

Addiction to electronic games on children
An exploratory field study in some public health institutions in the municipality of Sétif

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Abstract:

This study aims to investigate a recent phenomenon in our Arab society in general and our Algerian society in particular, this phenomenon is "Addiction to electronic games on children" Considering that the child is a minor individual who does not possess the maturity and discrimination that qualifies him to judge things on his own, so he needs accompaniment, supervision and guidance even in play and entertainment, We have conducted an exploratory study in Some health units of the municipality of Setif, so we used some files of some psychologists affiliated to these units which dealt with such cases to discover the effects and repercussions of this phenomenon on the health and behavior of the child addicted to these games, and most importantly. so to deduce some solutions and recommendations from the experiences of the others and the reality of the cases prevalent in our society by Presenting, studying and analyzing 05 cases of addiction to electronic games.

Keywords: Electronic game; Electronic addiction; Child; Social effects; Psychological effects

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INTRODUCTION:

Technological development has become of interest to researchers in humanities and social sciences because it included all age groups even children and it touched all cultures and levels as well as all areas of life including the field of entertainment, so that this latter became an "industry" as the development of science led to the development of the world which became more complex and more difficult. Human being, by nature, tries to alleviate difficulties through entertainment in order to relieve all pressures and problems of life.

With the development of technology, games that are previously unknown appeared and played an important role in children's culture. These games became known as electronic games and spread in many Arab and foreign societies. Suddenly, electronic games are no longer restricted to adults but have become an obsession for many children and youth and they captured individuals' minds and interests as a feature of the modern technological revolution.

Since the child lacks awareness and maturity to distinguish between reality and imagination, he carries those violent behaviors that he practices as a game and wants to apply them on reality. Hence, modern technology has become a major competitor for parent in raising children, as it imposes on the family new functions and tasks related to the social development of the child.

This study has adopted two sides:

- Theoretical side: contains problems and questions, hypotheses, the importance and objectives of the study, defining concepts and a theoretical dimension about electronic games.
- Practical side : contains a presentation and study of five (5) cases about the phenomenon of addiction to electronic games depending on medical files from psychologists at the public establishment for proximity Health of Setif , then an analysis and general conclusion of the cases ,after that a socio-psychological reading of the phenomenon to conclude the study with a set of recommendations.

1. The problematic of the study:

For centuries, educators have agreed that children show great happiness and succeed in their attempts to learn, and when perceptual things are presented to them, they turn them with their hands and acquire through them many concepts about things in nature and in social life and add to them the character of life, so they talk to their toys as if they see and hear. Besides this children find fun in shaping things and subjecting them to their desires.

Play is a spontaneous activity which is necessary for the child and important for his growth and development. It is his means of expression and his way of learning from the world around him . Through play , the child experiences, recognizes learns and expresses his self by exploiting his energies, play push the child to experiment , imitation and discovering new ways of doing things .Thus, through it , he feels pleasure . The tendency to move is the most apparent innate inclination of the child and it remains in the different stages of his development.

Psychologists have confirmed that play develops personality of the individual as well as it is one of the basic means of education **Maria Montessori** believes that it is important to give individuals wide freedom in their movement and use of their toys and limit the work of educators to guidance and training the senses and sensory perception of the children (slama,2014,p 20).

In the past , the concept of playing was related to physical and kinetic activity, but with the development of science and technology, its concept has changed due to the modern revolution in information technology and its rapid and interesting access to everyone through television screens , satellite channels discs , CDs ,software in general and international information network (INTERNET) . The concept of playing has deviated from education to entertainment because of the emergence of electronic games which attracted the attention of all segments of society including children .

Electronic games are defined as "games that individuals are constantly addicted to use whether they are online or offline, and this negatively affects the individual in general and the child in particular, as it has a social, psychological and health impact on him" . It was also referred to as «extensive use of electronic games on the network online whether on computers, mobile phones, PlayStation and various imaginary types.

These games have attracted people's attention because of the suspense and excitement in their contents. Many clinics and centers have opened in recent years, the first in Japan to treat this type of addiction. One of the mothers, in the rehabilitation center for addicts, explained that her son lost his contact with reality and lost his interesting of everything, he did not want to eat, drink or sleep, and the only thing he understood was playing (Ahmed, 2020, p 900) .

Computer games invaded our markets and taken over the minds of our sons young men and girls and brought us customs, cultures and even beliefs that are contrary to our religion Discs containing these games have increased to the thousands, with the weak control over these games and their abundance and what was characterized by high-quality technology both in graphics or events, characters or excitement by drowning in science and non-science fiction. There has been a great deal of demand for purchase of these devices and their playing discs, so that every house has one or more of these devices.

