



Ensuring holistic wellness during engaging in digital games

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Gaming– Human Interaction

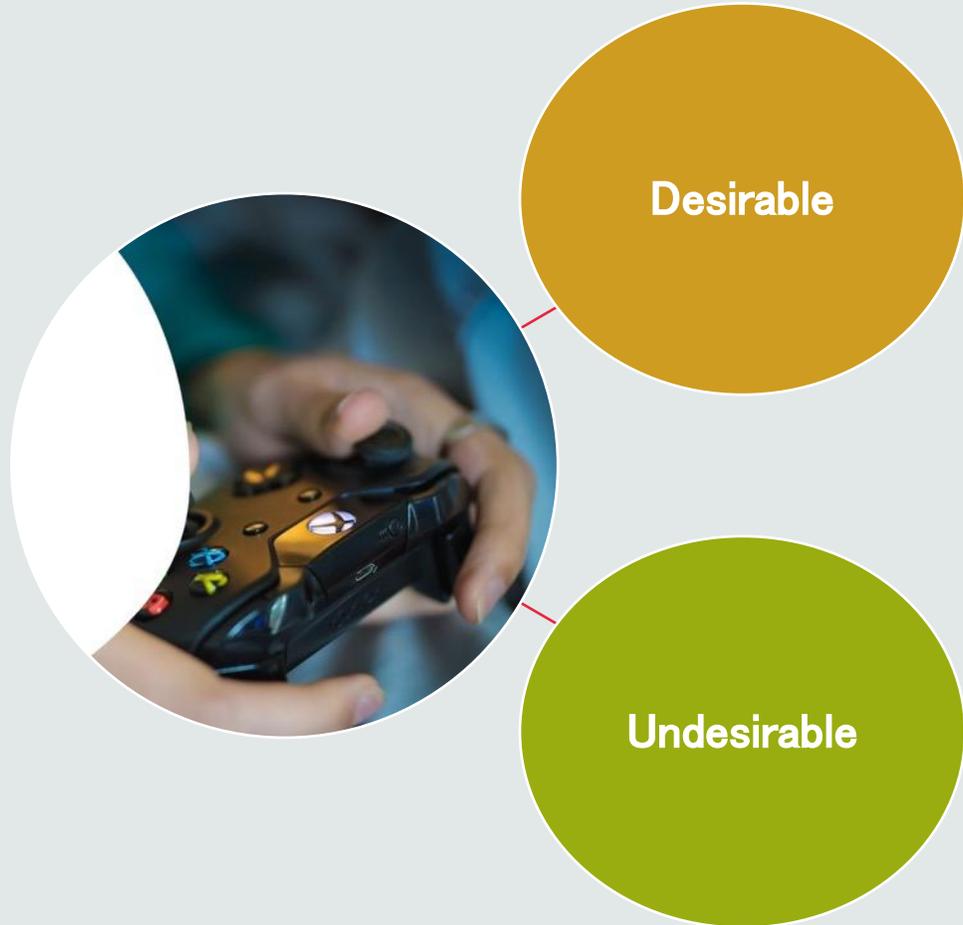


Motives for Gaming

Gaming

Impact & Implications







Undesirable

