

Effects of computer games

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



Computer games have been part of the youth culture today. Many games have rapidly evolved to become part of mainstream of the youth has lead to increase public scrutiny of the potentially positive role, especially in the health care and health education sector. World Health Organization study carried out in 2002 and published in June shows that around 20% of students between age 13-15 spend more than # hours a day playing computer games.

They do not have their proper eating habits and their daily activities are being interrupted. Video games change your brain, according to University of Wisconsin psychologists C. Shawn Green. Playing video games change the brain's physical structure the same way as do learning to read, playing piano, or navigating map. Much like exercises can build muscle, the powerful combination of concentration and rewarding surges of neurotransmitters like dopamine strengthen neural circuits that can build the brain.

According to Daphne Believer, a cognitive scientist, games stimulating stressful vents such as those found in battle or action games could be a training tool for real world situations. The study suggest that playing action games primes the brain to make quick decisions. Video games can be used to train soldiers and surgeons according to the study of Steven Johnson.

Statement of the Problem I. Why do the students love to play computer games? II. What are the benefits the students get In computer games? III.

What are the possible effects of computer games In students life? IV. The concerned people doing to ease computer addiction V. Why should computer addiction taking seriously? Significance of the Study This study would

enlighten the youth today on how computer games can affect their life style and the consequences It may bring to them In their health care. Deflation of Term Computer game addiction - Is an obsessive adulation to computer use. Video game - refers to an electronic game played by means of Images on a video screen and often emphasizing fast action.