

SITUATION OF THAI CHILDREN AND ADOLESCENTS WITH ONLINE GAME ADDICTION
IN A NEW NORMAL LIFE

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Abstract

Today's lifestyles, availability of technology drives children and adolescents to access more channels to communicate online with the outside world. There are also unlimited ways to find happiness and relaxation. Especially in the world of new lifestyles with continuous social changes. In this era, children and adolescents can easily access online games with just a smartphone, making the parents harder to limit or control their own online games. It is more difficult to limit or control overuse of online games among children and adolescents. Therefore, this is a very problematic situation for the children, the family and the people around them. This is not an individual problem but a long-term national problem. Addiction to online games among children and adolescents has a number of consequences, including problems of school, work, health, and relationship especially relationship with their families. The children and adolescents may be estranged from their parents because they spend most of their lives playing games for longer periods of time, resulting in less interaction with their family members or surrounding people. It also affects their mental and emotional states, such as irritability, tantrums, aggression and violent anger. This can be caused by dissatisfaction when games are not being played as intended or the results of games are not played as intended. Therefore, solutions to the problems require love, understanding and cooperation from parents or people closely in order to help them know how to properly play online games and to allocate time for their maximum benefits.

Keywords: Online Game Addiction, A New Normal Life

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Introduction

As children and adolescents in the new normal grow up with so many amenities around them, it is not uncommon for them to be able to use technology, learn quickly and often spend most of their time on the online space. In this new normal, online is the main channel of communication whether it is communicating via smartphones, tablets or notebooks, which are devices that play a very important role in daily life. But, in addition to the rapid modernization of information, there are also other consequences. Online gaming is another form of communication where the children and adolescents in the modern age use game characters as a medium to interact with one another. However, playing games until they are unable to control and manage their own time properly will result in negative consequences that are becoming more and more intense day by day. If parents let their children and adolescents use these devices for a long time each gaming, it can lead to increase game addiction. According to the 2020 Health Report of Thai People, Thai children and adolescents spent 35 hours a week on mobile screens or clear screens. It was more than the world record that the children and adolescents should not spend on gaming more than 16 hours per week. According to a survey of over 15,000 children and adolescents aged 6 to 18, 61 percent of these age groups were at risk of becoming addicted to online games. Online gaming itself was a factor that increased the risk of violence, gambling and the mental health of the children and adolescents (Thai Health Promotion Foundation, 2020). Also, the Child and Adolescent Mental Health Rajanagarindra Institute (CAMRI), Department of Mental Health, Ministry of Public Health conducted a survey in 2013 and found that up to 2.5 million children and adolescents were addicted to games out of 18 million of them nationwide (Child and Adolescent Mental Health Rajanagarindra Institute, 2013).

According to the survey of media and game use behaviors among children and adolescents during the coronavirus-2019 pandemic, it revealed that the children and adolescents exhibited higher levels of violent behaviors associated with a number of factors, including different parental cares, behavioral history, parenting by families with cultural differentiation in each region (the Child and Adolescent Mental Health Rajanagarindra Institute, 2022). The problem of game addiction is regarded as a very interesting and necessary thing that should be intensively studied in order to help and reduce the problematic consequences. As a distinctive feature of online game addiction, the children and adolescents tend to be excessively obsessed with gaming, resulting in a growing trend of playing games. When prohibited from gaming, they would feel irritated, more interested in playing games than doing anything else, not interested in family and school, isolate themselves from people around them, stay up late or not sleep, or have truancy behaviors leading to poor grades, forget meal time or refuse to eat, and lack physical health cares by spending too long hours playing games till they neglect and impair their daily routine duties. In solving the problems, if close people or caregivers of the children and adolescents understood and were ready to help, it could enable them to overcome the problems at a family level. The parents or caregivers should monitor their children's daily online usage and gaming. At the school level, teachers might adapt different methods of teaching and learning by using games as activities that enhanced learning, it might result in encouraging them to understand and memorize the lessons even better. In order to meet the needs of the children's ages, the teachers should use games as a process to stimulate interests and entertain the children and adolescents (Srithientrong et al., 2022), along with setting rules for them to concern how to regulate themselves. In this article, related literature was compiled,

including the following topics: What is the problem of online game addiction among the children and adolescents? What causes addiction to online games? Observing behavioral characteristics of online game addiction. Diagnostic criteria for online game addiction. Consequences of online gaming addiction. How can we help and prevent the children and adolescents with online game addiction? This aims to be further useful for developing guidelines of caring for the children who are at risk of game addiction and for teachers, health workers or those involved in counseling parents on taking good care of their children and adolescents at risk or with game addiction conditions.

