

7TH INTERNATIONAL NURSING CONFERENCE

December 14, 2020 | Virtual Conference

Gaming Addiction: A Public Health Concern

Shainy Varghese

University of Houston College of Nursing, USA

According to World Health Organization (WHO), gaming disorder is a pattern of persistent or recurrent gaming behavior, digital or video, in which people lose control of their gaming behavior and prioritize gaming over other interests and activities. Seventy-five million of the world's population suffers from gaming disorder, impacting their families, relationship and daily functioning. Video games can promote learning, problem-solving, fine motor skills and coordination; moreover, they enhance connectivity, especially during the pandemic. Using online platforms for course delivery due to COVID-19 made it more convenient for gamers to play as needed. These games are a click away for children and adults, making it worse due to easy access. Children start playing video games to relax, connect with friends and enjoy a challenge. Unfortunately, for some players, this can escalate into an addictive disorder. The literature says that these Video games are designed to be addictive and one in 10 gamers gets addicted to video games. Game playing is associated with dopamine release similar in magnitude to that of substance abuse. Instant gratification is another reason behind gaming disorder.

Gaming addiction has physical, psychological and academic implications; this presentation focuses on gaming disorder's psychosocial and academic implications. Studies show an association between excessive gaming, sleep deprivation in children, irritability, eating irregularities, poor personal hygiene, poor academic performances, deterioration of interpersonal relationships, family conflicts, violence, anxiety and depressive symptoms.

United Nations calls video-game addiction a public health crisis and researchers agree that it is a worldwide phenomenon. WHO included gaming disorder in the 11th revision of the International Classification of Diseases (ICD 11) to bring more attention to the issue and raise the treatment visibility. Recovery from these addictions is much harder than substance addiction due to easy access.

Rapidly expanding and existing specialty clinics to manage gaming addiction in Holland, China, Korea and the United States show the problem's magnitude. However, general practitioners and parents are unaware of this addiction's severity or even aware of such a diagnosis. The purpose of this presentation is to raise awareness of this new diagnosis among health care providers through current research and recommendations to improve the health and well-being of the next generation globally.

Biography:

Shainy Varghese is an associate professor of nursing at the University of Houston College of Nursing. She is a pediatric nurse practitioner. She got her Bachelor of Nursing and Midwifery from India, master's from the University of Texas and earned her doctorate in nursing from the University of Texas Medical Branch Galveston. Dr. Varghese's research focuses on Telehealth, Vitamin D Deficiency in Children, Gaming Addiction in Children. Dr. Varghese enjoys teaching research, pediatrics and evidence-based practice. Dr. Varghese enjoys cooking, listening to music, traveling, spending time with family and friends. She was the Texas region winner for Giving Excellence Meaning (GEM), awarded by nurse.com in Home, Community and Ambulatory. She has done local, national and international presentations.