

# Tips To Tame the Child from Computer Games Addiction.

## Abstract

This paper focuses on computer games addiction and its prevention. Today computer game addiction is challenging problem to tackle. It can be beneficial in coping from problem in the short run but in the long run it can show addiction symptoms. Computer game addiction can be treated through many methods but prevention is the best solution in the game addiction. We feel that parents have a major role to play in the process of prevention. This paper is a part of a wide attempt to control and prevent this addiction and support both children and parents. Using the methods in this study parents can obtain various ways to help their child from computer game addiction.



**Gauri Maythla Tiwari**

Research scholar,  
J.D.G.P.G College,  
Kanpur



**Niranjana Shukla**

Asso.Prof.  
J.D.G.P.G College,  
Kanpur

**Keywords:** Computer Game, Addiction, Pathological Gaming, Video Game Dependence, Problematic Game Playing; Prevention

## Introduction

Computer game addiction is a challenging problem to tackle. Computer games are the second most frequently used application after social media (Wakoopa 2012). Computer and on line game play rate and scales are increasing every day (Entertainment Software Association 2012).

As we know computers are now essential for children's education. Mobile phone allow us to know that children are safe when they area away from home. Life has become very easier for our children. They can make their assignment, connect with friends and relative from home, find entertainment at the press of a button, get information on just about any thing. But too much use of computer can have disadvantage.

Today, almost all children play video game, especially boys. These games are played on computer, game consoles, cell phones and on other devices.

Games are job for children and is an activity of entertainment and recreation for the adults. Game is system defined by rules in which player have an artificial conflict and which results in a measurable winning state (Salen 2004). Prensky (2001) said "a game is the rule, purpose, feedback, difficulty, race, challenge, opposition, interaction, presentation, story and on other hand generally defined as the one play through personal computer (Juul 1991 & Haris 2001).

The term computer game addiction in literature is also used as pathological gaming, video game dependence and problematic game playing (Griffiths 2009 & Lemmens 2009). Computer game addiction is an excessive and compulsive use of computer game and video game, which interferes the person's every day life. Computer or video game addiction may present as compulsive game playing, social isolation, mood swing, diminished imagination and hyper focus on game achievement (Hauge, Mamey & James Robert 2003). Rather than engaging in the real world an game addicted user develops the majority of his or her time on gaming. The addicted gamer often isolated him or herself from others, ignore responsibilities and obsessed with obtaining higher status in favourite computer game.

In May 2013 American Psychiatric Association (Apa) proposed criteria for game addiction in the diagnostic and statistical manual of mental disorder (DSM5) concluding that there was insufficient evidence to include it as an official mental disorder. But Computer Internet gaming disorder are included in section 3 of DSMV, for further studies.

Players choose to play game for several reasons such as fun, recreation (Griffiths & Hunt 1995, Kuss & Griffiths 2012), coping with stress (Gruser, ThaLemann 2005, wood &Griffiths 2007) and escape from real life situation (Wan & Chiou 2006).

Computer games can be good or bad, it depends on time of playing. Computer game can be good because it gives the brain a real

work out. It enhances abstract and logical thinking, problem solving; hand and eye coordination, fine motor skills, planning, decision making, multitasking accuracy, strategy etc, but on the other hand it shows very negative symptom like increased aggressive thought process, feeling, behaviour and decreased pro-social behaviour (Anderson & Bushman 2001). It makes the child isolated, teaches wrong values. Computer game addiction Psychologically and Physically harms the child like tiredness (Akin & Iskender 2011), hostility, depression (Yen, Ko, Yen 2007), loneliness (Marahan Martin 2003). Along with educational harms like wasting time (Griffiths 2000) decrease in academic performance (Kubey, Lavin 2001), communication problem with peers (Gross & et.al. 2003).

Computer Game addiction can be treated through many method like counselling, therapy but prevention is the best solution in game addiction (Nikos 2014). Parents must keep in mind that computer game addiction is usually a sign of greater underlying problem that the child is trying to distract himself. He may have trouble at school or at home. Prevention starts when parents start active communication & interaction with the child (Chiu Lee, Haung 2004).

