

Gaming - Pros and Cons of Video Game such as Xbox, Play Station

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In brief

The first kids who got the chance to play with video games were probably those who grew up in the 80s and 90s. The love for video games that were present in kids in those days has continuously grown and now children of the later generations are also added in the mix.

The first kids who got the chance to play with video games were probably those who grew up in the 80s and 90s. The love for video games that were present in kids in those days has continuously grown and now children of the later generations are also added in the mix. Nowadays, people can play games everywhere without being restricted to a television set or a bulky PC.

Gaming has its own benefits which can only be seen if people enjoy games in moderation. Since video games require people to sit for long periods, video games pose a danger to the health of people. This article showcases all of the pros and cons of gaming which people should keep in mind before picking up a gaming console.

Pros of Gaming

1. A person's vision may improve

It is generally known that excessive gaming or staring on a screen for a long time is harmful to vision. But If played in appropriate limits, gaming can actually help to improve the eyesight of people. A study showed that if an average person plays video games for 10 weeks but in a limited amount then he/she can differentiate between different shades of the same colors more accurately. It has also helped people who suffer from a lazy eye. When they played games with just the lazy eye without seeing from the normal eye then it can help to get rid of lazy eye.

2. It builds social networks

Some games require teamwork and helping your teammates in order to win. Games like PUBG and others also have options to talk to people who you are playing with. This builds an albeit virtual but significant social networks for gamers. Games encourage people to network with people in order to complete in-game objectives. These networking skills can help people to move forward in their careers as well.

3. It sparks an interest in specific subjects

Games contain whole plot lines which explore different subjects ranging from science to history. They create an immersive world where players live in and they increase their interests in specific subjects. Just like books sparked interest in people in the previous generations, games do it for the current generation of teens. Games based on world wars, programming, etc. have shown to build interest in teens regarding those subjects.

4. Not every video game is sedentary

There are many types of video games nowadays and not every one of those games requires you to sit in front of a screen and remain sedentary. There are also games that require you to move and do physically challenging activities in order to win. The Wii Fit U was a product that aimed for gamers to move in order to play it was not as successful as other consoles but it did introduce the gaming world to physical activity for gaming. Mobile games like Pokemon Go (Pokemon Go Pc Setup) and Harry Potter Wizards Unite encourage gamers to get out of their rooms and explore the world around them to find in-game elements in the real world.

5. It could slow the aging process for the brain

Games require gamers to be on their toes at all time. In shooting games, an enemy could jump out of nowhere without any notice and so it requires good reflexes for the players. This constant use of the brain helps the brain to remain functional for a long time. Many doctors recommend old age patients to play games of some kind so that their brain keeps functioning for long. It helps with depression, arthritis and many other diseases that are related to the brain. Video games also help lonely old people to find connections online to have fun with.

6. It improves decision-making speed

Decision making is a skill that is of utmost importance in the real world. The most famous and successful people in the world are in their position because of their decision-making skills. Video games help gamers to practice their decision-making skills by constantly requiring them to make decisions that are important for their gameplay. This helps gamers to improve their decision-making skills which can help them in the real world. A study revealed that people who play fast-paced games regularly tend to react to situations that require quick decision making up to 25% faster when compared to people who don't play video games.

7. It can replace a vice

Almost everyone in this world suffers from a vice which can be smoking, drinking, gambling, etc. Just like them, video games can also become a vice for some people. However, it is a better vice than most of the other vices. Video games can help people with unhealthy vices to replace them with a healthier vice which makes them work their brain. It is shown through studies that people who play puzzle based games that require them to use their brain on a regular basis experience fewer cravings than those who don't.

Cons of Gaming

1. It can create psychological stress.

Anything that is done in excess can become harmful to people. Video games, as mentioned earlier, can become an addiction for people. If it becomes an addiction, it causes psychological stress on the minds of gamers. Gamers get constant judgment through the game by winning or losing which can cause them to have lower self-esteem if they are on a losing streak. Gamers are also prone to suffer from social anxiety and depression. Gaming excessively has also shown to have feelings of shame and guilt on people. If people who have mental disorders of some kind can show signs of them if they game in an uncontrolled manner.

2. Long-term gaming can compromise personal health

Gamers should always keep track of how long they are gaming in a session. They should regularly exercise and have good personal hygiene as they are required for one's personal health. Gamers can also pull off all-nighters which can hamper their sleep cycle. Staring at screens also causes loss of sleep. Gamers also tend to consume unhealthy foods in long gaming sessions which can hamper their health.

3. It isolates people from their families

Parents who game a lot tend to stray away from their kids and families. They lose touch with reality and relationships that they have with their children. Likewise, if kids are addicted to games, they ignore their parents which results in broken relationships. Families can play videogames together but in tense situations, arguments can occur between members of the family like who plays on the console and for how long.

4. There are financial considerations to think about

Gaming consoles are costly and so are gaming discs for these consoles. Nowadays, in-game purchases are the most financially draining aspects of games where people spend money on games for skins and other in-game awards. Likewise, there are additional downloadable contents for games which cost extra and people who are invested in the game from the start purchase them to continue the fun. All of these purchases can harm people financially. Gaming can become an addiction which like most of the addictions can drain people's bank accounts.

5. It can limit the academic process

Computer games can improve the basic thinking process, yet they can similarly break them down. Children and school/college understudies who play computer games in their leisure time often struggle to get grades in school. Gamers may delay their studying, hurry through their homework, or even disregard a due date for playing their preferred video game. All of these things limit the academic progress of a student and this is one of the major cons of gaming.

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