'EPIC FAIL' : HOW VIDEO GAMES AND INTERNET OVERUSE CREATE PROBLEMS WITH COLLEGE STUDENTS

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INTRO VIDEO

- http://www.southparkstudios.com/clips/104291/living-to-win

- *45 seconds

WHY TALK ABOUT VIDEO GAME OVERUSE?

* 92% of children under the age of 18 play video games regularly.
* 65% of college students reported playing video and online games regularly
* Studies have shown out of those percentages 6 – 15% can be characterized as having a video game/Internet addiction.
* In 2006, 12.5 billion dollars in U.S. in video game sales. This number increased by 43% increase in sales ($18.8 billion) in 2007.
  + Who do you suppose is the target audience?
* Deadly Consequences
  + 28-year-old South Korean man died in 2005 due to heart failure stemming from playing 50 hours straight on an online video game in an Internet café.
  + South Korean couple arrested after 4-month-old died of suffocation because they left the infant alone for several hours while they play World of Warcraft (WOW) at a Internet café.

WHY TALK ABOUT INTERNET OVERUSE?

* Internet use continues to increase
  + Students spent an average of 16.5 hours per week online in 2000 and increased to 28.5 hours in 2003.
  + Total amount spent online globally increased by 18% between December 2007 and December 2008.
  + In the same period, the amount of time spent on 'Member Community' sites rose by 63% to 45 billion minutes; and on Facebook by a massive 566% – from 3.1 billion minutes to 20.5 billion.
* 82% of college students had Facebook profiles (women slightly more then men)

CAUSES OF ACADEMIC IMPAIRMENT @ UMD

1. Stress = 31.4%
2. Sleep difficulties = 24.5%
3. Cold/flu/sore throat = 19.5%
4. Anxiety = 19.2%
5. Internet use/computer games = 17.8%
6. Work = 15.3%
7. Concern for friend/family member = 12.2%
8. Depression = 11.4%
9. Roommate Difficulties= 10.7%
10. Relationship difficulties = 9.9%

UMD's Executive Report as of Spring of 2011

DIFFERENCES BETWEEN HEALTHY AND UNHEALTHY USE.

"Excessive activity and addictive activity are two very different things. Healthy excessive enthusiasms add to life, whereas addictions take away from it."   - Mark D. Griffiths, Ph.D.

So how do we know when it becomes an addiction?

WHY ARE VIDEO GAMES SO ATTRACTIVE?

× Neurological Components to addiction:
  + Performance based/Novelty Seeking rewards systems.
  + Triggers release of dopamine.
  + This is seen in both chemical addictions and other non-chemical based addictions (e.g. gambling, shopping, sex, and binge eating).

QUESTIONS FOR THE GROUP

✖ What are the different types of gaming?

✖ Are all types of video gaming the same in their level of addictive potential?

ARE ALL VIDEO GAMES THE SAME RELATED TO ADDICTION POTENTIAL – ANSWER "NO"

* MMORPG = Massively multiplayer online role playing game (Examples?)

* In a study with 98 MMORPG gamers and 48 non-MMORPG gamers it was found that 83% of the MMORPG players played over 7 hours per week; whereas, only 15% of non-MMORPG gamers played over the 7 hour per week benchmark.

* Therefore, there is a significant overuse pattern with MMORPGS versus other video game types.

MMORPG Video

- http://www.bing.com/videos/browse?mkt=en-us&vid=69704ce9-eef1-4f98-8ea4-ecbf68e23192&from=sharepermalink&src=v5:share:sharepermalink

- Any Reactions/opinions?

WHAT IS THE DIFFERENCE BETWEEN MMORPG AND OTHER VIDEO GAMES?

- MMORPGs are persistent environments
  - No beginning and no end
  - Adds competitive motivation
- Rationalize the cost
- Nearly one quarter of those that play MMORPGs reported negative effects on their relationships with individuals in their lives that do not play the game and often rate their online relationships as more meaningful.