Discussion

What are the problems of online game addiction among children and adolescents?

Up until now, with the new normal in Thai society, there has been a wide use of technology, computer and electronic media. These media have played an important role in the lifestyles of human beings around the world and have made significant positive and negative changes. (Makmee, 2020), especially the children and adolescents' behaviors related to the use of online channels in the form of gaming until it becomes a problem of game addiction. According to the data from the Department of Mental Health, most of the behavioral problems associated with game addiction were the children and adolescents' psychiatric problems which were common between the ages of 6 to 18, related to the types of online fighting games with team players, such as First Personal Shooting, MOBA and SPORTS game competition games. On average, the children and adolescents spent 5 hours a day playing games and playing 1-4 games of online battles alternatively, which exceeded the safe level of playing games for 9 hours per week, (Department of Mental Health, 2017) and more than

3 days a week for at least 15 weeks, (Pengpan , 2017). The symptoms of game addiction are characterized by very noticeable behaviors as the following, the inability to control time, properly work and stop playing games on smartphones, tablets or computers. For the children and adolescents, playing online games is the first thing upon waking up and the last thing before going to bed. If they did not play, they would feel irritated and anxious. Some of those with more serious symptoms may even get stressed. (Tapanadechopone, 2012). The children and adolescents spend most of their day playing games with the inability to control their own time, long hours of playtime, and the need for more gaming and play time. When not playing, they might have irritable and aggressive behaviors (Nindum et al., 2021). More than 4 hours of gaming a day causes problems, such as children and adolescents failing to carry out responsibilities, ignoring learning, engaging in aggressive behaviors, spending money on gaming, committing crimes, i.e., theft and intimidation on others (Department of Mental Health, 2018), ignoring family and close friends in real life, and preferring to make relationships and have more intimacy with their online gaming acquaintances than their real-life friends. Gamers tend to become overly obsessed with the games and prone to more use, and also contribute to psychiatric comorbidities such as ADHD, anxiety, depression, mood swings, substance abuse disorders, psychosis and epilepsy. In addition, when they are forced to stop playing games, they would feel irritable and the mental condition would change them to be aggressive and easily irritable (Child and Adolescent Mental Health Rajanagarindra, 2017). In 2018, the World Health Organization (WHO) made a decision to include symptoms of gaming disorders or gaming addiction in the Diagnostic Manual No.11, officially (International Classification of Diseases 11th revision (ICD-11) in the Mental Disorders category, Substance Addiction and

Behavioral Addiction. The game addiction regarded as a disease with several symptoms similar to the addiction to alcohol, substance abuse or gambling, is a major obstacle to the mental, physical and behavioral development of the children and adolescents (Department of Mental Health, 2019).

What causes addiction to online games?

The new normal life is considered the era of technology which plays a role in almost every aspect of daily life, especially the development of communication styles so that everyone can easily and quickly connect with one another through the online media networks coupled with the parenting methods through IT equipment to raise the children. As a result, the children have been addicted to certain types of online media since childhood (Dullaphan, 2018), especially the games with more interesting and more attractive features than any other types of online media. The causes of online game addiction depend on a variety of factors as follows:

1. Biological cause: It is caused by needs for physical relaxation to have the body rest from fatigue or to suppress pain or intense feelings from daily life. When playing games, as game addiction is one of the addictive symptoms, there will be a secretion of a substance called Dopamine, which will make the game players happy and satisfied. After for a while, they will increase desire for playing games. The release of dopamine in the brain leads to happiness of the game players (Brain Reward Circuit) until they become uninterested in doing anything else. Along with the constant stimulation around their mind, it makes quitting gaming more difficult. (Kaplan, H. I., & Sadock, B. J., 2009)

2. Emotion cause: It is caused by internal psychological needs such as the desire to boost one's self-esteem and self-confidence, problems, frustrations, anxiety,

insecurity, nervousness and various pressures in life. Therefore, the children and adolescents turn to online games and become addicted to information from those media to relieve stress and pressure within the brain. The games provide them with fun and release their aggression. Furthermore, the feeling of self performance and self-esteem arouses them for further efforts to play and prove their abilities. As a result, the players feel satisfied that they can play until they win or get success. (Sotajinda, 2014).

