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Internet & Gaming Addiction



Is gaming addiction really that big of a deal?

Yes, it is that big of a deal

Internet & gaming addiction can manifest itself in many ways in today's teens and can have serious physical, emotional, and social consequences.

There is increasing evidence that people of all ages, especially teens and pre-teens, are facing very real, sometimes severe consequences associated with compulsive use of the internet & gaming activities.



YOU HAVE A PROBLEM IF YOU:

1. You feel really happy when you're online or when you're playing games, but as soon as you have to stop, you get angry or upset.
2. You think about going online or playing when you are supposed to be focusing on other things, like doing school work or having dinner with your family.

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3. You spend more time with your keyboard or controller than physically hanging out with your friends.
4. Your friends or parents ask what you spend all your time doing, and you lie about it or laugh it off, but inside you know they may have a point.
5. You get up in the middle of the night to check your e-mail or your Facebook comments because you're having a hard time sleeping.

Of course, all internet surfers & gamers are not addicts. But for some, the internet & gaming has become an uncontrollable compulsion. Just like gambling and other compulsive behaviours, teens can become so enthralled in the fantasy world of gaming that they neglect their family, friends, work, and school.

The following are physical symptoms of addiction:

Sore wrists, back or neck aches, poor sleeping habits, dry eyes, declining appetite, lack of personal hygiene, frequent headaches.



Symptoms of addiction in kids:

- Falling asleep in school
- Falling behind in school work
- Declining grades
- Lying about internet and gaming activities
- Dropping out of sports
- Irritability when not playing
- Spending most awake hours playing
- Losing friends
- Inability to cut back on playing hours





Symptoms of adult addiction:

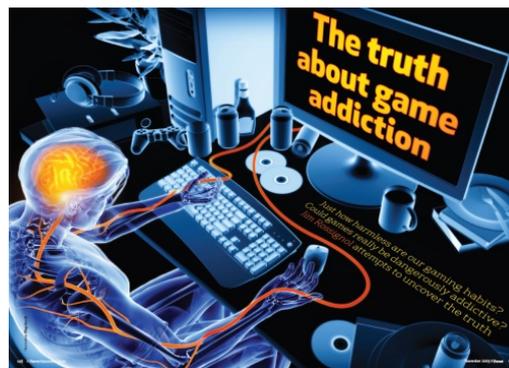
Getting intense feelings of pleasure and guilt from playing

Lying about internet & gaming activities

Withdrawal symptoms like anger or depression when not playing

Wasting a lot of money on the internet & gaming

Having a fantasy life on the net that replaces relationship with real-life partner



If you're reading this because you think you might have a gaming addiction, please talk to a parent, teacher, or counsellor (me) who can help you. Don't feel embarrassed or ashamed. It takes a lot of courage to admit (even to yourself) that you might need some help.

Add me on *BBM(7C4BB895)* or *Whatsupp(082 576 9286)* for professional and faceless help.



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