

---

## The Issue of Video Games Addiction

Game or otherwise digital game is one of the most greatest technology industry right now. Developer can get so many advantages, for example Destiny. Destiny has already smashed analysts' expectations for first-week sales with a \$500 million launch. From this, we can conclude that game industry is one of the greatest industry. But now, gaming could make parents worry about their child. Game addiction certainly is a bad addict. This condition make anxious for some side.

Most of the children nowadays are playing video games and this is a concern and problem. Not allowing the video games for any reason will result to a negative impact on child's emotions. He may becomes depressed, moody, angry, aggressive or violent when he is unable to play. Gaming addiction is still the mysterious problem, more terrifying than alcohol or drugs addiction. Like the expert from Amsterdam say, they are powerless over their addiction. So far on this problem, no one can find why this problem easily happen and relatively difficult to be solved. It's important to be investigated to know why are computer games addictive, how common is computer game addiction in children, what are the effect, so we can keep off or treat this problem well.

According to the DSM-IV (the current manual for classifying emotional, psychological, and mental disorders), no. Although there have been warnings from some mental health professionals (and parents) to recognize computer game addiction as a "real" disorder, it has not been officially stated as a status. As more research on the effects of excessive gaming is conducted, many believe that it is only a matter of time before computer game addiction will turn out very similar to gambling addiction. Because there is no official diagnosis of computer game addiction, there is obviously no universally agreed upon list of symptoms. Psychologists and other mental health professionals initially adapted the diagnostic criteria for gambling addiction and used this as an assessment tool for digital game addiction and mania. This classification approach it isn't used much today and for better or for worse, it is essentially up to the individual researcher or clinician to define the symptoms of gaming addiction.

Depending on the research methodology and the definition of computer addiction used, estimates range from 2 to 10% of all children who play computer games. More accurate and consistent studies should be possible if formal diagnostic criteria for computer game addiction are shown to us. Computer Game Addiction refers to excessively playing games on a PC. Most often these games are of the MMO [Massively Multiplayer Online] or the FPS [First Person Shooter] types. Gaming online with and against other players is a key factor in what makes these particular types more addictive than others. Computer game addiction refers to excessive

---

### Need help with the assignment?

Our professionals are ready to assist with any writing!

[GET HELP](#)

---

play on computers, home consoles, or handhelds systems.

The terms "internet addiction" and "online addiction" are mostly used to describe computer game addiction, but more appropriately describe web surfing, email checking, instant messaging, Facebook addiction, or downloading movies, images, or music. Because computer game addiction is a new development in the world of mental health, treatments are not as well established as those for depression, anxiety, anger, etc. Most interventions take a cognitive-behavioral approach which involve changing how the addict thinks about the addiction (for example, recognizing cognitive distortions designed to convince the gamer that it is not a problem), and simultaneously changing his/her behaviors (for example, setting strict limits for play, taking care of other responsibilities before gaming, using game blocking software or devices, etc.).

Treatment can take a variety of forms including:

- Individual therapy
- Family therapy In-patient treatment facilities
- Wilderness therapy
- Treatment books

But is it possible to play computer games in moderation? Of course. The great majority of people can and do play in moderation. They play games for personal entertainment, as a way to relax, and to socialize with friends, in their free time. However, there are those who are way more likely to become addicted to computer games. For these people, certain games (very often MMOs) appear to have a high risk for addiction and may need to be avoided (adults) or banned (children) in order to prohibit unhealthy gaming habits.

Game is one of the most greatest technology industry right now. Developer can get so many advantages, but game addiction certainly is a bad addict and still be the mysterious problem. It can make parents worry about their child. Game addiction can attack anyone, no matter teens or adult, but the most are kids. We must monitoring and reminding each other to keep off this problem. Actually, this addiction is very difficult to solved, but if we can execute this well and correctly, it will succeed and can help patients. There are some ways to resolve that, such as by individual therapy, family therapy, facilities treatment etc. Most people can and do play in moderation. They play games in their free time, to entertain themselves. However, it exists the possibility to become addicted at some others.

---

## Need help with the assignment?

Our professionals are ready to assist with any writing!

[GET HELP](#)