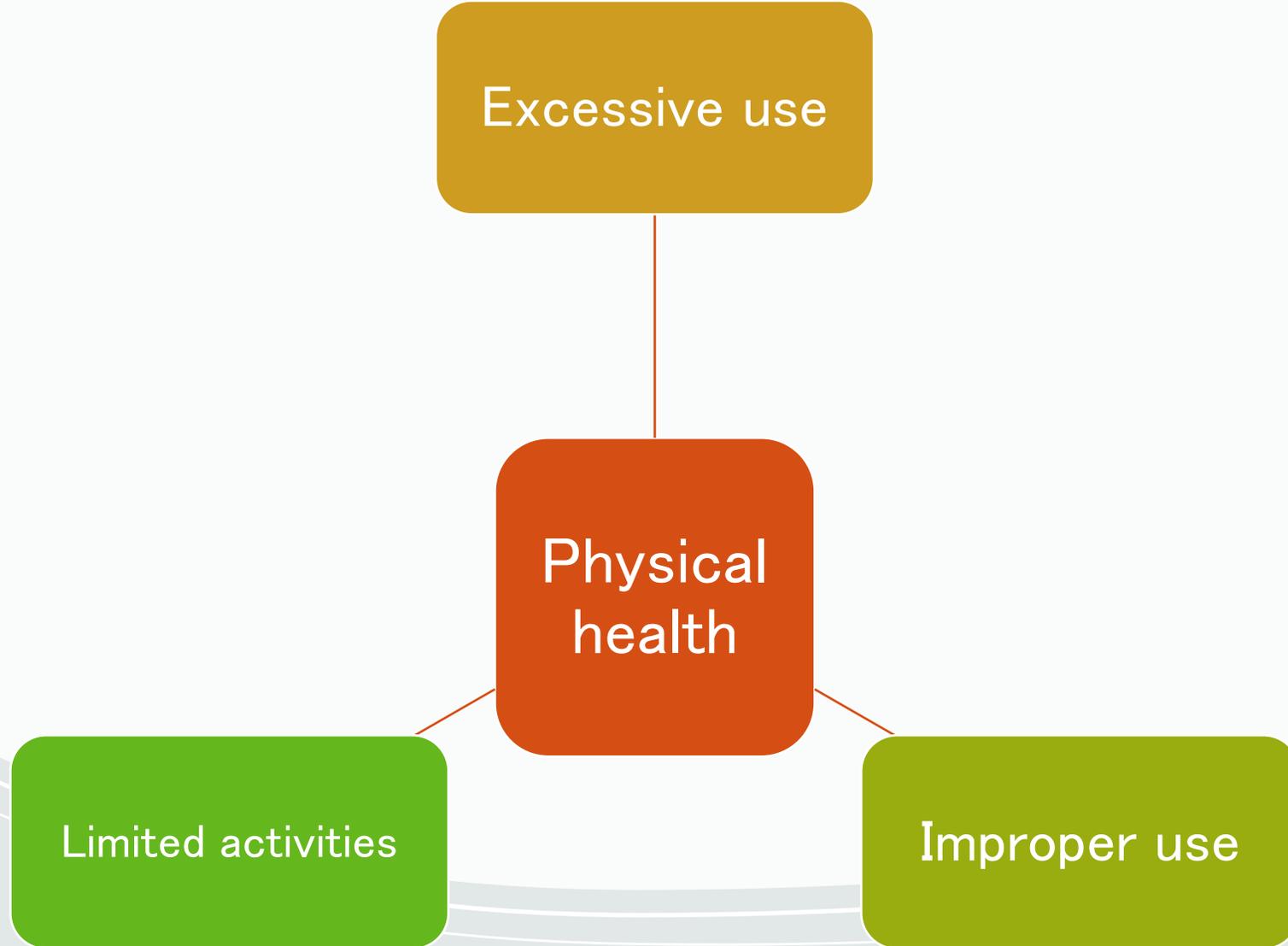


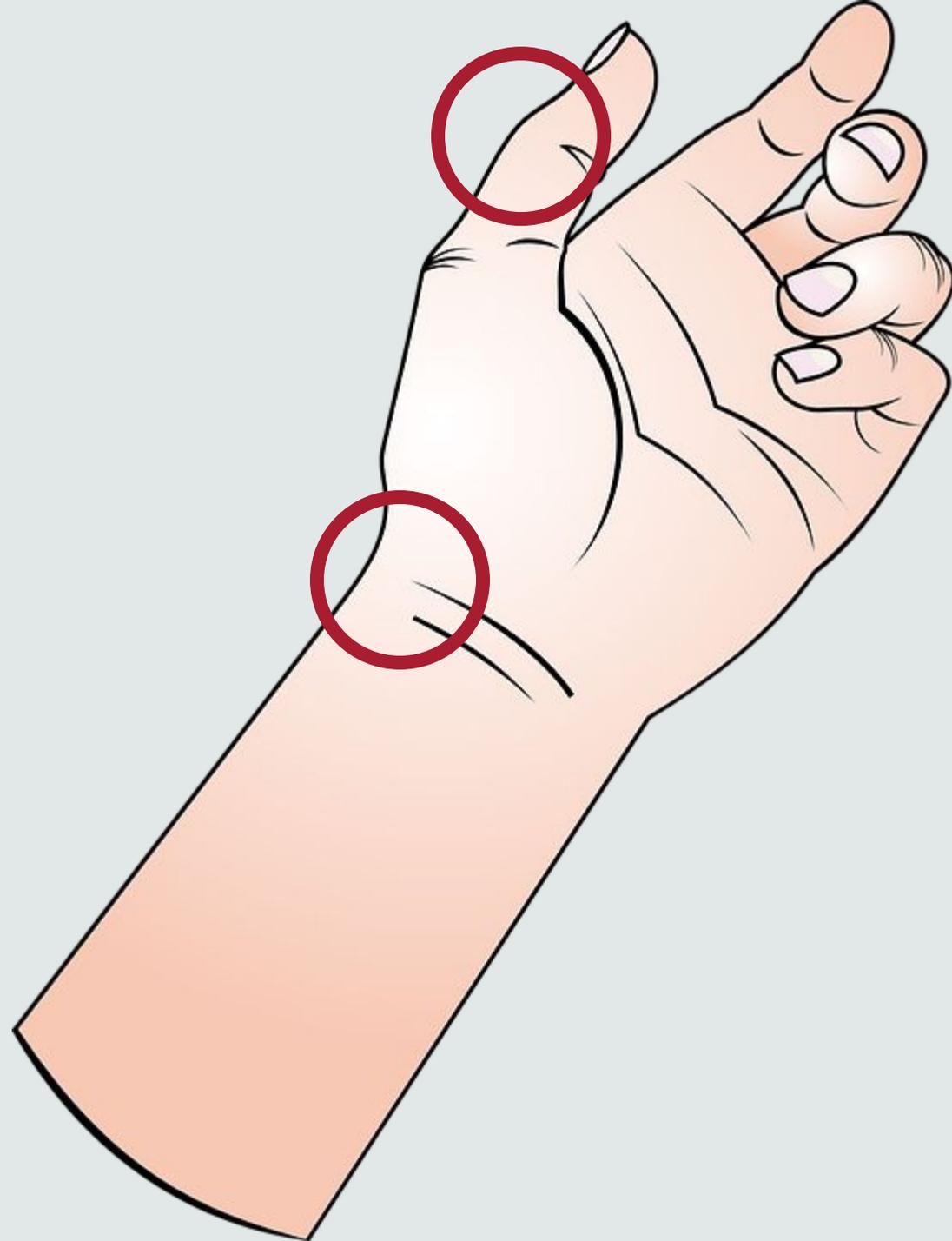
Impact & Implications

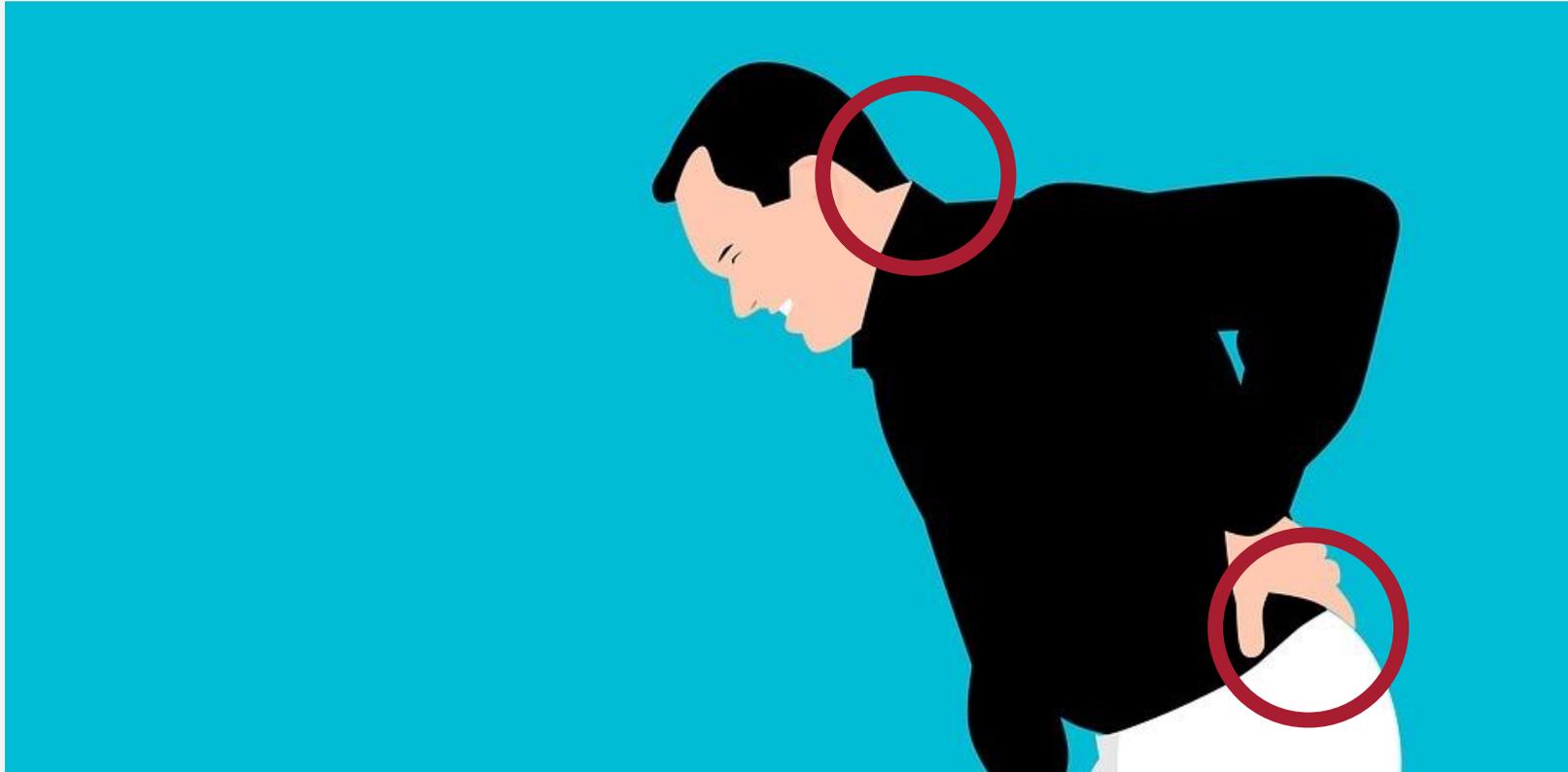


Physical health



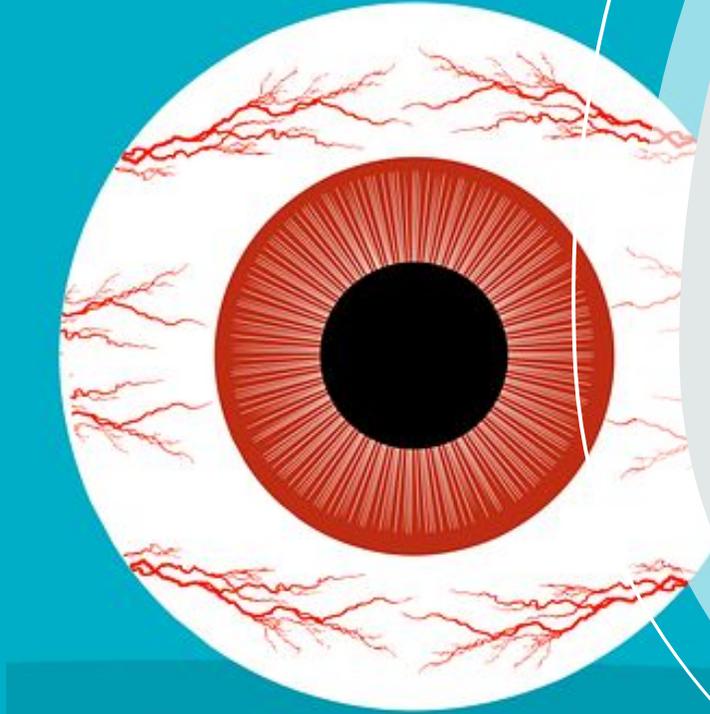








Headaches



Ocular (eyes)

