

# The Influence Factors and Intervention of Children's Gaming Addiction

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**Abstract:** With the gradual arrival of the information age, the network is playing a more and more important role in people's life, permeating into every aspect of people life. The network game is a powerful source of attraction in the network and constantly contributes to the network flow. Game addiction has a negative impact on the psychological and physical levels of children and has become an increasingly prominent social problem. Therefore, this review is based on previous studies on children's gaming addiction, including previous opinions and conclusions, and summarizes the influencing factors involved in children's gaming addiction. This paper combines the previous research results on children's game addiction in the field of applied psychology and summarizes the internal and external influencing factors of children's game addiction. Among the internal factors, we found that whether children face the influence of game addiction is related to their impulsivity, self-control, and aggression. Among the external factors, it is not difficult to find that social class, academic pressure, and family environment all subtly affect the degree of addiction in children. Therefore, we found that the factors affecting children's game addiction are multi-faceted and interrelated. In order to alleviate and prevent children's game addiction to a certain extent, family intervention, stimulus intervention, social intervention, and medical intervention can be carried out. This paper is helpful to carry out further research on this basis, to carry out a more in-depth mechanism analysis at the level of applied psychology.

## 1 INTRODUCTION

Internet Gaming Addiction is a mental illness caused by the negative effect of immersion in Internet games. At first, assessing gaming addiction is based on the criteria of gambling, according to the third and fourth editions of the Diagnostic and Statistical Manual for Mental Disorders (DSM) [1]. However, the symptoms of gaming addiction are reported more scientifically in the DSM-5, including preoccupation with gaming, sadness, anxiety, irritability, etc. In an analysis study, data from Greece indicate that from 1999 to 2006, the percentage of households using the Internet increased from 9% to 33.7%. Children have the most percentage of the population of netizens. gaming addiction is regarded as an issue of particular scientific worry. Nowadays, children may become the very population who tends to be affected by addiction. A recent study finds that newer computer games are more likely to addict children since they contain more tempting effects, unlike old games [2]. Children addicted to media games often have trouble maintaining good relationships with friends, maintaining a healthy routine, being unable to focus intensively, aggression, and being paranoid [1].

Gaming addiction, as an increasing problem in the academic community, has been constantly discussed and analyzed by researchers. More and more experiments on the influencing factors of children's gaming addiction are systematically appearing in the academic circle. Therefore, a

summary of the above results can lay a better foundation for the next research, make preparation, and provide a reference for the prevention and treatment of children's gaming addiction.

## 2 THE INFLUENCE FACTORS OF GAMING ADDICTION

### 2.1 External Factors

Children, as a relatively sensitive group with weak psychological ability, are easily affected by external factors. The game can give the child spirit an instant gratification tool, the easiest to become the child's addiction source. Therefore, external factors play a key role in children's gaming addiction.

#### 2.1.1. Social Status

It is worth noting that children who are the inferior layer of society have a more profound effect than other children. Child poverty is not only about economic poverty but also deprivation and loss of welfare. There are not only material deficiencies but also mental and emotional deficiencies[3]. Based on the above concepts, scholars at home and abroad have conducted in-depth research on the psychological development of this group. They believe that poor children's psychological effects exist in Internalizing

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emotional and externalizing behavioral problems. The cognitive impairments study shows underprivileged children may have a greater risk of being addicted to computer games due to a lack of love and attention from their families, which also brings scarce role models that can easily prevent children from getting into a bad habit. At present, family stress theory can better explain the phenomenon. This model suggests that poverty indirectly and adversely affects children's psychological outcomes by affecting parental mental functioning (e.g., depression and anxiety) and behavior (e.g., irritable, punitive, and rejectionist parenting styles). The theory emphasizes the relationship and interaction of family members and focuses on the parenting style and behavior of parents in the background of poverty. Precisely, poverty, as a persistent stressor, will bring lasting psychological stress to guardians. Focusing on economic difficulties will reduce their educational behavior and emotional interaction with their children. They tend to use more negative words and lack care and warmth in the care. These factors will restrict children's psychological development and cause children emotional and behavioral problems[3]. Moreover, the underprivileged groups always have difficulty adjusting to the new situation, which leads the children to immersion in Internet games[4]. It is also since poor communication often leads children to get fulfillment from other attractions like computer games. Since they choose to alleviate the anxiety from daily life by playing games, they tend to spend many hours every day and get involved in emotional problems more quickly[2].