All electronic programs, especially games, depend on light and sound elements and effects that attract young children greatly and effectively due to their ability to produce certain images and colors that film and television directors may not be able to implement.

These games have passed the stage of innocent entertainment to the stage of addiction, so that the child or teenager cannot pass a day without sitting in front of the screens of these games wasting a lot of time of his day.

Although there are many benefits and advantages of electronic games, they have complex negative aspects that manifest their impact on the individual in particular and on society in general, which pushed us to present some cases of children addicted to electronic games to confirm the hypotheses of our study by asking the following question:

- What are the negative psychological effects of electronic games on the child?
- What are the negative social effects of electronic gam on the child?

2. Hypotheses :

- Electronic games played by children have negative psychological effects.
- Electronic games played by children have negative social effects.

3. The importance of studying :

The importance of studying lies in answering the problematic questions posed, as the phenomenon of addiction to electronic games has taken a large space in the life of the individual in general and child's life in particular.

- Entertaining games have become a danger to a child who plays electronic games because they have become a threat to his life.
- Identifying the social and psychological effects of the phenomenon of addiction to electronic games.

4. Study objectives :

- Determine the reasons behind children's addiction to electronic games.
- Identify the various negative social and psychological effects of electronic games on children's life.
- Attempting to reach the appropriate mechanisms to protect young people from the phenomenon of addiction to electronic games.

5. Study methodology :

This study needs to use case study by using files of children addicted to electronic games which are held by some psychologists affiliated with the public establishment for proximity health of Setif .

6. Study terms :

6.1 Play :

Playing is one of the most important behaviors that a child performs, it is not only an entertainment activity, but it is considered the most important activity for psychological and mental development. Scholars differed in the definition of play due to their different point of view , some of them see play as an innate activity and others see it as a mental activity, for this , we discuss below some of its definition:

❖ Definition of Viola El-Beblawi

Play is defined as " a spontaneous activity practiced by the individual in order to bring joy to himself and aims for amusement and consumption of energy and effort without the presence of external forces or motives that move and direct him , so it differs from real work which is an activity directed towards a specific goal carried out by the individual "(El Anani, 2014, p16)

❖ Definition of Huizinga

Huizinga defines play as «every kind of free activity which is performed with complete awareness outside of ordinary life"(Salama , 2014, p15)

❖ Fröbel's definition

Fröbel defines play as "a spontaneous and psychological activity , it is an example of human life in its entirety ,so it was always associated with joy , satisfaction ,psychological and physical comfort and feeling of cosmic peace "(Al Anani, 2014, p16)

From our point of view, play is a spontaneous activity that the child practices from his early childhood, and it is an innate readiness since his birth, through play the child acquires several psychological and social skills that contribute to the formation of his personality.

The principles of play emphasized by psychoanalyst school are:

- Linking play process with child's imaginative activity.
- The child expresses his desires and feelings through play.
- Play relieves the psychological tension of the child and helps him solve his problems.
- The psychology of the child can be studied through play.

- Through the process of playing, child escapes from the world of reality to the world of free imagination. (Al-Hila , 2013, p 72)

Play is a means of emotional vent that child resorts to in order to get rid of pent-up negative feelings, such as feeling jealous from one of his brothers or feeling lonely because of the absence of one or both of his parents . Play also considered a means of entertainment that makes child happy and delight.

6.2 Electronic games:

Modern electronic games represent an evolution of audio-visual technology developments that rely on three-dimensional to bring about realistic play by the user. (Al-Hashash, 2008, p8)

Electronic games also called video games, game means an interactive, non- serious kinetic activity for the purpose of entertainment and enjoyment, the word Video means that this activity must be done by an electronic means, whether this means is a direct party which is the device or an indirect party which means another person playing on the device or through the network. They are games programmed by the computer and played through special devices connected to TV , portable devices , mobile phones , on computer or on xda computer such as play station ,Dreamcast and x box .The controller can be the inputs for the commands in the games, the buttons on gaming devices or the key board and mouse on the computer .In addition to this ,some modern TVs also contain electronic games .

Electronic games are file or multimedia that often includes images, sounds and presentations from a special mixture of graphics and snapshots that give the user a sense of places, obstacles , enemies ,etc.....in addition to the ability to respond to certain commands from the user , making him feel fun and challenge .(Hassan ,2013, p03)

❖ Al-Shahreri's definition of electronic games 2008

«It is a type of games that are shown on the television screen (video games) or on the computer screen (computer games) which provide the individual with pleasure through challenging the use of the hand with the eye (visual/ motor coordination) or a challenge of mental capabilities and this is through the development of electronic programs"(Al nimr, 2016-2017, p08)

Depending on what was discussed, we can say that there are many types of electronic games: the first type requires the availability of the internet in order to run the game whereas the other type can be downloaded only, that is, it and does not require the availability of the internet, and there is another type of games called video games that are equipped with a set of games connected to TV. Concerning the means that the child uses to play, there several types, such as computers, smart phones, electronic boards, television, etc.....

