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Pixelated poison: addiction of vibrant yet violent video games

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PIXELATED POISON: ADDICTION OF VIBRANT YET VIOLENT VIDEO GAMES

This Capstone Project is submitted to the Faculty of Business Administration as partial fulfillment of Masters of Science in Journalism degree

by

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Fall Semester 2019

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Abstract

The craze of online gaming has caused addiction in youngsters. They want to play games for leisure but they end up being addicted to them. Video games are not just affecting their psychological health but mental health as well. Their education is also being badly affected due to the addiction of these games.

According to International Game Developers Association, upto \$25 million in revenue is earned locally across the industry each year; with more than 8,000 professionals associated with videogame development.

This capstone project focused on the in-depth analysis of the role and impact of this million-dollar gaming industry on children and their lives.

This project is about the influence of video games on children and adolescents. Recently, the obsession with online gaming is causing an addiction in them, which has led to an increase in physical and cyberbullying.

The most popular video games are Fortnite, Grand Theft Auto (GTA), Pub-G. Youngsters want to indulge in video-games for leisure but they end up being addicted to them.

Two teenagers who were bullied due to video games shared their anecdotes. Moreover, youngsters who are addicted to video games and their parents also spoke on this issue. Teachers, psychologists, a pediatrician, and a gaming zone owner gave their views on the subject.

Besides that a celebrity online gaming champion, highlighted the positives of this virtual activity.

Apart from children, an adult who has been playing video games since his childhood spoke about the differences and similarities of the past and present gaming culture.



VIDEO GAME RELATED BULLYING

A high school kid was beaten, ridiculed, and left by the roadside. What was his crime? Trash talking in an online video game, Fortnite.

Faraz Haider, 16, from Bay View High School has been an avid video game player since his childhood. He fell into the dark demented hands of bullying. How did it begin? He befriended some online players and got indulged in Fortnite's online multiplayer gameplay. When a session finally commenced, Haider started winning and the other players were not able to accept his victory. They started teasing him and then both the parties started trash-talking online. But the two bullies took it a step further and went to his house to beat him up. Muhammad Ahmed Ali Baig, 14, a friend of Haider recalls the incident as Haider told him about it. "The two boys came to Faraz's house with a bunch of other guys and told him that they'll go for a ride when Faraz went with them, they took him out of the car, beat him up and left him there," said Baig.

Haider later confided in his friend Baig, saying that he was only joking during the trash talk, “He was just fooling around while playing and didn't mean for things to get so out of hand,” he said. “But the other kids didn't see it that way. They took offence to his actions and decided to beat him up,” Baig added. The bullies pushed him around, dragged him by his hair and beat him up a lot, even when Haider started apologising, the bullies told him that they had found his address and visited him just to beat him up. “My friend was beaten, ridiculed, and left stranded in the middle of Clifton just because of a game,” narrated Baig.

What's more shocking is that the two bullies were strangers to Haider, so to get his address, they had him doxed, they plotted against him by creating a Messenger group and acquired his contact details, via that group's participants. All this sensitive information regarding a stranger was in the hands of violent bullies in a matter of moments via social media.

Such small instances of trash talks during online gaming lead to immensely escalated tensions between children, increasing bullying incidents.

Although, not all gamers face harassment, many are severely addicted to gaming. One such child is Abdullah Ali.

His parents informed that the 13-year-old has been playing video games for the past four years now. “I love playing Fortnite, Grand Theft Auto (GTA), Mortal Kombat and Fifa,” said Ali, beaming.

Addiction

Ali's fingers are fervently running on his PC's keyboard. He is yet to move since the last fourteen hours. His eyes are glued to the computer screen, blocking the outside world with headphones stuck to his ears as he searches for weapons and resources in a pixelated world.

He is the only one running with an axe in his hand, beating and breaking everything on the screen. "Run Asim run, he is coming after you, eliminate him, kill him," he screams at a teammate while playing Fortnite.