WHY ARE MMORPGS SO SOCIALLY ADDICTIVE?

- ✖ Interactive components (guilds and raids)
  - ✚ Raids add to the overuse patterns (raid etiquette)
- ✖ Friendships can be formed across the globe.
- ✖ Control over pace of communication.
- ✖ Anonymity
  - ✚ Creation of an avatar
  - ✚ Choose to disclose how much information about self
  - ✚ Less importance on physical appearance

"PULLING AGGRO"

- Serious relationship problems were reported by 53% of Internet/video game addicts surveyed.

- Marriages appear to be the most affected as Internet use interferes with responsibilities and obligations at home.

COUPLE'S SATISFACTION WITH GAMING

* Study of 685 married couples
* 4 groups: independent-gamers, more/less gamers, equal-gamers, and a non-gaming control group
* Used Dyadic Adjustment Scale to assess satisfaction in relationship.
* Statistically significant difference in the marital satisfaction scores between each of the gaming groups.
* Couples who had only one person partaking in the gaming had the lowest martial satisfaction and the couples where both playing equivalent amounts reported the highest amount of marital satisfaction.

TESTIMONIALS FROM ADDICTED GAMERS

- "I would have heard my wife's frustration and desire for intimacy, but I was too busy feeding my unquenchable appetite for in-game excitement"

- "I started to ignore my wife, A LOT, and sadly, my 2 daughters even more. Many times I would forget to eat and drink because I was so consumed with this game"

GAMING AND THE COLLEGE STUDENT

* Study from 27 colleges and universities
* Students cited gaming as a way to spend more time with friends.
* 20% felt that gaming helped them make new friends as well as improve existing friendships.
* 60% of students surveyed agreed that gaming, either moderately or strongly, helped them spend time when friends were not available.
* 48% of gamers agreed that gaming kept them from studying "some" or "a lot."
* 9% admitted that their main motivation for playing games was to avoid studying.
* 32% of students surveyed admitted playing games that were not part of the instructional activities during classes.

QUESTIONS FOR THE GROUP

* How many people in this room bring a laptop to class?

* How many of you find yourself going on-line or playing a game during class instead of paying attention?

* How many of you have phones with access to the web?

* How often are cell phones being used in class?

FACTORS WHICH CONTRIBUTE TO EXCESSIVE INTERNET USE IN COLLEGE STUDENTS

* Free/unlimited access
* Large blocks of unstructured time.
* New freedom from parental controls.
* No monitoring or censoring what is done online
* Encouragement from faculty/universities.
* Social intimidation and alienation (especially problematic for freshmen)
* No "drinking age" or "bar time" equivalents

INTERNET ADDICTION RESEARCH

- Internet addicted students discounted delayed rewards faster then Non-internet addicted students.

- Meaning that addicted students chose to take the initial monetary value more frequently then the greater delayed monetary value.

- Suggests impulsivity/lower self-control .

- Similar results were found with other "addictions" (i.e. substance use, gambling)

INTERNET ADDICTION RESEARCH (CONT.)

* In a study of 596 subjects that 396 of whom were considered computer-dependent

* Dependents' predominately used the 2-way communication functions on the Internet, such as chat rooms, multi-user dungeons, newsgroups or emails, while non-dependents tended to use information-seeking aspects of the Internet.

* Computer dependents reported that their excessive Internet use resulted in personal, family and occupational difficulties, with more than 50% rating these problems as 'severe'

ACADEMIC PERFORMANCE AND INTERNET USE STUDY

* *Heavier recreational Internet use was shown to be correlated highly with impaired academic performance*
* 9% of the sample agreed or agreed strongly that they might have become a psychologically dependent on the Internet.
* Age not a factor but grade level was: with first-year students (28.7% of sample) disproportionately represented in the Internet-dependent subgroup (37.7% of subgroup).
* 14% reported that their schoolwork *had* been hurt due to Internet use.
* 4 times as many of the Internet-dependent students reported Internet-related academic impairment than did the nondependent.
* Of the students in the academically impaired subgroup:
  + 40% reported that their Internet use had kept them up late at night frequently
  + 42.5% indicated that they felt tired the next day due to their Internet use
  + 20% reported that they had frequently missed class because of their Internet use.

