Electronic Games and their impact on children

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ABSTRACT

A video game can be enjoyed by children, adolescents, and adults of any age. The latest video games and gaming consoles often top people's wish lists and dinner table conversations. However, a new study suggests that playing violent video games may have long-term behavioral effects on some children. Young people all over the world can easily get their hands on violent video games. Because of this, children and adolescents are more susceptible to the negative effects of video games than adults (above 34 years of age). We all care about the health and well-being of our children.

Keywords:	Electronic Games, Impact, Children

1. Introduction:

A video game can be enjoyed by children, adolescents, and adults of any age. As a matter of course, video games and consoles are frequently broached at the dinner table. Parents may be concerned about their children's behavior if they play violent or combat-oriented video games. The long-term effects of playing violent video games on some children's behavior have been documented [1].

We can now see the drawbacks of technological advancements. Video games' impact on children's behavior has become a contentious issue in psychology due to the industry's rapid expansion. From a historical perspective, video games of all genres have quickly become the most popular form of entertainment. More than 45 million American households have a video game system, according to a survey conducted by the video game industry. Children and adolescents have a greater sensitivity to the negative effects of electronic entertainment than do people their own age (above 34 years of age). Concerns about the long-term effects of video games on children have been expressed by a wide range of individuals. Parents and educators who are concerned, as well as medical professionals and policymakers, all fall into this category. Additionally, the availability of violent video games for children in the United States and other countries is an open question [2].

2. Video Games and Child Development

Games and digital media have a significant impact on many children's lives Schools are taking advantage of the growing popularity of video games in the classroom by incorporating educational video games into their curricula to help students learn. Few studies have been done on the impact of video games on children's brains, despite their increasing popularity and use in education. Research shows that exposure to educational video games and apps positively affects children's brain development. Children's brain development has been harmed by violence and entertainment that is only there to entertain. According to one study, educational games can help preschoolers learn coding, literacy, and math. Another study found that children who had a close relationship with their avatar did better in school [3].

3. Adverse Effects of Video Games

The brain, memory, and eyesight have been shown to be damaged by playing video games. Excessive worry, anxiety, and loneliness are common symptoms of serious addiction. When people play video games, their brain cells are damaged and their sleep is disrupted. Researchers have found that the hippocampal region of the brains of "shooter game" players has been altered. Long-term and spatial memories are stored in this part of the brain. According to the research, this is because shooter games rely heavily on the caudate nucleus rather than the hippocampus. Depressive and Alzheimer's disease are the result of grey matter being sucked out of the hippocampus by the caudate nucleus. If a child plays "aggressive" video games, they are more likely to become aggressive themselves. Additionally, they lack empathy for others. Gamers' health and vision may suffer if they play video games for more than three hours each day. Even if you only play for a short period of time, playing video games for longer periods can cause eye pain, computer eye syndrome, headaches, and even problems with concentration (1 hour or less) [4].

4. Psychological Effects of Video Games

Studies, literature reviews, and meta-analyses have found a link between a person's level of video game addiction and symptoms of depression and anxiety disorders like anxiety and aggression. According to a new study, excessive video game use can cause stress and maladaptive coping, loneliness, decreased psychological well-being, psychosomatic problems, and lower academic achievement. Between studies, the magnitude of the effect varies greatly. Males are more likely than females to play video games, and younger gamers are more likely than older gamers to do so [5] .

5. Effects of Video Games on the Behavior

Research shows that children enjoy playing video games, and that this is a significant factor in their happiness. The majority of children develop wired behaviors such as avoiding school and other social events in favor of playing video games. Playing violent video games is a favorite pastime for most children, and they are willing to help them develop their cognitive abilities and self-esteem through these activities. Due to the significant improvement in computer processing speed, most children believe video games to be accurate, resulting in graphic realism. Because they appear to be accurate, they are more likely to incorporate them into their daily routines. In the United States, most children spend a significant amount of time playing video games. The result is an increase in hyperactivity and impulsivity among students, which has a negative impact on their academic performance [2].

6. The Impact of Video Games on player Personality

There are many obstacles to changing players' behavior, both positive and negative, that can be overcome by playing video games. As a result, this could provide a wealth of new opportunities for learning and honing existing skills. Teenagers' personalities are shaped by these actions because these changes affect the player's character, which is still developing. Players' reactions are influenced by how the game's content is presented and understood in their minds. People's personalities can have a major impact on how they perceive and respond to a given situation. This needs to be reflected in their gameplay, of course. It's been proven in a number of studies that online gamers behave the same way they do in the real world. Neurons in the human body deal with the effects of playing video games in the same way they deal with real-world impacts, according to previous medical research. Playing video games can help players improve their social, cognitive, and problem-solving skills. Players' personalities can be damaged by violence, hatred, concern, and tension. The two sections that follow will explore these two aspects of the characters' personalities [6].

7. Gaming Addiction

Addiction to video game consoles and computer games is a relatively new phenomenon that has emerged in the last few decades (also known as "gaming illness"). The question of whether or not this is a unique diagnosis is still being debated. Many people have suffered greatly as a result of their gaming addiction over the past few decades, regardless of its medical status. In the United Kingdom, this phenomenon is spreading rapidly. Behavioral addiction has a neurochemical basis, but there is no medical consensus on whether or not gaming addiction should be considered separate from other forms of addiction. Excessive video game play has altered the brain's reward centers, causing a compulsion to keep playing even if the consequences are negative. Gaming addiction can lead to a variety of health problems, including serious mental illness. Addiction to gaming has been shown to harm people's social lives, worldviews, career opportunities, and general well-being, according to reports [7].

8. Parent-child conflicts

Several studies have found that some gamers have gotten into disagreements with their loved ones because of their gaming habits. Gamers' obsession with their games has led to arguments with partners, friends, and family members, as previously stated. Around ten percent of the parents who took part in the survey said they often got into arguments with their kids over gaming-related issues like game purchases and game time limits. Digital gaming was cited as a cause of intermittent issues for 54% of respondents' children. As opposed to this claim, 37% of parents claimed to have no arguments or disputes with their children over computer gaming. Playing digital games is influenced by many factors, including the appropriateness of game material and gaming habits, as well as other life priorities [8].

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