

Videogames benefits

[Entertainment](#), [Games](#)



Most people think that playing video games will lead you to a life of crime, delinquency, and misery. The opposite, however, is true. Video games can be used properly to improve the coordination and concentration physically, socially, and mentally to benefit the user. Does this mean kids should spend all day playing? No. This occurs when they are used properly and in moderation. Contrary to what most of the people believes, video games can actually help your motorskills no matter how younger people are.

Most of the people who play videogames do not know that there is a research that shows that certain video games can reduce fat causing global weight loss. Other sources state that doctors have instructed parents to let their children play video games to help control focus. It is found that video games can improve hand eye coordination and have been used for rehabilitation of wounded soldiers. Gamming has developed intechnologythat has been created for many new positive effects. Over the years video games had become popular and enhanced.

Another potential benefit of video games is they aid in improving language and teaching new words of various languages. This is because every game contains certain rules and instructions according to which the game can be played. So, it is very necessary for the player to be able to understand the instruction. Video games help the child in recognizing the alphabet and numbers. It also helps in building the children vocabulary. The University of Cambridge states that in a study with one set of surgeons played video games for 3 hours a week, while the other set played none.

The set that played the video games made 37 percent fewer mistakes during laparoscopic surgery and finished the surgery 27 percent faster. In a

separate study, gamers and athletes were compared upon their hand eye coordination. People who played both sports and games were the highest, followed by gamers, and then athletes. In two separate studies, video game players had better success identifying items in visual environments. One study showed that people who played action games had a 20 percent better success rate in identifying a T in a cluttered environment.

In another study, those who play action video games on a regular basis can process visual information faster and can track 30 percent more objects than non-gamers. (University of Cambridge) Gaming can also make you smarter. People who play video games can display intelligence by solving in-game problems. Managing multiple objectives and multiple resources is one of the goals of the game that can help you become smarter. The people can also improve their understanding ability by learning the rules of the game and what strategy works the best for the user.

Since video games are driven by goals (find the princess in the White Mountain), people will have to think and analyze the environments in order to complete problems that lead them to complete the main task; so gaming will develop the areas of think and analysis of the people involved. But playing too much can lead people to addiction and many other negative consequences. The good part is that there are positive outcomes to gaming like Getting smarter, becoming better with your hands and being able to see better is a good outcome. This only applies when used properly.