable. Engaging in video games can contribute to the overall well-being of children, enhance their social interactions, and foster their educational development. There are numerous cases that often go unnoticed, even though there is now a growing awareness of the various health issues associated with excessive gaming. Neuroimaging studies have shown that the brain regions involved in gaming disorders, gambling disorders, and addictions to psychoactive drugs are remarkably similar. Teenagers who participate in video games can experience a range of effects, both beneficial and detrimental. Across the world, health organizations and governments are advocating for research on the adverse effects of online gaming and strategies to address them. Newspapers and periodicals reassure parents that video games and other products formerly deemed adverse by experts have good impacts on youngsters. "Don't Bother Me, Mom—I'm Learning" and "How Computer Games Help Children Learn" go further, portraying video games as important learning models for contemporary youngsters.

Keywords: Gaming Addiction, Well-being, Excessive, Disorder and Impact.

INTRODUCTION

It is widely recognized, as numerous studies have shown, that spending too much time playing online games can result in addiction. In 2021, it was found that Indian gamers devoted a significant amount of time to their gaming activities, with an average weekly playtime of over 8 hours and 36 minutes, according to a report by Limelight Networks Inc. In today's society, it is becoming more and more prevalent to participate in uninterrupted video game sessions. The mechanics of addiction to video games at a young age are identical to those of other so-called process or behavioural addictions. The prevalence of teenage video gaming, as well as video game addiction, is on the rise. Around 75% of children and teenagers engage in playing video games. Based on a study conducted by Common Sense Media, it has been found that teenagers dedicate nearly two hours of their day to gaming. Process addictions, of which gaming is one, are prevalent among people's addictive behaviors. Activities like exercise, shopping, and social media use also fall under this category of addiction. To sum up, process addiction is similar to substance abuse in that it alters brain chemistry. Process addictions, like gaming, trigger the brain's reward center. Because of this, the "feel-good" chemical dopamine is released. As a result, the desire for and the need to maintain the behaviour intensified. Consequently, young people who are hooked on video games can't help but play them. Teens and children may be

especially susceptible to gaming's negative impacts if they struggle with social skills, low self-esteem, boredom, loneliness, learning difficulties, or mental problems.

Teens who struggle with low self-esteem and/or social skills may find relief from the anxiety that comes with meeting new people in person via online gaming conversations. The original meaning of the phrase was a physical reliance on a substance. In modern times, the term "addiction" has come to include a wide range of compulsive actions, such as consuming an excessive amount of chocolate. Researchers stay away from this practice, but they are aware that gambling and other hobbies have the potential to become pathological and addictive. Clinical requirements for an "addiction" may be met by certain children who play video games. The World Health Organization has validated the existence of mobile gaming addiction as a mental health disorder (Sharma, 2023).

Both adults and children nowadays face the challenge of screen addiction. Unsupervised use, on the other hand, may have devastating effects on youngsters, whose brains are still maturing and who may have difficulties with social skills, poor sleep hygiene, and academic performance. Parents often express significant concerns about the detrimental effects of online gaming on their children's mental and physical well-being, as well as their inability to attain important life objectives, such as scholastic success, due to addiction to gaming. In this article, we have thoroughly analyzed several aspects of online gaming and gathered valuable insights and solutions about its repercussions.

How Video Game Addiction Develops

Understanding the distinction between individuals who are addicted to gaming and those who engage in casual gaming is crucial. For someone who enjoys gaming casually, they may find that it has positive effects on them. However, for someone who is addicted to gaming, they will likely face serious consequences as a result of their excessive gaming. One of the most appealing aspects of video games is the complex system of in-game rewards that allows players to progress through levels and earn new abilities and things.