According to Ali, he loves winning against his friends but does not like to be on the losing end. He feels ecstatic when he gets a 'victory royale' in Fortnite, his feelings take a dip however whenever he loses. "I get fed up and I feel humiliated in front of my friends when my character gets killed in Fortnite, they make fun of me," he said.

Ali's favourite games are Fortnite and Mortal Kombat. "Mortal Kombat is a violent game; there is blood everywhere, the bones and flesh of the characters are visible when I punch and kick them. I love the violence in that game," said the 8th grader.

According to Common Sense Media and Internet Movies Database (IMDB), Mortal Kombat is the bloodiest and goriest game and it is inadvisable for children below the age of 18 years to play it.

Ali's parents constantly rebuked him for spending so much time playing video games but, he says, he is just unable to put an end to it. "I can play consecutively the whole day if no one stops me," he said. His parents say that he is addicted to gaming.

He used to be a bright student, was among the toppers in his class and was a quick learner, but lately, his grades have plummeted and so has his attention span. "Teachers complain he falls asleep in class," said his mother, Arifa Abbasi. Earlier, he used to have a photographic memory. "Whatever he needed to memorize, he had to glance at it once, maybe twice, but since he has started playing video games excessively, it takes him hours to learn even a paragraph," she said.

Apart from his mother, Ali has also noticed a difference in himself. "I have noticed a change in my behavior, I am a little dull now, I don't understand anything the teachers say in class," he said.

When asked whether these games harm the mental and physical health of children, he said, "Yes, they do have a negative impact, you do not want to do anything, you just want to sit and play without meeting your friends and family." Ali has been feeling distant from his family after he has started playing these games.

"I don't know much about technology, he used to ask his father all the time to get him a PlayStation 4, but then my elder daughter told me that his demands will not end after getting a PS4, he will then ask for expensive games and we could not afford all that," said Ali's mother. "Finally we got him a computer instead and he downloaded games in it," she said.

According to Abbasi, the computer is in the lounge and they try to monitor what he is playing most of the time, but there are times when Ali is left unattended, so he continues to play for hours until one of his elder sisters switches off the machine. "Although I only allow him to play an hour or two, I don't remember him quitting a game in the allotted time or without someone switching off the computer," she said. The 50-year-old maintained that whenever she tries to limit his playing time, he gets very



frustrated and angry. “He would not shower, would not eat, would not move from that computer chair until we get strict with him,” she said.

According to Ali, there are no advantages of these video games, one just gets addicted. He knows that he is obsessed with these games and they are not good for him but he is still not able to control or quit them. “Once you start playing and get hooked, there is no coming back,” he said.

Professional opinion

These claims of altered behavior aren't based on Abbasi's paranoia. Psychologists from various institutes have reported severe introversion among children who suffer from gaming addiction. Dr Fazeela Moghal from The Institute of Clinical Psychology (ICP) said that children who spend most of their time online or on devices are susceptible to stunting in their mental development. "It affects their mental and social development as they won't find the time to develop relationships with other people," said the psychologist. She added that even though there isn't exactly a specific time in which children should be allowed to play, rationally, it should not be more than two hours for a child less than 12 years of age. Spending five hours or more daily on video gaming or other non-academic computer use is associated with increased mental problems among youngsters, as per the leading national public health institute of the United States, Center for Disease Control and Prevention (CDC). There is an increase in anxiety, reclusion from physical activities, social awkwardness, aggression, depression, and violence among youth who play video games.

Global Statistics

Along with Ali, there are billions of gamers around the world who are indulged in video games. There were almost 1.82 Billion gamers globally in 2018 and this figure is expected to rise to over 2.7 Billion gamers by 2021. Out of these 1.82 Billion video gamers, 1.2 Billion of them were in the region of Asia Pacific in 2018, generating a combined revenue of US\$71.4 Billion, as per a German based online database company, Statista.



Physical health

Ali now seems like an insignificant cog in a massive machine of planetary scale. But to his parents, nothing is more important than his health.

