

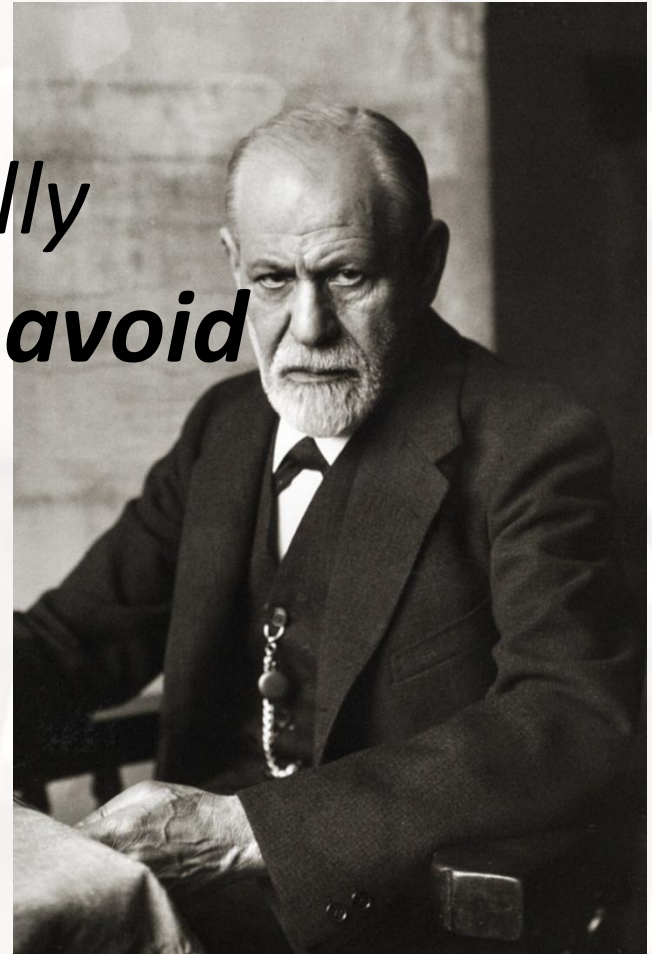
A background image showing several Scrabble tiles scattered on a light-colored wooden surface. Some tiles are arranged in a row, while others are scattered around. The tiles have various letters and numbers on them, including 'A', 'G', 'C', 'E', 'D', 'T', 'I', 'O', 'N', 'H', 'R', and 'A'.

# 35. Video game addiction

Joonas Jokinen M.A. Sport Sciences

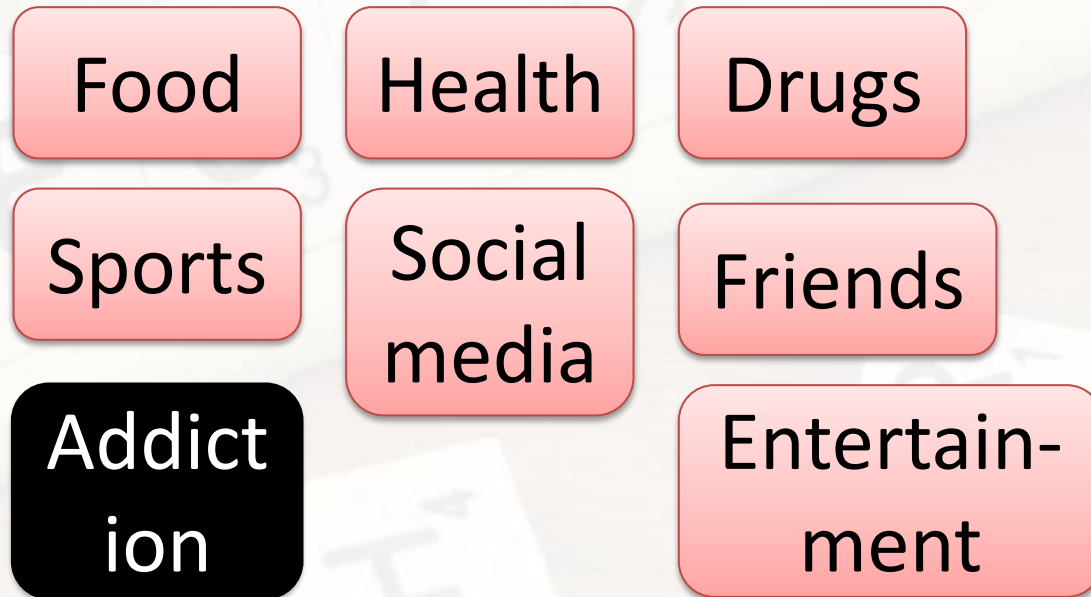
*People generally  
seek **pleasure** and avoid  
pain*