This is one of the key reasons why video games are so popular. The brain's reaction to these rewards, which are always present, serves as a long-lasting drive to keep playing the game. A neurotransmitter called dopamine transmits messages from the brain to many regions of the body. Picture yourself completing a difficult game level or slaying a hideous monster. The way parents perceive their child's gaming habits is likely the most significant factor in the development of gaming disorders. They may not understand the dangers if they see it as an ordinary aspect of childhood, similar to playing with friends or riding a bike. Some children may find solace in gaming as a means to alleviate emotional distress or social isolation. Overuse may result from the fact that real-life problems may go unnoticed because of virtual relationships and success in games. They might get so engrossed in video games that they seem oblivious to the world around them. That's the beginning of an addiction. The enjoyment of gaming becomes problematic when a youngster becomes too absorbed in gaming to the point that they neglect other responsibilities such as schoolwork, friends, or simply eating a healthy meal.

Harmful Impact of Internet Gaming

It can be difficult for younger players to distinguish between the consequences of their actions in video games and reality. There is little of note that actually happens regarding the digital persona they portray. As a result, interpersonal skills may deteriorate even more in real-life situations, causing feelings of sadness and anxiety.

The presence of dynamic visuals on the screen, accompanied by quick action and flashing lights, has the potential to overstimulation a child's central nervous system during video game play. Consequently, the body enters a state known as "fight or flight" mode, which is triggered by the release of the stress hormone adrenaline.

Conversely, when the child refrains from engaging in video games, their brain experiences far less stimulation, potentially resulting in sensory deprivation and problems such as impatience, diminished focus, and difficulty comprehending and adhering to instructions. Developing a strategic approach to game play is essential for players of certain online games to achieve their goals. The possible outcomes of such antisocial behaviour may involve a diminished capacity for understanding others' feelings and a lack of concern for the welfare of others. As adolescents become increasingly immersed in video games, their inclination to establish online connections and relationships grows, causing them to distance themselves from their social circle.

Interacting with new people in an online game and building connections with them can pose risks if personal information, like phone numbers, is disclosed. By formally recognizing gaming disorder as a diagnosable mental health illness in 2018, the World Health Organization recognized the severity of adolescent video game addiction. This led to the World Health Organization (WHO) adding this condition to the 11th edition of the ICD. The World Health Organization has established three primary criteria for the diagnosis of gaming disorders:

- ❖ An irresistible urge to indulge in video games that one cannot resist.
- ❖ The strong belief that engaging in video games is essential to one's existence.
- ❖ Continuing gaming habits despite the potential negative impact on personal relationships, academic achievement, and/or professional success.

Research has explored the correlation between engaging in video games and experiencing depression. Several mental health professionals and parental advocacy organizations have expressed concerns regarding the potential of video games to cause excessive sedentary behaviour in children.

They worry that spending too much time in front of screens, engaging with virtual characters instead of real people, may have negative effects on both physical health and social development. They contend that young individuals are more susceptible to social isolation as a result of video games, since they are more addictive than television. It is widely believed that increased game duration is associated with higher levels of depression, loneliness, and social isolation.

The Impact of Excessive Gaming on Health

Excessive video game use can lead to a decline in social skills, less time spent with family, neglect of academic responsibilities and other interests, decreased academic performance, reduced reading habits, decreased physical activity, weight gain, and a tendency towards violent thoughts and actions. Aarseth et al. (2016) posit a premise that may lack empirical support—that gaming troubles mostly arise from a conflict between generations, namely between digitally adept young individuals and their less technologically oriented older counterparts—and professionals in therapeutic treatment should approach this notion with a skeptical mindset. Frequent engagement in online gaming, often exceeding 10 hours per day, can lead to a range of issues in young individuals, including sleep deprivation, disrupted sleep patterns, lack of proper hydration and nutrition, seizures, and the development of pressure sores, irritability, physical aggression, depression, as well as various social, academic, and occupational problems. If left unaddressed, excessive gaming may escalate into a significant problem, similar to a little leak in a boat. It is important for educators, parents, and guardians to possess awareness and be vigilant about the potential adverse effects of excessive gaming on children's development. Research on the effects of video games on kids is growing rapidly. According to studies conducted on children who witness violent acts, these young minds may internalize the message and act out aggressively themselves. The longer youngsters are exposed to violent media, the more aggressive they may become. The amount and frequency of children's exposure to violence may have a major impact on them, according to research. The alarming trend of youngsters being too absorbed in computer games, especially those who are studying online completely, is something to be concerned about.