Computer vision syndrome

Eye irritation (Dry eyes, itchy eyes, red eyes)

Blurred vision

Headaches

Backaches

Neck aches

Muscle fatigue



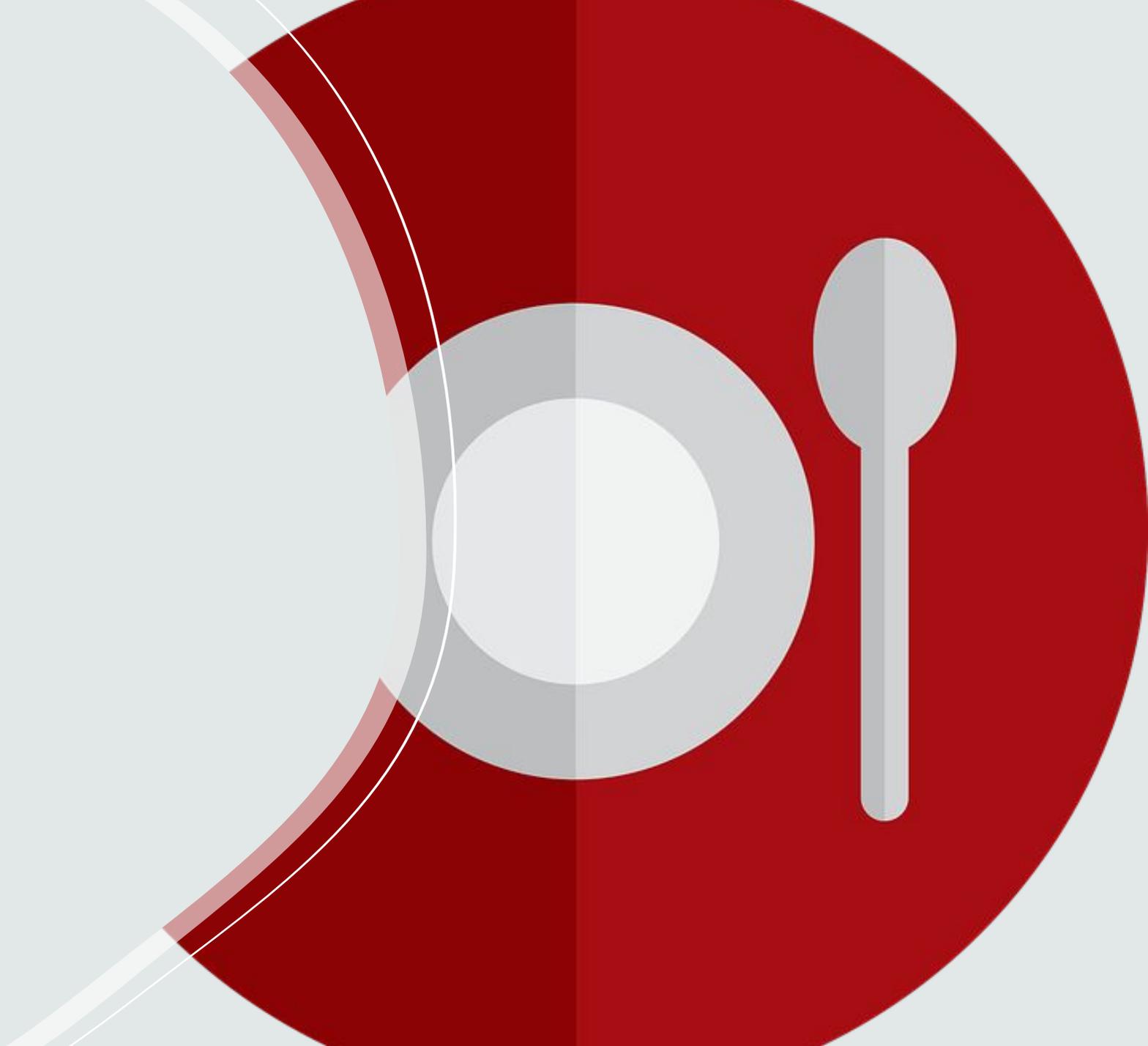
Aural (ear) health



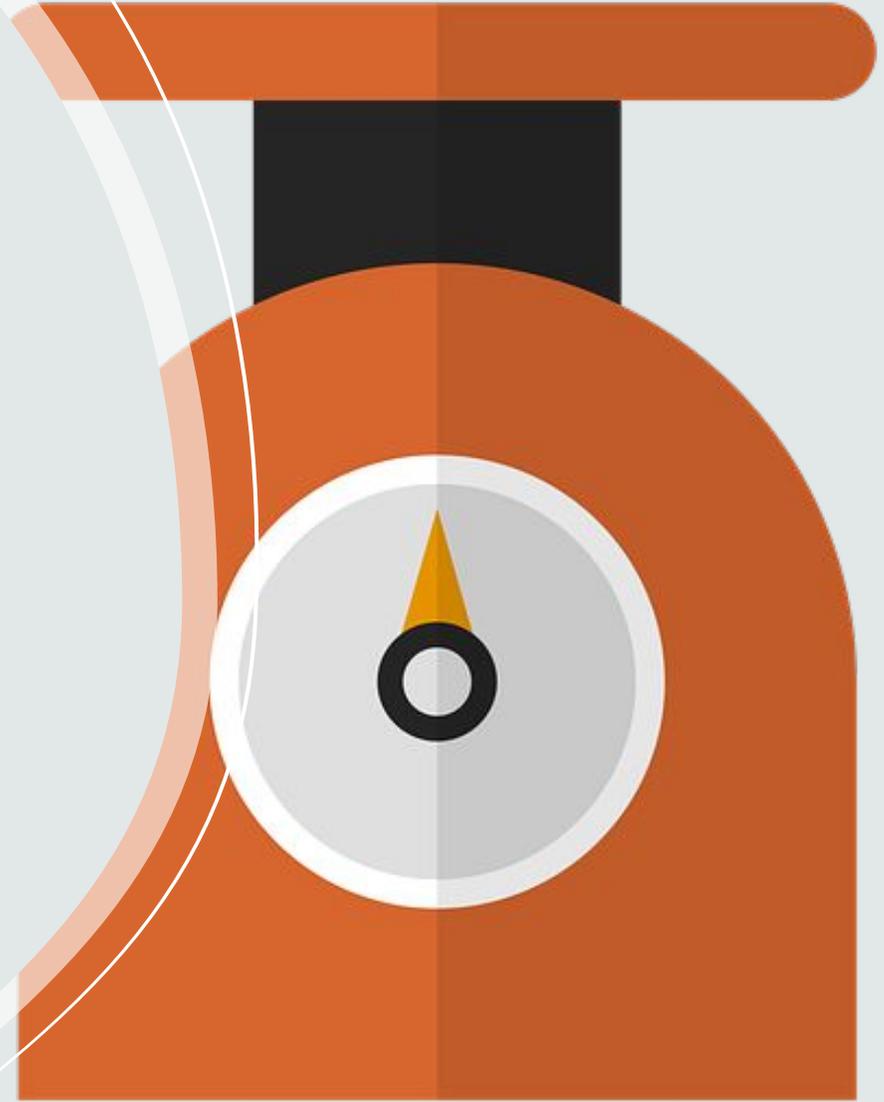
Sleep-wake cycle



Eating habits



Excessive weight gain





Mental health

Mental health

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graph TD; A[Mental health] --- B[Well-being]; A --- C[Safety];
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Well-being

