



# The Current Situation and Solutions of Contemporary Adolescents' Addiction to Online Games

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**Abstract.** Along with the rapid development of contemporary technology, electronic devices such as cell phones began to emerge. This has created an environment for online games, and more and more video games of different varieties have started to appear in the market in various forms. In fact, most young people spend their time playing games rather than using the Internet to search for information or watch movies. So in this thesis the topic of the research is, the reasons why teenagers are addicted to online games addicted to the internet, the various dangers of games for teenagers and some programs to solve these problems of internet addiction. The research method used in this thesis is to search for information, data and questionnaires. The conclusion of the study is that the majority of teenagers are now addicted to online games and cause a lot of harm, especially in terms of physical health, academic performance and family relationships.

**Keywords:** teenager · online game addiction · solutions

## 1 Introduction

According to the Investigation Report on the Internet Usage of Minors in 2020 released by the Central Committee of the Communist Youth League, the Ministry of Youth Rights Protection and the China Internet Information Center, 62.5% of the minor netizens often play online games, of which 56.4% play mobile games and 13.2% play mobile games for more than two hours every day on weekdays [1]. According to the survey data, in 2020, the number of underage internet users in China will reach 183 million, and the internet penetration rate of minors will reach 94.9% [2]. About 65% children play games for more than 10 h every day, of which 8% play games for more than 15 h. The survey found that the longest time to play games was 38 h [3].

Based on the questionnaire survey, the results of the questionnaire show that young people of today have encountered visiting relatives during holidays, and the children of the relatives are playing with their cell phones and addicted to some electronic games. After the study, it was found that the reason for this phenomenon is that the parents of the children are busy with their work, so they do not spend enough time with their children, which makes the children easy to be alone and addicted to games. This phenomenon will be explained in the following text [4].

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## 2 Teenagers Become Addicted to Electricity Games

With the progress of science and technology and the development of economy, the gap between rich and poor in cities is widening gradually. At the same time, the development of technology has brought about the spread of cell phones, computers and other products, and many children nowadays are addicted to cell phones and it seems they spend no time contracting with their families.

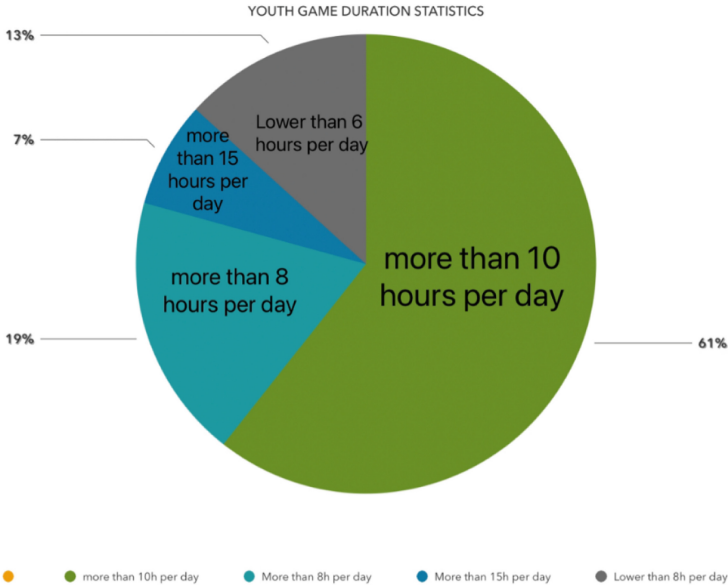
Online games are one of the ways for teenagers to meet their psychological needs, and the reason why some teenagers are addicted to online games is that they can't find other ways to meet their psychological needs by themselves, so they have to rely on online games. The analysis of teenagers' psychological needs could be understood according to the three basic human needs put forward by Deck [5]. These basic needs are predictability, a demand for predictability in the world, reducing uncertainty and understanding how the world works. Ability, a need to improve one's personal strengths, learn how to act in the world; And acceptance, a need to be accepted and loved, the need to be accepted and loved, and a desire to be answered by others when necessary.

The online game experience can precisely meet the basic psychological needs of adolescents and alleviate the conflicts they face in real life. To begin with, the game world can be controlled by adolescents themselves, and the rules of the game and advancement rules are set explicitly and clearly. These can reduce uncertainty and satisfy the need for predictability. Secondly, games are a way of socialization, both to build friendship with other players in the game world and to socialize with classmates and friends in real life through games, to gain respect and care and to satisfy the need for acceptance. Finally, it is easier to get a sense of achievement in the game world. It is easier and more interesting to upgrade and compete in games than to improve academic performance in reality, and you can also get instant rewards and rewards, satisfying people's need to get recognition of their ability.

