

## VIDEO GAME ADDICTION

EQUILLE V. WILLIAMS

TRT 3:38

PEOPLE ARE PLAYING VIDEO GAMES MORE FREQUENTLY TODAY AS THEY ARE BECOMING CHEAPER AND MORE ACCESSIBLE. BUT WHAT HAPPENS WHEN SOMEONE IS PLAYING TOO MUCH? COMRADIO'S EQUILLE WILLIAMS HAS THE STORY.

TAKE VIDEO GAME ADDICTION-----

3: TRT

VIDEO GAMES ARE PLAYED AT A RAMPANT RATE IN TODAY'S SOCIETY. ACCORDING TO THE EDUCATION DATABASE ONLINE, A STAGGERING 65 PERCENT OF HOUSEHOLDS IN AMERICA PLAY VIDEO GAMES, AND ABOUT A QUARTER OF THESE GAMERS ARE UNDER THE AGE OF 18. PENN STATE MEDIA STUDIES PROFESSOR MICHAEL SCHMIERBACH SAYS THAT THIS AGE GROUP IS THE MOST SUSCEPTIBLE TO BECOMING ADDICTED.

(VIDEO GAME ADDICTION SOT #1)

"REALISTICALLY, I THINK THE BIGGEST REASON YOU SEE MORE YOUNGER PEOPLE THAN OLD PEOPLE SHOWING SIGNS OF QUOTE VIDEO GAME ADDICTION IS SIMPLY BECAUSE YOUNGER PEOPLE ARE MORE LIKELY TO BE PLAYING VIDEO GAMES."

ACCORDING TO THE BOOK *ADOLESCENT ADDICTION: EPIDEMIOLOGY, ASSESSMENT AND TREATMENT*, VIDEO GAMES PLAYING IS SEEN AS SOCIALLY ISOLATING, CAUSING SOCIAL ANXIETY AND PREVENTING CHILDREN FROM DEVELOPING SOCIAL SKILLS.

(MORE)

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GAMING ADDICTION IS A RATHER NEW PHENOMENON. THE PSYCHOLOGICAL

EFFECTS OF THIS ADDICTION ARE PREVALENT IN PEOPLE WHO SHOW

SYMPTOMS OF BEING HOOKED. PENN STATE CLINICAL PSYCHOLOGIST

STEPHEN WILSON SAYS IT'S NOT UNLIKE CIGARETTE SMOKING.

(VIDEO GAME ADDICTION SOT #2)

“SOME PEOPLE, WHEN THEY FIRST SMOKE CIGARETTES FOR EXAMPLE, GET REALLY REALLY SICK. UMM, SOME PEOPLE DON'T GET AS SICK, AND THE PEOPLE THAT DON'T GET AS SICK SEEM TO BE MORE LIKELY TO BECOME DEPENDENT OR ADDICTED TO THE CIGARETTES. THAT'S JUST AN EXAMPLE.”

NEILS CLARK AND P. SHAVAUN SCOTT, AUTHORS OF *GAME ADDICTION: THE*

*EXPERIENCE AND THE EFFECTS*, SAY THAT GAMES MAKE IT EASY FOR US TO

FULFILL DEEP AND SPECTACULAR DESIRES. AND THIS CAN BECOME A

BEHAVIORAL ADDICTION THAT, ACCORDING TO PENN STATE'S MICHAEL

SCHMIERBACH, CAN DISRUPT A PERSON'S REGULAR ROUTINE.

(VIDEO GAME ADDICTION SOT #3)

“IF YOU KNOW THAT YOU NEED TO GET A GOOD NIGHT'S SLEEP AND YET YOU DON'T BECAUSE YOU FEEL SOME HOW OBLIGATED TO PLAY GAMES INSTEAD. OR YOU KNOW YOU SHOULD BE AT CLASS. OR YOU KNOW YOU SHOULD BE AT WORK. OR YOU KNOW YOU SHOULD BE AT A MEETING.”

ADDICTION IS THE STATE OF BEING ENSLAVED TO A HABIT OR PRACTICE OR TO

SOMETHING THAT IS PSYCHOLOGICALLY OR PHYSICALLY HABIT-FORMING, AS

WITH NARCOTICS, TO SUCH AN EXTENT THAT ITS CESSATION CAUSES SEVERE

TRAUMA. PSYCHOLOGIST STEPHEN WILSON SAYS OTHER PROBLEMS LIKE

DEPRESSION OFTEN COME WITH AN ADDICTION.