3. Environment cause: It is caused by the surrounding society, family, and friends, such as those who have family problems, lack of love, warmth and cares, and problems with family relationships causing the behavior to escape from real life, etc. This is also caused by parents' lack of skills to practice disciplines and ability to supervise their children's behaviors and time in playing games, or taking into account the consequences of game addiction. In some families, parents have too little intimacy and emotional attachment to their children or strictly control everything in their children's lives, resulting in stress, conflicts in the mind and the inability to communicate directly with family. In addition, some uncontrollable factors, such as the 2019 coronavirus pandemic, may expose the children and adolescents to developmental impacts. As having to stay at home, they are unable to do activities that enhance proper growth processes according to their ages and their parents have to work to earn income to support the family. The consequences are the problems of estranged relationships and the possibility that the children and adolescents may become addicted to games because of the fun and the parental support. (Thai Health Promotion Foundation, 2020)

4. Social cause: It is caused by the needs to build relationships with others, and to be accepted by a group or society. The children and adolescents are easily influenced by their needs to escape from the feelings of being alone

and lonely or for whatever reasons. In addition, they may want to know about other people on their own online space, not update anything else and remain anonymous. They only want to follow the news or post some comments, especially with a group of friends who influence their behaviors. Games make them feel that they are meaningful and have a place to stand among their peers (Sotajinda, 2014). Moreover, nowadays in Thai society manufacturers often produce various online media as a stimulus to show the abilities of the children and adolescents to access online. Also, online games can attract more children and adolescents to access online and in the era of social media freedom society, in which the government is lax in solving the problems. Many game shop owners have avoided the age limit rules for their customers and have not regulated the opening hours. Moreover, educational institutions mainly focus more on academic skills than on life skills and the environments around schools are filled with lots of game stores. Thus, the children and adolescents can easily access and eventually become addicted to the games. (Child and Adolescent Mental Health Rajanagarindra, 2021)

Criteria of Internet Gaming Disorder

Internet Gaming Disorder Diagnostic Criteria

Based on the criteria of the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders fifth edition), the clinical diagnosis of IGD (Internet Gaming Disorder) requires all or more than 5 of the following 9 criteria as follows: (Luo et al., 2021)

1. Overwhelming preoccupation with such online or offline gaming that it interferes with other daily life activities, such as preoccupation with games, a long-time gaming, time unawareness and inability to limit time spent on gaming for specified period of time.

2. Having aversive symptoms such as irritability, anger, rampage, destruction of belongings, anxiousness,

restlessness, anxiety or depression, etc. when being ordered to stop playing games.

3. Demanding for more gaming and spending more time or all the time playing games.

4. Difficulty in reducing or discontinuing online games as well as inability to control online gaming engagement.

5. Having lost interests in hobbies or other recreational activities as usual, except playing games, such as isolating themselves from family or social activities.

6. Continuing excessive gaming despite knowing that it leads to several negative consequences.

7. Deceiving family members, therapists, or others about the amount of time spent on gaming.

8. Using games to relieve or escape from negative moods such as guilt, hopelessness or anxiety.

9. Having jeopardized or lost significant relationships with career, educational or professional opportunities due to gaming engagement, bad behaviors for gaming, such as stealing money, lying, arguing with people around them.

Observation of behavioral characteristics of online game addiction

Children and adolescents addicted to games have the following characteristics:

1. The characteristics of a constant desire to play games all the time (Craving): They become obsessed with playing games, requiring to play more and more games, inability to control themselves to play on a specified period of time. When prohibited from gaming, they show irritable attitudes by playing games for more than 20 hours a day. Consequently, they have a number of behavioral problems including lying, stealing, being aggressive, escaping from school or home, gambling, being inhospitable, irritable, anxious, unfriendly, often telling lies, etc. (Kim et al.,

2008). In addition, the organs used to focus on playing games begin to deteriorate and have problems such as the eyes, neck and back of the wrist (Pengpan, 2017). They play so many games that they neglect to maintain their physical hygiene, time to eat or inappropriate food.