This research paper suggests that some methods which parents can use to prevent computer game addiction :

1. **Parents Should Take the Computer out of Child's Bed Room**  
Don't let child have computers in his bed rooms. Keep those devices out in public space and position the monitors that the always see?
2. **Parents Should Set a Time Limit**  
Parents should set limit for child's time in front of computer. It should not exceed 2 hours a day.
3. **Parents should Encourage them for Other Interest and Social Activities**  
Parents should expose child to other hobbies and activities such as sports, dance, gardening & after school clubs.
4. **Parents should Monitor the Computer**  
Parents should keep an eye on child's computer activities. Don't let the child use computer behind closed door.
5. **Parents should Make them to Earn Game Time**  
Child need to do certain work before play computer games. Child must finish his homework and other house hold works.
6. **For one Week Parents should Keep a Log of the Time Spent on Computer Game**  
Parents and child both can keep a record of time spent of gaming. At the end of the week show him a visual representation of how much of their free time is going on this activity.
7. **Parents should Show them What Amount of Time Represent in Other Activities**  
Parents can develop a list of activities and opportunities that can be achieved in the same amount of time spent on gaming. The goal of this exercise is to show the child what activities he is missing.
8. **Parents should Arrange Indoor and Outdoor Activity for Children and Their Friends**

Parents should think and plan for alternative activities for child. To make it more appealing, look for ways to include child's friends.

9. **Have Family Meals Together**  
Eating dinner together as a family provides a valuable opportunity for communication. A scheduled meal together helps lift child from the isolation. Family place should be a place for open discussion, where the children can discuss there problems and family member can discuss a variety of interest out side of game.
10. **Compute Games should be Allowed After Child has Taken Care of Other Responsibilities**  
Parents are strongly advise the child to set a role that game can only be played after home work has been completed. Parents should take to child about disadvantage of high level of computer game use in way that child can understand.
11. **As Parents Try to Limit this Own Use of Computer and Technology to Lead by Example**
12. **Parents must praise the child when he or she does any other good activity beside computer game.**
13. **Parents should encourage out door play and social activities.**
14. **Parents should spend some hours with child and indulge beneficial games for him or her.**
15. **Parents should help child to develop self control.**
16. **Parents should encourage the child for positive friendship.**
17. **Parents should always have final approval of any game that enters the home.**
18. **Parents should provide good books, games, toys to engage the child and encourage him to use them.**
19. **Parents should occasionally check the computer game and ask about it and most important parents must make talking and listening habit.**

At the end, it can be concluded that game addiction prevention should be started with parents. Parents must not blame the child for computer game addiction, parental cooperation and respect help the child to cope with this situation. Parents must talk honestly with the child about game addiction and tell him or her about the consequences of too much time on computer game. Parents should make talking and listening habit a must.

To conclude it can be said that parents have a significant role in the prevention of computer game addiction because they are one who have the biggest influence in their teenage child's life. The given methods, in this paper will certainly prevent the computer game addiction and support both the addicted child and their parents.

#### Reference

1. Salen K. et.al (2004) Rules of play : Game design fundamentals.
2. Prensky M (2001) Fun Play and Games : What makes game engaging.
3. Juul J (1999) A clash between game and narrative.
4. Haris J (2001) The effect of computer games on young children : A review of the research.
5. Griffiths MD (2009) Videogame addiction and its treatment. Journal of contemporary psychotherapy 39 (247-253).

6. Lemmens JS (2009) Development and Validation of a game addiction scale for adolescents. *Media Psychology* 27, 77-95.
7. Chiu, Lee, Huang (2004) Video game addiction in children and teens in Taiwan. *Cyber Psychology Behaviour*-7, 571-581.
8. Nikos, Millor (2014) Internet game addiction Reasons, Diagnosis, Prevention & Treatment. *Encephalos* 51:10-14.
9. Wan, Chiou (2006), why are adolescents addicted to gaming ? *Cyber Psychology & Behavior*-9, 762-766.
10. Wakoopa (2012) what did we do online this year. [wakoopa.com](http://wakoopa.com).
11. Grusser & Thalemann (2005) Excessive computer usage in adolescents a psychometry evaluation.
12. Akin, A. and Iskender (2011) Internet addiction and depression, Anxiety and Stress. *International online journal of educational Sciences*.3(1).
13. Yen, Ko & Yen et.al 2007. The comarbid psychiatric symptoms of internet addiction Adhd, depression, social phobia and hosbility, *Journal of Adolesent Health* 41(1) 93-98.
14. Morahan and Martin et.al. (2007) Incidence and Correlates of Pathological Internet use among college student. *Computer in human behavior* 16, 13-29.
15. Griffiths M.D.2000 Does Internet and Computer addiction exist. Some case study evidence *Cyber Psychology and behaviour* 3(2), 211-218.
16. Kubey R.W. and Lavin (2010) Internet use and academic performance decrement, *Journal of communication*, 366-382.
17. Gross & Gable-2002, Internet use and well being in adolescent. *Journal of Science issues* 58-75-90.