Factors Contributing to the Development of Video Game Addiction

An increasing number of children are dedicating their time to the online world. Research shows that teenagers spend nearly eight and a half hours per day engaged in online activities. An individual may develop a gaming disorder due to their excessive use of digital media, such as gaming, social networking, online browsing, and video viewing. However, there are additional factors that contribute to the development of video game addiction in children, beyond just playing time. Video game addiction is a prevalent issue among teenagers, often stemming from underlying psychological factors.

Studies have shown a correlation between excessive video game usage in teenagers and an increased risk of mental health issues such as anxiety and depression. In addition, studies have indicated that adolescents who experience difficulties in forming strong bonds with their parents are at a higher risk of developing gaming addiction and other types of internet addiction. Due to the pressures of everyday life, teenagers often resort to spending excessive amounts of time playing online games as a means of escape. Adolescent gamers engage in video games as a way to escape and alleviate negative emotions. It's no surprise that gaming has become a popular way for people of all ages to relieve stress. However, due to the ongoing development of their brains and the significant impact of collective trauma, teenagers face an elevated risk of developing a video game addiction.

Positive Aspects of Video Game Play

Video games offer numerous advantages for young people. In today's digital age, children have the opportunity to engage in online gaming with peers from different corners of the globe. Playing video games is an excellent way for children to relax and unwind in a safe and amusing environment, which may help reduce stress. The game's visual aspects might provide a pleasant break from boredom and aggravation. Multiplayer games may help youngsters meet new individuals and build friendships. This experience not only fosters their social growth but also enhances their ability to work collaboratively as a team. Consequently, your child will develop the necessary skills to collaborate effectively and resolve problems collectively. Numerous games demand rapid cognition and the capacity to make instantaneous choices owing to their high-speed and live-action characteristics. The ability to make quick decisions in high-pressure situations is essential in a range of practical fields, including sports and healthcare, and this practice helps to improve that skill. Video games are beneficial for young players as they enhance their hand-eye coordination. They develop an understanding of how their limb movements impact their environment and react to visual cues.

The precise coordination between our hands and eyes is crucial for a wide range of everyday tasks, as well as for various sports activities and, to some extent, for solving puzzles. Engaging in simple games can have a positive impact on a child's mood, fostering relaxation and helping to alleviate anxiety. Developing the ability to navigate challenges in video games can help children build emotional resilience. Participating in video games has the potential to enhance social interaction. In today's technological age, this method provides an excellent opportunity for children to relax and connect with their friends. Kids may meet other kids their age who are interested in the same things while they play online. Playing video games may help kids become better problem solvers. They refute earlier study results by proving their absence of inertia. Video games may improve a child's cognitive skills. By using it, youngsters may enhance their capacity for three-dimensional thinking. Research has shown that children who engage in video game play demonstrate improved performance on tests measuring working memory and impulse control compared to those who do not participate in such activities.

Adverse Effects of Video Games

Engaging in video games can offer children a valuable chance to detach from reality and cultivate a sense of belonging. This is especially true when games include elements that encourage player engagement. When children are not properly supervised, they may encounter a range of risks, such as cyber bullying, online grooming, and the potential for developing a gaming addiction. Enrolling young children in workshops that focus on kids' personality development can help them develop the ability to priorities their activities. Many parents hold the belief that video games are associated with aggressive and violent behaviour, often emphasizing this as a negative aspect. Violent video games appeal to our psychological desires by providing a sense of control and accomplishment. Mastering violent video games can provide players with a means to channel and regulate their emotions, such as anger, and confront their anxieties surrounding mortality. First, let's delve into the possible impacts of video games on players' physical well-being and social interactions.