2. The characteristics of the mind: The children and adolescents spend too much time playing games, have a happy mood, are happy to play the game, feel excited, alert, and energetic to win the game leading to greater satisfaction (Kim et al., 2008) by spending more time playing games, immersing themselves in planning the games to get what they want. And there is a strong urge to play more and more so that they can play games all the time. (Charoenwanit, 2014)

3. The characteristics of regular duties: The children and adolescents spend so much time on playing games that they ignore their own daily responsibilities such as study, sports activities and chores, as well as worse behaviors like absenteeism, not turning in assignments, falling asleep in class, arguing with teachers, being suspended from school, or being deprived of behavioral scores. They will feel very nervous when not playing games (Silangam, 2018). They play games all the time while doing other daily activities, such as eating, bathing, driving, or waiting for the bus and taking the subway, etc.

Consequences of Online Game Addiction

Gaming has both positive and negative effects on the children and adolescents. In case, the inappropriate nature of games and time spent on gaming can affect the children and adolescents in both short-term and long-term. The consequences are found as follows:

1. Effects on physical health: Playing games for a long time causes negative effects on the children and adolescents' bodies such as wrist pain and eye fatigue (Jun-up, 2017), together with back, neck and shoulder pain

because in most games, the face is bent down, resulting in abnormal contraction of the muscles in the neck and shoulder, including poor blood circulation. Gaming for a long time causes headaches and also abnormal blood circulation to the leg organs, and results in severe pain and swelling (Charoenwanit, 2014; Kelly, 2004). Furthermore, the children and adolescents may experience obesity because spending all the time in front of a computer or a phone screen playing games results in relatively little movement of the body, causing fat accumulation in various parts of the body. A study in Thailand revealed that the children and adolescents with online gaming problems are not getting enough nutrients for their growth due to not eating three meals a day and eating useless food. Other health problems, including eye problems, are resulted from the harmful effects of radiation emitted by the screen, from being in front of the computer every day for many hours a day and staring at the tablets and smartphones without resting their eyes. Internet chatting or online gaming can cause macular degeneration and reduce time for exercise.

2. Effects on behavioral performance: The children and adolescents addicted to gaming will get themselves to perceive, interpret, make decisions and respond to various situations with a more aggressive behavior until it becomes a habit by playing and imitating violent games. This may lead them to thoughts and behaviors. They are unable to differentiate between real and in-game situations resulting in various behaviors based on games with aggressive patterns of violence, easy irritability, and less effectiveness in self-control. Being addicted to online games and preoccupied with such an untouchable world, they will be unable to maintain a good level of self-control. Being told to stop playing the games results in various adverse symptoms. They will need to spend more time gaming to satisfy the urge to play all the time, including the difficulty of stopping or reducing

gaming and incapability of trying to control the game engagement. It also affects the incidence of other behavioral problems, such as crimes, sexual behavior problems because game contents influence behavioral imitation, consistent with the DSM-based differential diagnosis criteria-5, which is assessed with all 9 components.

3. Effects on emotional and mental health: The mental state consequences of the children and adolescents can result in feelings of loneliness, anxiety, separation from the real world, and negative emotional and psychological stress from gaming. This leads to a lack of real-life communication with the outside world and hyperactivity due to a decrease in memory accuracy because they spend most of the day focusing on such a screen of the mobile phone that they get effects of distraction and look forward to gaming all the time. The most common problems of mental health were found among the gamers with easy anger, hot-headedness, irritability, demand to overcome, obsession, lack of concentration, stress and anxiety, respectively. (Hanpatchaiyakul et al., 2021)

4. Effects on society: Excessive online gaming and using games as a means of escaping from or ignoring problems may cause the children and adolescents to isolate or escape from society without interacting with family or people around them, leading to relationship problems (Kuss et al., 2017). As a result, it affects social development, a lack of confidence and communication skills with people in real life and interacts with only people in online games. This results in less communication with family or people in real life and not engaging in social activities rather than playing games to win and staying online until forgetting their real life. Some of them may use online games to rebuild their own identities in order to interact with others through game characters by providing false information such as genders, ages, photographs, occupations and other

personal information to entice the interlocutors to be interested in their new identities and to arrange meetings for different harmful acts leading to serious problems of/with life and property. (Butraprom, 2002)

5. Effects on study: Gamers are so obsessed with playing games that they are not interested in learning and are responsible for their own duties. In particular, in the age of schooling, this may affect the children and adolescents' study because some of them may not do anything else at all, not focus on their study and also have less intellectual development due to a lack of being trained and interests in study. Additionally, they play games and chat online all day and night until they ignore their own duties of intention on study. The study of Hanpatchaiyakul and et al. (2021) revealed that the students with game addiction behaviors had learning problems resulting in a dramatic decrease in the students' learning efficiency, such as not turning in assignments, irresponsibility, inattention and inability to prioritize time.

