

Unit 5 – Addictions: Gaming addiction

A solutions to a problem essay

Analysing the topic

You have just had a class discussion about **gaming addiction**. Your teacher has asked you to write an **essay discussing the topic**. In your essay you must:

- a. **describe** the problem and its negative effects on someone's daily life
 - b. **suggest** ways to deal with this addiction.
- Write 150-200 words.



Analysing the topic

- ▶ What are you going to write (text type)?
- ▶ What language (register/style) are you going to use?
- ▶ What do you have to include?
- ▶ How many paragraphs are you going to write?



A) Identifying the problem: What is gaming addiction?

Read the following definition. Can you say it in your own words?

- ▶ In 2018, the World Health Organization (WHO) added “**gaming disorder**” to its medical reference book, *International Classification of Diseases*.

Watch the following video in which a health expert talks about gaming disorder and answer these questions: <https://youtu.be/IJ7IKAO0mtc>

- ▶ What are the characteristics of gaming disorder?
 - ▶ What problems can it cause?
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What is gaming addiction?

Complete the definition with these words:

activities behaviour consequences control

- ▶ According to WHO, “**gaming disorder** is defined as a pattern of gaming behaviour (“digital-gaming” or “video-gaming”) characterized by:
 - a. impaired _____ over gaming
 - b. increasing priority given to gaming over other daily _____ and interests
 - c. continuation of this _____ despite its negative _____



What is gaming addiction?

Complete the definition with these words:

activities behaviour consequences control

- ▶ According to WHO, “**gaming disorder** is defined as a pattern of gaming behaviour (“digital-gaming” or “video-gaming”) characterized by:
 - a. impaired **control** over gaming
 - b. increasing priority given to gaming over other daily **activities** and interests
 - c. continuation of this **behaviour** despite its negative **consequences**



What are the negative effects of gaming addiction on someone's life?

Think of appropriate headings for the three categories



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- Neglect of real-life relationships/friendships
 - Lack of social skills - inability to interact with others in a real-world setting



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- Poor performance at school, work / problems with concentration and attention
 - Neglect of daily tasks e.g. household chores or other hobbies and activities
 - Decline in personal hygiene



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- Change in behavior: irritability, anxiety or anger when forced to stop gaming, increased aggression or violence
 - Physical or psychological withdrawal, e.g. loss of appetite, sleeplessness
 - Sedentary lifestyle and lack of exercise leads to weight gain, poor posture, increased risk of diabetes



What are the negative effects of gaming addiction on someone's life?

▶ **Social life and skills**

- Neglect of real-life relationships/friendships
- Lack of social skills - inability to interact with others in a real-world setting

▶ **Every day routine**

- Poor performance at school, work / problems with concentration and attention
- Neglect of daily tasks e.g. household chores or other hobbies and activities
- Decline in personal hygiene

▶ **Health risks**

- Change in behaviour: irritability, anxiety or anger when forced to stop gaming, increased aggression or violence
- Physical or psychological withdrawal, e.g. loss of appetite, sleeplessness
- Sedentary lifestyle and lack of exercise leads to weight gain, poor posture, increased risk of diabetes



B) Offering suggestions

How can we deal with the problem?

- ▶ What advice would you give to a friend who is addicted to gaming?
- ▶ What would you do if you were a parent?



B) Offering suggestions

How can we deal with the problem?

- ▶ be informed
- ▶ look out for warning signs of problematic behaviour
- ▶ set reasonable time limits for gaming
- ▶ keep yourself busy, e.g. take up a sport or hobby
- ▶ accept the problem
- ▶ talk to someone you trust
- ▶ ask for professional help

Remember:

- ▶ Prevention is better than cure!
 - ▶ The parents' role is important. Communication is the key!
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Conclusions

- ▶ Gaming: a great way to have fun and connect with others
– not real life!
- ▶ Accept the problem - get rid of the disorder and gain back the control over your life



Use the following plan:

- ▶ **Paragraph 1:** Introduction: state the facts (What is gaming addiction? Give some examples)
- ▶ **Paragraph 2:** Negative effects of gaming addiction on a person's life
- ▶ **Paragraph 3:** Suggestions – how can someone deal with the problem
- ▶ **Paragraph 4:** Conclusion – briefly restate the problem and sum up the solutions offered – express your personal opinion