TOP 5 SOCIAL NETWORKING SITES IN WORLD RANK (ESTIMATED MONTHLY VISITORS)

1. FACEBOOK   (750,000,000)
2. Twitter   (250,000,000)
3. Linkedin   (110,000,000)
4. Myspace   (70,500,000)
5. Google+   (65,000,000)

Newest Estimates as of March of 2012 from the eBusiness Knowledge Base

FACEBOOK VIDEOS

- http://www.metacafe.com/watch/4496591/south_park_facebook_friends_episode/

- http://youtu.be/0PPxSGQkKvc

- Any comments/reactions?

THE APPEAL OF SOCIAL NETWORKING

* Gives people an opportunity to express their views.
* Can provide a feel of independence and enhanced self esteem.
* Able to keep connected with old friends.
* Ability to network and meet new friends.

SURVEY ON FACEBOOK USE

- 56 % of users check Facebook at least once a day.

- 29% can stay only few hours without checking their account.

- People under 25 years are more likely to lose sleep keeping an eye on their friends' post.

SOCIAL NETWORKING IMPACTING WORK PRODUCTIVITY

* One study with 237 corporate employees 77% used Facebook during work hours.

* 54% of U.S. companies have banned workers from using social networking sites.

* 1.5% drop in employee productivity for those companies allowing full access to Facebook

* EXAMPLE: Portsmouth City Council blocked access to Facebook after it found its 4,500 staff logged on for 270,000 times a month, and they collectively wasted 572 hours (71 working days) in just one month!

SOCIAL NETWORKING AND ACADEMIC AND SOCIAL INTEGRATION

* Study of 746 freshmen participants found:
  + 97% of participants participated in Online Social Networking (OSN).
  + Average daily use was 2.5 hours on OSN.
  + Primarily used to connect with past and current friends and not to faculty and staff
  + 54.8% of students agreed that OSN was important to their college social experience.
  + HOWEVER, only 28% agreed that they had established meaningful relationships with peers.
  + 13% said they missed class because of engaging in OSN.
  + Students had a low on-campus involvement with groups and organizations.

* Time spent on OSN was a negative predictor for perceptions of faculty concern for student's academic and intellectual development. This could prove detrimental to overall academic achievement.
* Adjustment difficulties may occur due to over involvement in maintaining high school relationships. (i.e. OSN does not allow for an adequate separation phase that new students require for healthy transition)

FACEBOOK AND ACADEMIC PERFORMANCE

* 102 undergrad 117 graduate students
* 66% claimed to use their accounts either daily or multiple times per day
* 73.8% claimed that they feel that FB does not have an impact, with the remainder (26.2%) reporting that they feel that FB has an impact on their academic performance.
* 74.3% indicating a negative impact, and 25.7% a positive impact
* FB users and nonusers were significantly different from each other with FB users reporting both a lower mean GPA and spending fewer hours per week studying on average than nonusers, though the amount of total time spent on the Internet did not differ between the groups.
* Relationship between FB use and GPA and hours spent studying is sustained regardless of student status (i.e., undergraduate or graduate student), or the major of the student.

WHY IS IT IMPORTANT TO ADDRESS OVERUSE PATTERNS EARLY?

* Because addicted children/adolescents become addicted adults.

* Consequence can become more costly as we get older (separation, divorce, and loss of employment).

* The following slide provides an example of the dangers of adult video game addiction...

CLEARLY THIS MAN IS DISTURBED AND IS BEING A POOR MODEL FOR HIS FUR CHILD!

WHO IS AT RISK OF VIDEO GAME/INTERNET ADDICTION?

