TECHNOLOGY AND VIDEO GAME ADDICTION

Internet addiction and video game addiction, also known as gaming disorder, is a problem that exists in the lives of many people even though it has not been defined as a identified yet. It may not be always easy to understand the symptoms of video game, internet, and technology addiction, but all of these disorders have many negative effects on human life.

Video games and browser games can be played individually or with real players online. Online games have the risk of becoming addictive since they encourage multiplayer gaming and never-ending competition. The fact that the gamers create a virtual world under their own control and feel dependent on the world they have created causes them to move away from the real world.

Companies that produce and sell game technologies aim to make a profit by reaching a large number of gamers. They constantly develop new technologies and strategies to ensure that players spend longer periods of time playing video and online games. In order for this gaming process to last as long as possible, video game design companies make sure that the games are generally built in a vast and infinite universe. The ambition to achieve success in this infinite universe of possibilities make players addicted to the game and the virtual world. People experiencing gaming addiction will often display the following emotional and physical symptoms:

-Feeling restless and on edge when not playing the game

- Spending time thinking about what they did the last time they played the game or what they will do when they connect to the game again

- Lying to their parents about the time they spend playing games

- Giving up social activities to play games

- Intense headache and eye pain

These symptoms can lead to serious short- or long-term problems. People with game addiction often abandon their basic habits such as hygiene, sleeping, eating, and they just want to play games, which causes serious health problems in the process. This cycle makes people dependent on the screen and the virtual world, making them move away from their social environments ultimately they are left out in the process. In addition to physical and mental effects, gaming addiction can make its victims spend quite a lot of money on games and gaming technology. The most common financial expenses made by gaming addicts are to buy the latest technology equipment to play games with better quality or to make in-app purchases to develop their own characters in the game they play.

If you think you are engaged in similar addictive behaviour or if you are noticing such behaviours are exhibited by someone close to you, you should seek help and take measures to control the amount of time you spend playing games in the virtual world.

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