Safety

Cyber bullying

repeated hostile or aggressive behavior performed by an individual or a group on others, aimed to inflict harm or discomfort by means of electronic or digital tools





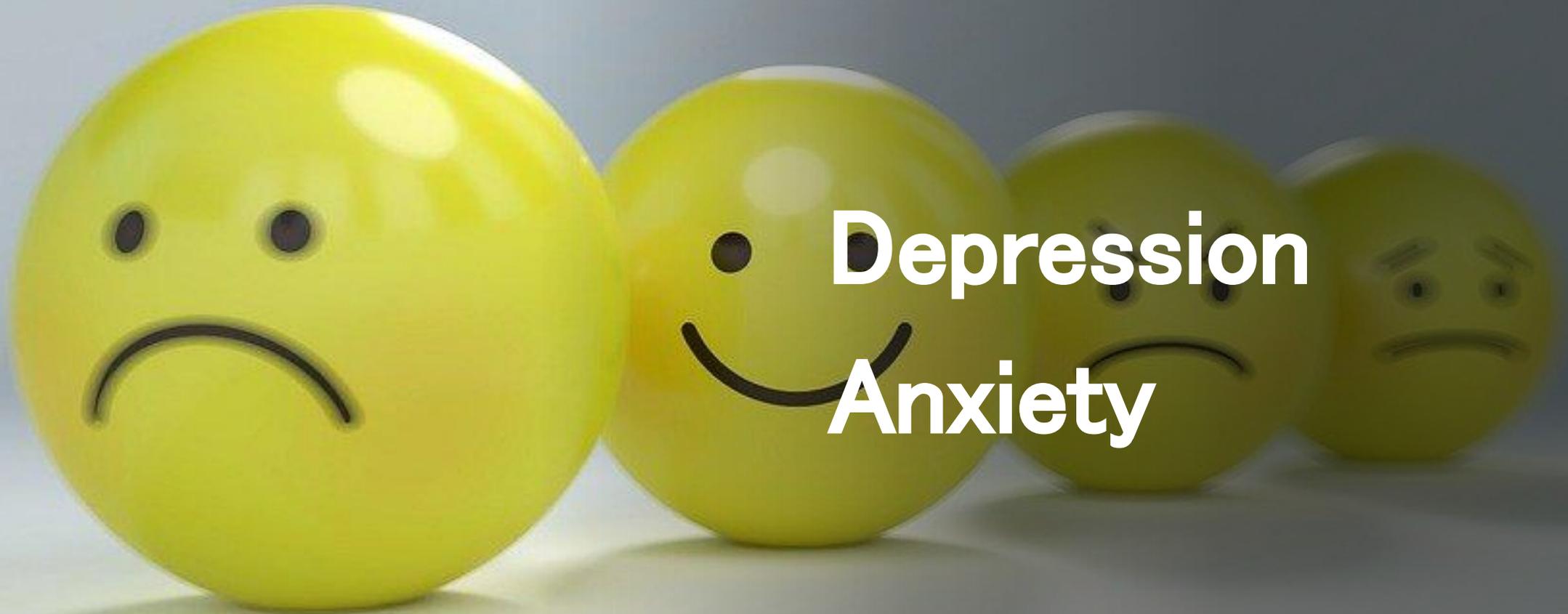
Cyber stalking

use of the Internet or other electronic means to stalk or harass an individual, group, or organization

Cyber grooming

process of ‘befriending’ a young person online “to facilitate online sexual contact and/or a physical meeting with them with the goal of committing sexual abuse





Depression
Anxiety



Exposure to violence and aggression



Excessive and problematic gaming



Excessive and problematic gaming

- Loss of control
- Neglect of alternate activities
- Continued gaming despite of negative consequences