Abbasi has noticed a big difference in her son's health and behavior since he started playing video games. He is more prone to headaches now; he stays up at night and would sleep all day long if his mother or his sisters do not wake him up in the morning, on a weekend. He does not want to go to school at all.

“Before playing video games, he was an active kid. He was always eager to go outside and play with his friends. He used to play football and now he's least interested in going out.

He only goes out for tuitions and when he comes back, he says that he has studied for an hour so no one should stop him from playing his video game,” said Ali's mother.

Even if Abbasi asks him to go out and play, he says that all his friends are also playing online and no one wants to play outside, so he stays in door all the time.

“Another thing I have noticed is that his eyes have started to become red and they have been watery as well since he has started gaming,” she said.

Dr Fazeela Moghal claimed that physical ailments are very common among gamers who are young and are extreme in their indulgences. Just like Ali, numerous other kids are suffering from a myriad of health issues due to excessive gaming.



According to the CDC, video games are linked to an increase in childhood obesity, vision problems and growth retardation.

Muhammad Abeer, 11, started getting migraines because he was not getting enough sleep due to gaming. He gained a lot of weight as he just used to sit at home and play without any physical activity, as per his mother Amber Mustafa. “He was gaining so much weight that the doctors warned him of being susceptible to high blood pressure and high cholesterol if his weight won’t get controlled,” she said.

Another child, Rayyan Khan, 14, who also plays video games for several hours each day, started having trouble with his eyesight. “Once I was sitting in my class and all of a sudden my vision got blurry. It got better when I washed my eyes, but after a while, it was still the same,” he said. “When my parents took me to the ophthalmologist he said that my eyesight has become weak and the major reason behind it is the time I spend in front of the computer screen playing games,” said Khan.

Baig also said that these games are very addictive, especially first-person shooters as the person gets obsessed with the game. It also affected his physical health.

“I realized that I was doing something wrong when it started hurting my back,” he said. He used to play games all day long and he was fine before he started playing. “I used to have long gaming sessions and no one would come in my room to tell me that the way I was sitting would damage my back this much,” said Baig. “It still hurts, even though I have cut down on my gaming, I used to sit and maintain one posture for my back to not hurt,” he added.

However, the 9th grader eventually realized that his back was getting worse due to gaming, so he decided to make a change in his lifestyle. “I have started exercising now and have cut down my gaming hours, my back is much better than before,” he said.

According to Aga Khan University Hospital (AKUH) pediatrician Dr Aimen Yunus, attention and concentration level of children has decreased and more children have eyesight issues these days. “Obesity has also increased due to lack of physical activity,” she said. “Since children stay indoors and spend more time on video games or in front of

mobile/television screens, they are more likely to suffer from a deficiency of Vitamin D, which makes them lethargic,” said Dr Yunus.

Mental health

When one considers all these drawbacks to gaming, it shouldn't come as a surprise that along with mental and physical harm, social inadequacies arise as well. Psychologist Dr Tahira Yusaf says that the first and major aspect which gets disturbed is their social life. They do have virtual interaction but their real interactions get affected, especially with family members. They stop playing outside and play video games instead.

“I am currently seeing a patient, S*, who suffers from ‘Communication Disorder’ because he spends all his time on online gaming,” said Dr Yusaf, while not disclosing the patient’s identity due to ethical reasons. “When I asked him how many friends he has in real life, he said two and when I asked how many he had online, he said 100 plus,” she said. Dr Yusaf was shocked to know that he can handle 100+ members online but cannot manage real-life relationships.

S*, who lives in Karachi, has been playing video games since he was five years old. He is now 12, and his non-verbal communication has been severely affected. He does not know what to do with his hands and head when he is speaking and he also struggles with written communication. “He cannot speak like a normal person, he has developmental delays and problems while speaking,” she said. “It is hard for him to find the right words and form clear sentences and he also does not know how to use his hand and head while talking to someone,” said the psychologist. Moreover, she said that he is lagging behind other kids his age. He performs well when it comes to video games but not in real life.

