

Virtual Reality: Online Games Leads to Mental Health & Psychological Trauma

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Abstract

This article summarises regarding effect of online games on the child's mental health future issues, what are the reasons behind it, why do they play it, what is the relation between mental health & online game play.

Introduction

These days it is unimaginable to maintain a life without the use of technology. The victorious individual and cognitive development of a child is completely based on active engagement in several activities. Enhancing their mental processes, evolving several forms of knowledge, and comprehending and acquiring social morals in the condition they are brought up. A.N.Leontiev, S.L.Rubinstein, A.Smirnov, B.M.Teplov, M.M.Mukanov, S.M.Dzhakupov and others who are psychologists have conducted research studies. They have observed that the establishment & organization of several psychological processes and the growth of personality chiefly depends on matter of activity, its aims, intention and means of execution.

Even though video gaming is not much issue for many of the people, surplus playing of video games may cause functional damage psychological distress in some of the games.

The recent edition of Diagnostic and statistical Manual of Mental Disorders causes internet gaming disorder in the Emerging Measures models section. In the latest years, two of the vast effective models in the gaming studies. Which are the interconnections of person affect cognition execution model.

an integrative theoretical framework is been given by the I-PACE model which deals with internet-related disorders and postulate a separate core characteristics which involves personality (e.g. low self-esteem), biopsychological constitution (e.g. early childhood experiences), social cognitions. The other particular motives which is concerned with an online behaviour. This involves thoughts escapism of loneliness, anxiety, depression. The CIU model (Kardefelt-Winther, 2014) proposed that excessive use of the internet can lead to unmet (offline) needs or help to deal with psychological suffering in people with depressive, anxious, and traumatized condition.

To extricate the processes arbitrate the ingenious observed between risk factors and excessive use of online applications.

If the person have a bad childhood where the person is not been treated properly it can lead to certain negative situations like feelings which involves shame, guilt, poor social relationships, depressive symptoms, lower self-esteem, and increased risky behaviors.

Besides abuse of emotional perspective and being neglect by their dear owners like parents or guardians related with several clinical outcomes. Psychopathology research have been recorded much less attention when compared to sexual and physical abuse

The condition of emotional abuse can be described as a demeaning behavior on child by an adult who may include humiliation. Due to this emotional abuse, several social, emotional, and behavior problems are related and associated with it.

Negative impact of playing games is known by the following symptoms craving, loss of control, and negative consequences of excessive gaming. As per certain researchers internet gaming is closely related to a condition of gambling disorder. The potential reason a person would play game for a reason lack of social interactions. There seem to large difference in the gender ratio in terms of game addiction. Since they have no person to interact with closely and understand their situation they tend to play games and try to avoid and get rid of feeling of loneliness. They tend to take this addiction as a means by which they can overcome their traumatic situation and get into world of their own addiction other than reality of world.

Conclusion

As per the article a child's mental health is the most important thing to be taken care of their parents or guardians as it may affect their mental, physical health. Children's tend to play games mainly in order to avoid anxiety, depression, and loneliness. Where they use the online gaming platform as an escape from the real world