

# Video game addiction

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Video Game Addiction Nowadays video game addiction has become one of the most popular problems especially among small children and teenagers. This addiction strongly affects ones health, in particular, eyesight, ones back and spine. Addiction makes one to be quite aggressive, it is hard to concentrate and one does not even have time to eat or sleep, because the only concern are video games. This addiction has been noticed even between adults and that might be quite dangerous, one could lose job or even family just because of computer games. Many people can play video games a few hours a week, successfully balancing school activities, grades, friends, job and family obligations. But for some, gaming has become an uncontrollable compulsion. One of the main solutions could be advice to parents. Parents should control their child's gaming and actively involve in their children's video game usage. Parents need to take control of the situation by monitoring the current amount of time the child is playing games, and reducing the time through close supervision and scheduled time for playing. Another way how to get rid of video game addiction is to try to find any alternative activities, for example sport. One should spend more time with ones friends, in best case outdoors. The more fresh air the better for ones health and it will help to forget about this serious addiction. In my opinion video games is a good way how to kill the time when one is bored. But one should be very careful not to get addicted, because between addiction and cure from boredom is a very thin line. One should understand that there are more things in life than video games and then everything will be all right.