

Research on the Relationship Between Video Games Exposure and Adolescents

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Abstract: There has been a lot of research about the impact of online platforms on students' behavior. This study describes the relationship between excessive video game use and learners. It is necessary for students to be aware of the consequences and negative effects that video games have on them. Gaming addiction influences not only GPA but also social life, self-control, and health. For this study, students from an all-inclusive school in China received a survey and anonymously gave their opinions. By using percentage graphs, it is possible and easier to explain the effects of video games on adolescents. This research will help future studies related to gaming addiction and students performance. Nowadays, people are not aware of how serious this mental health condition is. It compromises not only daily life routines but also an individual's mental and physical health. Many factors might lead adolescents to be addicted to video games, but the paper mentions the most common consequences and important causes. Citizens should expand their knowledge on this topic, not only for adolescents but also for people around them.

Keywords: video games, adolescents, gaming addiction

1. Introduction

A lot of researchers have tried to understand gaming disorder, but it is still not clear. Excessive gaming between adolescents is very common. A few researchers claimed that gaming disorder is a mental condition that people should not take too much into account [1, 2]. Gaming disorder should not be taken as a joke because it has serious consequences. It may be too hard to prevent it, but people should understand its causes and results. This study explains effects and outcomes of gaming addiction on adolescents. The paper issues students from Hailiang Foreign Language High School to examine students with gaming disorders. It is a school in China with students from every part of the world. In other words, it is a great source for this study. The data collection explains more details about gaming addiction. The survey includes both multiple choice questions (MCQ) and free-response questions (FRQ). Any useless information was not taken into consideration. The results from a questionnaire have been changed into simple percentage graphs, so that complex and high numbers were not a big problem for others to understand. The paper is divided into two main sections: causes and effects. They both contain specific information and a reasonable explanation. The first section has three parts and it describes three ways of how gaming addiction can influence adolescents. The second part has two parts and they define two factors that might lead teenagers to be addicted. The paper is divided into two main sections: causes and effects. They both contain

specific information and a reasonable explanation. The first section has three parts, and it describes three ways in which gaming addiction can influence adolescents. The second part has two parts, and they define two factors that might lead teenagers to become addicted. The paper helps others understand better how dangerous gaming addiction can be. Adolescents easily get addicted to video games, so it is better to try to understand gaming addiction and find a way to prevent it or minimize the damage.

2. The Effects of Gaming Addiction on Adolescents

This study targets 300 students in an international high school in China. Adolescents without experience in video games were not taken into account. The questionnaire was translated into Chinese, so that everybody could understand. The survey is divided into three parts and all of them explain several effects that gaming addiction has on adolescents. The first part has the purpose to understand what kind of psychological reactions affect gamers. The second section includes yes-or-no questions. The results demonstrate how gaming addiction among adolescents can cause physical problems. The last part has the motive of finding out whether gamers have social problems.

2.1. The Psychological Effects of Gaming Addiction on Adolescents

Gaming addiction might cause adolescents a lot of troubles. Such as lack of self-control, anxiety, depression, stress, etc.,.

