

Guiding Teenagers to Use Video Games Properly

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Abstract:

With the increasing popularity of video games, some problems have arisen. For some people, video games can be said to be “destructive”, causing irreparable harm; For others, however, teenagers’ use of video games has produced some positive results. The purpose of this paper is to study the effects of video games on young people and how the community should guide young people to use video games to achieve positive effects and avoid negative effects. Through the analysis of literature and cases, this paper analyzes the positive and negative effects of electronic games on teenagers from the perspectives of society, psychology, and science, and studies the feasible ways for parents, schools, governments, and other groups to correctly guide teenagers to use electronic games. It is found that electronic games can have different effects on teenagers, both positive and negative, depending on the situation. Overall, the study reported more negative effects than positive ones. Among them, the negative aspects include addiction, affecting academic performance, causing psychological disorders, leading to suicide, affecting family relations, leading to social problems, leading to negative emotions, etc. The positive effects include cultivating prosocial behavior and satisfying psychological needs that are difficult to achieve in real life. To properly guide teenagers to use electronic games, all sectors of society, including parents, schools, and governments, can take some actions to achieve the goal.

Keywords: Youth, electronic games, psychology, society.

1. Introduction

This study focuses on how to help teenagers make reasonable use of electronic excellence in today’s highly popular electronic games. This study has important implications for guiding the healthy growth of teenagers. This study mainly on the impact of electronic games, practical cases, and other aspects of the use of electronic games for adolescents. Literature analysis is used to search and read relevant materials and literature. The advantage of this method is that it can well analyze the various influences of electronic games on teenagers, which is conducive to the research. By studying the academic papers containing relevant keywords and summarizing and refining their main contents, it is found that the influence of electronic games on teenagers will be different in different situations, and all walks of life can make electronic games benefit teenagers as much as possible and avoid negative effects through some feasible ways. The ultimate purpose of this study is to encourage the community to guide the youth to use electronic games rationally, take the essence, and discard the dross.

2. Literature Review

Several studies have been conducted to summarize the

various effects that video games can have on adolescents, both positive and negative. *Effect of Internet Use and Electronic game-play on Academic Performance of Australians*, this article in Children examines how adolescents who are addicted to video games may hurt their academic performance, mainly in math and reading. The paper *Internet Use and Electronic Gaming by Children and Adolescents with Emotional and Behavioral Problems in Australia* noted that excessive use of video games by teenagers has been linked to several problems, such as psychological distress, emotional problems, suicide, and alcohol abuse. This may be because video games give teenagers a place to escape from reality, making some teenagers who have some emotional problems themselves more prone to addiction, thus exacerbating their psychological problems. In addition, some violent elements in games may cause teenagers to have certain emotional problems, making them appear to some aggressive behaviors in real life. Huang Shaohua and Zhu Danhong mentioned in the study *The Relationship between Flow Experience and Game Addiction in Teenagers’ Online Games* that abuse of online games will bring certain difficulties to teenagers’ social activities. The study found that excessive gaming time may reduce teens’ interactions with family and friends, which could negatively affect their social skills and relationships.

In addition, teens who rely too much on online socializing may feel more social anxiety and loneliness in real-life socializing. Lin proposed in *Hierarchical Relationship of Negative Emotion Perception from Violent Video Games* that the use of video games by young people can also lead to negative emotions, such as anxiety, which can lead to a range of potentially serious consequences, such as mental health problems. Some news reports have pointed out that other players in video games can also be a bad influence on teenagers, such as cheating on money and so on. There is also literature examining the possible positive effects of video games on adolescents. *The Interim Inspection Report of the Study on the Influence and Guidance of Online Games on the Development of Adolescents* published by the National Office of Philosophy and Social Sciences pointed out that online games can meet some psychological needs of teenagers that are difficult to meet in real life, including fairness, autonomy, and showing self-innovation. At the same time, as a virtual small society, electronic games can also cultivate teenagers' prosocial behavior to a certain extent. In *Positive Effects of Digital Technology Use by Adolescents: A Scoping Review of the Literature* found a physiological link between playing video games and an increase in the volume of gray matter in the brain, particularly in brain regions such as the hippocampus and prefrontal cortex, which are associated with many cognitive functions such as memory and decision making. At the same time, video games can also be a good tool for teenagers to face pressure and help them have a more positive mindset when facing challenges. Although these studies provide valuable information for understanding of the effects of video games on adolescents, there is a relative lack of existing research on how to properly guide adolescents to use video games. Through literature review and actual situation analysis, this paper aims to explore how to guide teenagers to use online games correctly, to supplement the gaps in existing research.

3. Background

According to the forecast for the first half of 2021, the global video game market is expected to generate \$154.5 billion in revenue in 2021, of which China occupies the largest market with an estimated industry turnover of \$49.3 billion, and is expected to add \$712.3 billion in 2025 [1]. Globally, mobile games already account for about 70% of video game revenue, and in China, the proportion is even higher, reaching 84% [1]. In terms of mobile games, the current mobile games with a large number of domestic players include *King of Glory*, *Peace Elite*, *Egg Party*, etc. [2]. Among them, young players occupy a very objective proportion. According to the relevant statistics in

June 2020, the number of online game users in China is as high as 540 million, among which students (junior high schools, senior high schools/technical secondary schools) account for the highest proportion, reaching 40.5% [3]. These phenomena have given rise to some social problems, which deserve the public's consideration. For example, young people's physical and mental health problems, educational chaos, social problems, lack of media literacy, and so on [4]. Therefore, families, the public, schools, governments, etc., should take advantage of their advantages and play an active role in correctly guiding young people to play electronic games, so that electronic games can give full play to their positive value and reduce their negative effects.

