

The Analysis of Juvenile Game Addiction and Its Influence

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Abstract: With the development of the Internet, online games are becoming more and more popular. Boys, middle school students, and children have a higher percentage of minors playing online games, according to data from the 2020 National Research Report on Minors' Internet Use. The purpose of this paper is to study the reasons why minors are addicted to games and its impact on body and mind. Through literature reading and analysis, it is found that the important factors of teenagers addicted to the Internet are family factors and school factors. In the family, parents should try not to use mobile phones when they are with their children. In schools, schools should also teach students in accordance with their aptitude, pay attention to the all-round development of students, and enrich their cultural life.

Keywords: minors, online games, game addiction, countermeasures, Internet addiction

1. Introduction

With the wider popularization of the Internet, the phenomenon of primary and middle school students indulging in online games is very serious. Young people's physical and mental health will, of course, influence their moral character. Based on this, in 2021, six departments, including the Ministry of Education, jointly issued the "Notice on Further Strengthening the Management of Prevention of Primary and Secondary School Students' Indulgence in Online Games". It proposes reasonable and effective improvements to this serious problem, help minors get out of game addiction, and teach how to use the Internet correctly [1]. Based on these, this study explores the situation of minors using online games and their impact on minors, including the factors affecting minors' addiction to games. Understand the factors that affect minors' addiction to games, the impact of minors' addiction to the Internet on their psychology and physical and mental health, and help primary school students find countermeasures for their addiction to the Internet.

2. Analysis of the Causes of Teenagers' Addiction to Games

2.1. School Influence

First of all, the education in some schools is very rigid. Students spend most of their day at school. Although most schools carry out many courses, most of the time is occupied by mathematics, Chinese, and English. Some schools only pay attention to the teaching of language and mathematics in the teaching process, ignoring the all-round development of students. The educational methods of some schools are also very rigid. They do not make sure that each child is different [2]. They all use the same educational methods and evaluation methods to evaluate each student, let alone teach

students in accordance with their aptitude. Many schools do not pay attention to the development of extracurricular activities for students, which leads to the lack of development of students' hobbies. In the class, although not most students like to play online games, the topics of some students are all about games, and students who do not play games cannot talk to them, which will attract some students who are interested in games. Teachers are not aware of this problem, so some students are gradually becoming addicted to online games.

Some schools do not pay enough attention to the management of students' use of mobile phones. For example, when a teacher assigns homework, in order to effectively convey information, the homework will be sent to the class WeChat group or mobile phone applet [3]. Some teachers even watch videos and play games in front of students. Such a situation actually provides students with more opportunities to use mobile phones, which will virtually increase their usage time. At the same time, teachers have not set an example, which will make students think that the high frequency of mobile phone use is reasonable.

2.2. Family Influence

A family is an important place for students to grow up. Parents are their children's first teachers. Many children's habits are also formed in the family environment. Therefore, the influence of the family environment on a child is essential. In addition to the time spent in school, students spend most of their time at home, and the family atmosphere directly affects students' behavior habits [3]. Therefore, family education is very important to students, and the behavior of parents can affect the development of their children's habits and personalities. Some parents lack a sense of responsibility for their children. Playing mobile phones, playing games, and watching videos in front of their children, minors have poor self-control. These behaviors will directly affect children and make them addicted to the Internet. Second, this paper think it is also very important to the relationship in the family [4]. A harmonious relationship between husband and wife helps to create a warm family atmosphere. Children live in a harmonious family environment for a long time, and their needs for safety, love, and belonging can all be met, while a relationship between husband and wife that has often conflicts will affect minors. The establishment of a sense of security will cause minors to live with negative emotions in the long run, causing them to choose to escape or indulge in the virtual game world.

3. Influence of Indulging in Internet Games on the Physical and Mental Development of Minors

3.1. Physiology

The bodies of primary and middle school students are in the developmental stage. Playing online games requires one stare at the computer or screen for a long time, which is likely to cause serious damage to the eyes of minors. Over time, it will affect the students' vision. It will also have adverse effects on the students' cervical spine and brain development. Relevant studies have found that long-term exposure to online games by minors will cause certain damage to the brain and endanger physical health [5]. Students are addicted to online games, will sit for a long time, and lack outdoor physical exercise. This time led to a decline in the physical fitness of the students. Many students also become obese.

3.2. Psychology and Morality

The sound personality of primary and middle school students has not yet been fully formed, and their psychological development is still immature. A little thing can easily affect the emotional or psychological state of the students. Once they come into contact with online games, they will find it

difficult to restrain themselves, become addicted, and form a strong psychological dependence on online games [6]. Play games for a long time without facing the outside world. Reduce the chances of communicating with and interacting with people in real life. At the same time, some students are very indulgent and free on the Internet, swearing at others at will, and telling lies as soon as they open their mouths. If things go on like this, they will go further and further under the influence of this wrong concept, leading to the development of thoughts and morals in a bad direction [7].

4. Solving Measures

4.1. School

Schools, as one of the environments in which students spend the most time, must pay special attention to the formation of students' behavioral habits and the guidance of mental health [8]. Schools should strengthen contact with parents and let parents attend parent-teacher conferences more often, even if they know about students. Schools can use themed class meetings and speech activities under the national flag to educate students. Educational activities should be highly targeted. Teachers can use some typical examples to warn students about the harm of being addicted to online games [9]. At the same time, they can also guide students to surf the Internet correctly, not log in to bad websites, and cultivate students' good network literacy.

4.2. Society

At present, some primary and middle school students are addicted to online games. One of the important reasons is the influence of the social environment and the insufficient supervision of online games by relevant departments or platforms. All sectors of society should cooperate with the investigation. Take effective measures to help minors get out of addiction. The relevant game department should strengthen the monitoring system. Relevant departments strictly strengthen the real name of games, prohibit minors from registering online games that are not suitable for them, and prohibit online games that are physically and mentally harmful to minors from logging in. Some video software should strengthen the time limit for minors, and provide more positive content that is conducive to their learning and growth. It is also possible to guide students to put down their mobile phones through the video platform.

4.3. Family

Family education is an important path for students to get used to. Parents should lead by example and give students an example to solve the problem of students being addicted to games in daily life. Parents try not to play games, watch TV shows or videos in front of their children. Also pay attention to the family atmosphere and language environment, and don't swear in front of your children. Parents should also keep abreast of their children's problems in various aspects. If the child has a problem in a certain aspect, it should be corrected in time to avoid addiction to online games [10]. In daily life, parents should also communicate more with their children and give them more care and company. It is also necessary to teach children how to use the Internet correctly and reasonably to find information, so that children can treat the Internet correctly and ensure their physical and mental health.

5. Conclusion

This paper studies the factors that contribute to juvenile addiction to games, and the physical and mental effects on minors. The main reason is that the parents in the family did not have a comprehensive understanding of the children. Parents also lack the company of their children. Some

parents lack a sense of responsibility for their children. Family harmony is also important for the development of minors. In school, teachers should not only pay attention to students' learning, but also pay attention to the all-round development of students. At the same time, teachers should fully understand each child, teach students in accordance with their aptitude, and help students enrich their cultural lives.

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