In addition, it is important to take into account the cognitive states of the players. Individuals with an Internet gaming condition are able to express and, at times, escape their feelings by playing video games, according to research. Due to their dysfunctional emotional regulation and control mechanisms, people with gaming disorders are more prone to angry, depressive, and nervous behavior. The social consequence is children's diminished social life. Kids who play video games for long periods of time risk becoming socially isolated. Video games will always take precedence over reading, athletics, schoolwork, and academic achievement when it comes to kids. In real life, this could make it harder for them to interact with others. This increases the likelihood that they may have difficulties in their personal lives, at work, and in school, as well as anxiety, depression, and adjustment disorder. Now we may talk about the psychological impact of video games. Playing games can lead to a range of negative effects, including increased hostility and aggression, social anxiety, sleep disturbances, strained relationships, the potential for mental health issues, phobias, and substance abuse. Various outcomes are possible. Numerous popular video games frequently delve into the subjects of criminality, prejudice, and intense confrontations. Studies indicate that people can build resistance or immunity to violent simulations over time.

Furthermore, people may begin to mimic the assertive and disruptive behaviours of those in their environment, leading to the assimilation of these traits. Children's minds are highly impressionable and easily influenced by external factors. Research suggests that excessive video game usage can have a negative impact on academic performance. This is because the online realm has a knack for capturing the attention of young minds. Furthermore, engaging in computer games provides a significant amount of flexibility and entertainment, which stands in stark contrast to the structured environment of school. The incorporation of video games in the classroom can have detrimental effects, including students failing to finish their assignments and being absent from class. In the event that children spend their whole day sitting in front of screens rather than getting their bodies moving and participating in sports in the real world, it is possible that their health will suffer. Gaming can have negative effects on both mental and physical health. Prolonged sitting can lead to issues such as obesity, numb fingers, weak muscles and joints, and poor posture. In addition, it is important for parents to closely monitor any changes in their children's behaviour, as they may develop an unhealthy dependence on video games. The stark contrast between the gravity of a typical academic day and the carefree nature of computer games is evident.

Children's excessive engagement with video games can lead to a decline in their academic performance and a lack of focus on their school responsibilities. Even when they're not in class, they might opt to play video games instead of focusing on their schoolwork or getting ready for exams. This could potentially affect their emotional intelligence and result in below-average performance. Despite the availability of multiplayer options, most children prefer to play games by themselves. As a result, some people may experience discomfort in social situations and find solace in online interactions. These children struggle with engaging in casual conversation, often experiencing feelings of discomfort and disinterest at social gatherings. Adjustment disorder, depression, anxiety, and stress can have a significant impact on their personal and professional lives.

Learning via Video games

A lot of parents are wary of video games and don't want their kids to have them around because they think they will hurt their grades. The upsides of playing video games, nevertheless, include enhanced abilities in areas such as focus, imagination, memory, language acquisition, and collaboration. The use of game-based learning has seen a surge in popularity as the educational advantages of video games have been applied to academic settings. The objective of this strategy is to integrate beneficial aspects of videogames into the educational setting, aiming to effectively convey knowledge to students. The three pillars around which it is constructed facilitate the conversion of education into an engaging encounter, free from tedious lectures. Students have a natural tendency to acquire and remember information without conscious effort. The protagonists of the narrative, the pupils, get medals, more lives, bonuses, and other advantages as a reward for their achievements, significantly augmenting their drive.

By providing practical application opportunities, students may proficiently use their information within a secure setting, promoting a profound and enduring involvement with the learning process. For example, the main focus of navigation and aviation simulators is on this aspect. Serious games are educational video games that are classified as game-based learning. Depending on the individuals with the required skills, children often alternate roles and take turns leading or following when playing video games with their friends. Enhancing leadership skills such as persuasion, motivation, and conflict resolution can be facilitated through the use of game explanations and demonstrations.

Teenagers have a unique opportunity to engage with and, on occasion, take charge of a varied and intergenerational community through online multiplayer games. Age is inconsequential when it comes to leading your team to victory. One of the main objectives of this branch is to train future professionals in various fields, including healthcare, law enforcement, aviation, and language study. The purported influence of video games on the maturity and development of children is sometimes exaggerated. Viewing films has a multitude of advantages, including enhancing cognitive functions, nurturing inventiveness, and delivering pleasurable amusement for the whole family.