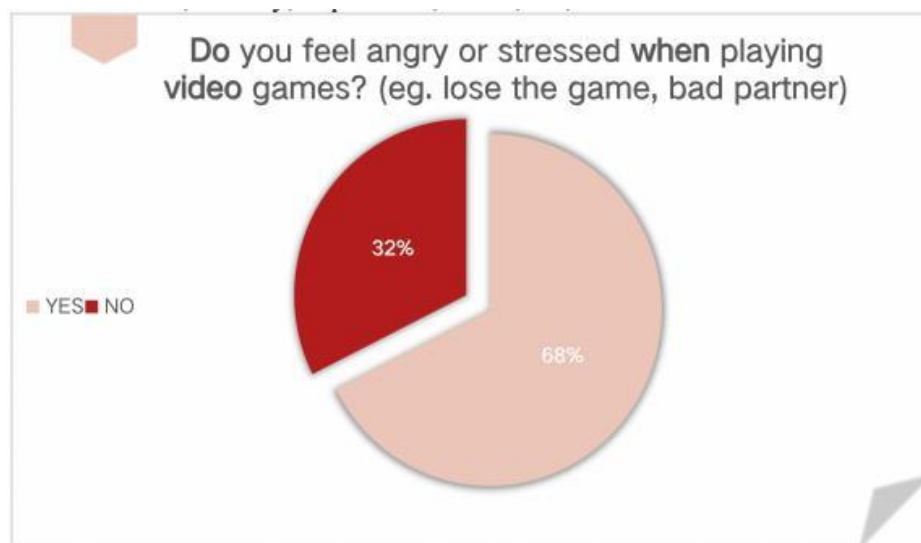


Figure 1: The feeling when playing video games.

According to figure 1, 68% of adolescents share a negative feeling when playing video games.

Most of the participants (68%) lose control of their thoughts. The more they win, the more they like to play. Video games are negatively correlated to self-control and aggression [3]. Gamers feel frustrated and angry when they are not able to pass a difficult level or win over someone. However, winning and losing are not the only reasons for students to be more aggressive. An adolescent who has conflicts with other gamers has a high probability of lacking self-control. It happens that teenagers throw things away to release their anger. Also, this study shows that adolescents will become more aggressive, whether the game is violent or not. The results include any type of video game. Admittedly, when playing a game, adolescents have the opportunity to try everything they cannot do in real life. In this way, they will not feel the risk to die or danger. Still, gaming addiction

might cause an increase in anxiety. From the gamer's perspective, there is always a chance to lose all his progress, skills, materials or level. Furthermore, gamers do not have the certainty to win or keep moving forward in the game. They feel anxious and worried. In conclusion, gaming addiction is a mental health condition that can stimulate a decrease in motivation, negative thoughts, social anxiety or difficulties with patience and self-esteem [4].

2.2. The Physical Effects of Gaming Addiction on Adolescents

Giving up other activities due to gaming, it is a consequence of gaming disorder. Adolescents cannot maintain a school-life balance.



Figure 2: The chooses between video games or other activity.

According to figure 2, a majority of adolescents prefer video games than any other activity.

More than half of the students (59%) are able to skip an entire meal in order to continue playing. People need to be careful and follow certain hours for sleep, eat, work and play. But people with gaming disorder have a totally different schedule. Gamers live an unstable life. Some of them do not eat or sleep for a whole day, and as a consequence, they might suffer from insomnia or bad nutrition. People need to sleep for 6 to 8 hours at least. If a young teenager does not get enough rest, he will be more vulnerable and will have to deal with terrible eye bags. Also, adolescents should never stop worrying about their health [5]. A lot of students do not eat food for a long period of time. The other half of the students (41%) chose not to skip any other activities. However, it is not a secret that gamers change their schedule every single day. Skipping a meal is not healthy, and eating later than usual is no different. Like that, adolescents are at risk of suffering from eating disorders and some particular mental conditions.

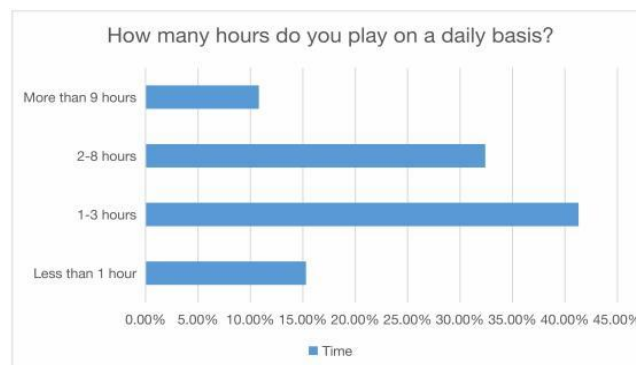


Figure 3: Hours spend on daily basis.