## 3 The Risks of Internet Addiction

Nowadays, children are generally addicted to electronic games. This phenomenon can be reflected by subjective observation as well as survey research, which concludes that contemporary Chinese children have a large addiction to games, mostly choosing to play games on their cell phones as soon as they get home from school. Secondly, a research study shows that the average time spent playing games is 4–8 h a day for contemporary children (9–17) years old. The number of teenagers playing games more than 10 h a day is over 60%, and 7% of teenagers spend more than 15 h playing games. Only 13% of teenagers play less than 6 h per day [6, 7].

Some teenagers steal their parents' bank accounts for game top-ups, making the family's economic situation worse. In order to recover economic losses, parents have to spend a lot of time and energy rearranging materials, hoping to communicate with the game company for a refund. In the statistical results of this research data, more than 50% of minors will top up because of cell phone online games, 10 minors top up more than 10,000 yuan, and the highest one even reaches 149,000 yuan [8]. If children are using electronic devices for long periods of time because they are studying or for relaxation



**Fig. 1.** Youth game duration statistics

and entertainment, then there is no excuse. But the truth is that most children are addicted to cell phones, which can bring them many problems and injuries (see Fig. 1).

### 3.1 The Mental Problems

The mental problems are also divided into two points, which are embodied in grades and daily movements. In terms of achievement, most children will waste a lot of time because they are addicted to mobile games, while the time spent playing games could have been used for learning and progress. Playing regular games may only make children choose to play games in their spare time, but because of the addictive nature of electronic games, teenagers can't stop playing games and waste time that would have been used for learning. Therefore, their academic performance will not improve, but may drop significantly.

In their daily behaviors, children's behaviors will be affected. Because teenagers are in a normal formative period, their thoughts and behaviors are easily influenced by the outside world, and video games are one factor. According to the investigation, many teenagers' daily behaviors are influenced by video games. Teenagers who addict in online games, particularly some shoot games, may be violent, foul-mouthed, and like to fight, just like characters in the game. Or underage may learn the behaviors of some players in the game, such as swearing and insulting the enemy, and learning these behaviors is never a good thing for a growing teenager [6]. Of course, these behaviors are all pointers for those who are addicted to the game.

## 4 The Solutions of Game Addict

Nowadays, video games are so toxic to teenagers, and the younger generation is the driving force of the future society. Therefore, in order to stop this series of behaviors, the state and government can put forward policies to solve the problem of Internet addiction. For example, in China, the government stipulated “playtime for minors”. After this policy was put forward, teenagers can only play games on Saturday and Sunday, and they can only play for one hour. This compulsory regulation has done a good job of reducing the time for teenagers to play games. However, there are still some people who use adult id to register and play. However, the “minor game policy” has played an important role in helping teenagers overcome Internet addiction.

On the family, it is really important to instill in children the concept of playing less games from an early age. But it is the behavior of parents that will affect their children. It is said that parents are the best teachers for children. If parents spend less time on electronic products every day, spend time playing board games or chatting with their children. This kind of practical behavior can influence the behavior of children more than just preaching.

Actually, letting children play board games is a good way to help them get rid of Internet addiction. First of all, board games are equally attractive to young children, whether it is novel gameplay or exquisite packaging design. Examples are Uno cards, Monopoly cards and so on. According to statistics, these cards are as fun as video games. At the same time, educational toys are a good tool to improve children's ability and IQ. This can become a good foundation for their future life. The development of the brain in childhood has a great influence on the future [9].

The time that teenagers spend playing board games can well cover the initial time of completing video games. At the same time, board games can be played not only by themselves, but also with others, including family and friends. Playing with family can enhance family ties, while playing with friends can enhance friendship. When a child is really immersed in playing this kind of card or board games, the novelty will replace those things that were originally obtained in video games. But the good thing is that board games are not addictive, which means that children can not only entertain in their spare time, but also not be affected by addiction to video game.

## 5 Discussion

The paper also focus on the opportunities for children to use board games toys. That's because playing board games is a good way to help them get rid of their game addiction. At the same time, educational toys are a good tool to improve children's ability and IQ. This can become a good foundation for their future life. The development of the brain in childhood has great influence on the future.

Teenagers in this era are addicted to games because there are all kinds of electronic games. So how do teenagers spend their leisure time in other times? In the era of 1990–2000, according to statistics and investigations, the games used by children at that time were basically board games, such as chess, marbles and some small toys unique to that era [10]. In the era of scientific and technological development, they are using such



Fig. 2. Clue

simple things to get pleasure, including playing with friends, etc. In fact, the last era of entertainment is worth learning from. In other words, modern teenagers can play board games to kill their free time and quit game addiction (see Fig. 2).

## 6 Conclusion

It is difficult for teenagers not to be attracted to games under the environment of advanced science and technology and greater pressure of learning. Admittedly, proper games can help teenagers relax, but too much or indulging in games will definitely lead to serious problems. The paper explains in detail about the harm and solution of game addiction. The purpose of this essay is hope that the future of the world who is teenager can avoid the dangers of technological development and devote themselves to study and research, so that they can bring momentum to the future development of the world.

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