Video Game Effects on Teenagers Mental Health

In 2020, the findings of an extensive study on gaming among teenagers and the effects of video game addiction will be published. Sarah M. Coyne and her colleagues closely observed a group of 385 teenagers over a span of six years. Based on their findings, a noticeable trend emerged where the gaming behaviour of ten percent of players became increasingly problematic over time. Furthermore, this particular group experienced heightened levels of melancholy, anxiety, aggressiveness, and problematic mobile phone usage as they transitioned into early adulthood. The composition of this group, with a majority of young men, aligns with previous research findings. In addition, their levels of pro-social behaviours—actions aimed at benefiting others—were found to be lower. Although girls may experience negative emotional states, it is more prevalent for male teenagers who excessively engage in gaming to encounter social difficulties.

Video Games improve Mental Ability

♦ Rapidly process information, analyze it, and makes decisions with intelligence. This may be quite demanding for the player when it occurs often during the game. Researchers at the University of Rochester, led by cognitive scientist Daphne Bavelier, suggest that games that imitate intense situations, such as war or action games, might be used as a kind of training for real-life situations. The findings suggest that engaging in fast-paced action games enhances cognitive abilities related to quick thinking and decision-making. The study revealed that video games have the potential to be used as educational tools for training physicians and military personnel. Importantly, the decisions made by players of high-speed video games are equally legitimate.

♦ Engaging in activities such as playing Angry Birds, Cut the Rope, or The Incredible Machine helps children develop quick thinking skills and encourages them to creatively solve challenges, even in short periods of time.

♦ Proficiency in precise manipulation of small objects, understanding of spatial relationships, and ability to synchronize hand movements with visual input. First-person shooter players often have the choice to simultaneously engage in running and shooting. This requires the player to constantly monitor the character's whereabouts, orientation, velocity, weapon accuracy, opponent's hit rate, and other relevant measurements. Prior to achieving synchronization between cerebral thinking and manual skill, the player must take into account all of these factors. Proficient visual-spatial abilities and precise hand-eye coordination are required to successfully carry out this procedure. Research suggests that video games may enhance players' visual and spatial attention, as well as their ability to recognize and respond to iconic signals. Research has shown a correlation between gaming experience and enhanced surgical skills, even among adults. Experts also highlight the observation that contemporary fighter pilots possess superior training compared to their predecessors, which may be attributed to their exposure to video games throughout their formative years.

♦ Enhancing numeracy and reading comprehension: As a young gamer, you diligently analyze the game's instructions, plot points, and other material to grasp the intricacies. In addition, numerous games that require quantitative analysis, like resource management, require the application of mathematical skills in order to secure a win.

♦ A study published in the Psychological Research reveals the cognitive benefits of playing first-person shooter games like Battlefield and Call of Duty. It highlights how these games enhance players' ability to make effective decisions about what information to retain in working memory and what to let go of, depending on the specific task they are engaged in.

♦ Research suggests that participating in video games can have numerous beneficial impacts on young individuals. These encompass improving their reading skills and bolstering their confidence as readers, inspiring their artistic expression through writing, nurturing closer connections with loved ones, promoting empathy, and improving their overall mental well-being.