According to figure 3, adolescents spend most of their time on video games.

Playing video games is not healthy, as you keep staring at a screen and moving your hands around. But there are many students who play from 8 to more than 9 hours. It is not good for their sight. Furthermore, after looking at one screen for a long time, it is normal to have a headache or other physical pain. For example, trigger finger is a condition in which it is difficult to move the finger or cannot move it at all. Another one is Carpal Tunnel Syndrome (CTS) that might be related to gaming too much. It causes pain in someone's hands and fingers. Another important point to highlight is that gamers will need to make an effort to live with a weak body. If adolescents spend so much time on video games, it is obvious that they do not have time for sports or physical training. Upgrading the character's skills or body inside of the game does not mean that the gamer also improve. No matter how realistic the game is. Video games and reality are not the same thing.

2.3. The Social Effects of Gaming Addiction on Adolescents

Gamers probably have no social skills [6]. Admittedly, playing video games it is a great opportunity to make friends and relax. Teenagers can text to people all over the world, build new relationships or join a community. However, excessive gaming may lead someone to isolation Adolescents should prioritize their family and career preparation Students with gaming addiction tend to minimize their time with friends because of video games, they spend most of their day playing video game. In this way, adolescents do not have enough time to be with friends or family. Excessive gaming can lead to a decreased interest in other activities and negatively affect someone's relationships. Gaming addiction can cause not only a decrease in social skills, but also lack of motivation, focus and productivity. They start to neglect other things of their lives and cannot look at the big picture. Moreover, it is rare for a teenager to have long-term relationships with other gamers [7]. It is great to be friendly online and make friends to play with, but for teens it is difficult to notice whether their relationships are going down toward a negative path. A relationship is like a plant. Teenagers need to give affection and attention in order to make it grow. Both relationships and plants can die easily without being noticed.

3. Factors Influencing Gaming Addiction

The second part of the study targets 300 students from an all-inclusive school, but only approximately 210 students were willing to honestly answer all the questions. The survey includes a personal and sensitive examination. Everything was translated into Chinese to make sure that each students could understand. The researcher tried to avoid any small mistake or useless misunderstanding that could change the results. The purpose of the second section is to explain two factors that might lead adolescents to prefer video games to anything else. To begin with, one of the common causes is school pressure, specifically study pressure. Furthermore, family problems might also cause adolescents to become addicted to gaming.

3.1. The Effects of School on Adolescents

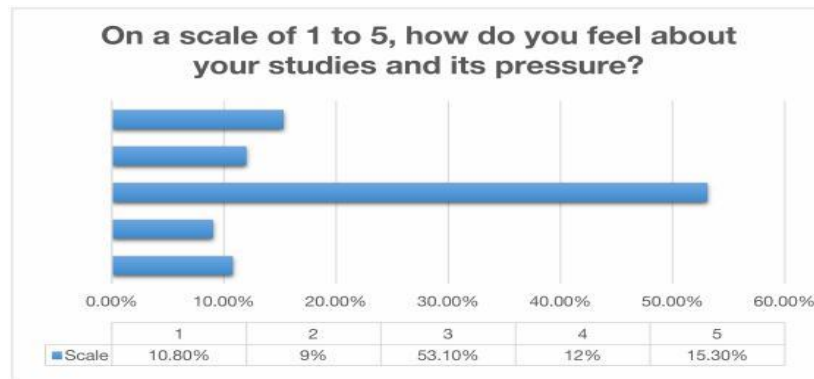


Figure 4: Study pressure.

According to figure 4, study pressure might not have a significant impact on adolescents.