**World Health
Organization**

Gaming Disorder

Academic Problems





Academic problems

Lack of interest

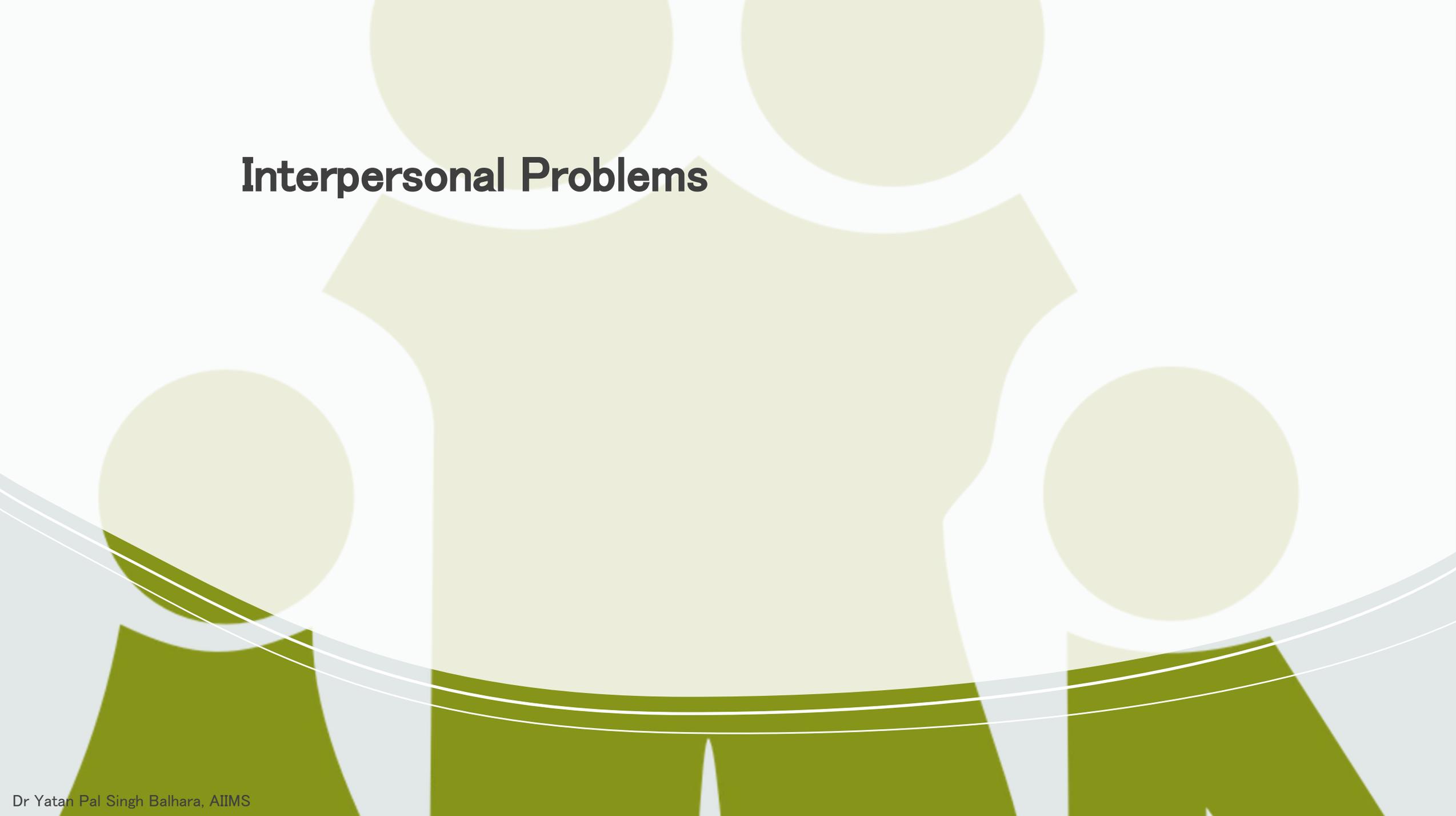
Poor concentration

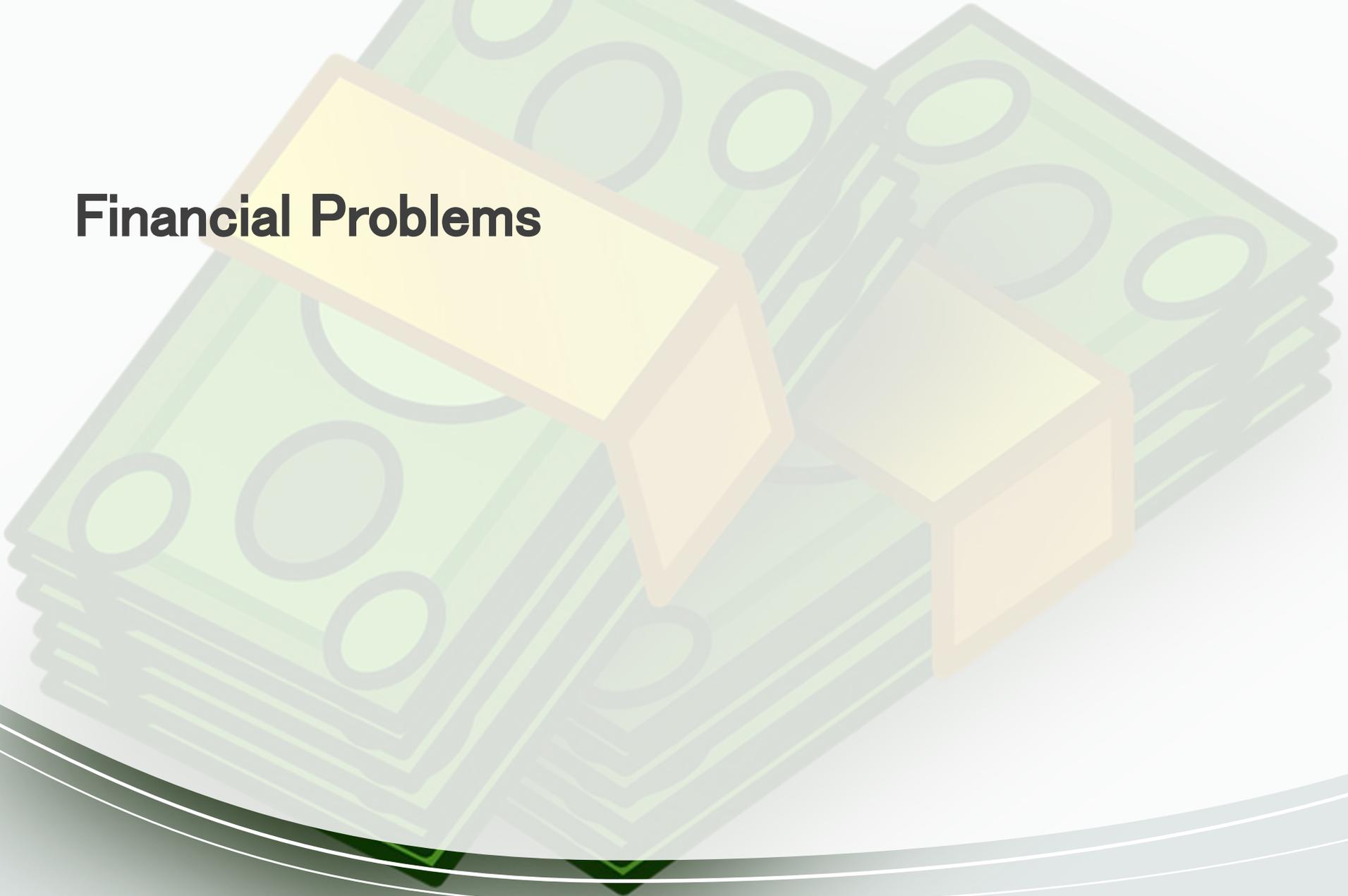
Absenteeism

Lower grades

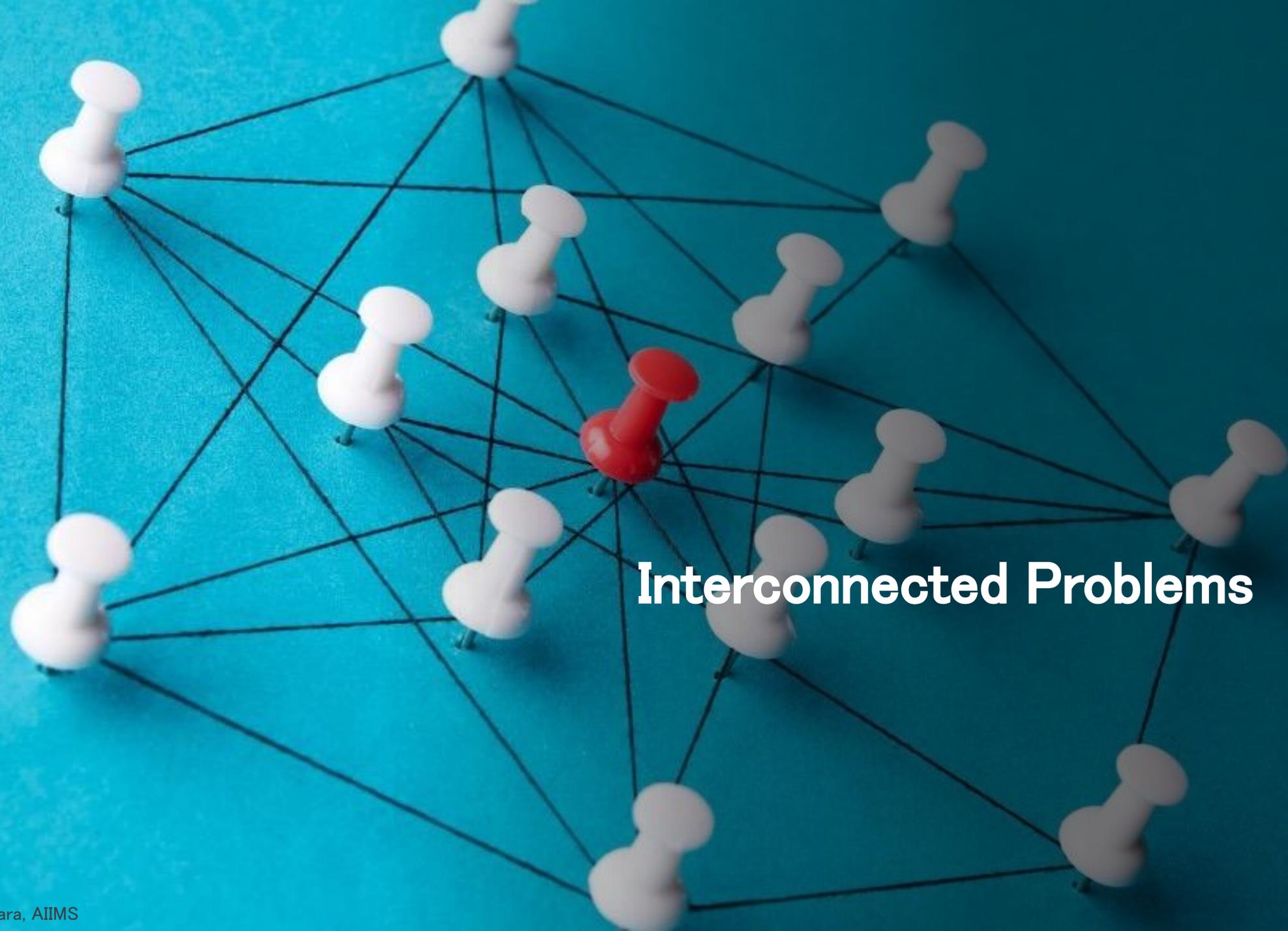
Failure in exams

Interpersonal Problems

The background features a stylized illustration of human figures. A large, light green figure is centered in the upper half. Below it, two smaller, olive green figures are positioned on the left and right. A white curved line sweeps across the bottom of the image, separating the figures from the footer.

