

Whether Video Games are Harmful or Helpful (Psychology class)

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The discussion about whether computer games are unsafe or accommodating to kids and teenagers has progressed for a long time. While some contend that computer games adversely affect youngsters' turn of events, others contend they can impact mastering and mental abilities (von Meduna et al., 2020). The motivation behind this paper is to analyze the exploration encompassing the impacts of computer games on kids and youths and contend that computer games are useful in their turn of events. Computer games are useful in advancing youngsters and teenagers as they can work on mental abilities, upgrade social associations, and advance positive behaviour.

Video games have been shown to positively impact cognitive skills such as attention, memory, and decision-making. Additionally, video games can enhance social connections through cooperative play and virtual communities. Finally, video games can promote positive behavior by encouraging prosaically behaviors such as sharing and helping others.

The first argument in favor of the positive impact of video games on children and adolescents is that they can improve cognitive skills. Research has shown that playing computer games can prompt enhancements in consideration, spatial thinking, memory, and navigation (Greitemeyer, 2022). Moreover, a few investigations have discovered that computer games can improve leaders' working and critical thinking abilities. These cognitive skills are essential for success in school and everyday life, and video games can provide an enjoyable and engaging way for children to practice and develop these skills.

The second argument for the positive effect of computer games on youngsters and teenagers is that they can improve social associations. Agreeable play in computer games can advance collaboration, correspondence, and critical thinking abilities. Moreover, computer

games can give a virtual local area where kids can interface with different players worldwide and construct social associations. These social associations can be particularly significant for youngsters battling social connection in up close and personal settings.

The third argument for the positive effect of computer games on kids and young people is that they can advance positive ways of behaving. Research has shown that playing supportive social computer games can expand youngsters' sympathy and urge them to participate in more positive ways of behaving, like sharing and helping others (Pallavicini et al., 2022). Furthermore, computer games can give kids a protected and organized climate to learn about and practice positive ways of behaving, for example, critical thinking and compromise.

While there are many arguments in favor of the positive impact of video games on children and adolescents, there are also counterarguments that suggest video games can be harmful. One defense is that aggressive conduct can result from playing violent video games (Urazgul, 2023). In addition, playing video games too much can severely impact one's physical health and cause addiction. The usage of modest amounts of video games has been proven to have detrimental impacts on overall fitness, while not all computer games are violent.

In conclusion, the research supports the argument that video games are helpful in the development of children and adolescents. Video games can improve cognitive skills, enhance social connections, and promote positive behavior. While there are counterarguments to these claims, the evidence suggests that the benefits of video games outweigh the potential risks. As such, parents and educators should consider incorporating video games into children's learning and development.

### References

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