



An Analysis of the Effects of the Blue Whale Game on Children and Young People

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Abstract

Today, with the development of the internet world, there is a big increase in the number of games played on the internet. Over 18 million players have been observed on the gaming platforms instantly. A lot of the games seem to have a nice time for the intended people, but not all of them have a good result. In this study, with the effect of popularity of social network, it is aimed to examine the effects of the Blue Whale game on the children and young people, which is a digital game which spreads off the social network differently from classical games and can reach suicide level. It is known that the Blue Whale game was developed by a psychology student in Russia in 2013. The report of suicide is 130 in the games for a short period of time shows how dangerous the game is. In this study in which the reasons of joining to the game, the effects and consequences of the game are analyzed, it has been determined that the children play this game because of their curiosity, the feeling of challenging and the threats of the creators. Spreading the game over the social network and gaining reputation are due to given special duties to the participants and the way of reaching the result hiddenly. It can be said that there are generally four processes in the game progress and these processes are induction, habituation, preparation and final. All the sections until the final appear to be psychological processes that have been designed to prepare participants for the finals. It has been mentioned in the study that how the game controls the children and young people In order to manipulate the psychological conditions of the participants, they were tasked with duties reducing their fear of death and raising physical pain thresholds. Within the game dynamics, the presence of a motivational program involving the use of fear psychology and self-transcendence attract the attention. This motivation program is also used to mentally prepare the victim for ultimate suicide. The findings of the research revealed that there were many reports from Russia, Europe and India. As a result of examining the reported cases, the complex upbringing, negative life experiences individuals tend to be more likely to be targets. It is noted there are children who survive with the help of their surroundings, but children and adults who have left the blue whale game may still be at risk because of their ability to commit suicide. All of these dangerous consequences, the blue whale game are ultimately described as a health risk for the adolescent, young adults, and psychologically vulnerable individuals in the world. Many countries, especially those with high suicide numbers, have published a to do and not to do list of precautions to be taken by children and their neighborhoods. Information and



Communication Technologies Authority in Turkey on September 16, 2017 has been warning about the subject in a press release. Unlike the classic digital games, blue whale game not working on an address, not having a standard address and playing the game by sharing the special link by curators make to take precautions difficult. Precautions taken from various countries and international organizations have also been detailed in the study. In this context, to cover children to be exposed to such traps through social media and the internet and to avoid distressing events, it once again revealed the importance of parents in monitoring their children's Internet habits, determining the length of time spent at games and on the internet, and especially suspicious approaches to unknown people on the internet. Qualitative research method was used when the research was being prepared. The research is in the descriptive scanning model and the collected data is collected through the document review. The sample of the research for the sub-objectives to be searched for is the documents related to the blue whale game. There is not much scientific work on the fact that the time of the emergence of the blue whale game is new and the events taking place are in the near future. It is also observed that blue whale-style games will be anticipated in the coming days under different names. For this reason, it is important to study this area and determine the methods of prevention. For this reason, it is thought that research will shed light on future researches about blue whale game.

Keywords: Blue Whale, Game, Suicide