Parent Can Do

The prevention of game duplication is a widespread worry among parents who are concerned about the well-being of their children when they are using the internet. It is important to thoroughly evaluate our options before restricting our children's access to their preferred online games. Children may feel a sense of melancholy or unease if they are denied the opportunity for entertainment, as this is when they interact and socialize with their peers. Before purchasing a video game or online game, bring the whole family together for a thought-provoking conversation about electronic entertainment, internet usage, and gaming. Create a strategic plan that integrates the use of games and the internet. Be aware of the age and interest ratings to consider when it comes to video game content. Ensure you check the game ratings and any relevant parental advisory. Avoid indulging in video games during holidays, Sundays, or school evenings. It is also advisable to set a curfew for gaming activities. Establish and reach consensus on consequences for violating rules. How can we provide support for our teenager, who may be struggling with a video game addiction? One potential solution to address the issue of video game addiction in children and prevent gaming disorders in teenagers is to implement limitations on their gaming time. Establishing boundaries for gaming can be beneficial, but research on adolescents and video games suggests that they can have unintended consequences when they are overly strict and restrict young people's autonomy. Avoid using the internet in the bedroom. As a member, detailed game information and user comments are available for viewing. Set up firewalls, and consider purchasing software that restricts computer gaming. Make sure to maintain regular communication with your teenager to talk about their online activities. There is growing concern surrounding the violent content and excessive time consumption of video games in children's leisure activities. However, proponents of the medium argue that games can have a beneficial influence on children's growth and education. Not only do individuals from the gaming industry and its fans come to the defence, but academics also lend their support.

Articles in newspapers and magazines offer parents reassurance regarding computer games, emphasizing the positive effects they have on young individuals. Discover studies from sources that are not affiliated with the gaming industry and instead are from impartial sources. Remind your child that the individuals they encounter in video games are unfamiliar. It is essential to create limitations for gaming with our adolescents while still building a trustworthy and caring relationship. Participation in a structured intervention by a therapist may be useful in helping older adolescents overcome their resistance to facing reality when dealing with this population. It is crucial for individuals struggling with addiction and their loved ones to engage in open and empathetic conversations regarding the consequences of the addict's actions on themselves and their relationships. This dialogue is essential during the intervention process. If a child is already displaying antisocial behaviours such as delinquency, rage episodes, truancy, stealing, or substance abuse issues, it is crucial to limit their exposure to violent video games. It is our duty as parents to foster the growth of a well-rounded individual who possesses the essential skills to thrive in adulthood. It is inconceivable to imagine modern life without computers. It is crucial to teach our children the significance of being responsible online citizens.

 For this reason, it is beneficial for families to work together in order to develop a contract that the children are willing to fully comply with. In addition, there is a possibility that the chance of males acquiring a gaming disorder may be reduced if they were encouraged to participate in gaming activities that encourage discovery, social engagement, and problem-solving. This seems to be the case due to the fact that games that involve exercise and strategic thinking tend to stimulate their brain activity more than games that do not need either of these things. Additionally, parents who are searching for direction on how to support their kids in overcoming addiction to video games might begin by making changes to their own actions within the household. Adults should make it a habit to take breaks from technology, including video games, on a regular basis as a means of demonstrating appropriate behaviour while using electronic devices. The following recommendations for parents are sourced from the journal Psychology Today:

✦ It is important for parents to monitor the games their children play to ensure they are suitable. Opt for educational games instead of violent ones.

✦ Engaging in video games as a group fosters social interaction and the development of friendships among young individuals. Ensure that you avoid allowing gaming to become a solitary activity.

✦ It is important for parents to establish boundaries and restrictions on screen time. As an example, instead of prioritizing schoolwork or chores, children may have a few hours set aside for play.

✦ Research suggests that when parents and teachers guide young children in engaging in specific activities, it can enhance their early reading abilities.

✦ Give careful consideration to the statements made by the video game maker. Ensure that you are in a setting with ample lighting, find a screen brightness that is pleasing to your eyes, maintain a reasonable distance from the screen, and so on.

✦ Engaging in challenging online multiplayer games hones your ability to approach situations with a strategic and analytical mindset, carefully considering the potential consequences of various choices. Youthful individuals must possess agility and quickness in order to stay on par with these games. Children benefit greatly from this type of gaming as they acquire skills that can be directly applied to real-world professions that demand critical thinking, strategic decision-making, and problem-solving.

✦ The gaming console is not something to be feared; instead, it is a part of modern life that can be enjoyed in moderation. Commencing protocols for screen time involves having a friendly conversation with your child. It can be argued that participating in video game activities for a limited time is acceptable, but only after finishing academic assignments rather than before. Emphasise that the regulations aim to priorities other important aspects, such as education, quality time with family, and engagement in outdoor activities, without diminishing enjoyment.

