

Why are video games addictive.

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What makes a video game addictive?

Most kids like to spend at least part of their free time playing video games. But for some, what starts out as an innocent recreation can become an addiction.

Soon friends, family, school and even hygiene are neglected, as nearly every spare moment is spent playing the game.



Game design

But what makes a game addictive? Are there certain characteristics that make some games more addictive than others are? Why are some teens more addicted to games than others?

As with any addiction, video games or “gaming” addiction is usually a multi-faced issue. Game designers are always looking for ways to make their game more fun and enjoyable in order to increase the amount of time people spend playing them.

As much as anyone gaming designers try themselves to answer the question, “what makes a video game addictive “ they want you to not want to stop playing.

But what begins as an immersive escape can, for some, they develop from a harmless form of entertainment into a consuming addiction, plus the design of video games are similar to the design of a gambling casinos, which will allow players to earn small wins to keep playing.

But there are several hooks that are built into games with the intent of making them addictive.

The high score

Whether you tried out the latest grand theft auto or haven't touched a game since Pac-Man, the high score or completion percentage is one of the most easily recognizable hooks. Trying to beat the high score (even if the player is trying to beat their own score) can keep a player engrossed for hours.

Beating your rival

More and more gamers are competing with or against friends and other players from all over the world via the internet. There are many permutations of online competitive gaming. Some games involve forming clans to compete against other groups of players while others use the last man standing “battle royal” format, most famously Fortnite. Here the goal may be to rise up the leaderboard or to gain bragging rights over friends.

Discovery

The exploration or discovery tactic is most often used in role-playing games. One of the online games with exploring online worlds is “world of Warcraft”, and a god portion of the game is spent exploring imaginary worlds. This thrill of discovery (even of places that don't really exist) can be extremely compelling.

Relationships

Most individuals suffer from bullying or struggle with face-to-face communication may be particularly vulnerable to withdraw into an online world that seems less judgmental and anxiety provoking than their real world and most of them go into online role playing games allow them to build relationships with other people.

This is why strategies for overcoming gaming addiction must be sensitive to the wider context of the persons life and circumstances if they are to stand w chance of success. Therapists with experience in treating gaming addiction know all to well that excessive gaming can co-occur with issues like depression, anxiety, and ADHD.

therefore, it's vital to get to the core of the individuals problems in order to find strategies that work.

Conclusion

Its now believed that there may be a reinforcing element to addictive game playing. MRI studies, for instance, it has showed those frequent gamers exhibit brain changes associated with increased dopamine release. Dopamine is a mood regulating hormone associated with feelings of pleasure and similar changes have been observed in gambling addicts.

Though the debate rages in as to whether gaming addiction is a diagnosable disorder, problematic behavioral patterns undeniably exist for some. The combination of highly compelling gaming experiences created by designers and the predisposition some teens have a addictive behavior and this means this is a real issue that parents, teachers, and friends should be aware and take action to prevent.