

Are video games addictive analysis

(competition 7)

Video games addiction has been a main topic of controversy for quite a while because of its huge impact on the younger generation. Despite the joy and fun we get from them, they can have negative impacts because of how addicting they often become. They have taken the world by storm in recent decades as studies show that more than two thirds of adolescents play games whether that may be on their phones or game consoles, such as playstations. This essay will explore the opinions different people have on video games addiction through my recent research on friends and family. Should such mere entertainment aimed at the youth of today be classed as a mental health addiction?

Age definitely has an impact on how much they play video games, or games on their smartphones. The first few questions in my questionnaire were more about the amount of time they spent on video games. The older people I asked, such as my parents, usually spent little to no time playing video games. This can have many reasons but adults tend to have more important things to do whilst kids spend up to 12 hours per day playing video games. One piece of data to back this up is that my dad said that he was more interested in video games when he was younger (particularly war games). Furthermore, this goes to show that people tend to grow out of it. As one surveyor stated "it's just a phase in your life." Video games can reward people's brains which is why younger people enjoy them more and are usually the ones who have "addictions" to them. In Tom Chatfield's talk, he stated that they have a power to motivate and compel us, this is a key that lures young people into the trap of online gaming.

The education of video games is seen quite differently by people who play them more than regular people who may occasionally play a game on their smartphone. For example, the surveyors who play for 8+ hours attempted to put video games into a positive and educational light but the answers of the type of video games they liked to play didn't show any educational purposes which could be a sign of addiction. An older person who answered (my dad) also mentioned maths but the video games he used to enjoy were all revolved around war which shows that most people use gaming as a form of escapism, which a lot of media products provide for us e.g. movies. I also personally think that it depends on how and where you grew up as this can influence your interests and hobbies. My sister mentioned that technology is ever growing in society which is a great aspect of video games as they can be extremely useful for the future of technology. Another aspect of video games is crime, people who have shown to be addicted to them and turn into criminals have related their crimes around them.

In conclusion, the answers that I have collected back up the statement that video games are addictive. However, I also think that the addiction to video games can and should be controlled. Additionally, one specific answer that I received about how much more time they've spent playing video games since lockdown started didn't surprise me. It shows that people who previously played on their consoles haven't been able to find something else to entertain themselves, this is why it has been villainised in the media on numerous occasions. The topic will always be controversial as not everyone will see eye to eye regarding the vast world of gaming but many people agree that calling it a "mental health disorder" would cause large problems since it's meant to be a bit of fun.

Are video games addictive?

My mum's answers (age 43) :

1. How many hours a day do you spend playing video games?

Around 15 minutes on my smartphone.

2. Do you think this affects your life, if so, how?

No, because I only play short games in my free time.

3. Do you consider yourself addicted to video games?

No

4. What emotions do you feel while playing video games?

I sometimes feel challenged but it's often fun or funny.

5. In what ways do you think video games help or educate people?

Depends on the game itself and how long it lasts .

6. What kind of games do you prefer to play?

Arcade type smartphone games never on consoles

7. Do you see gaming as a way to escape everyday life?

Personally no, but some people do.

8. Have you been spending more time playing video games since lockdown has started and, if so, why?

Yes , this is the first time I've ever played games on my phone as there is more free time.

9. Do you tend to play games on your own, with friends or with strangers online?

On my own.

10. Finally, do you think a gaming addiction should be classed as a mental health disorder? (please briefly explain why or why not)

No because it's just a phase in your life but you should control it.

Some people's mental health may have been affected because they started using actions in video games in real life.

Thank you for taking part in this study!

Are video games addictive?

My classmate's answers (age 14)

1. How many hours a day do you spend playing video games?
8 - 12 hours
2. Do you think this affects your life, if so, how?
No
3. Do you consider yourself addicted to video games?
No
4. What emotions do you feel while playing video games?
Happy or extremely angry
5. In what ways do you think video games help or educate people?
It helps people think faster and better
6. What kind of games do you prefer to play?
violent / gun games 18+
7. Do you see gaming as a way to escape everyday life?
Yes
8. Have you been spending more time playing video games since lockdown has started and, if so, why?
Yes
9. Do you tend to play games on your own, with friends or with strangers online?
Usually with my friends
10. Finally, do you think a gaming addiction should be classed as a mental health disorder? (please briefly explain why or why not)
Definitely not

Thank you for taking part in this study!

Are video games addictive?

My cousin's answers (age 12)

1. How many hours a day do you spend playing video games?
12 hours
2. Do you think this affects your life, if so, how?
Yes
3. Do you consider yourself addicted to video games?
Yes
4. What emotions do you feel while playing video games?
Happiness
5. In what ways do you think video games help or educate people?
Gives communication and teamwork skills.
6. What kind of games do you prefer to play?
Fortnite, minecraft and fifa (all on consoles)
7. Do you see gaming as a way to escape everyday life?
Yes
8. Have you been spending more time playing video games since lockdown has started and, if so, why?
Yes because there is nothing to do
9. Do you tend to play games on your own, with friends or with strangers online?
10. Finally, do you think a gaming addiction should be classed as a mental health disorder? (please briefly explain why or why not)
No because you're having fun.

Thank you for taking part in this study!

Are video games addictive?

My sister's answers (age 15)

1. How many hours a day do you spend playing video games?

1 - 2 hours

2. Do you think this affects your life, if so, how?

No

3. Do you consider yourself addicted to video games?

No

4. What emotions do you feel while playing video games?

I feel like it's fun

5. In what ways do you think video games help or educate people?

How to use computers because of technology's ever growing place in society

6. What kind of games do you prefer to play?

Roblox (on computer)

7. Do you see gaming as a way to escape everyday life?

No

8. Have you been spending more time playing video games since lockdown has started and, if so, why?

Yes , because I'm bored

9. Do you tend to play games on your own, with friends or with strangers online?

I play with my friends.

10. Finally, do you think a gaming addiction should be classed as a mental health disorder? (please briefly explain why or why not)

Yes, because of how many people can get bullied online and how some people can get very competitive in dangerous ways.

Thank you for taking part in this study!

Are video games addictive?

My dad's answers (age 46)

1. How many hours a day do you spend playing video games?

0 hours

2. Do you think this affects your life, if so, how?

No

3. Do you consider yourself addicted to video games?

No

4. What emotions do you feel while playing video games?

n/a

5. In what ways do you think video games help or educate people?

If maths is involved or involves memory training they can be helpful.

6. What kind of games do you prefer to play?

When i was younger i preferred, games about war particularly world war 2

7. Do you see gaming as a way to escape everyday life?

For some people, yes.

8. Have you been spending more time playing video games since lockdown has started and, if so, why?

No

9. Do you tend to play games on your own, with friends or with strangers online?

n/a

10. Finally, do you think a gaming addiction should be classed as a mental health disorder? (please briefly explain why or why not)

Yes, because any addiction should be classed as a mental health disorder.

Thank you for taking part in this study!