Overcoming Video Game Addiction

For any parent who is interested in establishing a relationship with their child, the first step that they should take is to have a talk with the young person. One recurrent concern among young people when describing their gaming experiences is the fear of losing access to the games. To effectively help a young individual overcome their video game addiction, it is crucial to build a strong and supportive relationship with them. In order to maximize the impact of our messaging, it is essential to gain a deep understanding and appreciation for their perspective and acknowledge the importance of video games in their daily lives, as well as the potential downsides of their gaming habits. It is possible that a young person might overcome their addiction to video games by participating in an activity that is not only demanding but also enjoyable.

The influence that video games have on the circuitry of our brains that is responsible for triumph is the explanation behind this. Given that success is achieved through the process of overcoming obstacles, a child will react most positively to activities that are not only challenging but also pleasurable. Due to the fact that every kid and family have their own set of distinctive qualities, various techniques will result in more favourable results for families of varying circumstances. As an example of a parenting strategy that has a tendency to have limited effectiveness and might generate additional challenges, the removal of video games from the home is an example. For many different kinds of problems, working together with children may often prove to be a more beneficial strategy. Incorporating a regimen of wholesome practices, such as adhering to a well-rounded diet, partaking in physical exercises, valuing the natural world, and engaging in activities that do not include the internet, may assist us in forming better connections with our children and serving as a good role model for them. Furthermore, including our youngster in a variety of activities allows them to successfully occupy themselves and avoid boredom.

CONCLUSION

The motivations and impact of video games on players vary greatly from person to person. People's gaming habits are shaped by various factors, including their upbringing, social influences, academic expectations, and family dynamics. It is important to find a balance between online gaming and other activities that provide rewards or enjoyment, such as playing outdoor games or pursuing other hobbies and interests. Physical issues such as back and neck discomfort, computer vision syndrome caused by excessive screen time, headaches, obesity, and redness and pain in the eyes are among the numerous negative effects of long-term online gaming on brain development. If a young person's real-life encounters mirror what they observe on television and computers, they may be more inclined to apply the knowledge gained from gaming to their actual experiences. Events such as the increase in drug use, depression, and school shootings can be traced back to this theory. Although video games can provide therapeutic benefits for some individuals, it is important to consider the potential negative impacts they may have on a small portion of the population, which could have significant consequences. The juxtaposition of lifelike visual representations and aggressive promotional

tactics could potentially result in a scenario reminiscent of a reckless driver causing harm to a group of individuals.

Finally, the issue of problematic gaming, particularly in its digital form, has prompted worldwide concerns, which have led to the launch of the WHO effort. Addressing the consequences of online gaming and developing evidence-based preventative interventions are priorities for governments and health authorities worldwide. An essential part of this endeavour is defining the issue, which, according to the research done for the World Health Organization consultation sessions, indicates that this condition has addictive characteristics. For kids all across the globe, playing games online is a typical pastime and form of enjoyment. On the other hand, if a kid plays video games all the time, they could get disconnected from reality. It is our duty as parents to know how many hours a day our kids spend playing video games and which ones they like. The most important thing as a parent is to be aware of what our child is doing while gaming and help reinforce positive behaviours and socialization without giving in to excessive gaming time and inappropriate content. In order to prevent their children from developing addictions and internalizing issues, parents must closely monitor their children's video game use and the kinds of games they play. An individual's personality evolves over time as a result of their exposure to and interactions with their social and physical environments; this process is known as psychosocial development.

It is vital that parents and educators educate children about the negative consequences of playing online video games for extended periods of time. This will help prevent children from falling into the traps of problematic and obsessive gaming, which may end up being detrimental to their development. The prevention of problems is preferable to their cure. We required a deeper understanding of the positive and negative impacts of video games on the younger generation. It has demonstrated both factors that provide protection and factors that pose risks. The study's authors are eager for their article to benefit individuals who are invested in the well-being and future success of children.

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