Video games can be a shooting game, a love story, a simulation, etc. Adolescents are attracted to all of these video games with realistic graphics. They feel satisfied and motivated when playing video games. Teenagers want to experience new things and try the impossible. Inside a game, they can do everything without fear of dying or being hurt. In other words, video games are a safe place where adolescents can release their anger, problems, or pressure. As teens grow, they need to learn how to take responsibility and make their own decisions. Most of the time, adolescents stay in school. It is common and normal for students to feel stressed because of their studies. They are still young and have a lot to learn, so they play video games instead of studying. They believe that achieving something in a game is much easier than studying for a high score. Also, it is not a secret that students prefer video games to reality [8]. They can take a break and do whatever they want without anyone supervising them. Students easily get stressed because of exams, and they are likely to have a full-time schedule. Adolescents feel like they must study and do well to have a good reputation.

3.2. The Effects of Family on Adolescents

Adolescents are still immature and cannot tolerate difficult tasks. In those situations, parents have the duty to help them and give them all the support they need. However, sometimes parents might be one of the problems that influence teenagers negatively [9].

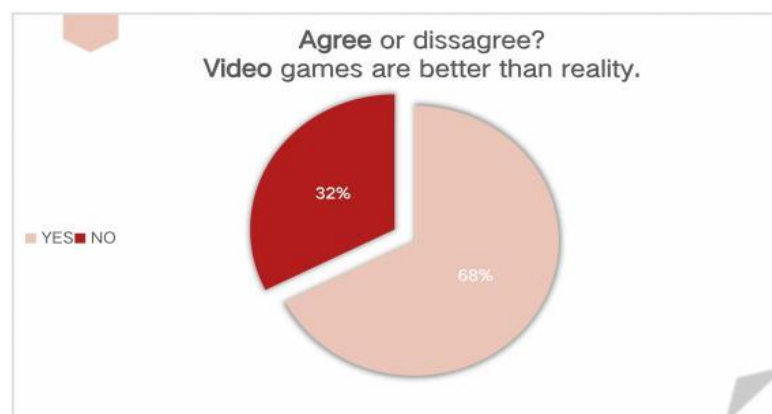


Figure 5: Preferences between video game and reality.

According to figure 5, preference is an important factor for gaming addiction.

Playing video games is a way to escape reality [10]. Sometimes the truth hurts so much that people want to run away. It is not a secret that teenagers have many troubles at home, and that is totally normal. The relationship between parents and adolescents is important to consider. Unfortunately, there are many situations when parent-child relationships are abusive, not stable, not reasonable, or do not exist at all. Many factors might lead students to develop a gaming addiction. The poorer the relationship, the greater the possibility of increasing the severity of gaming problems. Some parents might overthink and strictly control their children. A reason in more to not be surprised if adolescents use video games to get away from problems. Adolescence is a period of time when a teen wants freedom and starts to make their own decisions. Supervising them is necessary, but within a certain limit. Adolescents do not like overprotective parents. With rigid relationships, students will feel stressed and constantly watched. Briefly, they will feel uncomfortable, and they will start to think about a way to escape. Since running away from home might be too complex, playing video games is a solution for them. Also, adolescents may feel lonely and try to find affection in a simulation game with new friends and a new family.

4. Conclusion

The research results show that there is a negative relationship between teenagers and excessive games. By studying the answers given by the students, this article can explain and describe the game obstacles and detailed descriptions. First of all, it is very important to understand the consequences of game addiction because it will affect many different fields. Such as society, spirit and body. They not only affect the individual of game players, but also the people around them. This article believes that it is necessary to study factors that may cause game addiction, especially young people, one of them is learning pressure. It is normal for students to feel the pressure on their shoulders. Sometimes they want to escape or find a safe place to rest. This is completely understandable. Speaking of young people to escape reality, adolescence is a period when life needs to deal with family problems in life. Therefore, video games may affect a person's self-control, health and other aspects. This article contains a lot of information and points, but further research is needed. In order to conduct convincing and reliable research, researchers will provide more participants in the next paper. Game addiction may change according to personal personality and situation, so it is necessary to consider the number of young people. In order to make the research results meet the actual situation, there is no deviation, and the researchers must spend enough time to avoid any small mistakes. Details play an important role in investigation. In order to better understand game addiction and its impact on adolescents, more questions are required.

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