



INTERNET GAMING DISORDER

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FOREWORD (1)

- This class is in English
- The presentation is based on a research paper completed for BC 503, “Advanced Counseling Issues” in Fall 2020 at Faith Bible Seminary, Lafayette, IN
 - Course goal: to learn how to address sins not explicitly mentioned in Bible
 - All counseling is fundamentally based on 2 Timothy 3:16-17,
“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”

FOREWORD (2)

- Scripture is the owner's operations & maintenance manual for life
- The research topic of internet gaming disorder was prompted by actual counseling case.
- No persons will be named.
- There are no published books on this subject.
- However, the research paper or slides will be made available upon request



OUTLINE

- Foreword
- Outline
- The Problem
- Background
- What are the symptoms?
- Who has this problem?
- What are the motivations?
- Issues to be addressed
- Resolution

THE PROBLEM

What is the problem?

- Spending excessive time & energy playing games on electronic devices

Who has this problem?

- Youth, teens and young adults

Why should this problem be solved?

- It diverts time & energy away from more serious goals

How will I know this problem has been solved?

- When self-control takes place to limit amount of time and energy playing games

BACKGROUND

- Although the term internet gaming disorder is used, the device is not limited to a computer
- The device may include a television, game console or mobile device like a cellphone or notebook
- American Psychiatric Association's (APA) Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
- DSM-5 of 2020 Section III lists internet gaming disorder (proposed)

WHAT ARE THE SYMPTOMS?

- The disorder is manifested when any 5 out of 9 symptoms are present:
 1. Preoccupation with gaming;
 2. Withdrawal symptoms (e.g., anger, irritability) when gaming is taken away or not possible;
 3. Need to spend more time gaming to satisfy the urge;
 4. Inability to reduce playing, unsuccessful attempts to quit gaming;
 5. Giving up other activities or loss of interest in formerly enjoyed activities due to gaming;
 6. Continuing to game despite knowing one's own psycho-social problems;
 7. Deceiving others about the amount of time spent on gaming;
 8. Using gaming to relieve negative moods, e.g., guilt or hopelessness; and
 9. Losing significant opportunity, such as failing a test or missing work, due to gaming.

WHO HAS THIS PROBLEM?

- A Pew Research Center survey (2018) found the following in America:
 - 72% of males ages 18 to 29 play video games
 - 49% of females ages 18 to 29 play video games
 - Puzzle & strategy games are the most popular genres among those who often or sometimes play video games
 - Gaming is popular among teens—especially teenage boys
 - > 84% saying they have access to a game console
 - 90% saying they play video games on a computer, game console or cellphone.
 - 41% of teenage boys say they spend too much time playing video games,
 - This is nearly 4x the share of girls who say the same (11%)

WHAT ARE THE MOTIVATIONS?

Motivation Category	Frequency	Description
Recreation	71%	Desires to be entertained to kill boredom
Fantasy	59%	Enjoys stepping out of usual role / identity and trying new roles / identities in a different fantasy world
Competition	58%	Wants to be excited by competing, takes competing seriously, and likes the thrill of winning.
Socialization	45%	Delights in getting to know people, being with others, and playing together with other gamers.
Skill development	45%	Wants to develop skills to improve eye-hand coordination and concentration.
Coping	43%	Desires to change mood from a negative one (e.g., sadness) to a positive one (e.g., happiness)
Escapism	33%	Seeks immersion in a fun, alternative reality so that he can forget what is going on in real life.

ACTIVITY & MOTIVATION SURVEY

- <https://do-i-play-too-much-videogames.com/survey/wznn9s7zcy7r/8yr8wul6lop4>.
- On-line survey asks a series of questions to determine time spent on gaming
- On-line survey asks a series of questions to determine motivation
- On-line survey updates the frequency of motivations dynamically based on accumulative results of all who have taken the survey
- Last accessed September 4, 2020.

ISSUES TO BE ADDRESSED

- Is playing internet games sinful?
 - Why or why not?
- When does sin occur?
 - If sin occurs, is it a sin of commission or omission?
- Why is motivation important for addressing the problem?
 - What motivations are sinful?
- What sin issues need to be resolved to address the problem?

IS PLAYING INTERNET GAMES SINFUL?