According to Dr Yusaf, a child should not be exposed to any sort of screen before the age of five, be it a cell phone, Ipad or laptop. After that, parents must fix a time as one cannot completely keep them away from these technologies in this era. Children these days are having Attention Deficit Hyperactivity Disorder (ADHD) due to excessive use of cell phones and tablets. “They should not spend more than half an hour on screens,” she said. Speaking about the connection between excessive screen time and behavioral changes, she stated that it can cause depression among children as it affects the relationships of a child. Relationships are the major source of happiness in a person's life, whether it is with family or friends. After they're done with their gaming, they won't have anyone to turn to and that

can cause depression. “Relationships give a constant source of happiness unlike games,” said Dr Moghal.

Parents

Dr Yousaf stated that all these children are suffering from the same issues caused by the same thing, “Where do the parents stand? Shouldn't they intervene and pull the plug on their children's addiction both figuratively and literally?” she asked.

Sadly, parents are helpless in their ways and they cannot hold back their children from technological devices in this era. “He used to complain that all my friends have a PS4 or a gaming PC, I am the only one who doesn't have it, he stopped eating and studying so I had to buy him,” said Ali's mother.

While parents born in the 60s are unaware of technologically advanced devices, millennial parents are themselves engrossed in their gadgets. “We were born in a time when globalization was taking over the world and now everything and everyone revolves around their smartphones, ipads or tablets,” said the 27-year-old mother Amun Siddiqui. “My husband and I are usually on our phones, our child would copy us and do the same,” she said. But the question beckons, how can the parents save their children from such a disorder?

Dr Moghal said that the parents in this generation have become very lazy when it comes to bringing up their children, especially working mothers. When they are busy or when they want to sleep, the only thing they do is play a YouTube video on their smartphones and hand it to their kids so they won't disturb them. “Parents should not let their children play on devices when they get busy or it gets a little tough. This will only ruin their mental health and development,” she said.

The ICP psychologist thinks that a child who is six or seven-months-old is too young to learn anything from videos. He/she can learn more about emotions from the parents at that age, rather than anything else. “Some women are helpless however when a mother is busy and alone at home, she usually chooses this cell phone method to calm her child down,” she said.

The people who come to see Dr Moghal with this addiction are in the age group of 10-11 or less than 10, and mostly, their mental health is deteriorated by parents giving them digital stimulation at an early age and that too without proper monitoring.

According to Dr Moghal, gaming addiction cases have increased since the past ten years because there were no such devices at that time. “Children have cell phones now from an early age,” she said.

She stated that the main complaint she gets from parents is that of misbehavior. “The parents do not come in and say their child is addicted, rather they say that he/she is misbehaving or has become aggressive, cranky and argues a lot,” she said.

She told that gaming addiction is a part of the broader misbehavior problem. Other issues are like parental laziness, lack of discipline, excessive spoiling of the child and giving them whatever they want. “The parents cannot control their child these days,” said Dr Moghal.

On the contrary, Beaconhouse School’s Senior Mistress and a mother of three young boys, Sadaf Naveed, knows quite well how to control her children and she tries to keep them away from this gaming addiction. “I am quite familiar with these games Fortnite, GTA and PubG, maybe because I am a mother of three boys and to be a successful parent you need to be very close to your children and observe what they do,” she said.

There have been times when Naveed leaves all her work and sits with her 10-year-old kid just to observe the game and see what he is doing. She says she wants to decode his mind. “Sometimes I just sit there and notice their behavioral changes, the frown on their faces, the furiousness when they lose and the happiness on their faces when they are winning,” she said.

Being a silent observer, Naveed has also researched a lot. She is quite a player. “I play Fortnite with them, even if I keep losing, I still play so that they do not think their mom is backward and stop sharing things with me,” said the 37-year-old mother.

Naveed keeps a vigilant check on her children despite being a full-time working woman. She has kept the computer outside her bedroom so that she can see them anytime she wants. “They cannot hide things, I know their passwords, and I check the histories. So yes, you cannot stop them from anything but you can keep a check and balance,” she said. Once, Naveed saw her son Arham talking on the microphone while playing the video game. She never knew what online gaming was, all she knew was that there is a DVD which

children insert and then they start playing. “I thought he was getting so curious about the game that he was talking to himself,” she said.