6.3. Definition of the child:

It is the stage that follows birth immediately and continues until the stage of full awareness and the ability to make decisions and carry out responsibilities, it is often a few years after puberty .Sociologists have defined the childhood stage as the stage in which the young child depends on his parents until he reached physiological and economic maturity (Ali, 1999, p139)

6.3.1 Definition of child in psychology:

Psychology presents new concepts related to the definition of the child , it relies in its definition of the child on the study of the changing interactions in the children' s behavior and minds within the developmental stage that the fetus goes through before birth and as an extension of the adolescence stage . Psychology's definition of the child includes physical growth and mental development, and the accompanying emotional and social behaviors and developments (Sadik & Abu Hatab, p4-6)

Psychologists define child as " a person who is fully formed but has not yet reached the stage of maturity and has not signs of puberty regardless his mental ,behavioral and emotional abilities and characteristics that he possesses"(Encyclopedia of child psychology)

6.3.2 Definition of child in sociology:

Sociologists differed in their definition of the concept of child and in determining its nature, for that many trends emerged among them:

The First direction: the concept of the child is given to man from the moment of his birth until he reaches adulthood, and the age of maturity is determined by the state system, society and law in each country independently.

The second direction: the concept of child is defined as a newborn human being within the first stage until he reaches twelve years, regardless of his puberty, the legislations followed in his country, laws, regulations and agreements.

The third direction: the child is the newborn from the moment of his birth until his puberty, but must distinguish between adulthood and maturity (Fahmi, 2012, p18-20)

6.4 Addiction to electronic games:

The American Psychiatric Association recently published Diagnostic Criteria for Internet Gaming Disorder (IGD) in the Diagnostic and Statistical Manual of Mental Disorders "DSM-5" and it is defined IGD as " the frequent use of internet to participate in games which leads to significant weakness and medical and clinical problems" , he continued his description saying that there is a similarity between substance use disorder and gambling addiction disorder criteria as a result of the emergence of maladaptation problems and health diseases for those who suffer from these disorders.

❖ Definition of electronic games addiction according to Heron , Shapira(2003)

"It is a behavioral disorder that includes losing control over the amount of time to use the Internet , facing significant stress , consumption of time and social , occupational and financial problems"

❖ Definition of electronic games addiction according to Kanjanopas "2007"

«It is the continuous thinking, planning and practice of playing at various times which leads to confusion in the player's life activities and their addiction to play".

❖ Definition of electronic games addiction according to the Encyclopedia of Addiction (2015)

" It is a phenomenon represented in the complete and continuous accustoming of the individual to play electronic games permanently through intermediate means , making him in a permanent state of separation from normal life and it controlling the individual in his wakefulness and in his sleep"(Ahmed, 2020 , p900)

From our point of view, addiction to electronic games reflects a negative psychological or social condition that the addicted person suffers from, whether it is emotional deprivation or loneliness, etc.....

7. Symptoms of addiction to electronic games:

- Wasting more than five hours during the day and night in following Internet.
- Feeling of isolation and avoidance of mixing with others .
- Living in daydreams and unrealistic thinking .
- neglecting other obligations and damage of important relationships in an individual's life.
- Eating irregularly and even eating during plying.
- Feeling a strong desire to play
- Feeling of euphoria and vitality while playing (Bakhta& Rabiha ,2020, p 56)

8. Historical roots of electronic games:

The history of the beginning of electronic games dates back to 1943, when an American professor invented a game, he called "the cathode-ray tube amusement device ". In 1953, some specialists were able to show "a louse" on a large screen of lamps and making it move using a huge computer worth millions of Dollars. Then, in 1960, the first home device was designed for video games connected to TV to display pictures.

The arcade game was the first game invented for commercial purpose in 1971. It worked by placing a coin and it contained a TV screen without colors. In 1972, the first games company was established in the United States of America and introduced the game "bong" which is a game simulates volleyball game .The company marked more than 100.000copies in a short period of time .After that, there were many companies that began to invest in developing new games with their devices and in 1982, they reached the top of their sales, and then began to decline due to the emergence of gaming computers.

