

Gaming or Escaping? Examining the Relationship Between Online Gaming Addiction and Emotional Regulation in Adolescents

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Abstract

The prevalence of online gaming has surged over the last decade, becoming a dominant form of entertainment among adolescents. While gaming can serve as a healthy recreational activity, it can also lead to addiction with farreaching consequences. This research article explores the intricate relationship between online gaming addiction and emotional regulation in adolescents. Drawing from a blend of psychological theories, empirical studies, and survey data, we aim to understand whether gaming serves as an escape mechanism for emotional distress or ^¢æ&^\àæc^•Á^ { [ci[}æ|kå^•!^*`|æci[}ÈkV@^Á,}åi}*•k!^Ç^æ|k&!ici&æ|ki}•i*@c•ki}c[kc@^kā`æ|k}æc*!^Á[-k*æ{i}*Ék@i*@[i*@ci}*k the necessity for nuanced interventions tailored to adolescents' psychological needs.

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