- Playing internet games is not inherently sinful
 - Playing may be a form of rest, recreation or even healthy
 - In other words, playing may be a good activity
- However, playing internet games ***too much*** can become bad
 - When it displaces the love of God or God's will (St. Augustine)
 - It can become idolatry (discussed in slide set 5)
- Playing internet games can be
 - Sinful depending on the type of game (discussed later)
 - Can lead to potential sin (discussed later)

WHEN DOES SIN OCCUR IN PLAYING INTERNET GAMES? (1)

- Which symptoms also indicate actual sin? Lead to potential sin?
 1. Preoccupation with gaming;
 2. Withdrawal symptoms (e.g., anger, irritability) when gaming is taken away or not possible;
 3. Need to spend more time gaming to satisfy the urge;
 4. Inability to reduce playing, unsuccessful attempts to quit gaming;
 5. Giving up other activities or loss of interest in formerly enjoyed activities due to gaming;
 6. Continuing to game despite knowing one's own psycho-social problems;
 7. Deceiving others about the amount of time spent on gaming;
 8. Using gaming to relieve negative moods, e.g., guilt or hopelessness; and
 9. Losing significant opportunity, such as failing a test or missing work, due to gaming.

WHEN DOES SIN OCCUR IN PLAYING INTERNET GAMES? (2)

- Playing internet games may be entangled with sinful circumstances
 - Sinful commissions
 - Lying about how much time spent or will be spent on internet gaming (symptom #7)
 - ✓ Exodus 20:16
 - Playing games involving killing, maiming, harming, enslaving, exploiting or trafficking human beings
 - ✓ Genesis 9:6 (defiling image of God)
 - Playing games inflicting cruelty on animals
 - ✓ Genesis 24:19 and Proverbs 12:10

WHEN DOES SIN OCCUR IN PLAYING INTERNET GAMES? (3)

- Playing internet games may be entangled with sinful circumstances (continued)
- Sinful commissions (continued)
 - Playing games condoning immoral activities
 - ✓ Ephesians 5:3, 1 Corinthians 6:9, 1 Corinthians 6:18, 1 Corinthians 10:8, 1 Timothy 1:8-11, 1 Thessalonians 4:3-5
 - Playing games condoning illegal activities
 - ✓ Romans 13:1, Hebrews 13:17, Titus 3:1, 1 Peter 2:13-14

WHEN DOES SIN OCCUR IN PLAYING INTERNET GAMES? (4)

- Playing internet games may be entangled with sinful circumstances (continued)
 - Sinful omissions
 - What is a sin of omission?
 - ✓ James 4:17
 - Neglecting homework or failing to study for an examination
 - ✓ James 4:17
 - Continuing to game despite knowing one's own psycho-social problems
 - ✓ James 4:17
 - Showing up late or not at all for work
 - ✓ Ephesians 6:5 and Colossians 3:22

WHEN DOES SIN OCCUR IN PLAYING INTERNET GAMES? (5)

- Symptoms that could be potential sin
 - Withdrawal symptoms (e.g., anger)
 - Genesis 4:7 and Ephesians 4:26
 - Need to spend more time to satisfy the urge (when the time holds up, delays or is inconsiderate of others)
 - Philippians 2:3-4
 - Giving up other activities (e.g., church, devotion, worship, Bible study)
 - Hebrews 10:25

WHEN DOES SIN OCCUR IN PLAYING INTERNET GAMES? (6)

- Often children argue, “There is no actual harm because the game is virtual (make-believe).”
- Even though there is no actual harm, and a video game is virtual (unreal), Bible tells us what goes on in the heart equates to actuality
 - Example: Matthew 5:28 equates lust with adultery
 - Example: 1 John 3:15 equates hating with murder
- Mark 7:15 (NLT), “You are defiled by what comes from your heart.”

WHY IS MOTIVATION IMPORTANT IN ADDRESSING THE PROBLEM?

- Motivation determines what approach to use in addressing the problem
 - Recreation vs. Fantasy as motivation
 - Approach to recreational motivation for gaming would focus on time prioritization and time management
 - Approach to fantasy motivation for gaming would focus given vs constructed identity
 - Motivations that hint at subtle, spiritual sins
 - Using gaming to relieve negative moods, e.g., depression, guilt or hopelessness
 - ✓ 1 Peter 5:6-7
 - ✓ James 1:2-4

RESOLUTION

- Issues to be resolved
 - Taking Radical Measures
 - Managing Time and Priorities
 - Relying on God instead of Oneself
 - Fearing God instead of Fearing Man
 - Rejoicing instead of Escaping Tests & Trials



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