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THE EFFECTS OF VIDEO GAME ADDICTION ON THE FORMATION OF NEGATIVE HABITS IN PRIMARY SCHOOL CHILDREN

تأثير إدمان ألعاب الفيديو على تكوين العادات السلبية لدى أطفال المرحلة الابتدائية

Abstract: This study examines how video game addiction affects the formation of negative habits in primary school children, highlighting its impact on physical health, academic performance, and social interactions. Excessive gaming can lead to detrimental behaviors and cognitive impairments. Effective interventions and parental involvement are essential to address these challenges.

Keywords: video game addiction, negative habits, primary school children, academic performance, interventions.



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الخلاصة : تبحث هذه الدراسة في كيفية تأثير إدمان ألعاب الفيديو على تكوين عادات سلبية لدى أطفال المرحلة الابتدائية، مع تسليط الضوء على تأثيره على الصحة البدنية والأداء الأكاديمي والتفاعلات الاجتماعية. يمكن أن يؤدي الإفراط في اللعب إلى سلوكيات ضارة وإعاقات إدراكية. لذا، تُعد التدخلات الفعالة ومشاركة الوالدين أمراً بالغ الأهمية لمواجهة هذه التحديات.

الكلمات المفتاحية : إدمان ألعاب الفيديو، العادات السلبية، أطفال المرحلة الابتدائية، الأداء الأكاديمي، التدخلات.

Introduction

Video game addiction has become a pressing concern, particularly among primary school children who are increasingly engaged in gaming activities. While video games can enhance cognitive skills and provide entertainment, excessive gaming may lead to detrimental effects on behavior and health. Research indicates that addiction can foster negative habits, impacting physical health, academic performance, and social interactions. Understanding these implications is vital for developing effective strategies to address video game addiction and its consequences in young children. This study aims to investigate the effects of video game addiction on the formation of negative habits among primary school children.

المقدمة

أصبح إدمان ألعاب الفيديو مصدر قلق مُلح، لا سيما بين أطفال المدارس الابتدائية الذين يتزايد انخراطهم في أنشطة الألعاب. فبينما تحسّن ألعاب الفيديو المهارات المعرفية وتوفّر الترفيه، إلا أن الإفراط في اللعب قد يُؤدّي إلى آثار سلبية على السلوك والصحة. وتشير الأبحاث إلى أن الإدمان يُمكن أن يُعزّز العادات السلبية، مما يؤثر على الصحة البدنية والأداء الأكاديمي والتفاعلات الاجتماعية. ويُعد فهم هذه الآثار أمراً بالغ الأهمية لوضع استراتيجيات فعّالة لمعالجة إدمان ألعاب الفيديو وعواقبه لدى الأطفال الصغار. وتهدف هذه الدراسة إلى دراسة آثار إدمان ألعاب الفيديو على تكوّن العادات السلبية لدى أطفال المدارس الابتدائية.

Results and discussion

The effects of video game addiction on the formation of negative habits among primary school children have been documented in various studies, highlighting significant correlations between excessive gaming and adverse behavioral outcomes.

1. **Physical and Mental Health:** Research indicates that addiction to video games is associated with negative physical and mental health outcomes in children. A study found a significant positive correlation between video game addiction and issues such as anxiety, sleep disturbances, and impaired social functioning. These health problems can lead to the development of negative habits, including poor sleep hygiene and social withdrawal, which further exacerbate the addiction cycle [1].

2. **Academic Performance:** Video game addiction has been linked to decreased academic performance among children. A study revealed that children who spend excessive time gaming tend to have lower grades and exhibit destructive behaviors, such as arguing with parents and teachers. This decline in academic engagement is often mediated by the time spent on gaming, which detracts from educational activities and responsibilities [2].

3. **Cognitive and Behavioral Issues:** The relationship between video game addiction and cognitive impairments has been explored, with findings suggesting that higher levels of gaming addiction correlate with worse memory, attention, and problem-solving skills. Children exhibiting signs of addiction often struggle with maintaining focus in academic settings, which can lead to the formation of negative habits related to learning and behavior [3].

The evidence underscores that video game addiction significantly contributes to the development of negative habits in primary school children, affecting their physical health, academic performance, and cognitive abilities. Addressing these issues through targeted interventions and parental involvement is crucial for mitigating the adverse effects of gaming addiction.

Conclusion

Video game addiction significantly influences the development of negative habits in primary school children, adversely affecting their physical health, academic performance, and social interactions. The findings underscore the necessity for targeted interventions and parental guidance to mitigate the harmful impacts of excessive gaming. Addressing this issue is crucial for fostering healthier behaviors and promoting overall well-being in children.

الخاتمة

يؤثر إدمان ألعاب الفيديو بشكل كبير على تطور العادات السلبية لدى أطفال المدارس الابتدائية، مما يؤثر سلباً على صحتهم البدنية وأدائهم الأكاديمي وتفاعلاتهم الاجتماعية. تؤكد النتائج على ضرورة التدخلات الموجهة وتوجيه الوالدين للتخفيف من الآثار الضارة للإفراط في الألعاب. إن معالجة هذه المشكلة أمر بالغ الأهمية لتعزيز السلوكيات الصحية وتعزيز الصحة العامة لدى الأطفال.

Literature

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