6. Effects on finance: As gaming costs certain expenditure, more and more expenditure will be spent on most of the games. As having to gain money, the gamers want to reduce other expenses in their daily lives to spend on the games instead such as on equipment and gadgets for the games. The Radio and Media Association for Children and Youth (RMACY), together with the Office of Thai Health Promotion Foundation (ThaiHealth) reveals the results of research on children addicted to games: According to the social responsibility situations and policy proposals, it revealed that some children and adolescents spent more than 5,000 baht per month on playing games. (Social Communication Group, the Office of National Health Commission , 2021)

How to help and prevent children and adolescents with game addiction?

Helping addicted gamers requires cooperation from all parties, the children and adolescents themselves, families and schools with the following joint responsibilities:

1. Parents can apply several guidelines to help and prevent their children and adolescents from game addiction. The Child and Adolescent Psychiatry Club of Thailand has provided various guidelines as follows: (Pornpadol et al., 2014)

1.1 Make understanding and responsibility in taking good care of their children: Parents should be responsible for good parenting by providing love, warmth and quality time for their children and adolescents as a shield against game addiction as well. They should set aside time to do things in the family including creative activities for family members to solve problems in different situations together and distract their children and adolescents from gaming that they are obsessed with. They should take advantage of staying home with their children and adolescents so as to strengthen family relationship through various activities such as cooking, hugging or comforting them when they feel uncomfortable and playing games together without expensive toys. All of these can help increase their other life skills. (Thai Health Promotion Foundation, 2020)

1.2 Time limits and rules should be monitored by the parents to their amount of time spent on playing games each day. Common rules should be set together for how many days and how many hours a day they can and should play after completing their own responsibilities. In addition, the punishment was clearly defined without flexibility and compromise until breaking the prior system set from the beginning (Pengpan, 2017). However, the children and adolescents should change their behaviors to prioritize their time in life on what to do each day, how to

differentiate themselves with the responsibility to complete the assigned tasks before spending their free time playing games online or on mobile phones. The parents should keep all firm common rules, such as not playing online games alone or not playing before going to bed because this will lead them to negative habits, including affecting health, sleeping difficulty and improper rest until getting exhausted. They may unplug the internet every night or turn off the phone before going to bed to prevent playing online games on bed.

1.3 Training responsibility for the children and adolescents: They should take responsibility for their own duties, study and chores, manage their time to do things appropriately, practice patience, control emotions, self-disciplines, personal and public disciplines, and set time as the rules.

1.4 Reducing opportunities to access games: As the home environment is too conducive for the children and adolescents to gaming, they must follow the limits of a minimum number of gaming devices. The installed devices should be located in the open space in order to guide and determine the boundaries of playing their right games. It is also necessary to limit the amount of gaming each day for them to engage in other activities in daily life.

2. The teachers, guidance counselors, psychologists or school psychologists can provide knowledge along with organizing the activities to help the children and adolescents develop more self-defense skills as follows:

2.1 Encouraging the children and adolescents to take pride in self-esteem (Self-Esteem): The reason that the children and adolescents become addicted to games relates to not taking any pride of themselves so they try to find something else with high efforts for their pride through gaming as a tool to enhance their self-confidence (Chodnock & Yod-in, 2020). As an additional duty, the

teachers should explore their talents and outstanding abilities apart from learning skills such as the abilities in music, sports or arts, and entertainment or recreation so that they can be proud of what they have and unproud of what they lack.

2.2 Encouraging the children and adolescents to manage their own stress: When getting stressed or having problems, the children and adolescents tend to relieve those by playing games. If they do this for a long time, they will have a high chance of gaming addiction (Pengpan, 2017). Therefore, they should be encouraged to engage in a wide variety of stress-relieving activities and include appropriate emotional management strategies such as activities of exercise, art, basic farming, cooking, etc.

