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Video Games and its Effects on Society

Background Information- Henthorn

Games didn't come from nowhere, all games came from one point in history and for better or worse are here to stay. There is no telling where video games will go from here but it is clear that there is a long road ahead of games and people who are happy to play them. However, where did video games come from? Video games started as just an experiment that started almost 80 years ago now in the 1950's with university labs and research institutions having scientists and engineers experimenting with computers trying to create interactive games. The first digital video game was called "Spacewar!" (MIT). As we know video games didn't just stop with experiments in a lab big companies wanted to get in on the action with Atari being one of the first to start the "Arcade Era" in the 1970's and 1980's this saw the rise of "pong" widely considered to be the first public video game but the one that truly brought the arcade industry to the main stage were games like "space invaders" and "Pac-man" these games captivated audiences around the world and ensured the next big part of video games the "Home Console Revolution". "The bulky, room-sized expensive computer behemoths were a thing of the past. The age of the home computer had arrived" (Smithsonian). This quote perfectly shows the thought of what was to come a smaller video game system where kids can simply play video games at their home! Of course, it only further improved with the rise of PC gaming and the multimedia that popped up because of it starting the rise of huge video

game companies and this further started the transition into 3D graphics and the connection of people around the world. This brings us to now and for better or worse more than 90% of kids older than 2 play video games (NIH). How will this affect the children of America and even more importantly what are the effects today?

Positive Effects- Barnes

Video games today can have many positive advantages on individuals. The positive effects given from video games include improved cognitive abilities, improved problem solving skills and logic, and greater multi tasking abilities. Playing video games will enhance an Individual's cognitive function. When it comes to mastering the importance of spatial awareness, video games will do exactly this. By playing video games for a long period of time, an individual's brain will start to increase remembering and recognizing skills. This is beneficial when it comes to doing everyday tasks such as driving, using a map, and navigating your way through a state. Correlating with cognitive function, a person's problem solving skills and use of logic will improve as well.

According to the article "Three new Secrets of Gaming Addiction" , "A recent study from 2015 from Australian and Chinese research teams showed that gaming improves problem solving skills and logic." Majority of video games require strategic thinking and logic to operate the game, which therefore enhances development in areas of the brain used for problem solving and logic. Playing video games increases problem solving skills by increasing the gray matter and connectivity between the sub regions in the insular cortex. Another positive effect from video games includes greater multitasking skills. Many action video games such as Fortnite, require the focus of multiple areas on a screen at a time. Gamers must keep track of how much health they have left, ammo

and other stats, all while having to control the character. This trains the brain by performing multitasking, which will be beneficial when it comes to completing daily tasks along with many other tasks at the same time. While these are beneficial effects we need to acknowledge some of its defects...

Negative Effects- Rincon

Video games can adversely affect children, teens, and adults, not only mentally and emotionally but physically as well. Issues such as obesity, low femoral neck bone mineral density risk in adolescents, short attention spans, exposure to many inappropriate things, especially for children, lack of face-to-face social skills and contribute to aggressive behaviors. Researchers have even associated video games with addiction.

“Video game addiction is defined as the steady and repetitive use of the Internet to play games frequently with different gamers, potentially leading to negative consequences in many aspects of life.” (Muacevic) Children who play violent video games become numb and desensitized to violence and even display aggressive behaviors. Statistics say in 2021- the elevation of gaming disorder usage raised by 3.05% worldwide, averaging about 60 million people. It has become a severe public health issue as many companies are making them more versatile and accessible with gaming by creating mobile apps to play on your phone. Unfortunately, because video games are so accessible with no warnings of graphics or what content may be shown, many children are exposed to violent and inappropriate graphics. Online gaming users such as adults and teens can speak freely on whatever gaming devices or console but

are unaware that there may be a younger audience playing as well. This also, unfortunately, exposes kids to online predators, especially without adult supervision.

Overall, there are multiple contributions to the negative aspects of video games and their mental and physical effects on many. Few will limit themselves or their children to their screen time and, unfortunately, leave them with the possibility of psychological and physical damage.

Video Games and Their Effect on the Future- Rodriguez

Video games can have both positive and negative effects on teenagers, these effects can alter how they interact and live in the future. Video games are made to captivate their players and keep them entertained. Video games can be seen as both negative and positive depending on how they affect teenagers. Video games can make teenagers lack social skills, cause social anxiety, and help their problem solving.

Video games can alter how teenagers learn social skills. The time they spend playing video games limits the time they spend with others. Since they do not spend time with teenagers their age they lack social skills. These skills are needed in their day-to-day life and without them, they may struggle interacting with others. In the future, these teenagers may struggle to interact with others because they lack social skills. Without those social skills, they may also have a challenging time getting a job because they struggle with interactions.

Most teenagers who play video games lack social skills; this then leads to them getting social anxiety. Teenagers who play video games can get social anxiety which

can affect their future. Since these teenagers get social anxiety from not being able to interact with others it makes it difficult to talk to others. This can affect their future because when they get a job, they struggle to interact with both their coworkers and others. Video games can affect how a teenager interacts with others and how it affects their future.

Video games can also help teenagers with their problem-solving skills. Some companies incorporate puzzles into their games which allows teenagers to improve their problem-solving skills. Many video games have certain quests that require teenagers to solve problems to get to their goal and complete the game. Having problem-solving skills is good because it allows people to solve problems on their own. This can help teenagers in the future because it allows them to solve problems easily.

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