The background features a stack of green banknotes, likely Indian Rupees, with circular patterns. Two yellow, 3D rectangular blocks are placed on top of the stack, one slightly behind and to the left of the other. The text 'Financial Problems' is centered in the upper left area.

Financial Problems

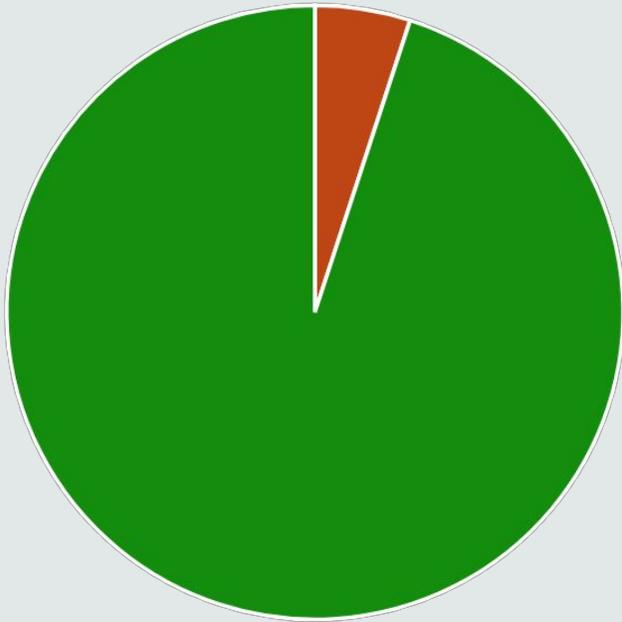


Interconnected Problems

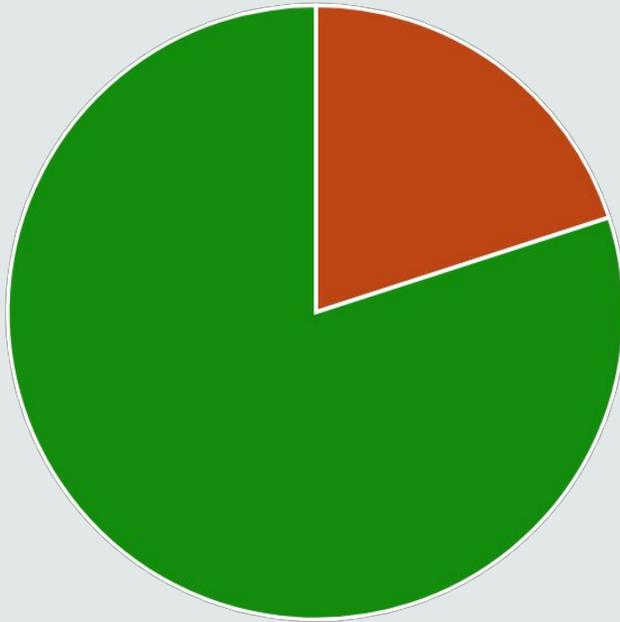


Gaming and Other Activities

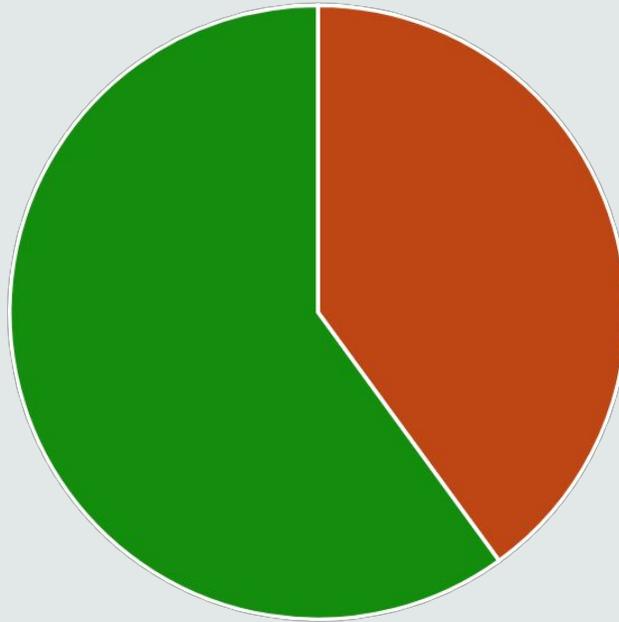
Gaming and Other Activities



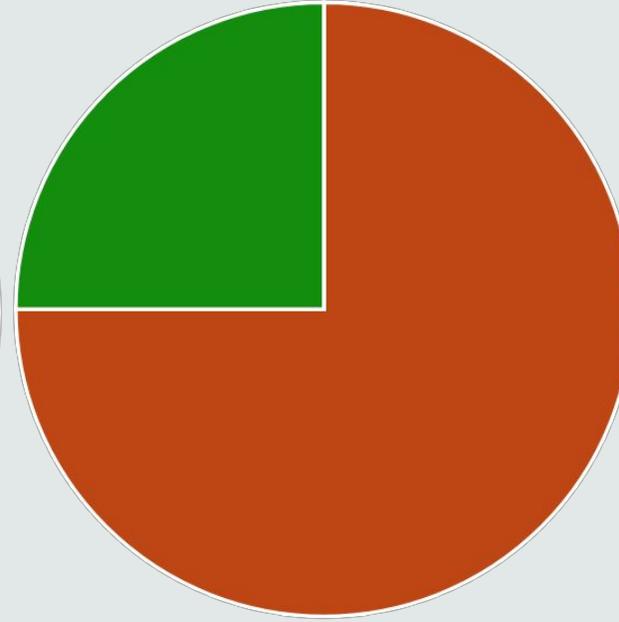
■ Gaming ■ Other Activities



■ Gaming ■ Other Activities



■ Gaming ■ Other Activities



■ Gaming ■ Other Activities



Detection of Problematic Gaming

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Amount of time spent





Motives for Gaming

Motives for Gaming

Achievement motive

- advancement
- competition

Social motive

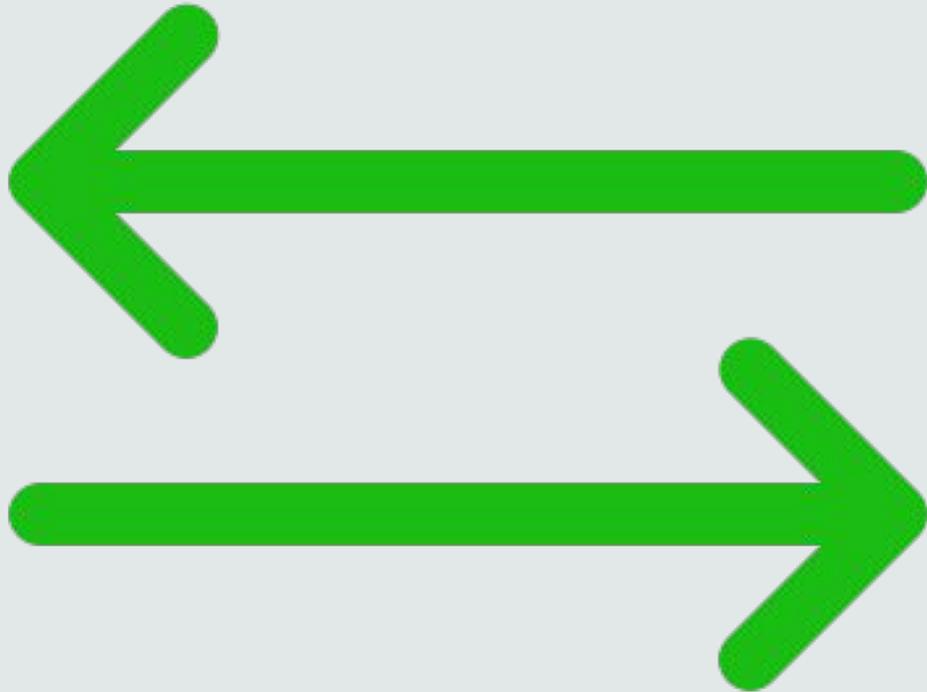
- socializing
- relationships
- teamwork