With the increasing need for devices that are easy to use, a Japanese company has launched a gaming device with high-resolution graphical specifications like "Mario" game which achieved great success, fame and fantastic sales, motivating another Japanese company to launch a new product whose character is based on hedgehog "sonic" . After that, the "Monaco" racing games for cars and street fighters appeared.

In 1988, personal computers developed and the processors 386,486 appeared. In 1990, the emergence of windows program 1-3 allowed a simplified interaction with computer "bat" which became accessible to many, so flying games and chess appeared.

In 1993 , " Pentium " processors and CD readers appeared and Microsoft company introduced windows 95 program which made the personal computer a tool for developing games based on multimedia in taking advantage of images , graphics and sounds, this led to decline of video game devices and the major companies began to abandon their development program in this field .However, in 1995 a giant Japanese company introduced the play station device which was equipped with a wide game library , followed by other Japanese companies which revived the race to develop games devices .Within the artificial program ,electronic games appeared either connected to or independent of computer .(Hassan ,2013 ,pp4-5)

In the late of sixties ,electronic games appeared in the form of entertainment activities ,it is a mental activity that includes all video games related to computer games ,phone mobiles and electronic board games , it is an informational program where this activity is practiced in the same way as other activities and it is practiced collectively via internet or individually, (Ahmed , 2020 ,p 899)

9.Types of electronic games

There many ways to classify electronic games, as they are classified according to their type , function and purpose of preparation ,or classified according to their subject matter, the way they deal with the topic or according to the age stages.

9.1 Educational gamesbased on a story or cartoon character

This type of game is very useful for child because it begins to educate him with an easy and smooth culture and within this field, some programs are in Arabic language which .This programs can be started by the child from the age of four .

9.2 Intellectual games (strengthening, observation, concentration

Practically, these programs are for young, but they also attract adult because they strengthen imagination, intuition, memory and intellectual activities. The child begins with these games from the age of seven.

9.3 Games that depend on war strategies (need to put planes)

This type of games is considered a kind of advanced stage which require mental maturity, the child begins with them from the age eleven and adolescence until youth.

9.4 Games based on struggle for survive

This kind of games can be violent or not, but it leads to dulling of thought as it depends on a specific hunting (airplanes, spacecraft) and it is based on accumulating the largest number of points (El-Hashash ,2008, p14-15)

10. The impact of smart devices on family functions:

The family is considered the most important establishment in the process of socialization. It is the first group in which the child lives and feels the sense of belonging to it and from the family the child acquires the basic social characteristics, so it is the main means for socialization.

The family is the ground for the formation of human newborn, making him human through language, behavior and trends. It strengthens the individual and community as well as it can weaken them, it is the pillar for every future structure. The family performs a set of biological, psychological, social and economic functions (Mohamed & al-Qusiri ,2004, p31)

Thus, the family practices educational processes aimed at achieving the growth of individual and society. The family is sensitive to the change and transformation that affects the society in its systems and values, in other hand, the society is also affected by the change which happens in family patterns.

However, the space allocated to the family through which it exercises its functions has gradually begun to decrease due to use of modern communication means.

Smart devices have occupied an important place in our lives which reduce the role of various socialization establishments like the family and school . In addition to this, the family has given up some of its roles and functions in exchange for a few hours of quit and comfort.

Technological progress and development are often considered a source of psychological loneliness and insecurity .The nature of human interaction in the modern technological society weakens the social ties between society members , which reduces the important of family role and eliminates its system , and with the spread of complex media in social communication such as media and internet , the individual acquires values that may contradict his family's traditions.(Mohamed, 2022, p22)

Bad use of smart devices may affect the family's ability to protect its members, especially children.

11. Advantages and disadvantages of electronic games:

11.1 Advantages of electronic games

Electronic games have an important role in developing children's abilities ,as they gain self-confidence when they win . Moreover , they have positive educational role in teaching children skills such as : writing , accuracy , concentration and arithmetic , they also help to activate memory ,generate their creative thought and help children in expressing their feelings.

Electronic games can contribute to the development of the child's leadership skill, so that he becomes accustomed from childhood to take decisions , because most games give the child several options while playing and give him the freedom of control .

All children are able to satisfy their needs according to their physical and mental abilities by choosing games that are compatible with their abilities .Dr. Abdel Wahab Boukhanoufa believes that : "Electronic games teach our children a lot of good values and morals , with more ability and effectiveness than what is done by parents "(Hamal , 2011-2012, p142)

For young people , play is an expression of social , psychological and physical needs which help to resume the rest of the daily social activities .

Electronic games have also other advantages that related to the thinking of young people and their ability to imagine, represented in raising their levels awareness and attention , and providing them with remembering and anticipation skills , They are used to the improve memory and visual abilities through their designs and drawings .(Ahmed, 2020 , p889)

From our point of view , electronic games give addicts some educational skills such as foreign languages acquisition , typing skill , writing skill and critical thinking skill.