(MORE)

VIDEO GAME ADDICTION  
EQUILLE V. WILLIAMS  
TRT 3:38  
(VIDEO GAME ADDICTION SOT #4)

“IT’S NOT UNCOMMON TO SEE PEOPLE BECOME DEPRESSED OR ANXIOUS OR HAVE PROBLEMS WITH THOSE KIND OF THINGS IN ADDITION WITH THE ADDICTION ITSELF. SO A LOT OF KIND OF THINGS CAN HAPPEN.”

AND REGULAR DAILY ACTIVITIES CAN BECOME DISRUPTED AS WELL.

(VIDEO GAME ADDICTION SOT #5)

“THEIR USE BECOMES MORE REGULAR, IT BECOMES HEAVIER AND IT STARTS TO INTERFERE WITH OTHER PARTS OF THEIR LIVES. SO, UMM, THEY MIGHT START MAYBE MISSING WORK OR NOT FULFILLING FAMILY RESPONSIBILITIES.”

SOME MAY ASK WHAT VIDEO GAME ADDICTION REALLY IS. PROFESSOR SCHMIERBACH SAYS AN ADDICTION TO VIDEO GAMES CAN HAVE SEVERAL SYMPTOMS.

(VIDEO GAME ADDICTION SOT #6)

“USUALLY THE SORTS OF THINGS THAT ARE ON AN INVENTORY OF VIDEO GAME ADDICTS WOULD BE FAILING TO MISS APPOINTMENTS, FAILING TO MAINTAIN SOCIAL CONNECTIONS, FAILING TO GET WORK DONE, LOSING SLEEP, HAVING NEGATIVE HEALTH OUTCOMES.”

GAMERS WHO SHOW SIGNS OF ADDICTION GAIN A DEPENDENCY ON THEIR GAMES. SCHMIERBACH THINKS THAT THEY HAVE BECOME A NECESSITY TO THE ADDICTS.

(VIDEO GAME ADDICTION SOT #7)

“IT’S NOT EVEN ABOUT SAYING WELL I FIND GAMES MORE ENJOYABLE, BUT IT’S JUST ABOUT SAYING I FIND THAT I HAVE TO PLAY GAMES RATHER THAN DOING THINGS I KNOW I SHOULD BE DOING.”

(MORE)

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AS WITH ANY ADDICTION, THERE ARE WAYS TO COMBAT IT. ACCORDING TO VIDEO GAME ADDICTION DOT ORG, SIMPLY FINDING OTHER WAYS TO SPEND YOUR TIME WILL HELP. DR. WILSON BELIEVES THAT TALKING IT OUT IS AN IMPORTANT PART OF THE PROCESS.

(VIDEO GAME ADDICTION SOT #8)

“SIMPLE TALK THERAPY CAN BE EFFECTIVE FOR A LOT OF PEOPLE...THINGS TO HELP THEM WITH WITHDRAWAL SYMPTOMS.”

PROFESSOR SHMIERBACH SAYS ADDICTION STEMS FROM A MORE DEEPLY ROOTED COMPULSIVE ISSUE, AND THE ONLY WAY TO SOLVE THE PROBLEM IS TO GET TO THE HEART OF IT.

(VIDEO GAME ADDICTION SOT #9)

“TRYING TO FIGURE OUT AND GET AT THE ROOT OF WHATEVER IS LEADING TO THAT MORE GENERAL COMPULSIVE TENDENCEY IS IMPORTANT.”

VIDEO GAME ADDICTION IS BECOMING A MORE SERIOUS ISSUE AS TECHNOLOGY IS GROWING AND MORE AVENUES FOR INTENSE GAMING ARE OPENING. FOR COMRADIO, I'M EQUILLE WILLIAMS.

TAKE ANCHOR TAG-----

RESEARCHERS ARE WORKING HARD TO UNDERSTAND WHAT VIDEO GAME ADDICTION IS AND WHAT ITS EFFECTS ARE ON GAMERS EVERYWHERE.