Arham would continue playing the game for days and Naveed heard him talking in English and Urdu. “I wondered that if he is talking to himself, he would never speak in English, hence my curiosity arose, I went outside my room and started observing him,” she said. “He was saying, ‘I am here, come after me, I am going to find you.’

“I just went there, switched off the computer screen and asked him, whom are you talking to? Being a Pakistani mother you can come up with anything, that my son might be talking to a ghost or he is hallucinating because of playing too many video games. So I asked him, are you hallucinating Arham?” Naveed asked her son.

Then he told Naveed something that astounded her. The 16-year-old explained that he was not hallucinating but he had an online gaming partner who was in Geneva and he was talking and playing with him. “I was shocked and scared to death,” said the senior mistress. “I asked him to stop everything and tell me what this nonsense is. I was scared because he has been in contact with an unknown person for so long and I thought that he also gave his personal information to him,” she said.

Naveed could not sleep that night and the next morning she went to her office, left all the work and researched online gaming all day. “So this incident shook me and after that, I just used to lock the door, sit with him and see what he is playing and what they are talking about,” she said.

According to her, these unknown people online can be dangerous. They can pull out things from children, they can blackmail them and brainwash them. “These people can ask him to do anything and just because he wanted to be a part of it, he could’ve done anything he was asked to do,” said Arham’s mother.

Besides, gaming concerns Naveed even more because of the amount of violence in it. “When these mass shootings happened, especially the one in New Zealand, it was as a result of violent video games,” she said.

Naveed maintained that it happened in the form of a game because the man kept the camera in front and started shooting everyone with a gun.

These parental fears don't seem to be irrational after the introduction of the 'Blue Whale Challenge' amongst masses, especially teens, in the past few years. It's a game where the ultimate goal is for the player to commit suicide. This is not a video game but rather an interactive personal activity where an anonymous individual would dare users to do certain acts which were increasingly violent and destructive.

The American Psychological Association (APA) also considers violent video games a risk factor for aggression. It stated that playing violent video games can increase aggressive thoughts, behaviors, and feelings in children.

According to the senior mistress, such violent games are banned in other countries but unfortunately, there are no such policies in Pakistan. Under-aged children are playing 18+ games; games are being sold to children of all ages. "There are a lot of inappropriate things also like nude and explicit content in these games," she said.

However, she said that parents just need to educate their children that this is a western culture and it's better to give them exposure and give them the correct information, rather than asking them to abstain and snatch gadgets from them. "Because I know if I stop them here, they would go to their friends' house and play,"

Naveed stated that she has been carrying out her parental duties in this manner to protect her children from violence and bullying she witnesses in her school.

Bullying

Since video games are making children aggressive and short-tempered, it has led to an increase in cyberbullying, which later turns into physical bullying.

According to the Cyberbullying Research Center, those who play violent video games are more likely to engage in bullying.

Faizan Ahmed, 13, has been a victim of cyber and physical bullying, just as Haider



has been, due to online gaming. “A group of boys from my class I used to play with, started to bully me when I played better than them,” he said. “They kicked me out of their group, abused me verbally and on messages while playing,” he added.

This used to happen daily for a month with Ahmed, while gaming, but fortunately one day his sister Hira Rehan heard him crying in the middle of the game. He showed her

all the messages and voice notes of those boys who were abusing and threatening Ahmed. “My sister got furious after that and spoke to one of the boy’s mother, which led to me getting beaten up in school,” said the 7th grader. “They said that they would kill me and my mother if I disclose this to anyone,” he said.

Ahmed then started coming home with bruises and injuries on his knees and elbows as though he was being pushed and shoved around, as per his sister.

Rehan then went to her brother’s school and complained about those kids, but she instead received a shocking reaction from the teachers. They swore by those kids and stated that they were too innocent to do anything like that. However, the teachers got to know their real personas after listening to the voice notes. “I don’t know how some kids can be this clever, they act innocent in front of their parents and teachers but they are smart and evil,” Rehan said.