- Gender differences
- Highly intelligent and imaginative people
- Individuals with the need for recognition and power
- Age of onset
- Family history of addictions (not limited to gaming addiction)
- Individuals with low self-esteem or other emotional problems.
- Poor social relationships.

WHAT ARE THE WARNING SIGNS OF VIDEO GAME/INTERNET ADDICTION?

* Preoccupation with gaming/Internet use.
* Lost of interest in other activities.
* Social withdrawal (only communicate with on-line friends)
* Defensiveness and anger when other attempt to confront use.
* Hiding the amount of use.
* Continued use despite consequences.
* Physiological withdrawal (can be similar to withdrawal symptoms of chemical use).

- http://youtu.be/YerslyzsOpc

- Disclaimer – Tosh.O revealed this video is a hoax; however, it does represent the psychological consequences that can occur if someone is truly addicted.

- Comments/Reactions?

PHYSICAL SYMPTOMS OF INTERNET/VIDEO GAME OVERUSE

* Carpal tunnel syndrome
* Blisters/Callus on fingers and thumbs (i.e. N64 thumb)
* Dry eyes
* Migraine headaches
* Back aches
* Eating irregularities (skipping meals, increase in junk food intake)
* Failure to attend to personal hygiene & incontinence
* Sleep disturbances/change in sleep pattern.

OTHER PROBLEMS COMMONLY ASSOCIATED WITH INTERNET AND VIDEO GAME OVERUSE.

- In one study, 30% met the criteria for a current mental health disorder
- the most common:
  - Mood (24%)
  - Anxiety (19%)
  - Substance abuse (14%)
  - Psychosis (10%)

IS THERE AN ASSESSMENT TOOL TO MEASURE VIDEO GAME/INTERNET OVERUSE?

- Problem Video Game Playing (PVP) (not player vs. player)

- Internet Addiction Test (IAT)

- Both based on review of assessments of chemical use and pathological gambling.

HOW DO YOU ASSESS VIDEO GAME/INTERNET ADDICTION?

- A counselor might ask about the following area:
  - Thinking about playing video games/Internet use more often then you used to.
  - Spending more money or time to feel excited with video games/Internet use.
  - Unsuccessful efforts to control playing/use.
  - Becoming restless or irritable when attempting to stop playing/use.
  - Using/Playing as a coping mechanism or escape.
  - Lying to family and friends about time spent playing or on the Internet.
  - Stealing video games or stealing money to buy video games.
  - Skipping household chores to play/go online.
  - Skipping homework to play/go online.
  - Doing poorly on school assignments or exam to play.
  - Need for family of friends to provide extra money.

TREATMENT APPROACHES FOR OVERUSE

* Identifying the motivation for playing (e.g. power, social aspect, boredom, and escape).
* Use a gaming/Internet habit log (# of hours playing/being online)
* Changing daily habits (e.g. structuring day more, changing routine).
* Use of external stoppers to set personal limits
  + PLAYLIMIT
  + Homeguard Program Blocker
  + Using an alarm clock to cue self to stop
* Using reminder cards which remind you of the major problems caused by overuse and the benefits from cutting back.
* Join self-help group (On-line Gaming Anonymous - http://www.olganon.org/)
  + Follows a 12-Step model similar to AA and GA.
* Social skills education and peer groups
* Meet with a counselor
* Residential care facilities (Holland, China, Korea, USA)

MY BIGGEST ADVICE...

* Don't get down on yourself if its hard ... it will take time to break a bad habit.
* Do something to surprise yourself.

TIPS TO USING FACEBOOK

1) Change the profile privacy now.

2) Don't accept friendship request from strangers.

3) Don't post very personal information on the profile.

4) Be cautious while posting your photo.

5) Don't post your current location.

6) Don't post negative things about your life.

7) Make distance from your ex's profile.

8) Don't substitute real friends with virtual friends.

9) Avoid using Social networking sites in work hours.

10) When putting thing on your feed be mindful of future employers.

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