



The Impact of Excessive Use of Electronic Games on Children: An Analytical Study in Light of International Classifications and Recommendations

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Abstract

This study examines the impact of excessive use of electronic games on children in light of internationally recognized classifications and recommendations. It focuses on identifying appropriate age groups, suitable types of electronic games, safe daily usage duration, and the effects of both regulated and excessive use. A descriptive-analytical methodology was adopted through a systematic review of relevant literature and previous studies issued by international health and educational organizations. The findings indicate that moderate and well-regulated use of electronic games may contribute to the development of certain cognitive and problem-solving skills. In contrast, excessive use is associated with adverse health, psychological, and behavioral outcomes. The study highlights the importance of parental supervision and adherence to age-appropriate classifications to reduce potential risks.

Keywords: Electronic games; Children; Screen time; Behavioral effects; Parental supervision .

Introduction

Rapid technological advancements have significantly transformed the daily lives of children and adolescents, making electronic games a prevalent form of digital engagement. Beyond their recreational role, electronic games have demonstrable implications for cognitive, psychological, and behavioral development. Accordingly, scholarly interest has increased in examining both the benefits and risks of electronic games within structured, evidence-based frameworks aligned with international guidelines and age-based classifications.

Problem Statement

Despite the widespread availability of electronic games, rates of excessive use among children and adolescents continue to rise. This increase is often accompanied by a lack of clear family regulations regarding daily screen time and the appropriateness of game content for specific developmental stages. Such unregulated use raises concerns about potential negative consequences for children's physical health, psychological well-being, and social behavior.

Significance of the Study

The significance of this study lies in its contribution to enhancing parental and educational awareness regarding the regulated use of electronic games. It provides a scientifically grounded



reference framework that may support policymakers, educators, and families in developing preventive and educational programs aimed at promoting balanced digital media use among children.

Objectives of the Study

This study aims to:

- .1 Identify age-appropriate guidelines for children's use of electronic games.
- .2 Determine suitable types of electronic games according to developmental stages.
- .3 Specify safe daily usage duration based on international recommendations.
- .4 Examine the positive and negative effects of regulated and excessive use of electronic games.

.5 Theoretical Framework

Contemporary literature indicates that the effects of electronic games on children vary according to duration of use, content characteristics, and developmental stage. International organizations, including the World Health Organization, emphasize the necessity of regulating screen time to support healthy physical, psychological, and social development in children.

.6 Review of Previous Studies

Previous empirical research highlights the dual nature of electronic games. Anderson et al. (2017) reported a significant association between excessive exposure to violent video games and increased aggressive behaviors among children. In contrast, Rideout (2020) found that structured and moderate use of digital games, particularly under parental guidance, may enhance certain cognitive and learning-related skills.

.7 Recommendations

Based on the findings, the study recommends the following:

- Adherence to internationally recognized age-based classifications for electronic games.
- Establishment of clear and structured daily limits for electronic game use.
- Promotion of alternative physical, social, and educational activities.
- Enhancement of parental monitoring and active involvement in children's digital engagement.



.8Conclusion

This study concludes that electronic games are not inherently harmful; rather, their impact depends on the nature of use, duration, content, and level of parental supervision. Balanced and regulated use may yield developmental benefits, whereas excessive and unregulated use poses significant risks to children's overall well-being.

References

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