

7. THE INFLUENCE OF GAME ADDICTION ON HUMAN'S BEHAVIOR

Bondaruk A.A.

*Belarusian State University of Informatics and Radioelectronics
Minsk, Republic of Belarus*

Riabykh V.A. – Lecturer

This paper studies game addiction. The positive and negative influence of videogames on human behavior and game addiction are considered. The consequences of this influence are presented.

Humanity has made significant advancements in the fields of information technology (IT), computing, and entertainment media. Video games have become an increasingly popular form of entertainment in recent years. This form of entertainment is designed to appeal to a wide audience, as the music and environment are intricate and captivating, drawing everyone's attention. As a result, there has been a lot of debate about the influence of video games on people's behavior. Game addiction is a complex and multifaceted issue that affects individuals differently. While gaming can be fun and an enjoyable hobby, it can also become a problem when it interferes with daily responsibilities, relationships and mental health. While some people argue that video games have a negative impact on behavior, others believe that they can have a positive effect.

The excessive use of video games has been found to have adverse effects on people. For example, video games can lead to increased aggressive behavior of children or adolescents. They may become desensitized to violence and see it as an acceptable way to solve problems. Children who play video games excessively may become addicted, leading to social isolation, poor academic performance, and sleep disturbances [1].

The results of a cross-sectional study conducted in one of the Lebanese schools among children aged 9 – 13 suggest a link between gaming addiction and memory impairment. Also it can lead to obesity, back pain, and eye strain [2].

Some adults and adolescents prefer to play video games because they perceive it as the only available form of entertainment. Violent video games are popular among adults and adolescents due to their high-quality, detailed graphics, realistic visuals, use of artificial intelligence, complex game strategies, game inference engines, and intelligent gameplay.

According to research, scientists consider video game addiction to be a normal human behavior that can be triggered by the competitive drive that arises when playing certain games. Human beings have a competitive nature and strive to win every challenge, whether it is a sport or competition.

One of the ways that video games can influence behavior is by promoting teamwork and cooperation. Many video games require players to work together to achieve a common goal. This can help to promote communication and collaboration, which are important skills in many areas of life.

Another way that video games can influence behavior is by improving problem-solving skills. Many video games require players to solve puzzles or overcome obstacles in order to progress through the game. This can help to develop critical thinking skills, which are valuable in many aspects of life.

It is important to note that not all gamers who play frequently are addicted. However, those who feel like they are unable to control their gaming habits and find themselves prioritizing gaming over other important aspects of their lives may be struggling with addiction. If you or someone you know is struggling with game addiction, seeking professional help is crucial [3].

In conclusion, while gaming can be a fun and an enjoyable activity, excessive gaming can have serious consequences on one's mental and physical health. The causes of game addiction are not well understood, but factors such as stress, depression, social isolation, and genetics may involve a combination of therapy, medication, support groups, and lifestyle changes. Understanding the risks and consequences of game addiction is crucial for gamers and their loved ones. It is important to recognize and address game addiction as soon as possible to prevent it from causing long-term harm. Additionally, taking breaks, setting limits, and prioritizing other activities can help prevent game addiction from developing in the first place.

References:

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