However, when the abuse and bullying did not cease, Ahmed’s father had to go to his school and speak to the principal who then took swift and stern action against the perpetrators. “All this happened just because of a stupid video game,” she said. “My brother had to go through mental and physical torture, I curse this game and those boys who treated him like this,” she added.

As per Rehan, these video games are not just adversely affecting the children mentally and physically, they have also become a threat to them. Anyone can access them from any part of the world; anyone can acquire their personal information, can mentally torture them, harm them and ruin their lives.

These actions were not borne by the advancements of the past decade; rather they have been prevalent since the inception of gaming zones in the late ’90s.

Gaming Zones

Muhammad Usama Mahmood, 34, who is a farmer by profession, has been an avid video game player since 1991. He used to play Max Payne and then later got obsessed with Counter-Strike.

He stated that at first, games were actively played on consoles like Sega, then on LAN (local area network) in gaming zones and then, as the gaming scene in Pakistan became more and more popular, massive tournaments used to be held in Karachi's Expo Centre and smaller gaming zones across Karachi. "At that time, Fariya Gaming Zone was



inaugurated in Gulshan and they used to charge Rs30/- per hour, you had to enter a code for the game to start," said Mahmood. "That was a major medium of gaming at that time, unlike today, where you are surrounded by gadgets and can play any game, any time, on any device," he added. The

cheap charges made it so easy and addictive for the patrons to just loiter in the gaming zone all day that this had a severe adverse effect on Mahmood's education and career, as he used to spend up to 13 hours a day playing in gaming zones.

According to Mahmood, earlier, games were not as addictive as they are now. "Now these games Fortnite and are captivating because they are free to play and are available on a range of devices from phones to gaming consoles," he said. "They are designed specifically to make users addicted to them," said the gamer. Games such as these

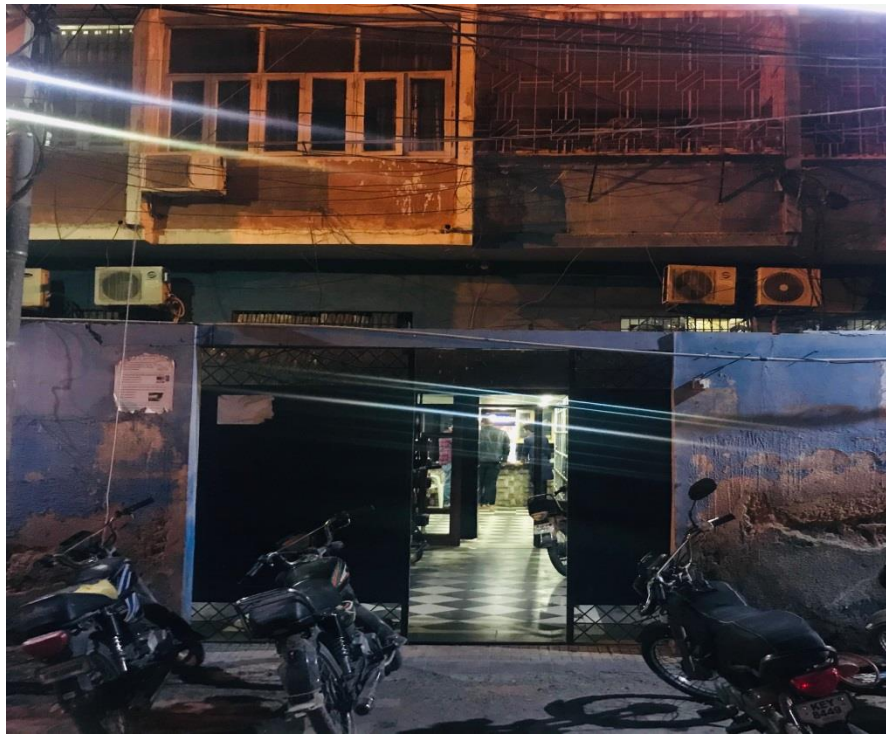
make the users, who are mostly children, very aggressive due to the fast-paced nature of the content which can cause conflicts amongst the players.

