

## BBC SCHOOL REPORT – GAMING ADDICTION

Gaming addiction levels when you play excessive amounts of video games so that they interfere with everyday life. According to our research, gaming addiction levels have risen by 15% since 2016. Many parents are concerned as they believe that gaming addiction can lead to aggression, depression and loneliness. According to <https://www.addictions.com/video-games/alarmed-video-game-addiction-statistics/> 41% of people who play online video games admitted that they played computer games as an escape from the real world. The researchers classified 7% of these gamers as “dependent”. The authors claim that the addicted gamers used video games to modify their moods, demonstrated tolerance, and showed signs of relapse.

With high rates of video game use taking off just over a decade ago, video game addiction statistics and studies have yet to show the whole picture. Video game addiction statistics from this study revealed the following:

The average length of time spent playing video games was 20 hours per week  
72 percent of households play video games  
9 percent of the 3,034 participants in the study showed signs of video game addiction  
Four percent of percent of study participants were categorized as extreme users who played video games 50 hours per week on average.



### **Mr Adams thoughts on his son’s gaming addiction.**

“Two weeks ago my son was diagnosed with gaming addiction. He has been playing excessive amounts of video games and has recently stopped talking to us. When we try to stop him it always in violent acts of aggression. We do not know what to do and it’s getting worse every day

### About computer game addiction

Playing computer games releases dopamine in the brain’s reward centre. Dopamine is hormone released during pleasurable activities. A gaming addiction means dopamine is released in unnatural quantities. This means the gamer’s brain becomes tolerant to dopamine as a result. Gamers need to play computer games constantly in order to maintain normal levels of dopamine.

According to tech addiction “Students addicted to video games have lower academic grades than their non-addicted peers.”



Many parents with under achieving children have heard about this statement and are currently attempting to lower children’s gaming time or stop them gaming at all to try and improve their grades.

Does gaming addiction lead to depression?

Yes, many starts to heavily rely on gaming as a form of relaxation and react with outbursts of anger followed by depression.

Does gaming addiction cause loneliness?

Only in some cases. Gaming can be used to interact with other people, but it can also lead to loneliness as a result of extensive gaming, an addict may choose to start gaming rather than hang out with his friends. This is dangerous as people may have problems interacting with others. However, some gamers are introverted which means that they just prefer to be alone rather than go to huge parties.

As a conclusion, we think that gaming addiction is not necessarily a bad thing as it can bring people together and create friendships. On the other hand, it can destroy friendships when gamers rage or start becoming anti-social.

Made by Adam and Josh