

# Sports editorial sample

[Technology](#), [Computer](#)



Is playing computer games good for you? Well, it can be but it can also be worst. Computer games are glared upon by parents as a waste of time, and prior to that, some education experts said that these computer games can corrupt mind. Computer games are usually violent and brutal, this is the mainly reason why some young people are violent and can commit severe anti-social behavior, according to some media and experts. Computer games according to some scientist and psychologist can actually have lots of benefits. In fact, according to University of Wisconsin psychologist C. Shawn Green, “ Video games change your brain”. We can get a lot of learning in computer, the same way we get learning in reading books, playing the piano, or navigating using a map. Below are the positive and negative effects of Computer games, according to researchers and child experts:

#### Positive Effects of Computer Games

A real workout to child’s brain is what computer games give to your child. In many video games, the skills required to win involve abstract and high level thinking. These skills are not even taught at school. Some of the mental skills enhanced by video games include: (1)Following instructions; (2) Problem solving and logic; (3) Hand-eye coordination, fine motor and spatial skills; (4) Planning, resource management and logistics; (5) Multitasking, simultaneous tracking of many shifting variables and managing multiple objectives; (6) Accuracy; (7) Strategy and anticipation; (8) Situational awareness; (9) Developing reading and math skills; (10) Perseverance; (11) Inductive reasoning and hypothesis testing; (12) Mapping; (13) Memory; (14) Management;

#### Negative Effects of Computer Games

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Computer games addiction can have a variety of negative effects on a person. The closest are social. The user withdraws from friends and family as he spends more and more time on the computer. Relationships become lame as the user stops attending social get-togethers, skip meetings with friends and avoids family members to get more computer time. Even when they do interact with their friends, users may become irritable when away from the computer, causing further social harm. Over the long term, computer addiction can cause physical damage. Using a mouse and keyboard for many hours every day can lead to repetitive stress injuries. Back problems are common among people who spent a lot of time sitting at computer desks. Late-night computer sessions cut into much-needed sleep time. Long-term sleep deficiency causes drowsiness, struggle concentrating, and depression of the immune system. Someone who spends hours at a computer is visibly not getting any meaningful exercise, so computer addiction can indirectly lead to poor overall physical condition and even obesity.

Computer games can be both good and bad for you. We are not saying that you shouldn't be playing computer games; you have to understand that you have to manage your time between computer games and social games. You know what they say, Too little credit is just as dangerous as too much.