

Name:

Institution:

Subject:

Date

### Expository essay

There is another addiction treatment that people can follow to overcome their gaming addictions. However, this may seem ineffective and straightforward at first but, if individuals have willingness and determination to improve their lives and quit video game addiction, they will be successful and notice a drastic change to their problem. Video game addict should limit their hours to playing video games by setting up a timer. Livermore comments that video game addicts should, "set a specific number of hours or minutes to play video games per day." This may not work at first. However, if game addicts follow this, they will notice outstanding results in no time. This is important because it makes video game addicts more responsible for the other things in life besides gaming. Two, parents need to understand how video game addicts are feeling and be willing to listen to them.

According to Axe, "providing a listening ear can also be helpful. Telling someone he or she is lazy and needs to stop playing games is probably not going to cause that person to change his or her behavior. Instead, let that person know that you're available to lend an ear when he or she is ready to talk." Parents cannot stop their children addicts by screaming at them and demanding them to stop their addiction. Unfortunately, it does not work that way. Because

children can't help themselves with this problem, they need their parent's support. Parents should be willing to communicate with them and find the best solutions that will fit their situations.

In conclusion, people with video game addiction utilize the virtual world to interact with real individuals through the Internet like many different addictions do, and It is like a substitution for real-life interactions, which they can't accomplish regularly. Video game addicts may build up a connection to online companions and exercises and forget about the real people around them. They may also appreciate parts of the online diversions that enable them to meet, mingle, and trade thoughts through games. However, there are so many ways we can overcome this obstacle and gamer addicts need to question their lifestyle and health. They should look for other alternatives and activities besides playing video games. Video game addiction is an under rated topic and many people suffer from it without even realizing it. On the other hand, it has so many psychological problems that need us to start taking it seriously.