11.2 Disadvantages of electronic games

The addiction to playing electronic games has caused a lot of damage to the child, especially social and health damages. Socially as the addiction to playing electronic games leads to child isolation from his social environment and this what causes him difficulty in identifying himself and the embarrassment of others. In terms of health, a recent medical study revealed that the high and varying levels of illumination in electronic games causes headaches in children .In addition to this, the overuse of vibrating games may cause trembling of arms and hands. Not only this ,doctors indicated the emergence of some diseases in the musculoskeletal system due to the frequent rapid movement while playing these games , the frequent movement of the fingers while playing causes severe damage to the thumb and wrist joint as a result of constantly bending them.

International research indicates that the movement of the chines is very fast while playing electronic games ,and the electromagnetic field emitted from the screens causes redness and dryness of eyes , all of these symptoms cause headache , physical tiredness and sometimes anxiety and depression. (Hamal,2011-2012, p143-144).

Concerning educational damages, many studies have provided strong evidence that children who spend a long time playing electronic games, especially violent games, lead to poor academic results in school .It also affects negatively their thinking and study. Moreover , children and adolescent who stay up all night playing electronic games cannot wake up early to go to school and this affects their academic efforts next day, and this what was confirmed by Maha Al-Shahrori in her study : " the frequent practice of electronic games by children in the early years of a child' s life lead to some disturbances in the child's ability to focus on other works like study (Al-Zayoudi, 2015,p17).

The addiction to computer games affects the student's academic achievements because the student who works on computer for five hours a day lost his energy and vitality in front of those screens, so when does this student study today's lesson? and when will he review yesterday's lesson ? andwhen will he prepare tomorrow's lesson? (abu Saleh , (N.D), p20)

Before the appearance of computer games, play depended on multiplicity of people, but with computer games, a child or teenager can sit in front of gaming machine alone for eight consecutive hours without needing a friend, and this leads to a growing spirit of isolation in children. These games also lead to bad ethics like revenge, harming others and keeping away from Islam morals like mercy and forgiveness. (abu saleh ,(N.D), P18) .

There are some games based on destroying in which the player smashes walls and deforms building with colored spray cans ,despite of knowing that he is out of law , the player go too far in his work , hiding from police and laughing at them , as if they order the teenager in this game to ruin , destroy and be out of law and if you plan properly no one will discover you . In addition to this , "car racing" games lead to what is called " driving madness" which leads to many car accidents as a result of being affected by these games . (abu Saleh , (N.D), p19).

Wasting money in buying those devices that are considered expensive, then on buying special programs and games, after that wasting money on maintaining and repairing these devices because they often get damaged or destroyed due to misuse or frequent use, and there are those who are not satisfied with one device and some games, but rather buy new one and may destroy his device to buy other (abu saleh ,(N.D), p 19)

Dr Afrah Al-Hamidhisays:" some tapes contain games in which the character, especially women, appears in scandalous clothes and this character dance and sing even though the game does need the appearance of such character nor their dancing, for example a tape called **action game /disnys / hercules** . In addition to this, there are some games which in their background there are girls who wear only swim wear, making attractive movement to attract the attention of child and young man, and so be addicted to game and to such movements. The inserting of such scandalous scenes and images into games indicates clearly the desire of game makers to further deteriorate morals and lead adolescence to lust while they are still in at an early age .(abu Saleh , (N.D), p15-16)

We can say that the negatives related to electronic games are much more than the positives Therefore, the gradual removal of child from them is necessary, because depriving them from him at once may leave other negative effects that may be more dangerous than addiction itself.

12. Show some cases of children addicted to electronic games:

A field study on some cases from psychologists point of view .

We will address some cases of children who were addicted to electronic games and who we met through our visit to some psychologists .

12.1 The first visit to the multi-service clinic "Said Bentoumi" in Blair ,Setif.

In September 16th ,2021 , at 10:00 am ,we visited the psychologist in multi-service clinic "Said Bentoumi " and while we were conducting an interview with her about cases of addiction to electronic games , we met a woman with her child seeking help from psychologist , so we were allowed to attend the first interview , and the most important events were the following:

- First case:"Abd el Rahim "

Abdel Rahim is 14 years old , he has been living in the city of Setif since one year , his original city is Djelfa. He is a third- year middle school student, he has three brothers. Abdel Rahim is fond of the electronic game called "free fire " which is a combat game that contains several stages where in the last stage , the player burns the carpet and prostrate to an idol to be the winner.

