

FAST TIMES WEEKLY



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Known Gaming Injuries

By Constance Quek

It is generally known that sitting in front of the computer will cause you backaches. But to excessively be in front of the computer or laptop can cause a person to suffer from migraines that can be so serious, one would vomit or even be so affected by the very existence of light and sound around them.

I have yet to talk about insomnia and other sleep related disorders that is caused by the overstimulation of the brain because a person always thinking of the game they are playing in their sub consciousness.

The less heard of disorder that is quite common among avid gamers is the Carpal tunnel syndrome. This particular disorder has always been linked to computer usage for as long as the computer was ever existed. This particular syndrome is caused by the overuse of the main nerve on the forearm which will then swell or be irritated.

Link:<http://www.video-game-addiction.org/physical-consequences.html>

Help Offered to Gaming Addicts in Singapore

By Constance Quek

Since using the computer now is the everyday norm, it is easy for teenagers and children to be addicted to computer games. Singapore has already established a community called TOUCH Cyber Wellness to help those who are facing such tendencies that they themselves might not know of. Started in 2001, it aims to teach teenagers the potential risks while using the internet as well as giving counselling services to those who are in need of it. One of the activities

TOUCH Cyber Wellness does to help those who are trying to recover from being addicted to gaming is to have them play with other people.

A study has shown that those who play computer games lack social contact and also lacking in familial love or support.

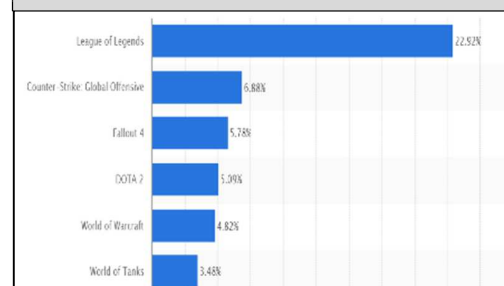
IS ONLINE GAMING DETRIMENTAL TO ONE'S HEALTH?

DO YOU KNOW?

ALL TIME MOST PLAYED GAMES ON THE COMPUTER

In 2015, the most played game was League of Legends (LOL) leading by 22.9% followed by Counter Strike: Global Offensive which had a dip in total time played with 6.88% and thirdly, Fallout 4 with 5.78%

Link: <http://www.statista.com/statistics/251222/most-played-pc-games/>



If you feel that you are addicted to gaming and wanting to stop or have a friend or love one who wants to do so, feel free to contact TOUCH Cyber Wellness at 6273 5568.

Link: <http://www.channelnewsasia.com/news/singapore/help-at-hand-for-gaming/1959690.html>

And

http://www.touch.org.sg/touch_cyber_wellness

Lacking in Social Skills

By Constance Quek

A study was made comparing the level of social skills between students who are addicted to computer games and students who do not play computer games.

People who are addicted to online gaming have the common footstool of having social interactions and relationships made in the virtual world than in reality with their family and peers. Additionally, providing an alternative route to escape problems in real life. Hence, with so much time spent on gaming, it is hard to really develop social skills and interactions between their peers and even to their family.

The study has also shown that computer addiction is more prone to manifest in males than in females.

In this day and age, students are using their computers for educational purposes. Hence, it is very important that we ourselves stay alert and that we do not fall into this unintentional trap. But this does not mean we have to abstain from it. Playing games from time to time when you have nothing to do is very fine, just make sure to keep track of how long you play.

Link: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3905509/>



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Kicking Addiction

By Constance Quek

This is a guy named Michael and this is his story. Michael is an average student attending school like everyone else. He too like every other guy plays computer and video games too.

Till he came across a game called League of legends (LoL). As it swings more to the competitive side, he kept wanting to win. But it took a lot to learn and master. An hour became two. And two hours became five. Soon he played for the whole day. His surroundings was as if he was in a war zone. Clothes strewn all over, cup noodles stacked up on the floor and even his hygiene was thrown out of the window. Realizing quite a while after that his room conditions and his hygiene was at such dire stakes, he curiously search 'gaming addiction' online and got a shock of his life after reading an article. He immediately deleted the game off his computer and started piecing his life back together.

Michael had it easy. He didn't went much rehabilitation to treat his addiction. That one press of the enter button got him out of his situation. Not everybody would have it this easy. Press on.

Link: <https://www.washingtonpost.com/news/the-intersect/wp/2014/11/04/im-addicted-to-online-gaming-and-it-almost-ruined-my-life/>



Are There Benefits of Gaming though?

Depending on what time of games you play, it may actually serve you well. Playing certain type of games help spatial awareness, visual attention skills and even iconic reading skills where one is able to read diagrams and images well.

Link:
<https://www.betterhealth.vic.gov.au/health/healthyliving/computer-related-injuries>