The Hazards and Causes of Game Addiction
The Detriment of Game Addiction to Teenagers and the Causes of Game Addiction

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ABSTRACT
In these decades, games have been a part of our life. Since it was created, it has always attracted people to spend time on it. This paper discussed how game addiction harms teenagers and the factors that may cause teenagers to addict to it. Games have already affected both teenagers' academic performance, physical and mental health, and we need to notice that teenagers keep games away from them. As we keep research, we have found some papers to help us find the answer, including data collecting and analysis, interviews and human nervous system, desire and personality or characteristic.

Keywords; causes of game addiction, harms of game addiction, teenager

1. INTRODUCTION

In this era, technology is developing very rapidly, and there are lots of game producers who create games for the public, making teenagers fascinated by them, which may cause them to have game addiction.

Addiction is defined as an unpreventable desire and wishes that occurs due to taking a substance in repeated doses and increasing amounts without aiming to eradicate the symptoms of an organic illness [1]. The concepts of addiction and behavioral addiction share a common quality in that one is "unable to control the action and continu[es] the behavior despite its negative results" [2].

While people spend time, money and experience in the game, the negative effects also follow, such as thinking about the game all the time, being unable to concentrate on one thing, etc. However, regardless of the factors of the times, we should also consider whether there are other reasons for players to fall deeply into it.

2. THE HARM OF GAME ADDICTION

We have found most of the factors that may cause people to addict to games, but why do people want to avoid contact with games? What are the negative effects of playing games for a long time? From the physical point of view, the body of the people will be weak and sick, especially their eyes, because the radiation of computers and phone is harmful to the human body. When people are deep in the games, they cannot make them fall asleep, so their biological clock will be messed up.

Participants for the study were selected using a purposive sample technique. All the participants were teenagers who played mobile phone games for more than two hours a day. Under the Qualitative method, the data were collected using semi-structured interviews. For this study, the phenomenon under examination was how mobile phone addiction impacted Sri Lankan teenagers. Data were collected to examine how mobile phone gaming addiction affects academic performance, aggression, self-identity, physical health, mental well-being, and family relationships. Individual 30–40-minute semi-structured interviews were conducted with the participants using the set of questions on the interview guide. [3]

2.1 How Mobile Phone Game Addiction Influences Teenager's Physical Health

All the participants unanimously stated that playing mobile games continuously harms physical health. According to them, playing mobile games for many hours weaken their vision and their back.

Participant No 02: I went to a funeral one day with one of my friends, and I played games there with him for hours. Finally, after the phone switched off because the battery died, we got up from where we were sitting. It was hard for me to get up as I got back pain since I was sitting for hours without moving.

Participant No 04: Sometimes I play 'till 2 or 3 in the morning. The next day I do my stuff being sleepy. I get very tired too.

Participant No 05: My eyesight decreased after I started to play games. I am looking at the phone covered with a blanket for so many hours instead of sleeping. [3]

From a psychological point of view, addiction to games will bring you loneliness and memory ability decline.

2.2 How Mobile Phone Game Addiction Influences Teenager's Mental Well-being

Four out of six participants stated that mobile phone gaming negatively impacts a teenager's mental health, reducing memory and attention and increasing laziness. They believed from their experiences that playing mobile phone games for a long time negatively affects a teenager's mental health.

Participant No 02: For a week or two, I felt like I missed one or two of the tasks delegated by my mother or someone else. I do not know if it is an illness in my body or something else.

Participant No 05: Yep! it has a great influence. Thinking power is reduced. Some things are forgotten. It is because I play games all the time. I think about the game even when I am eating or bathing.[3]

"Allison et al. (2006) reported the case of an 18-year-old male adolescent whose life, according to his parents, had been taken over by playing online role-playing games for up to 16 hours daily. The adolescent was admitted into a psychiatric hospital by his parents, where he underwent a variety of psychological and psychiatric assessments for three days, including an intelligence test, a personality test, and diagnostic and psychosocially based interviews. His primary motivation was reported to be to escape from real-life problems. His gaming resulted in a variety of psychosocial (limited real-life social contacts, missing classes at school), psychosomatic (poor concentration, muscle tension), and psychopathological problems (diminished energy, fatigue) [4]" This case affected not only the teenager's body, but also psychological and academic aspects, and more than one such thing happened. This kind of injury is something every family and parent does not want their children to bear.

Games also bring harm to family relationships. In Karunanayake's research, five participants out of six firmly suggested that mobile phone game addiction negatively affected their family relationships. Since they are always playing games, their relationships with the family have become distant [3].

3. THE CAUSES

- Characteristics of addiction

Twenty years ago, intending to explain happiness, Mihaly Csikszentmihalyi found flow, the feeling of complete and energized focus in an activity, with a high level of enjoyment and fulfillment. [Debold 2002][5]. From the game's design, the designer should make the player keep feeling their "flow" to make sure the game is attracting people to continue playing.

Figure 1: The graph of the flow in the game (Chen,2006)

"Addiction has certain characteristics, namely first, always wanting to repeat an action, even though knowing that it is useless, self-defeating, and dangerous. Second, discomfort, anxiety, restlessness, anger, gloom, and annoyance if you cannot carry out the addiction process. Third, the individual makes his addiction an escape from emotions such as anger, disappointment, sadness, and failure. Fourth, individuals accept addiction as a part of themselves when they fail to stop the addiction. Fifth, addiction will worsen if it is done longer, more frequently, and the surrounding environment is supportive [1](1). Spending more time in front of the computer can make individuals lose more relationships with social relations, careers, and school opportunities [1](1)"

- The hierarchical theory of needs and addiction behavior

According to the hierarchical theory of needs, here is some characteristic that games may contain and make people addicted to it:

(1) The most basic point: relating to human nature, as the physical need

Survive, and procreation is the basic request of human, people will attract to these types of game at first.