Immersion motive

- discovery
- role-playing
- customization
- escapism



Expectation



Substitution



**Change in
interaction pattern**



Reaction when access
restricted

Detection of Problematic Gaming



TIME



MOTIVES



EXPECTATIONS



CHANGES IN
PREFERENCES



CHANGES IN
INTERACTION

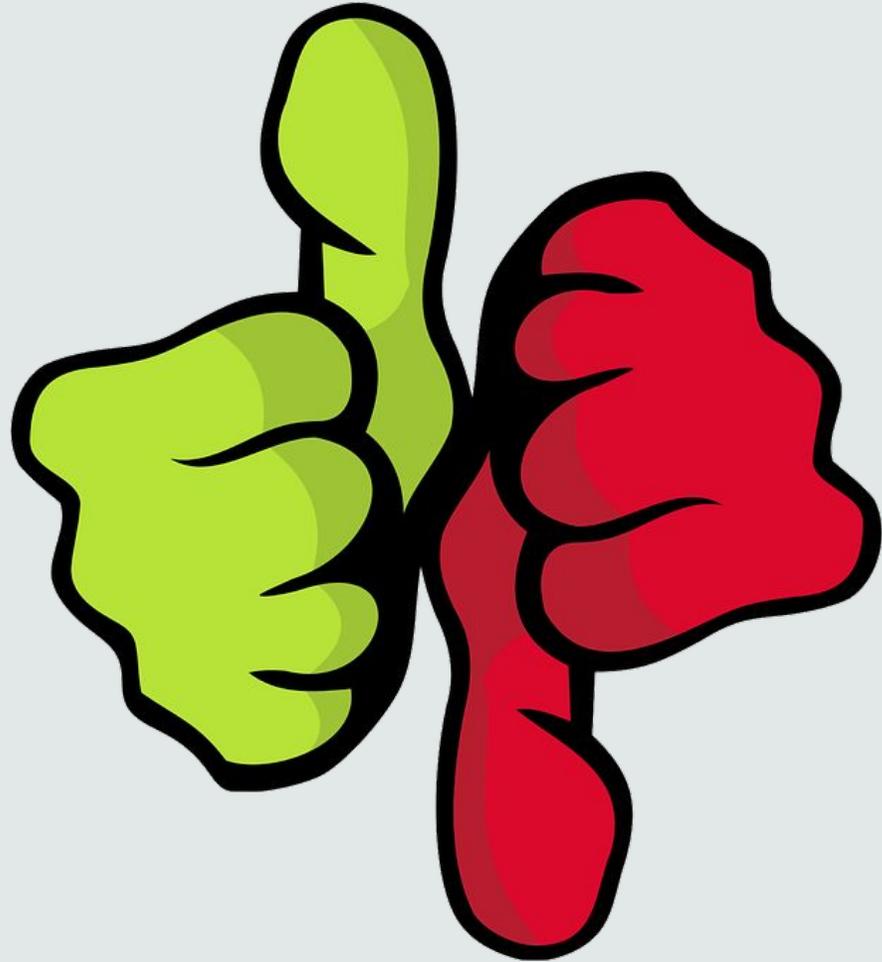


REACTION WHEN
ACCESS
RESTRICTED



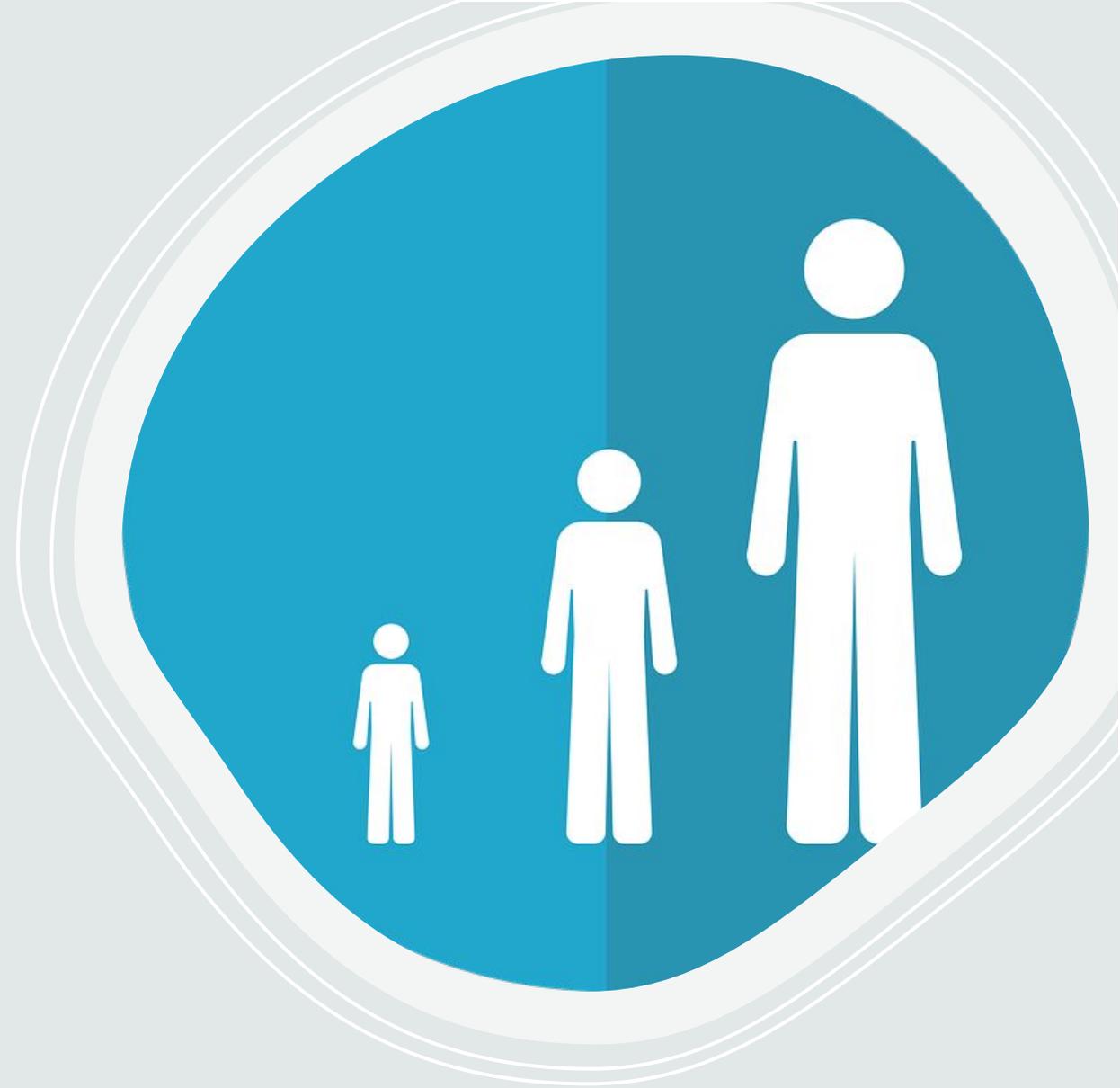
Suggestions

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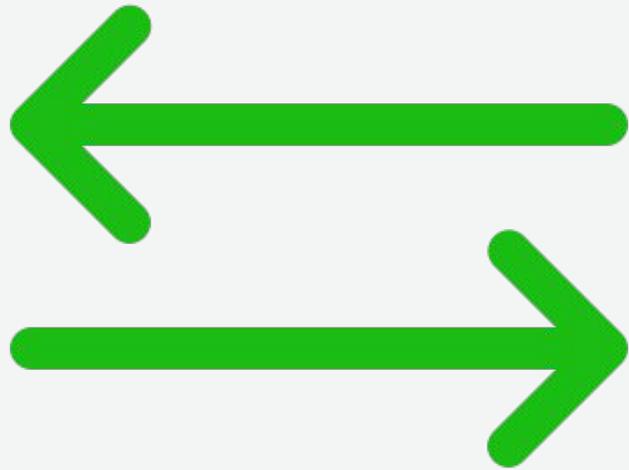
Gaming– Human Interaction

