

Gaming Addiction: Short and Long Term Effects

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Abstract: This paper presents an overview on short and long term effects on gaming addiction.

Keywords: Addiction, Bladder irritation syndrome, Carpel tunnel syndrome, Gaming.

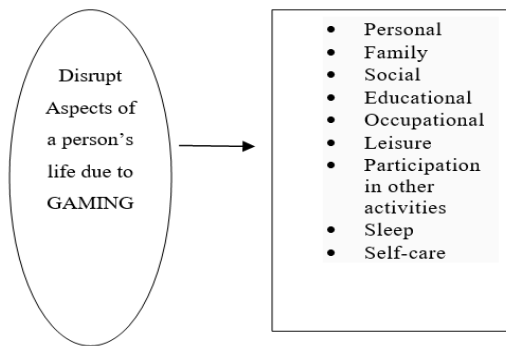
1. Introduction

Now-a-days it's easy to find children and adults alike transfixed by their phones in playing various multimedia games. Plethora of video and mobile apps gaming keep people certainly indulged.

In year 2019, WHO recognized gaming addiction as a modern addiction. The WHO officially recognized "gaming disorder" as a mental health condition and also added the disorder to the International Classification of Diseases, or the ICD-11.

2. Definition

Gaming behavior transform into a disorder when it takes precedence over other daily life activities, and begins to disturb a person's inter-personal relationships, school or work responsibilities for at least a year.



3. Identifying Gaming Addiction

Criteria proposed in the DSM-5,

- Thinking about gaming, sequences and stages all or a lot of the time.
- Feeling bad when not allowed to play either due to restrictions or unavailability of time.
- Needing to spend more and more time playing mobile and video games to feel good.
- Not being able to quit games or even play less.

- Not wanting to do other fruitful things that one used to do.
- Having problems at work, school, or home because of the habitual gaming.
- Playing despite these problems and other health problems.
- Lying to people close to one about time spent in playing game.
- Using gaming to ease bad moods and feelings.

4. Short Term Effects

A. Emotional signs or symptoms

- Feelings of restlessness and/or irritability when unable to play.
- Mental Fatigue.
- Migraines due to intense concentration or eye strain.
- Carpal tunnel syndrome caused by the overuse of a controller, computer mouse and mobile keypad.
- Increased anxiety levels thinking over the gaming sessions.

B. Physical health symptoms

- Poor personal hygiene.
- Poor eating habits.
- Children avoid going out with friends and play outdoor games.
- Physical health issues due to improper eating habits.
- Irritable bladder due to holding on urine for long and not voiding due to gaming.
- Difficulty in focusing on work assignments.

5. Long Term Effects

- Preoccupation with thoughts of previous game stages activity or anticipation of the next online session.
- Isolation from family members and friends in order to spend more time gaming.
- Poor work performance.
- Poor chances for promotion.
- Poor social relations.
- Withdrawn from the society, merged in electronic gadgets.
- Poor academic progress in children.

- Lack of attention towards studies.
- Lack of interest in family bonding.

6. Disadvantages of Gaming for New generation

- Potentially problematic dependence on technology.
- Induction of a new gadget culture.
- Spending more money on buying new gadgets.
- Less importance to physical development.

7. Complications

How/Who	Complications
Family Friends	Complete Ignorance and No more bonding
Work	One can lose job, Giving resignation.
Physical Health	Serious illness, Complete vision loss, Weight gain or loss and poor digestion.
Mental health	Seizures, Depression, Anger Issues, Withdrawal, Brain structural changes due to overload of neurotransmitters.
Finance	Loss of Income and inadequate credits to run a family.

8. Conclusion

This paper presented a study on the short and long term effects on gaming addiction.

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