(2) A simple reward system

Simple reward and punishment are the simplest and most effective means of psychological control. Even if there are unlimited tasks, as long as you ensure that every operation can get immediate feedback, you will be subconsciously addicted to many boring, simple, and repetitive things.

(3) "Milestones"

The achievement of this short-term phased goal will enable players to approve themselves and obtain virtual respect and recognition. The satisfaction of the upper psychological needs of self-worth realization and respect makes players feel full of confidence and addicted in the end.

(4) Competitive ranking mechanism

Human beings are born with the instinct of competition and plunder. The game ranks all the players' abilities and achievements from different dimensions and at different times to generate a ranking list. Driven by their instincts, players want to be at the top of the ranking list to prove their ability, gain respect, reputation, and social needs.

(5) Uncertainty

If the game designer only gives a specific reward for the player's specific behavior, the player will soon slack off on this certainty. However, if this reward is uncertain and very huge, the player will expect this "lottery" and become addicted to this uncertain reward.

(6) Curiosity (games belongs to exploration)

Driven by curiosity, human beings will constantly explore the situation in the game, which will also make people addicted.
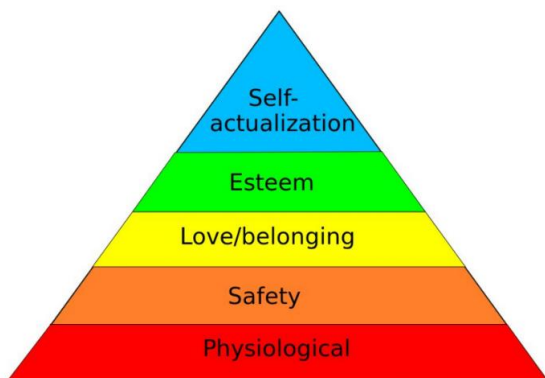
(all points are from a no-name user in Zhihu)[6]

Figure 2: "The hierarchical model theory of needs"

● The environmental factor and addiction behavior

Instead of talking about the game itself, let us look at the environmental factor that causes the player to an addict.

First of all, family is the most important place to people. Parents' education plays a key role that sets up a model for their children and includes social learning and so on. "In a study analyzing family's attitudes toward internet and internet addiction, it was found that families' negligent attitudes toward the internet itself played an important role in their children developing an addiction to the internet (Ayas & Horzum, 2013)." The educational level of parents also reflects the impact on children's education. "Erboy (2010) showed that children's levels of game addiction changed according to the level of education of one's mother......As a result of a study conducted by Şahin and Tuğrul (2012), it was found that as the level of education of one's mother increased, so did the rate of addiction to video games increase in the child compared to children whose mother's educational level was relatively lower.[2]"

Personality is also a decisive factor of players that addict to games because an outgoing person is better at communication than an introvert. "extraverted people tend to be vibrant, resourceful, cheerful, sociable, inclined toward positive emotions, enthusiastic, active, and talkative. Introverted (or less extroverted) individuals fail to cope with emotional and physical stress effectively, have difficulty making friends and establishing social relationships and, thus, are relatively more susceptible to addiction. Studies indicate that people with low levels of extraversion use the Internet more frequently and maybe at a higher risk of internet addiction. While this is contrary to our findings, one possible explanation could be that, regardless of how much time they spend on the Internet, highly extroverted students may have better self-control and a more positive self-concept, as well as an awareness that they should not break their social ties. Meanwhile, an adolescent with introverted traits starts internet usage because they find it easier to interact virtually than in real life, which in turn exacerbates their shyness in the real world and makes them turn to the Internet [2]." But from the perspective of extroversion or not, it is not certain that this personality is the decisive factor in determining game addiction. We need to think about a person's character and its influence on behavior from many different sides.

Interestingly, depression showed a negative effect on game addiction. Concerning psychological variables, both loneliness and depression showed significant relationships with game addiction. Loneliness showed a strong positive effect on game addiction, as previous studies exhibited [9] [10]. We reason that there could be any mediators (or moderators) between depression and game addiction. One general explanation for the association between loneliness and game addiction is that the more people feel lonely, the higher they are engaged

in virtual space to fill the paucity of offline relationships.[11] "Studies indicate that highly conscientious individuals generally use the internet purposefully and have lower levels of risky usage, while less conscientious people are likely to experience problems related to internet addiction. [8]" Also, curiosity can decide the behavior of a person, as they want to find out more things they do not know, and they want to know, "Studies indicate that due to their curiosity, open-mindedness, courage, and partiality towards change, people who are open to change use the Internet more than other people do. The current study found that students more open to experiences were at risk of internet addiction than other students, which differs from the findings reported in the literature.......This is thought to be because individuals who are open to experience have traits such as being analytical, complex, curious, creative, independent, liberal, nontraditional, original, imaginative, courageous, fond of changes, and open-minded and that these variables lead them to use the Internet more.[8]"

4. CONCLUSION

The game's original intention was to make people less bored in their free time, but game designers gradually added various elements to make it difficult for players to extricate themselves. "In the modern world, mobile phone games are becoming increasingly multifaceted with more realistic characters, better graphics, and more tactical challenges than they used to. These gaming advances, in turn, make gaming more addictive. Also, mobile games are designed to be just challenging enough for players to achieve small feats that force them to continue to play. Game designers are always searching for more ways to make their games more fascinating to increase the time spent playing them. In turn, mobile phone games are almost designed to be addictive in the sense that designers want players to want to keep playing and buying their games.[3]" Through all the research and data analysis, game addiction will bring much trouble to the addicted person and his family, and there will be a certain amount of financial and time loss.

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