Abdel-Rahim started playing in 2020 during the quarantine , and he is not only a player , but rather collects money from players to buy subscription cards in the game and finance game member from his own balance , he is well in control of computer technology and electronic games . Abdel Rahim is very intelligent and he was best in his study until the last year , when

he retreated in his study and became less concentrated as he spent most of his time in playing .His dream is to work in the field of Internet and smart phones when he grows up.

Abdel Rahim mother said that she tried a lot to talk to him about his addiction to electronic games, but when she noticed his decline in his study in recent months, she decided to ask the psychologist help.

The psychologist gave him advices and told him that she and her team wanted to help him in order to complete his studies since he has abilities that qualify him for that.

Psychologist demanded from him to comeback after two weeks to start directing him.

- First case analysis

Abdel Rahim started playing this game "free fire" one year ago , and when his mother discovered his addiction , she tried alone to keep him away from the game but she failed . After noticing the negative impact of this game on his study, she decided to seek help of psychologist, which means her inability to keep her children away from this dangerous game, despite his recent addiction (one year).

From our point of view ,what attract the mother's attention is not her son's addiction to electronic games but his low academic achievement , and this means that his addiction does not concern her as much as his study despite the great dangers that may affect deferent aspects of his life including psychological , social and health dangers .

-The second case "Mohamed"

Mohamed is 10 years, he lives in Gawa in Setif , he has three brothers younger than him , he is a first - year middle school student , his mother noticed a change in her son's behavior after he started playing . The change represented in sleeping during the day and staying up at night, violence with his brothers and isolation from his brothers as well as his surroundings. The mother approached her son to detect his problem and she knew that he was playing "free fire " game , then she asked her son to show and teach her the game, and from here she realized the danger of the game as she knew that the game involved a large number of players from different counties, nationalities and religions and because they made conversation during play , they may go beyond that to dialogue on Facebook. According to her, there is a risk of dealing with gangs, terrorists, extremists, prostitution network or even human trafficking gangs.

The mother immediately uninstalled the game which angered her son, considering this as an infringement on his rights and freedom, the mother said that she tried to convince him of the game danger for a month and a half depending on religious side which helped her persuade her son to retreat from dealing with this kind of games and play simple entertainment games .Then, she opened a gaming account in her own phone where she can monitor all the sites he accesses. According to psychologist, the case no longer goes to these of dangerous games, but still remained under follow up and control until he matures and completely forgets that dangerous world.

- Second case analysis

According to Mohamed's file , the duration of his addiction to electronic games is not mentioned , the name of the game he is addicted to is "free fire " , the symptoms appeared on him due to his addiction are: violence, isolation and sleep disturbance , after the mother discovered her son addiction to this game , she cancelled the installation of game which made her son feels anger , but she realized the futility of this method , so that she chooses another method which is dialogue to convince her son of the danger of this game and its negatives and the psychologist helped her in that . She also followed the monitoring method to make sure that her son is actually away from these games.

We note that Mohamed's mother notices the changes that occurred in her son's behavior which means that she is a clever mother and the positive thing in the matter is that she did not ignore what she noticed as many mothers do . She investigated the matter until she found the

reason behind the change in his behavior, and when she discovered his addiction to "free fire» game, she uninstalled it which was a violent reaction as its consequences may be more dangerous than the effects of the game itself. The asking of help from psychologist was the best solution for both child and mother.

12.2 The second visit was to central unit of school health affiliated to the public establishment for proximity health of Setif .

The researchers took a prior appointment from the unit to visit psychologist in September 23rd , 2021 at 09:00 am in order to conduct an interview with her and to benefit from her experiences. During this period the process of taking care of such cases is still not programmed , and according to psychologist the beginning is two weeks after the start of study, so that to deal with the studying students.

The psychologists selected from the files the cases that related to our topic and choose the following cases:

-The third case:"Maya" (follow- up started from February 2nd ,2021to the present day)

Maya is 15 years old, she lives on the outskirts of Setif city (countryside), from a poor family with four children , her father is jobless and her mother works as a cleaner. Maya was the best at her school and because she lives far from her home and cannot return home until evening , One of her classmates ,who is the competitor of Maya , took her home for lunch this colleague who was from a rich family used to take Maya to restaurants and taught her to access the world of internet and electronic games and then , she lent Maya a smart phone in order to play at home , so Maya became addicted to electronic games "pupg and free fire" playing them all night and even during school , for that she retreated in her studies until her teachers noticed the change in her behavior as she neglected her activities , speaking rudely to teachers , behaving aggressively and violently with her colleagues , becoming reckless and at last she lost the desire to sleep ,so her teachers called Maya's mother to tell her about her daughter situation, the mother take off the phone from Maya who escaped from home for three days living in old car ,while people of the village were looking for her , she fell into the hands of a young man from the area and he wanted to exploit her , fortunately , she escaped from him and returned home . Here, the mother decided to seek help and she took her to the psychologist who programmed several sessions for her by depending on the dialogue and the policy of intimidation , especially after the incident of the young man the girl met . The psychologist made her understood the dangerous of the act she had done by leaving the house like being kidnapped , raped, organ trafficking and human trafficking gangs , she also used the (EFT) technique which is a psychological freedom technique through massaging and clicking on certain areas of body such as eyes, shoulders and forehead in order to relax.

