



New Trends
in Psychology

Games Addiction. Methods and Techniques of Combating among Young People

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Abstract: Social networks were not necessarily created to make communication more efficient, but on the contrary, they are made for business and only to inhibit young people and other generations. Young people give great credence to the posts made by influencers and believe that they live a beautiful life. When a young person is on social media or playing on the computer for around 8 hours a day, with dopamine levels constantly high, it is clear that there is a problem at the social level, but also at the neuropsychological level. For this reason, young people no longer feel like doing something or consider themselves to be tired all the time, it is due to the simple fact that the hormones that relate to obtaining a joy in some actions are squeezed to the maximum by these harmful applications. For those who have an addiction to the social environment and who long for a certain image, we can set them certain goals and every time they reach a certain level that approaches the end goal post the progress to give them a personal obligation to stand still for the ultimate goal.

Keywords: social networks; computer game; addictions; addiction; young

Introduction

The online environment is like a double-edged sword, it can help you to get certain information to form a picture of other people or it can give you a distorted picture of the world you live in and in this case it can distort you as an individual in society. When a young person first enters the online environment, they are overcome with naivety, enthusiasm and curiosity. People's brains end up buying their ticket on a dopamine carousel. At first it seems attractive, exciting but over time it becomes a

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dead-end addiction because our brains, having certain prehistoric qualities, have not had as much dopamine in such a short time as the online environment offers. Sometimes even food and sex don't exceed the dopamine and serotonin levels that online validation provides.

Young people later become obsessed with the online environment, they begin to create a new world there and that world begins to merge with the principles and images they had of the world and life.

Social networks were not necessarily created to streamline communication, but on the contrary, they are made for business and only to inhibit young people and other generations. Young people give a lot of credence to the posts that influencers make and believe that they live a good life. Which is not really correct, the posts are ambiguous and do not contain all the information to understand the content as well as the substance of the message. Young people who are looking for a lot of validation when they don't get it from society, turn to social media apps to the extent that their hunger for validation is satisfied by the reactions they get from strangers. And in this situation a personality change occurs, egos are fed, addiction to social media platforms increases and socialising in society decreases greatly. I see many young people who on their social media profiles post pictures of themselves looking like models or at least showing what they really are not. And in reality when you start to get to know them they have an attitude full of anxiety or shyness, for the simple fact that those apps disengage them from physical interactions.

Computer games are also another major problem for young people. They see it as a new world in which anxious or socially troubled young people seek escape and spend an inordinate amount of time forgetting about life's current hardships. Personal goals in reality are being replaced by goals in games that are called "achievements". Motivation is greatly diminished because dopamine levels are so low that energy is drained from young minds. When a young person sits on social media or plays computer games for around 8 hours a day, with dopamine levels at a consistently high level, there is clearly a problem on a social level, but also on a neuropsychological level. This is why young people don't feel like doing something or feel tired all the time, simply because the hormones that are linked to getting pleasure from doing something are being squeezed to the max by these harmful applications. What is even worse is that their sensitivity is greatly diminished, i.e. they can no longer feel feelings such as enthusiasm or joy, but what is even worse is that they can end up feeling confused about their feelings, saying to the therapist "I

don't know what I feel about this situation". It also mentions the following: "The growth in social media use over the last decade is directly-proportional, of course, to the huge increase in the amount of time people spend online. Young people are at the centre of this trend. In the EU, the amount of time young people spend online doubled in 2020 compared to ten years earlier and is between two and three and a half hours every day. This matters because it means young people are increasingly living their lives online. It means they are connecting with friends or family or finding information online, but they are also subject to harassment or spreading rumours and getting unrealistic views of other people's lives."

So how can we combat this addiction? Because social media is an addiction like any other. As a parent/friend/guardian etc, we need to ask ourselves how to help in situations like this. The first thing is to think about what we can and cannot do in such situations. People sometimes rely very much on themselves that they manage by their own powers to change the other person, but this is not really true because the subject in question will not accept help and will be in an oppositional relationship. Such aspect is one of the reasons why those who help such people who are addicted to social media have 0% success rate in changing them. The first thing that is difficult to do is to accept that you can't solve this problem, you can try to help him by all means, but you have to start from the beginning to admit that you know that you can't do much as a parent/friend etc.

The first thing to help a person who has an addiction is to work with him/her, not against him/her or especially to remove the addiction itself, because the subject attached to the addiction wants to come out a winner; and how to come out a winner if he/she loses something that gives him/her satisfaction? In this case a therapist or people who have been through such addictions can help.

Secondly, it is necessary to re-shape their image so that they come to other principles about how life should be "lived". Taking the two particular cases of social media addiction and video games addiction, I will exemplify for each of them ways to solve or at least keep them at a level that they do not propagate.

For those who have an addiction to social media and crave a certain image, we can set them certain goals and each time they reach a certain level that is close to the end goal post their progress so as to give them a personal obligation to stay consistent for the end goal.

For example for those obsessed with video games, we can integrate these video games into their lives. Specifically, let's assume that their life is already a game, where the hardships they currently face are just missions, and the rewards they get from these missions are rendered in EXP (experience). With more and more experience they can reach other levels where they can be even stronger. If these youngsters want to get a muscular body, experience in the gym is needed. If they want a relationship, it takes social experience, if they want money, it takes work experience or entrepreneurship and so on. At the point where they apply these things and notice satisfaction they start giving more time to real life pleasures than online pleasures. And if they fail by this method we can also add that they have a certain level of motivation, the more they do things in the real world the more their motivation level stays constant and helps them stick to what they set out to do. Like I said, we can't work against them, to remove the addiction, but to be with them and change the vision.

Of course, there are many more ways to fight this social media addiction, I just displayed one and that for example worked on me personally. We are built to get satisfaction, but this satisfaction needs to be quantified and moderated so that we don't end up in harmful situations.

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