

### Competition 7: Are video games addictive?

NAME (SOME PEOPLE ASKED IF THEY CAN BE ANONYMOUS SO THEIR NAME IS NOT THERE)	AGE AND GENDER	DO YOU PLAY VIDEO GAMES ALONE, WITH FRIENDS OR WITH FAMILY?	DO YOU FEEL LIKE VIDEO GAMES ARE AFFECTING YOUR HEALTH?	IS THERE A REASON WHY YOU PLAY VIDEO GAMES?	WHAT TYPE OF VIDEO GAMES DO YOU PLAY: VIOLENT OR NON-VIOLENT?	DO YOU BELIEVE THAT VIDEO GAMES CAUSE ADDICTIONS?	HOW LONG ON AVERAGE DO YOU PLAY VIDEO GAMES?	WHAT WOULD YOU DO INSTEAD?	WHEN PLAYING, DO YOU FEEL SOCIAL OR ISOLATED?
M	Female (13)	Family, friends and alone	Yes	Bored Socialize	Not incredibly violent	Yes, but it is not common	1 hr	Go outside, Social media	social
	Male (13)	Friends and family	no	fun	violent	yes	6 hrs	football	social
R	Male (14)	Friends	Little bit	Escape reality Have fun with friends	Violent	Yes, but u can overcome it	4 hrs	outside	social
S	Female (14)	Family friends and alone	yes	Good at it Bored	Not too violent	Strongly agree	2 hrs	Board games, Go outside, TikTok	social
	Female (14)	Family and friends	no	Bored entertainment	both	no	2-3 hrs	Sleeping, Social media	social
	Male (13)	friends	no	Fun bored	violent	yeah	1-2 hrs	Anything	social
K	Male (14)	alone	no	bored	Non violent	Yes, if u play too much	30 mins	Cricket	isolated

**NOTE: DUE TO THE CURRENT SITUATION, THERE MAY BE AN AFFECT IN SOME PEOPLE'S RESPONSES. THE SURVEY'S WERE KEPT AS CONTROLLED, SUCH AS THE SURVEY'S WERE DONE INDIVIDUALLY AND THE AGE GROUP WAS THE SAME – 13 TO 14 YEARS.**

#### MY 300-500 WORD ANAYLISIS AND CONCLUSION OF THE EXPEIRMENT

It is evident that the data I collected had several similarities and differences, starting with fact that every single person I surveyed, stated that they play video games because it is fun or since they are bored. This suggests that most people would not play video games if they had other activities to do which were entertaining. Moreover, this links back to the fact that video games cause addictions however it is not severe most of the time, since if majority of people were kept busy, people would not play video games. For example, you would not find as many people playing video games in places like a theme park, mainly because they have other things that act as entertainment.

I was surprised with the data I collected, mainly because majority of people said that they would go outside instead of playing video games, which is surprising because I thought most people would be on social media or on other devices (e.g. an iPad). Additionally, I was astonished that so many people believe that there are video game addictions and it shows that people are aware of what is going on. This demonstrates that they are less likely to get addicted because they know the side-effects and that this is a problem. Otherwise, most of the data was what I was

expecting; video games do make people feel social as they are talking to people online. Besides, talking online would be beneficial to shy people as they would not want to talk to people face to face however online, they are at their own comfort.

I believe that video game addiction is an issue because some video games are made as such that you want to play the game more and more. I read this page which explained how this American psychologist called B.F. Skinner conducted an experiment with rats where he offered them treats for pushing a bar. Over time, the rats would repeatedly push against the bar hoping to receive a treat. I found this interesting and related it to video games because on games like Fortnite, there is a battle pass where you can get rewards every time you level up. This means that since you are getting rewards, you would be determined to get as many rewards as possibly, therefore you would play more to level up. This could be seen as an addiction because it is a temptation which some people cannot stand however, it is not a gaming disorder.

To conclude, despite these addictive traps, people still play an average of 2.5 hours - according to my results. Due to this, I strongly believe that video game addictions are a problem but they are not severe - by this, I mean that people are not suffering from a severe disorder and it has been proven that 0.5% of the population have a chance of addiction.