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11/10/2024

INFM 400

New Project Proposal

Executive Summary

Gaming addiction poses a significant global challenge, as technology continues to integrate deeply into daily life. For avid gamers, extended play sessions often lead to negative effects such as eye strain, poor posture, sleep issues, and heightened stress. Furthermore, these behaviors can result in social isolation, strained relationships, and mental health concerns like anxiety and depression. Addressing these issues is especially critical for individuals with conditions like ADHD, where tendencies toward hyperfocus can amplify gaming's allure and complicate efforts to set healthy limits.

This proposal explores how existing tools, such as parental controls, alarms, calendars, and reminders, can be better leveraged to combat gaming addiction. Additionally, it investigates potential new tools and interventions that could be developed to enhance users' ability to manage gaming time effectively. This research will focus on creating instructional guides for current tools and proposing enhancements that improve accessibility, usability, and effectiveness.

The final deliverables will include instructional guides, proposed features for new tools, and an analysis of how these solutions can positively impact physical, mental, and emotional well-being. By evaluating existing and proposed tools, this project aims to provide actionable

recommendations for gamers, parents, mental health professionals, and game developers seeking to address the challenges posed by gaming addiction.

This project focuses on developing comprehensive guides, feature proposals, and evaluations. Through a blend of research and usability testing, this initiative will explore how structured technological interventions can reduce gaming addiction's adverse effects, foster healthier habits, and support emotional, mental, and physical well-being. Findings from this project will inform recommendations for gaming companies, mental health practitioners, and families on how to address gaming addiction using technology-driven solutions.

Introduction

Gaming has evolved from a recreational activity into an integral part of modern life, offering immersive worlds and social connectivity. However, for some, excessive gaming disrupts daily routines, damages relationships, and harms physical and mental health. Recognizing gaming addiction as a mental health condition, organizations such as the World Health Organization (WHO) underscores its serious repercussions, including sleep deprivation, eye strain, and emotional distress.

As someone who has struggled with gaming in the past, I know firsthand how difficult it can be to balance gaming with other responsibilities. At one point, I found myself on the verge of addiction which is easy with ADHD. I realized that I needed a change but wasn't sure where to start or where to find the right support. This is why I believe there needs to be a safe and accessible platform for individuals who want to change their gaming habits but feel unsure about how to begin.

Informatics—using technology and data to help improve health care and behavior—offers a solution to this problem. It can help create tools to support individuals in managing their gaming behaviors, making it easier for them to regain control of their lives. Fortunately, modern gaming platforms and devices offer tools such as parental controls, alarms, and calendar-based reminders to help users manage gaming habits. While these tools are widely available, many remain underutilized due to lack of awareness or perceived complexity. Moreover, gaps in functionality—such as customizable alerts or dynamic reminders that adapt to user behavior—limit their overall effectiveness.

This project addresses two critical aspects of gaming addiction management: maximizing the potential of existing tools and proposing innovative solutions to fill gaps in current technology. By creating accessible instructional guides, evaluating the efficacy of current tools, and proposing enhancements, this project seeks to empower users, parents, and stakeholders with practical strategies to promote healthier gaming habits.

The importance of this research extends beyond individuals with gaming addiction. It is relevant to anyone striving for a balanced relationship with technology in an increasingly digital world. By bridging the gap between user needs and tool functionality, this project aims to provide a comprehensive framework for managing gaming time and fostering physical, mental, and emotional well-being.

Research Question

This project seeks to evaluate the effectiveness of proposed technological tools in managing gaming addiction and improving overall well-being. Key questions include:

1. How effective are parental controls, alarms, and scheduled reminders in reducing overall gaming hours?
2. How do self-assessment tools influence users' awareness of their gaming habits?
3. What impact do educational resources and support networks have on users' emotional resilience and mental well-being?
4. Can structured reminders and in-game interventions improve users' physical health, such as mitigating eye strain and improving sleep quality?
5. How do users perceive the utility and accessibility of gaming management tools?

Hypothesis

“Users who actively engage with time management, parental controls, and in-game intervention tools will experience reduced gaming hours, improved physical and mental well-being, and stronger emotional resilience.”

This hypothesis assumes that the combination of tailored interventions, educational content, and community engagement fosters a sustainable reduction in negative gaming behaviors.

Proposed Research Methodology

This project adopts a qualitative research methodology, focusing on evaluating existing tools, identifying their limitations, and proposing enhancements. The steps include the following:

- **Review of Existing Tools**

Conduct a detailed analysis of parental controls, reminders, alarms, and calendar functionalities on major gaming platforms (Xbox, PlayStation, and Nintendo Switch). Examine user manuals, official documentation, and settings available on these platforms to understand current features and capabilities.

- **Gap Analysis**

Compare existing tools against the challenges faced by individuals managing gaming addiction. Identify gaps where current tools fail to address specific needs, such as adaptability, user engagement, or ease of use.

- **Benchmarking**

Research best practices and tools used in other contexts (e.g., productivity apps, wellness trackers) to inspire new feature designs and enhancements. Study how adaptive notifications are implemented in related fields for potential application in gaming tools.

- **Tool Design and Documentation**

Propose innovative tools and feature enhancements, detailing their functionalities, benefits, and potential user interface designs. Develop instructional guides for using both existing and proposed tools effectively.

Proposed Deliverables

1. Instructional guides detailing how to enable parental controls on Xbox, PlayStation, and Nintendo Switch.
2. A proposal for features such as alarms, self-assessment tools, and integrated reminders.
3. Research-backed recommendations for leveraging gaming wellness tools to address addiction effectively.

Project Planning Report

Phase 1: Planning (Weeks 1-2)

- Identify relevant tools and resources.

Phase 2: Research (Weeks 3-6)

- Collect user feedback on tool usage.
- Analyze qualitative data from weekly reflections.

Phase 3: Synthesis (Weeks 7-8)

- Summarize findings and develop instructional content.
- Create final project deliverables.

Resources

- Consoles and platforms for testing parental controls.

Gantt Chart

Task	Week	Week	Week	Week	Week	Week	Week	Week
	1	2	3	4	5	6	7	8
Planning & Recruitment	X	X						
Tool Testing & Feedback			X	X	X			
Data Analysis & Reports						X	X	X

References

- World Health Organization (2019). Gaming disorder. Retrieved from [WHO](#).
- American Psychiatric Association (2021). Internet Gaming Disorder.