*-Sigmund Freud*



# Video games affect your wellbeing

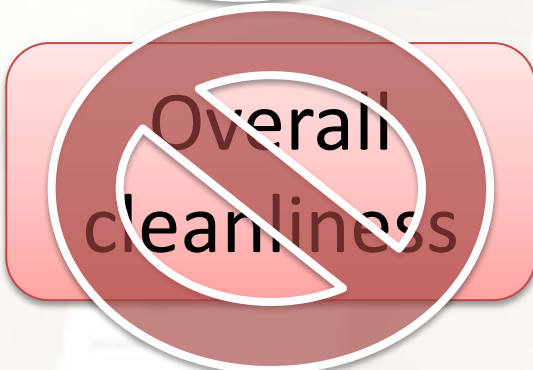
- Gaming is an entertaining, popular and beneficial hobby that brings us pleasure



Wellbeing	Benefits	Drawback	Prevention
<b>Physical</b>	<ul style="list-style-type: none"> <li>• Hand-eye coordination improves</li> <li>• Activates and stimulates your brains</li> <li>• Better reaction time</li> </ul>	<ul style="list-style-type: none"> <li>• Neck and shoulder pain</li> <li>• Headaches</li> <li>• Insomnia</li> <li>• Weaker overall muscle condition</li> </ul>	<ul style="list-style-type: none"> <li>• Have breaks between</li> <li>• Better sitting posture</li> <li>• Better lighting</li> <li>• Don't play during bedtime</li> <li>• Exercise</li> <li>• Eat healthy</li> </ul>
<b>Mental</b>	<ul style="list-style-type: none"> <li>• Successes and experiences</li> <li>• You learn to deal with failure and losing</li> <li>• You learn language</li> <li>• Decision making improves</li> <li>• Better perception</li> </ul>	<ul style="list-style-type: none"> <li>• Harder to control daily routines and daily rhythm</li> <li>• Interest towards studying decreases</li> <li>• Compulsive playing</li> <li>• Stress</li> <li>• Depression, stress and anxiety</li> <li>• Difficulties to establish identity outside the game</li> </ul>	<ul style="list-style-type: none"> <li>• Limit your playtime</li> <li>• Sleep enough</li> <li>• Have other hobbies than just videogames with friends</li> </ul>
<b>Social</b>	<ul style="list-style-type: none"> <li>• More social contacts</li> <li>• Interpersonal skills improve</li> </ul>	<ul style="list-style-type: none"> <li>• Less face time w/ friends</li> <li>• Being lonely outside the game</li> <li>• Interpersonal skills might deteriorate</li> </ul>	<ul style="list-style-type: none"> <li>• Meeting friends and doing stuff together</li> <li>• Start a new hobby</li> </ul>

# Video game addiction

- When playing becomes compulsive, doesn't give you pleasure anymore and hampers your daily life:



# Where to get help?

- When playing starts to feel uncontrollable, seek help:

Talk with  
your  
friends

Search  
internet for  
helpful sites

School  
psychologist  
and nurse

Problems with Life  
management

Seek therapy

Other mental  
health problems

Addiction  
Treatment Centre  
& Rehab Clinics

# Homework

- How can you find help to treat video game addiction? What could you do to help your friend who has video game addiction?
- Find three websites that offer help to get over video game addiction