

While issues that are
linked with video
game



While being a parent, you think about all that you can provide your child to enjoy their childhood, which will most likely include video games. As we spoke about last time, keeping your children healthy and happy can be a difficult challenge in obtaining a positive childhood and avoiding psychological, social and cognitive effects.

In the last analysis, I was able to discuss facts that distinguished video game addictions and how this can lead to a troubling future for your child. This analysis will provide information that entails what is being done to combat the issue along with successful solutions and approaches to address the matter.

The American Academy of Pediatrics have noted that there should be a maximum of two hours of gaming per day for young adolescents, this has become a vast issue since parents are no longer focusing on giving their children positive and educational video games and are instead purchasing them the 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 issues that are linked with video game addictions in children and adults that lead to mental disorders and anxiety issues (Loton, D.

, & Lubman, D. I., p 4). What is being done to help this issue is little to none, there are available psychologists and experts that can support your children with the issue, but treatment trials for internet gaming disorders are typically available to young adolescents and there are no set medications that have proven to help rid this compulsive behavior (Loton, D.

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

Many wonder if there will ever be a consensus for internet gaming addiction in adolescents, and if so, will it ever be determined as positively useful?

(Griffiths, M. D., Rooji, A. J., Kardefelt-Winther, D., Starcevic, V., Kiraly, O., Pallesen, S.

, & Carbonell, X.) In the article Working towards an international consensus on criteria for assessing internet gaming disorder: a critical commentary on Petry, it mentions how the obsessive gaming theory hopes that the future will bring more set evidence that gaming is a true problem that leads to psychological, social and cognitive issues that impact more than just family time. The only controversy involved includes parenting strategies that 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 day will stop this compulsion. There have been attempts of applied methods to better find out how this issue has arisen immensely in the last twenty years, some of these methods include the use of surveys, wearable sleep monitors such as a Fitbit, physical exams and blood testing during three separate points of an outpatient stay (Turel, O.

, Romashkin, A., & Morrison, K. M.). The solutions tried for this problem have resulted in the damaging effects that are linked with the length of time the adolescent slept and was strictly associated with obesity which then led to high blood pressure and other metabolic issues. From this study, it is safe to say that researchers urge parents to practice a healthy and nutritious lifestyle

to help guide their adolescent 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 substantial amount of data regarding this issue which in turn brings us back to the question of is this really as large of issue as we may think? In my community there are plenty of options for parents to help their children towards a positive and supportive environment to help lead them away from gaming addiction. Summerland Camps are for adolescents ranging from the age of ten to eighteen. This camp specializes in a positive atmosphere where their goals are to positively challenge kids into 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 specialize in other addictions that may include mental health issues or drug problems.

This camp is just a few hours away from where I am locally and is strictly an option for parents who have exhausted all other choices. This type of environment will provide a type of gaming detox that will help their child socially and physically that includes skill building, self-regulation and individual therapy sessions (Teen Summer Camp for video game addiction ages 10-18). A future approach to this problem that I believe should be used is an approach that was used in 2006. This approach is called the functional approach for online game playing that provided much success for adolescents as its major focus was concentrating on the fact that adolescents are driven to feel a sense of accomplishment and be seen equally to their peers (Wan & Chiou). The way this approach worked was that it could identify key influences that motivated addictive online game playing for adolescents. Their research findings from this approach identified what stimulates adolescents into this behavior has much to do with their involvement of their

families, governments and teachers that provide or don't provide adequate additional activities for them. This will lead to reducing addictive behavior and discovering approaches that limit the amount of games to be played and instead focus on the plethora of other activities that are available to them with the help of their superiors and parents.

Examples of the many kinds of activities include indoor and outdoor sports, family time and allowing your child to have more interactions with their friends outside of school like sleepovers. This problem will be addressed in the future by educating all parents on the negative health effects it can have on their children and if the addictive gaming behavior continues through their adolescence what types of social anxiety and cognitive effects it could have. The amount of intellectual, social and health issues associated with this is too high to risk and this can be addressed through teacher-parent functions that talk about what signs to look out for. Creating more social activities at school for children to be involved in to avoid any extra time on their hands that could lead to this issue.

Additional activities can include parent and child school events to help bond them and find ways to be active and socialize with others while modeling that video gaming is not a key factor in fun. I believe if teachers and parents are involved with this issue these solutions can be very likely and positive. Applying alternative activities and allowing adequate game playing along with age appropriate educational games I believe will be the key to successful solutions to ridding the awful addictive behavior of adolescent gaming.