2.3 The principles or concepts of games in a learning style should be supplied to develop diverse and interesting teaching-learning methods to attract the children and adolescents to take advantage of games in the lessons suitable for the learners of each age range. Likewise, the games should be applied as the lessons' supplements designed to be acquired easily with beautiful illustrations which are suitable for the age range of the children and adolescents. The children and adolescents are able to learn by themselves through games and the various technological applications in the new normal era as today's children and adolescents can easily and rapidly access to make learning more attractive. (Thepphuthorn et al., 2022)

3. Government agencies, private sectors, as well as non-government organizations should cooperate with one another to establish concrete prevention and solutions on an ongoing basis by finding out the areas with high numbers of children and adolescents addicting to gaming, conducting behavioral therapy and modified activities for them, controlling gaming addiction behaviors, allocating more areas for community activities with the children and adolescents and setting restricted standards for game shop

owners. To understand the consequences, game shop owners should gain social responsibility training and have knowledge of game addiction symptoms. (Suphawadee Charoenwanit, 2014)

4. The children and adolescents should choose useful online games that help them not become addicted too much to gaming because nowadays online games have both advantages and disadvantages. They should choose suitable types of online games for relaxation, fun and entertainment rather than for winning or satisfaction. Also, they should set a time limit for themselves not to spend so much time that it leads to less interaction with people around them. They should realize appropriate time to play online games in situations and circumstances such as not playing while studying, walking on the road and at lunch time, etc. The most important thing is to know how to restrain and constantly remind themselves that they should play the games consciously with judgment, timing and appropriateness.

Conclusion

Online gaming is a form of communication among modern children and adolescents. The game itself is more interesting and enticing than any other online media. The children and adolescents often use game characters as a medium to interact with one another. In particular, the situation of the Coronavirus 2019 pandemic, an uncontrollable factor, exposes them to the developmental consequences of home quarantine and the inability to engage in any other activities that encourage appropriate age growth processes. Moreover, as the needs of parents to work outside to make a living, the consequent problem is an estranged relationship in the family. Playing games is such a fun activity that they can have at that moment until they become so addicted that they cannot control and manage their time properly. This leads to various negative

effects. Causes and factors related to online game addiction can come from a variety of reasons. For physical aspects, the children and adolescents need relaxation so that their bodies can take a rest and relax. For emotional aspects, they want to add value and self-confidence. For environmental and social aspects, they face family problems, lack of love and warmth, and a desire to build relationships with others or get accepted by others. These causes and factors can be observed through behaviors based on their physical characteristics, such as playing games until having no time to bathe, getting dirty body parts and blurred red eyes from using the eyes for a long time. For mental characteristics, they feel pleasure when playing the game. For functional characteristics, they are addicted to games so obsessively that they neglect their other responsibilities. The consequences of online gaming addiction, according to the impropriety of games and the time spent on gaming, can lead to both short-term and long-term effects on the children and adolescents. For physical health, playing games for a long time will result in various negative effects, such as wrist aches and eye fatigue. For behavioral effects, they are at risk of violently aggressive behaviors by imitating the games in their real life. For emotional and mental effects, gaming addiction can affect a person's mental state including depression, feeling lonely, anxiety and stress. For social effects, with excessive online gaming, they will lack communication skills with real-life people. For financial effects, gaming costs a lot of money so they have to find ways of getting more money to play more games.

Providing support to the children and adolescents addicted to games requires the cooperation of all parties, the children, the family and the schools, with a shared responsibility. It is important for parents to provide time for their kids who are addicted to games, including making them understand rules and disciplines to reduce the amount

of time and the number of games to play. Teachers, guidance teachers, or school psychologists should encourage them to take pride in themselves so that they can realize their capabilities in other areas rather than gain confidence in winning games. Also, programs or activities should be provided for managing stress appropriately because they often make an excuse to play games for stress-relieving instead. The teaching and learning management should be designed to attract their attention and make use of games in an appropriate way by applying the concepts of games in a variety of learning and learning supplements. Guidelines for both public and private sectors as well as non-governmental organizations should be developed for strategic plans to prevent and resolve online game addiction as a process which leads to continuous earnest practicality and in accordance with the announcement of measures to prevent the coronavirus disease 2019 pandemic. According to the guidelines, they should choose the online games for entertaining rather than for winning or satisfaction, and they should know how to set such a long time to play games that it affects their own responsibilities.

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