### 2.1.2. Academic Pressure

Meanwhile, students from all over the world who are not supposed to be ignored face a considerable risk of getting into gaming addiction. According to the study, the worse the student's conduct, the more likely they will perform negative Internet use behaviors and addiction tendencies. Similarly, the better the behavior of students, and they will learn to use the network correctly [5]. Some researchers argue that students are pressured to do homework well and get better grades, leading to gaming addiction [6]. Students then become disobedient and contrive to find ways to alleviate their stress by counting on Internet games. Some instances reveal that students in Korea may indulge themselves in games after finishing school tutoring institutes, and they make more significant efforts to complete their homework. In some rural areas, high school students addiction to games is quite severe. Even high school girls are addicted to it. Network game developers seize the low threshold of entry strategy, make ordinary smartphones can run online games, familiar rural high school students and parents are not around, without guidance to stop, a large number of students addict to network games, the game world to get a sense of achievement, to meet the loss of unable to succeed in other fields. Some online games are free, but some need money for a greater sense of accomplishment, leading some students to take their parents' money and get a virtual feeling of accomplishment online. Game addiction is a high incidence zone of gaming addic-

tion in rural high school students, and the harm is excellent, seriously affecting everyday life and academic performance [6]. However, scientists claim appropriate gaming time can help students relieve stress and carry on despite some negative thoughts [2]. Vocational college students in China face more significant risk, which is indicated in the result that all the students who interrupted their studies, 80 percent did so because of gaming addiction since they lack the ability to express and control emotions as well as their behaviors. Vocational college students are primarily in adolescence and intermediate examination. The failure of the college entrance examination makes them very sensitive, coupled with the vocational school. The student's cultural level is not high, and their living environment also lacks accommodation. It is easy for students to take the Internet as an environment to express their emotions. There are five psychological factors concluded by scientists, which respectively manifest as curiosity, sensitiveness, loneliness, immaturity, and academic pressure[7].

### 2.1.3. Family Relationships

Internet addicts are generally introverted, easy to feel lonely, and have a poor relationship with parents, teachers, and peers, among which, poor parent-child relationship with parents is a more important point. A lot of research data show that, with their parents, especially my father relationship bad student, more easily infected with gaming addiction, the parent-child relationship, the father is a very important role, more is representative of strong character, self-control, and constraints, a bad relationship with his father will cause the lack of the character of students, the mother to the child's binding force is small, Therefore, the problem of the father-son relationship is an important reason for students' gaming addiction. In many families with disharmonious family relations and less parent-child communication, children generally feel that life is empty and neglected, and need to find support and fun, which can be easily achieved through the network, so children will be more willing to entertain and live through the network, more dependent on the network, thus forming gaming addiction[8]. Research shows that authoritarian parents are the most common parenting style among college students, and the most typical characteristic of authoritarian parents, "high control", will significantly affect the degree of college students' gaming addiction. The higher the degree of control in the family, the higher the degree of college students' gaming addiction, showing a significant positive correlation between them. At the same time, the degree of parental care and encouragement can also affect the gaming addiction of college students, both of which are negatively correlated with the degree of gaming addiction of college students, and the more parents encourage their children. In caring families, the probability of children's gaming addiction is lower[9].

## 2.2 Internal Factors

Studies have shown a wide range of susceptibility to gaming addiction is related to body differences[10]. It is necessary to find out what contributes to gaming addiction from an inside perspective.

### 2.2.1. Self-control

It is found that gaming addiction and self-control exist in college students significant negative correlation, that is, the lower the self-control of students, in the network, the stronger the addiction or dependence. Individuals cannot resist the current network due to poor self-control. Some games and other content and choose to continue to be addicted to the Internet.

The results show that this is indeed one of the causes of gaming addiction Important factors. Men have weaker self-control than women. From the perspective of the significance of the difference, the possible reasons mainly include the following aspects: First, different social expectations between the sexes may also have a certain extent of influence on the results. Secondly, according to the analysis of biological factors, men are more inclined to take risks and have the spirit of exploration. Therefore, in the online world, especially with the sense of achievement brought by the continuous upgrading of online games, men tend to prefer to surf the Internet for a long time. Women, on the other hand, are less adventurous and motivated to achieve, so they are less likely to spend time on activities such as online games. Finally, men are sometimes more likely to indulge in pornography in online games, which is also one reason why men are more likely to have gaming addiction than women[11].

### 2.2.2. Aggression

Overuse of the Internet is an important risk factor for aggressive behavior, and some studies have shown that aggression is significantly positively correlated with game addiction. Adolescents with a gaming addiction disorder. More aggressive than normal adolescents. Different types of games on green

The effects of juvenile behavior differ, and aggression and gaming addiction may be mutually reinforcing in some individuals. These findings may help to better target the reduction of aggression in adolescents caused by playing violent online games [12].

## 2.3 Impulsivity

It turns out that not only Impulsivity personality and parent-child communication are respectively preconditioned for adolescent gaming addiction. The testing effect is significant, and the action impulsivity in the conflicted personality is also similar Parent-child communication has a significant effect on adolescent gaming addiction The interaction between. With a high level of impulsivity in teenagers, it is difficult to think rationally to use the Internet to its harm, will see more use of a network to bring immediate benefits, and it is difficult to control the temptation to

surf the Internet at this time if the parents especially the shortcomings of mother and its communication network addiction, and hopes to control the behavior of the gaming addiction, may lead to teenagers, Even the psychological resistance, but will increase its online behavior more[13].

