

# Computer Game Addiction



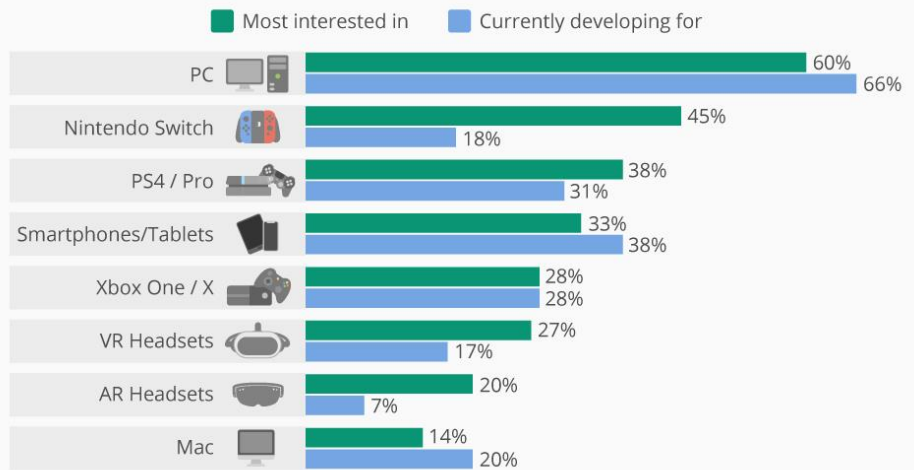
## What is computer game addiction?

Computer game addiction generally refers to an excessive, unhealthy amount of playing computer games. Rather than engaging in the real world, an addicted user devotes the majority of his or her time to gaming. The addicted gamer often isolates him/herself from others, ignores more important responsibilities, and is often obsessed with obtaining higher status / rankings / achievements in his/her favorite computer game.

Effects of Computer Game Addiction

## The Most Important Gaming Platforms in 2019

% of game developers most interested in/currently developing for the following platforms



Based on a survey of ~4,000 game developers ahead of GDC 2019; multiple answers allowed  
 @StatistaCharts Source: Game Developers Conference

statista

Video game addiction is a compulsive mental health disorder that can cause severe damage in one's life. It's common for a video game addict to spend over 10 hours a day gaming, usually well into the night, and many suffer from sleep deprivation. Immersed in their experience, gamers are known to have poor diets consisting mainly of energy drinks full of caffeine and sugar. Many are dehydrated and malnourished.

In more severe cases, gaming addicts disorder in which they fear leaving the — a term popularized in Japan as reclusive social life.

Gaming addicts tend to be moody aggressive, and refuse to go to school or to experience functional impairment in effects can be devastating. Gaming addicts fail out of college. They get divorced. And they struggle with unemployment.



report agoraphobia – a type of anxiety house – and others identify with hikikomori adolescents or adults who withdraw from

and irritable, depressed, physically work due to gaming. To be a gaming addict is multiple areas of your life, and the long-term

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Hasala Sithum | 071 6 515 212