Excessive gaming? Addiction?

When you hear the word 'addiction,' you might think of drugs or alcohol. But gambling and video games can also be addictive. In this article, Dr. Nathan S. Wolition, a professor of psychology at the University of California, Los Angeles, discusses the signs and symptoms of addiction to video games.

According to Dr. Wolition, excessive gaming can lead to issues such as poor academic performance, social isolation, and, in severe cases, even physical health problems. He notes that many children and teenagers spend hours a day playing video games, often to the exclusion of other activities such as homework and socializing.

Dr. Wolition emphasizes the importance of setting limits on gaming time, such as limiting screen time to two hours per day for children under the age of 12 and three hours per day for teenagers. He also recommends that parents involve their children in other activities, such as sports or hobbies, to provide alternative sources of entertainment.

In addition to setting limits, Dr. Wolition suggests that parents should also monitor their children's online activities. Many video games today include features that allow players to communicate with others online, which can lead to cyberbullying or other harmful behavior.

Overall, Dr. Wolition encourages parents to be proactive in addressing the issue of excessive gaming and to provide their children with a healthy balance of games and other activities.