The farmer further maintained that there were fights between gamers in the past as well, but those fights were due to different and logical reasons, unlike today. “Since we used to play in gaming zones, our fights were on the bookings, reservation of the rooms, getting late for the game session, taking someone else’s computer or room which was already booked, etc.,” he said.

However, nowadays, the major cause of fights is the extreme abusive language used in the games, as per Mahmood. “Children in this generation have become aggressive, they are short-tempered and they easily get frustrated, now they fight on silly things,” he said.

According to the Fariya Gaming Zone owner Muhammad Noman, who has been running the zone since 2006, the people who used to come earlier were different than those who come today. They had a craze of gaming and they used to respect their senior players, since then, gaming has increased but the discipline has decreased.

“Seniors were respected back then but now the children disrespect them,” added the gaming veteran. However, Noman raised a very intriguing point by saying the complete opposite of what every psychologist has stated up till now.



Advantages of gaming

It is good that children stay inside and focus only on video games. “They are safe from the bad influence which is all-around children these days, moreover, their minds become sharper through gaming,” he said. “Their reflexes become extremely quick, far quicker than anyone who does not play video games,” said the Fariya gaming zone owner.

Surprisingly enough, the same claim was made by Mahmood, he also saw an improvement in his reflexes due to video games.

This statement is turned to the fact when it is backed up by professionals like Dr Moghal. According to her, children who play video games become quick problem-solvers and decision-makers.

Being a pundit of video games and a senior player, Noman claimed that playing video games is just another form of sport which is beneficial for the mind instead of the body.

He said that had it not been for the Pakistani culture of alienating gaming as an only pass time, it could become a major career. “There are universities specially designed for gaming in other countries, where they spend a lot of money just to have their children do the same as ours, which is play video games all day instead of going out,” he said. “Unfortunately, it is frowned upon in our country but it is promoted in others. Hence, there are not many professional gamers in Pakistan,” regretted the gaming zone owner.

Professional Pakistani Gamer



However, there are very few people who do excel in E-sports in Pakistan and have portrayed the positive side of gaming by generating revenue through it. Arsalan Siddique alias Arsalan Ash, 24, is one such example.

Where children have wasted their lives away in video games, Ash has made a career out of it and is earning via professional gaming. Not only is he regarded as the best Tekken player in Pakistan, but also the best in the world. He announced his arrival on the global stage after winning the most prestigious fighting game series in the world, The 2019 Japanese Evolution (EVO) Championship Series and EVO championship series in Las Vegas. He bested legendary players of the game and proved that Pakistan is a powerhouse in E-gaming.

Ash, however, states that this career is not for everyone. “Not everyone is a pro gamer and children especially should focus on their aims, the gaming community is friendly on the outside but it is very aggressive on the inside,” said the EVO champion. When asked what message he has for those juveniles who are destroying their lives due to casual gaming, he stated that they should have a balance in their lives when it comes to gaming. “Gaming is an art and if you want to



enjoy it focus on the balance between the mind and soul as it is important,” he said.

Through his newfound fame and global outreach, Ash aims to promote and create institutes where the students come to learn gaming, not geography, an institute where the studies revolves entirely around gaming, both casual and professional.

Denouement

However, not everyone can attain the level of expertise, success, and fame from gaming as Ash has. Many children suffer the consequences where their career is badly affected, and they have nothing to show for the time they wasted on gaming. Children like Haider, Ali, Baig, Abeer, and Khan are plenty disturbed already and more are being affected every single moment from online gaming.



As stated by St. Paul's High School's Cambridge Coordinator Shazia Yusuf, "15 years ago what we used to call average, has now become intelligent, that's how low the standard and IQ level of our youth has become."

According to her, the children of this generation will not prosper unless parents supervise their activities, control their gaming habits, and start focusing on the quality of time they give them, rather than quantity.

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