4. Analysis

Studies have found that academically, teenagers who are addicted to video games are less likely to get higher grades when faced with academic problems in math and reading than their peers without such problems. At the same time, some studies have shown that improper use of games is negatively correlated with students' academic level, indicating that video games are likely to become a stumbling block to students' learning. At the same time, studies have suggested that appropriate games can also have a certain positive impact on students' academic performance [5]. The influence of video games on different groups of adolescents is also different. For example, in terms of gender, studies have shown that girls are more likely to be addicted to video games compared with boys when they spend a long time playing video games [6]. Another study has also shown that inappropriate use of the Internet and video games is associated with psychological disorders and risk-taking behaviors in adolescents, which can lead to suicide, psychological disorders, and family problems [7].

Socially, excessive use of online games may also bring the risk of separating teenagers from real life, causing them to face social problems in life [8]. Different from what is commonly believed in the past, the use of video games may also bring some negative emotions to teenagers, including fear, worry, etc., which is mainly reflected in the situation that teenagers encounter difficulties during the game, such as difficult levels, scary atmosphere, difficult bosses, etc. All of this creates negative emotions and sets the stage for more serious problems [9]. In a social survey of parents, 90% of parents said that after their children were addicted to online games, their personalities had changed greatly, or even changed [10].

The behavior of other players in online games can also have a lot of influence on teenagers. It has been reported

that some criminals cheat minors out of money by falsely claiming that they can give free game equipment to minors and lift the time limit on minors' mobile games [11]. Another report pointed out that a 13-year-old child was defrauded of more than 360,000 yuan by criminals for playing video games, and in this case, the criminals intimidated the child to use the parents' mobile phone to transfer money [12].

It can be seen that excessive use of online games will bring a series of negative effects on teenagers. To avoid such problems further affecting young people and preventing addiction, all sectors of society should make efforts to correctly guide young people to use online games, take their essence, and go to its dross.

It is worth noting that the rational use of online games will also have some positive effects on young people. Some studies have pointed out that online games can, to a certain extent, satisfy teenagers' psychological needs that are difficult to achieve in real life, such as independence, fairness justice, and showing self-personality [13]. At the same time, games can be used as a virtual world to encourage teenagers to acquire some social practice experience and cultivate prosocial behaviors [13]. There are also studies showing the positive effects of video games from a scientific perspective: playing video games is associated with an increase in the volume of gray matter in the brain, especially in brain regions such as the hippocampus and prefrontal cortex, which are associated with many cognitive functions such as memory, decision making, and control [14]. Video games can also be a good tool for coping with stress (such as during the COVID-19 outbreak), helping adolescents to be more positive and rational in the face of challenges [14].

5. Discussion

It is not difficult to see from the above content that electronic games are a double-edged sword, reasonable use can bring a series of positive effects, but if it is overused, it will cause a series of serious consequences, including psychological, family, economic, and so on. How to properly guide young people to use video games has become an obvious topic that all sectors of society need to discuss together.

A study has proposed a new theoretical model, tested its validity through telephone interviews with 91 cases, discussed the influence of various factors on teenagers' use of online games, and put forward feasible suggestions [15]. It includes improving the traditional education mode in society to adapt to the psychological needs of modern teenagers, the family education mode should pay more attention to respecting children and meeting their psycho-

logical needs, suggesting the trinity cooperation system of "family, community, and school" to improve the education concept and parent-child communication mode, extending the online education of teenagers to parents, and improving the psychological needs of children. To help parents improve family education methods, establish a funny home-school communication mechanism so that parents and teachers can better understand children, the government and relevant departments promote parent training, especially in the families of intergenerational and left-behind children, provide help in family education, understand the motivation of children to play games based on respect and trust, and give children personalized guidance [15]. At the same time, some studies have put forward suggestions on non-entertainment and educational games [16]. This includes more professional design of games, promoting the acquisition of knowledge and the education of students' behavior through the introduction of behavioral change theory and learning theory in the design of games, including the inclusion of young people's opinions and suggestions in the development of games, taking into account their cultural level and current social background, To improve the acceptance of games among young people, combine games with courses, and provide necessary policy and resource support from the government [16].

6. Conclusion

The result of this study is that many factors affect the influence of electronic games on teenagers, so it can be concluded that the reasonable use of electronic games can be helpful to the growth of teenagers, but if it is abused, it will cause endless harm and lead to many serious consequences. By guiding teenagers to use electronic games rationally through science, electronic games can play a positive role and promote the healthy growth of teenagers. To achieve this goal, all sectors of society should make efforts and assume corresponding responsibilities. This study provides a lot of valuable reference significance for future research in this direction, which mainly promotes the research on ways and methods to guide teenagers to use electronic games rationally. Future research should focus more on the correct guidance for teenagers to use online games.

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