

## Online Game Playing Is Not Addictive

- For many years now, researchers have been trying to prove that video games are bad. Much of the attention has focused on the violent content of some of these games, and many dozens of studies have been done in an attempt to prove that playing violent video games causes real-world violence.
- Far from being isolating, video games generally draw young people together and help them learn to get along with one another.
- In contrast, video games are games of skill. They are like chess or any other game in which success depends on perseverance, intelligence, practice, and learning, not chance.
- Still, of course, some people let their dedication to video gaming—or to chess, or to skiing, or to anything else—interfere with other aspects of their life, and that can be a problem.
- The more you play these games, the more skill and knowledge you gain, and the better you get at the game (and at anything else that uses similar skills or knowledge).
- You learn from your mistakes, and the more you play, the better you get. So, playing these games a lot does not necessarily imply addiction; it just means that you are really into the game, enjoy it, and are trying to get better at it.

Gray, P. (2014). "Online Game Playing Is Not Addictive." In C. Watkins (Ed.), *Opposing Viewpoints. Addiction*. Farmington Hills, MI: Greenhaven Press. (Reprinted from Video Game Addiction: Does It Occur? If So, Why?, 2012, February 2) Retrieved from [http://link.galegroup.com.db03.linccweb.org/apps/doc/EJ3010103406/OVIC?u=lincclin\\_bwcc&xid=f97ab8c3](http://link.galegroup.com.db03.linccweb.org/apps/doc/EJ3010103406/OVIC?u=lincclin_bwcc&xid=f97ab8c3).

# Gaming in the Classroom

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**Grand Theft Auto and Call of Duty**  
Glorifies Violence   Adult Language   Murder  
Attacks on Law Enforcement  
Player Takes the Role of Criminal  
Mature Audience Rating   Graphic Violence  
Purpose is to Kill

## Online Gaming Addiction Can Cause a Host of Mental Health Problems

- Griffiths et al. reported that 80% of online gamers sacrificed at least one element of their lives, such as sleep, work, education, and socializing with friends, family, and partners, to play online games.
- Online gaming technology has developed rapidly within the past decade, and its related problems have received increasing attention. However, there are few studies on the psychiatric symptoms associated with excessive use of online games.
- One of the main attractions to online gaming is the original game design: the soundtrack, frames, background story, and the complexity of the gaming elements.
- For the association of online gaming hours and somatic/pain symptoms, it might be explained that excessive game-playing lead to muscle soreness, dry eyes, sleep deprivation, inadequate exercising, and changes in dietary habits.
- These results suggest that players who suffer from social phobic symptoms are more likely to indulge in the virtual reality provided by online games to avoid real life face to face social distress.

Wei, H.-T. (2016). "Online Gaming Addiction Can Cause a Host of Mental Health Problems." In T. Thompson (Ed.), *At Issue. Does the Internet Increase Anxiety?* Farmington Hills, MI: Greenhaven Press. (Reprinted from *BMC Psychiatry*, 2012, July 28) Retrieved from [http://link.galegroup.com.db03.linccweb.org/apps/doc/EJ3010967213/OVIC?u=lincclin\\_bwcc&xid=03601171](http://link.galegroup.com.db03.linccweb.org/apps/doc/EJ3010967213/OVIC?u=lincclin_bwcc&xid=03601171).



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