The psychologist said that Maya's condition is improving in a good manner and she has returned to excel in her study and became calm and she has a great desire to overcome this crisis.

Third case analysis

After looking at Maya's life , we note that this case is different from the previous two cases as this file includes a female rather than male , and the girl is addicted to two dangerous games namely "pupg and free fire "because of her classmate .After informing Maya's mother about changes of her daughter in her study and in her behavior , the mother took off the phone from Maya and the reaction of this latter was to run away from the house and exposed the risk of being sexually assaulted , after returning home , she resorted to the psychologist in the school health to seek help to get rid of this case of addiction.

From the file of Maya , we notice that her parents , especially her father , who is jobless and may spent all time at home did not discover his daughter's changes , but her teachers noticed the change in her behavior as she became aggressive with her colleagues and teachers .The negative effects of electronic games in this case extended to another dangerous

phenomenon which is running away from home and exposing the risk of being sexually assaulted , and the reason is the absence of parent's role in performing their role and observing the behavior of their daughter especially as she acquired a mobile phone from one of her colleagues .The question is how they did not notice the phone in the house? In addition to this, we notice that hatred , envy and jealousy lead Maya's colleague to revenge from Maya and makes her addicted to electronic games .

- Forth case" Marwa " (follow- up began from February 14th , 2021 to the present day)

Marwa is 12 years old , she lives in Setif and her social situation is good .Her father is an entrepreneur and her mother is a housewife with an average level of study. At the age of eight , she asked her parents for a smart phone and she began access to electronic games , and little by little she became addicted without supervision until the age of twelve ,the mother noticed a change in her daughter's behavior , she became stubborn ,escaped away from school , behaved violently with her classmates and teachers . When her father discovered this, he threatened her to prevent her from study and when her mother took the mobile from her , she entered the school then left it to go to Internet café in order to play , one day , a neighbor saw Marwa and told her mother who discovered that her daughter had been absent from school for 15 days. The mother was advised by a neighbor to take Marwa to the psychologist. The psychologist said that since the first meeting, I asked the mother to return back the phone to the girl in order to gain the girl's confidence. The psychologist programmed the first session with the girl accompanied by her parents , then another session with the parents only to give them instructions on how to deal with this situation and how to monitor and follow-up their daughter without pressure , while she continued to deal with the girl through many sessions and various exercises through which she strengthens the girl's determination , showing her the way of hope and the risks that she will face if she continues in the path of addiction. The psychologist used the TCC technique which means cognitive behavioral therapy technique (persuasion, modifying undesirable behaviors into normal behavior) . The psychologist added that the girl responds to treatment and with the help of parents , she needs only a short period of time to regain her first life .

- Fourth case analysis

This file also includes a case of a girl "Marwa" , but without mentioning the name of the electronic game she played , her addiction to these games lasted four years , and this means the absence of the parent's role in monitoring what their daughter does with mobile phone . In addition to this, they did not notice the changes in their daughter's behavior who became aggressive with her classmates as well as her teachers, her father threatened to stop her from studying and mother took the mobile from her, which lead the girl to miss her school and go to Internet café to play. The parents of Marwamade threemistakes. First, they was responding to their daughter's request to acquire a mobile at an early age. Second, they did not monitor her when she entered the world of Internet and electronic games and even they did not notice her behavior changes. Third , their reaction because they did not acted wisely with the matter , especially since the addiction period is four years which means that she will not respond to their threaten and will try another means instead of mobile.

-The fifth case" Osama "

Osama is nine years old, he lives in the outskirts of Setif , he is the eldest of his three brothers , His father is an employee and his mother is a housewife .At the age of six , he entered the world of mobile technology and electronic games using his intelligence. The strange thing is that Osama's addiction to electronic games did not affect his study, he was always the first at his school although he did not revise his lessons, and when his parents insisted on him to revise and stop playing, he resorted to a trick of giving his books to his classmates to avoid revision and so keep playing, but depending on what he learned in school and his high intelligence, he was always ranked the first. When Osama came to the

psychologist, he was in a very late state, he did not sleep nor eat, very aggressive and tense, loose sense of fear from anything and he was depressed.

