

# [While issues that are linked with video game](https://assignbuster.com/while-issues-that-are-linked-with-video-game/)

Whilebeing a parent, you think about all that you can provide your child to enjoytheir childhood, which will most likely include video games. As we spoke aboutlast time, keeping your children healthy and happy can be a difficult challengein obtaining a positive childhood and avoiding psychological, social andcognitive effects.

In the last analysis, I was able to discuss facts thatdistinguished video game addictions and how this can lead to a troubling futurefor your child. This analysis will provide information that entails what isbeing done to combat the issue along with successful solutions and approachesto address the matter.             The American Academy of Pediatrics have noted that thereshould be a max sum of two hours of gaming per day for young adolescents, thishas become a vast issue since parents are no longer focusing on giving theirchildren positive and educational video games and are instead purchasing themthe new non-age appropriate violent games (Loton, D., & Lubman, D.

I., p 3). As far as what is being done to fix this issue, there is no set steps set in place. Studies report a vast assortment of issuesthat are linked with video game addictions in children and adults that lead tomental disorders and anxiety issues (Loton, D.

, & Lubman, D. I., p 4). Whatis being done to help this issue is little to none, there are availablepsychologists and experts that can support your children with the issue, buttreatment trials for internet gaming disorders are typically available to youngadolescents and there are no set medications that have proven to help rid thiscompulsive behavior (Loton, D.

, & Lubman, D. I., p 5).

Many wonder if therewill ever be a consensus for internet gaming addiction in adolescents, and ifso, will it ever be determined as positively useful? (Grififths, M. D., Rooji, A. J., Kardefelt-Winther, D., Starcevic, V., Kiraly, O., Pallesen, S.

, &Carbonell, X.) In the article Workingtowards an international consensus on criteria for assessing internet gamingdisorder: a critical commentary on Petry, it mentions how the obsessive gamingtheory hopes that the future will bring more set evidence that gaming is a trueproblem that leads to psychological, social and cognitive issues that impactmore than just family time. The only controversy involved includes parenting strategiesthat are alleged to help guide your child to less obsessive behaviors, although, it is still not proven that only allowing two hours of play per daywill stop this compulsion.             There have been attempts of appliedmethods to better find out how this issue has arisen immensely in the lasttwenty years, some of these methods include the use of surveys, wearable sleepmonitors such as a Fitbit, physical exams and blood testing during threeseparate points of an outpatient stay (Turel, O.

, Romashkin, A., & Morrison, K. M.). The solutions tried for this problem have resulted in the damaging effectsthat are linked with the length of time the adolescent slept and was strictlyassociated with obesity which then led to high blood pressure and othermetabolic issues. From this study, it is safe to say that researchers urgeparents to practice a healthy and nutritious lifestyle to help guide theiradolescent children in less challenging video game addictions and evade longterm cardio-metabolic health (Turel, O.

, Romashkin, A., & Morrison, K. M.). These results are in researchers hopes to help pave the way to a healthierlifestyle for children and video gaming. It is researcher’s expectation that duringthis lifestyle change that this will help with problems associated with gamingand the use of other common electronic devices.

Although, other case studiesreported that there is little evidence that proves that there are serioushealth effects on adolescents who play excessively, it is said that there areonly minor and temporary health issues (Griffiths, M. D., & Meredith, A.).             Barriers that could avert constructiveoutcomes of child and their addiction is that there is not enough solidresearch that proves that a healthy amount of time a child plays a day cancontribute to a less addiction behavior. There is not enough indication thatsupports how to train and teach parents what to do to prevent this behavior. However, there is research that proves that excessive amounts of playing and addictioncan lead to harmful health issues, the main barrier would have to be the veryfew professionals that specialize in this kind of addiction. There thoughts arethat there may not be much research on it because there are very little amountsof actual addicted adolescents than we are putting forth (Griffiths, M.

D.,& Meredith, A.). Even with the treatment clinics in Holland, Korea, Chinaand the U.

S., the research and literature has yet to be printed and provide a substantialamount of data regarding this issue which in turn brings us back to the questionof is this really as large of issue as we may think?            In my community there are plenty ofoptions for parents to help their children towards a positive and supportiveenvironment to help lead them away from gaming addiction. Summerland Camps arefor adolescents ranging from the age of ten to eighteen. This camp specializesin a positive atmosphere where their goals are to positively challenge kidsinto making new goals that are apart from the video gaming and internet world. This kind of camp is strictly for video game addictions and does not specializein other addictions that may include mental health issues or drug problems.

Thiscamp is just a few hours away from where I am locally and is strictly an optionfor parents who have exhausted all other choices. This type of environment willprovide a type of gaming detox that will help their child socially and physicallythat includes skill building, self-regulation and individual therapy sessions(Teen Summer Camp for video game addiction ages 10-18).             A future approach to this problemthat I believe should be used is an approach that was used in 2006. Thisapproach is called the functional approach for online game playing thatprovided much success for adolescents as its major focus was concentrating onthe fact that adolescents are driven to feel a sense of accomplishment and beseen equally to their peers (Wan & Chiou). The way this approach worked wasthat it could identify key influences that motivated addictive online gameplaying for adolescents. Their research findings from this approach identifiedwhat stimulates adolescents into this behavior has much to do with theinvolvement of their families, governments and teachers that provide or don’tprovide adequate additional activities for them. This will lead to reducingaddictive behavior and discovering approaches that limit the amount of games tobe played and instead focus on the plethora of other activities that areavailable to them with the help of their superiors and parents.

Examples of themany kinds of activities include indoor and outdoor sports, family time and allowingyour child to have more interactions with their friends outside of school likesleepovers.            This problem will be addressed inthe future by educating all parents on the negative health effects it can haveon their children and if the addictive gaming behavior continues through theiradolescence what types of social anxiety and cognitive effects it could have. The amount of intellectual, social and health issues associated with the is toohigh to risk and this can be addressed through teacher-parent functions thattalk about what signs to look out for. Creating more social activities atschool for children to be involved in to avoid any extra time on their handsthat could lead to this issue.

Additional activities can include parent andchild school events to help bond them and find ways to be active and socializewith others while modeling that video gaming is not a key factor in fun. Ibelieve if teachers and parents are involved with this issue these solutionscan be very likely and positive. Applying alternative activities and allowingadequate game playing along with age appropriate educational games I believewill be the key to successful solutions to ridding the awful addictive behaviorof adolescent gaming.