

Addiction to Video Games

5A Marchristian Fung (8)

Nowadays, video games are advancing as time goes by. More and more people are playing video games and this has become a popular culture.

There are different types of games, like role-playing games, first – person shooter, strategy games, massively multiplayer games, etc. Computer is not the only platform for playing video games nowadays. We have Virtual Reality (VR) and Play Station 4 (PS4). Taking advantage of the latest technical innovations, the resolution image of video games have been increasingly high. That is why teenagers like staying at home and playing games. But this is not the only reason to explain why they like playing video games.

More and more Hong Kong teenagers are becoming addicted to computer and video games because they want to reduce the stress from poor family relationships and academic results. Since Hong Kong is a knowledge-based society, many parents ask their children to take tutorial lessons and join many extracurricular activities. Also, schools in Hong Kong generally have many examinations and tests. That is why Hong Kong teenagers feel stressed and get addicted to video games.

Many people always complain that video games developers are the culprits who are making teenagers addicted. They never think about the hidden problems that underlie their addictive behaviour. These days Hong Kong really has a complaint culture. More and more people like complaining, but they never think about the root of a problem.

Furthermore, it is generally agreed that most video games have an easily achievable benchmark system. It clearly shows how to get points and enter the next level, which is unlike real life. Even for those students who study very hard, there is no guarantee of “a sufficient score” to enter “the next level”. Secondary students are always pushed to perform perfectly every single time, and “the next level” is entering university in a period of 6 years. Goals with such a big time gap are not necessarily seen as “foreseeable” nor “achievable”. Therefore youngsters tend to find their satisfaction through computer games and eventually get addicted to them.

At the end, although technology is advancing daily, don't let computer or video games control your life.