## 3 INTERVENTIONS IN GAMING ADDICTION

As mentioned above, the effect of children's gaming addiction is quite severe and is a concern for worldwide society. The whole community is trying to keep the situation from getting worse. A lot of measures are going to be carried out.

### 3.1 Family Intervention

Parents are essential subjects to take interventions to help the case better since they are the closest people with children, and their behaviors can make a significant difference. In their spare time spend time with their children doing things they enjoy. Understand what the child is indulging in, and communication changes. It's much simpler to change this single relaxation. The way is to go with the child to find the exact things he likes. This could function as a substitution for games that provides the same feeling of acceptance, recognition, engagement, etc. Moreover, they are supposed to listen to the communication and experience the feelings of teenagers to understand what they want. It does help parents give the proper feedback to children, which reduces the risk of being addicted to the Internet to fill their needs[14].

### 3.2 Stimulus Intervention

Schools and authorities also play an essential role in preventing more severe addiction. A recently popular approach presented by Chinese researchers is to offer tokens to control the extent of addiction. The principle is to stimulate the individual's spontaneous action so that rate with the external control management so that the legitimate behavior gradually replaces the previous bad addictive behavior. Specific intervention in teacher needles is to shorten the time for students to surf the Internet and formulate the mechanism of currency coupon method, such as every week. A reward card can be issued after half of the Internet is completed, and several cards can be collected. One piece can be exchanged for one part of the student's favorite item (the basis of budget control Above) to give the interviewee a sense of pleasure and confidence[7].

### 3.3 Social Intervention

Social institutions must be reformed to suit the development of Internet games and the growing Internet needs of children. Social workers should dig deep into existing resources and reflects on the substantive role of resources in providing services to young people to meet their various needs. For instance, finding children who are talented in games and have a strong sense of creativity gives them

proper social positions to help them become better involved in society. Based on this, social workers must strengthen collaboration with parents and schools and jointly form a sound and perfect social support system for adolescents with gaming addiction. Fully understand the behavior of teenagers, and based on the understanding, guide teenagers to adopt the right way to overcome gaming addiction, strengthen the interpersonal relationship of teenagers, give teenagers with gaming addiction enough patience and care, and create a platform and opportunity for teenagers to express themselves fully. Social workers need to base on the advantages and resources of adolescents, actively carry out positive guidance, mobilize the subjective initiative of adolescents with gaming addiction, and consciously overcome gaming addiction.

### 3.4 Medical Intervention

As a new hand in addiction treatment, The application of mindfulness intervention in game addiction intervention is still in progress In the exploration stage, it has been paid more and more attention by researchers. Studies have shown that there are more mindfulness qualities (e.g Attitude, awareness ability) to the network social bias Less good, less dependent on the Internet to regulate emotions, and self Higher regulatory ability [15]. Compared with other gaming addiction treatment methods, "systematic compensation comprehensive psychological treatment" is based on theoretical assumptions, and empirical research, and has a strong system of sex and operability. In addition, the study also developed preventive intervention programs for marginalized and high-risk groups, to reduce the risk of gaming addiction among adolescents and help most adolescents develop healthily in the information age[16].

## 4 CONCLUSION

This article mainly summarizes the main factors leading to children's game addiction and intervention measures. From a holistic perspective, both internal and external factors surrounding children may lead to children's game addiction problems. Among the external factors, low social status creates a lack of caring environment for children, which may lead to children's game addiction. At the same time, too much academic pressure will also lead to children's tendency to relieve pressure and seek happiness through games; Unstable relationships with family members can also lead children to look outward for internal gratification, in the form of playing games. Among the internal factors, children's self-control plays a great role in whether they can reasonably control the game time and balance the relationship between games and life. Children with stronger self-control are often able to control themselves to get rid of the temptation of online games. Similarly, the stronger the retaliatory psychology among children, the more likely they are to pursue instant gratification through playing games, and the more calm and not impulsive children are in the face of external environmental stimuli, the less likely they are to develop game addiction. This paper summarizes and explains the internal and

external factors of the causes of children's gaming addiction, which provides a basis for researchers to further explain the mechanism, and also provides examples for the effective intervention of children's game addiction. However, this paper still has incomplete summary factors and does not involve some more major factors, which can be improved in future research. Similarly, future research can also be devoted to exploring the internal correlation between internal and external factors to explore the root of the problem, to more effectively solve the problem of children's game addiction, create a healthier and safer environment for children's growth, and jointly protect children's health at the psychological and physiological levels.

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