Age- appropriateness





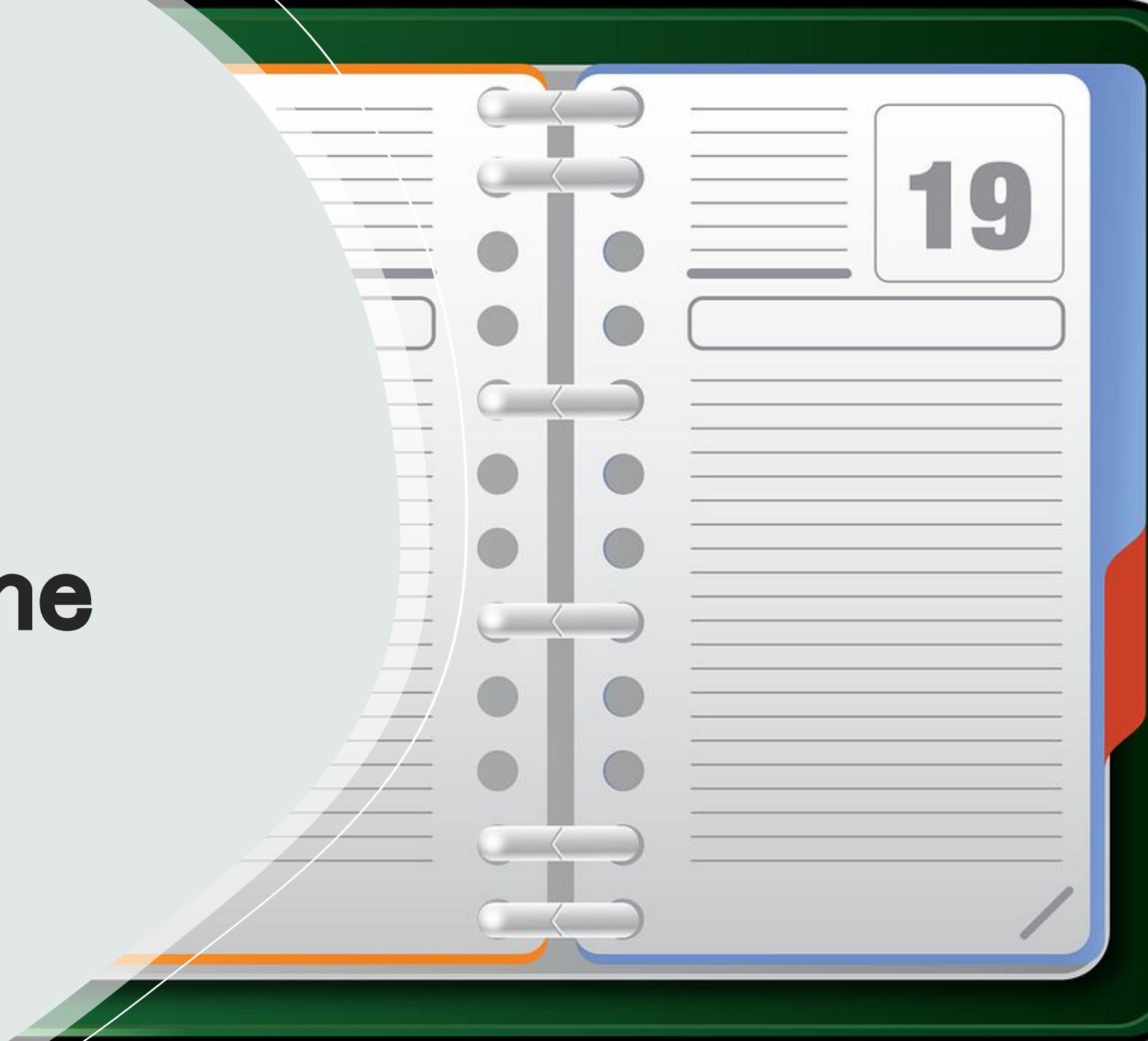
Timing of Gaming

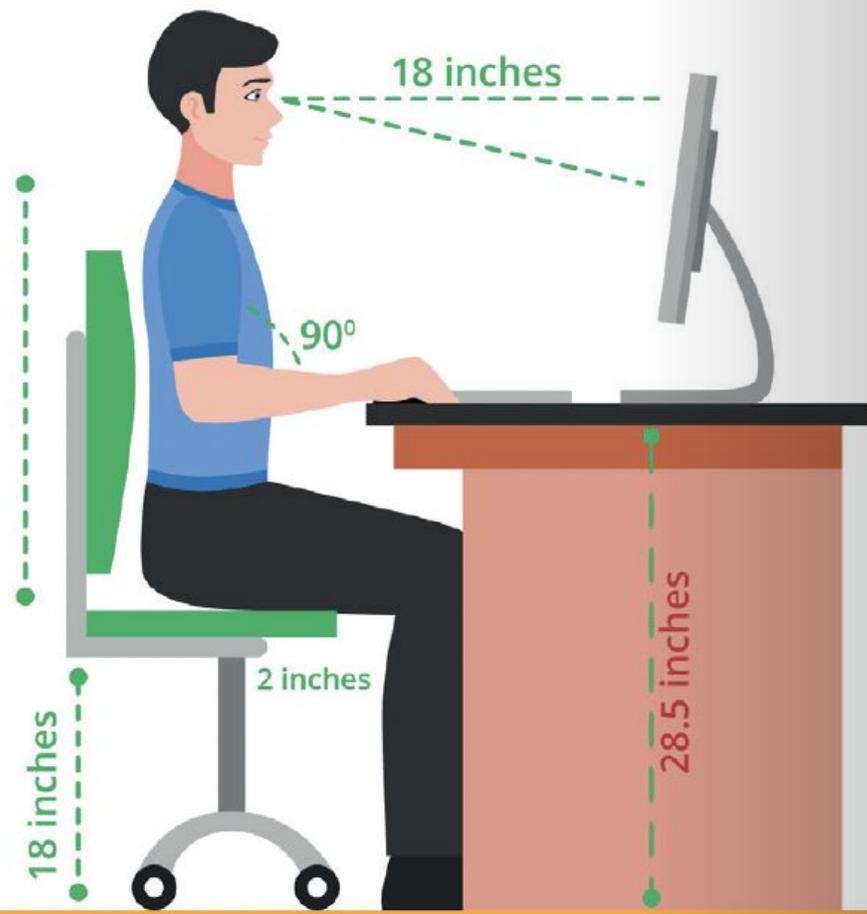


**Gaming NOT as a
substitute**

Image source: pixabay.com

Daily routine





Ergonomics & Posture



20
Minutes



SIT

08
Minutes



STAND

02
Minutes



MOVE

Source: PRAGYATA Guidelines for Digital Education

DO



Alternate between sitting and standing as much as possible.

DON'T



Sit or stand for long periods of time without interruption.

Source: PRAGYATA Guidelines for Digital Education

DO



Sit Up!

DON'T



Slouch!

Source: PRAGYATA Guidelines for Digital Education

DO



Hold your phone or tablet directly in front of your face when using it.

DON'T



Hold your phone below eye level and tilt your head forward.

Source: PRAGYATA Guidelines for Digital Education

DO



Check your posture and position every 20 minutes or so and readjust or move around.

DON'T



Feel bad if you've assume bad posture after being at your desk a while.

Source: PRAGYATA Guidelines for Digital Education



Leading a balanced healthy life



Formal help

Safe and Healthy Gaming

Image source: pixabay.com