On June 26th, 2018, his brother found him hanged in his room. After his death, they discovered through his phone that Osama was playing the blue whale game which is a dangerous game, as it depends on testing the player's courage and his acceptance of challenge. Concerning Osama's brother, who found his brother dead (he was only five years old), he was severely choked and he is undergoing treatment until this day.

- Fifth case analysis

Osama's case is different from the other cases as his addiction to electronic games did not affect his study, but he had the following symptoms: aggressive behavior and tension. His parents discovered his addiction late and after taking him to the psychologist and programming treatment session to help him, he was found hanged because of the electronic game that he was addicted to, which is the blue whale game. It should be noted that Osama's brother is in psychological trauma and he is still following up with the psychologist.

So, through the file of Osama, we note that he entered the internet world at an early age, this world that requires maturity and awareness, so that the user does not become a victim of its negative effects. From our point of view, the responsibility falls on the parents who did not monitor their son and left him playing for a long time with his mobile while he was connected to Internet.

13. General conclusion of the cases:

Through the cases that we were able to access through files and interviews with psychologists, we were able to identify several facts: the young age of addicted to electronic games, the difference in the social status of these cases does not prevent addiction to the same types of games, here we are talking about aggressive, violent and combative games that harm children's behaviors and negatively affect them and their family as well.

In addition to this, these electronic games always lead to bad things such as drooping out of school, dealing aggressively and violently with others such as family members, friends, teachers and even psychologists. Not only this, the danger of these electronic games may lead to the loss of their lives and all this due to the absence of parental supervision and in many cases due to their irresponsibility.

14. A socio- psychological reading of the phenomenon:

The plastic phone game that the child used to rejoice in his childhood, turned into a real game that simulates his needs and is embodied in his daily behavior, and with time the need to practice this electronic games leads to imitate characters of games and try to obtain the title of hero through the stages presented by the game collectively, many player from all over the world interact with it. The child in most of time borrows the name of game's hero.

There is also an artistic aspect that adorns electronic games represented in the internal and external effects that show psychological and emotional response, so you admire and interact spontaneously with the game's competitors, try to adapt with the rapid pace of the game with all the accompanying moments of danger and rescue, situation of fear and anticipation, feelings of discontent at failure and feeling of satisfaction and joy at victory (*Ad-Daran, 2016, p.2040*). While all these feelings occur and the player lives all these moments, so they interact internally through a cognitive scheme of information and facts about values, believes and thoughts which come out in the form of many effects whether positive or negative based on past experiences.

These games always cause psychological, social, health and economic problems, affecting the individual's personal performance and achievement skills such as knowledge, experiences and competences that considered among the most important thing that an individual possesses. In addition to this, these games affect his behaviors and make him interact

negatively with others and prevent him from achieving social compatibility in social life in future; they may also lead to negative cognitive schemes that activate within the individual.

This indicates the extent of social and psychological dysfunctions ,mood disorders, increased agitations and unjustified reactions that may affect the child when the Internet is cut off or not playing the game for any of reasons .It is possible to explain this result in several ways, in terms of revolutionary history and socialization of case and traumatic experiences , we may find him accustomed to excessive attachment to thing , love of possession and not complying with others' desires and not doing what is required from him , and this is the result of excessive pampering or excessive neglect , so we can say that the reason is always the negligence and irresponsibility of parents.

15. Conclusion:

Children are rushing terribly toward electronic games without feeling of their risks, whether in terms of health , behavior or physical , and this is not limited to a certain age of children but it extends to include young people and adolescents .Despite the multiple benefits of these games , the reality and studies have proven that they have negative effects as a result of excessive use of them , for example , they can affect the student's academic achievement, especially in the absence of parental supervision.

It is not enough to reveal the negatives of these games and the social, psychological and cultural effects on children, but it is worthwhile as researchers to find appropriate solutions to limit the spread of this phenomenon.

Study recommendations:

The study reached a set of recommendations Which are:

- The necessity of directing children to other activities to spend their free time.
- The need to monitor and follow-up all children's activities in general and the games they play in particular.
- Accompanying children and making them aware of the dangers of electronic games.
- Directing and developing the child's talents and intelligence in using technology towards areas that contribute to form his personality such as drawing and reading.
- Teach the child discipline and the sense of responsibility.
- Warning parents about the dangers of these games on the mental, psychological and social aspects of their children.
- Parents should use the method of dialogue to guide their children and aware them, and the necessity of raising children according to the teachings of Islam.

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