

Video Games Role in Childhood Studying: Impacts and Implications

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ABSTRACT

In recent years, the impact of games on children's behavior has become one of the most hotly debated topics in psychology. Looking back in time, the video game industry is one of the most rapidly growing segments of the entertainment industry, with video games of all genres becoming the most popular form of entertainment. Children are one of the most important participants in the industry, and their influence on them cannot be overstated. Researchers discovered that interactive and educational video games and apps had a positive effect on children's brain development. However, violent and solely entertaining media had a negative impact on the brain development of children.

Keywords: Video Games, Childhood, Impacts and Implications

INTRODUCTION

A video game is a game in which images generated by a computer program are electronically manipulated and displayed on a monitor or other display. General-purpose shared and personal computers, arcade consoles, video consoles connected to home television sets, handheld game machines, mobile devices such as cellular phones, and server-based networks are examples of machines, or "platforms," on which electronic games are played. Digital games may be ideal for cognitive skill development because they are engaging environments that provide learners with immediate and personalized feedback [1; 2], a flexible learning experience [3], assistance in sustaining attention [4], and various types of engagement [5]. A video game is a game in which images are electronically manipulated. However, new research suggests that digital games of all genres and styles help children learn transferrable skills like communication and collaboration, problem solving, attention, and memory. "Digital games can help improve ICT skills, teach complex problem-solving, increase creativity, promote genuine

collaboration...and make [children] feel a wide range of emotions." [6]. One of the most widely held beliefs about the effects of video games on children is that those who play digital games for an extended period of time, or violent games, exhibit heightened hyperactivity and inattention, disruptive and destructive behavior, and lower levels of engagement and success in the classroom, among other negative connotations [7].

Impact of Video Games on Child Development

Many children's lives are influenced by video games and digital media. Some schools are capitalizing on the popularity of video games by incorporating instructional video games into their classrooms and even developing an entire curriculum centered on the design and play of video games. Despite their growing popularity and use in education, few studies have been conducted on the impact of video games on children's brains. According to the researchers, video games and educational apps benefit children's brain development. On the other hand, violence and entertainment

for the sake of entertainment have hampered children's brain development. Preschoolers can learn coding, literacy, and math skills by playing educational games, according to one study. Another study found that improving a child's ability forming a close relationship with their virtual avatar can help them learn faster. Exergames, or games that require physical activity, have been shown to improve children's decision-making and overall brain functions [8].

Video Games and the Impact on Player Personality

Playing video games has revealed a plethora of impediments to changing players' behaviors for the better or for the worse. This could create new opportunities for learning new behaviors and skills as well as honing existing ones. These actions are visible in the personalities of teenagers because these changes affect how the player's characters evolve, which aren't fully formed yet. The player's reaction is determined by how the game's material is displayed and comprehended in their head. The personality of an athlete, or any other person, has a significant impact on how they think and act in a given situation. This should be reflected in their gameplay [9]. Several studies have found that online gamers behave similarly to their offline counterparts. Previous medical research has found that neurons in the human body handles the effects of video games in the same way that it handles real-world impacts. Video games can help players develop their personalities by improving their social skills, cognitive abilities, and problem-solving abilities. Violence, hatred, concern, and tension can all have a negative impact on the players' personalities. The following two sections will go over these two effects on the characters [10].

Implications of Video Games on Children

A person's level of video game addiction is linked to anxiety, anger, clinical indications of depression and anxiety disorders, according to several research, literature reviews, and meta-analyses.

According to a recent study, excessive video game use may have a number of negative side effects, including stress and unhealthy coping mechanisms, loneliness, lowered psychological well-being, psychosomatic issues, and reduced academic accomplishment. Between studies, there has been a huge variation in the effect's size. Males are more likely than females, and younger gamers are more likely than older gamers to engage in video gaming, according to the evidence [12].

Video Games and the effect on the Behavior of Children

Video games are a significant source of entertainment for kids, according to an assessment of the literature on their effects. Most kids grow into wired individuals who avoid social situations like school in favor of playing video games with their friends and family. The majority of kids are open to providing opportunities for them to develop their cognitive abilities and self-esteem while playing violent video games. The vast gain in computer processing speed has led to a graphic realism that most kids find accurate in video games. Since they seem to be accurate, they are more likely to absorb them and use them in their daily actions. The vast majority of kids in the US spend a lot of time playing video games. Individuals develop attention problems as a result, including hyperactivity and Impulsivity has an impact on students' academic achievement [13].

Video Game Addiction and Parent-child conflicts

One of the most recent addictions to appear is the addiction to video games, often known as gaming disease, and computer game addiction. It's still up for debate whether or not it qualifies as a separate diagnosis. Regardless of its medical status, gaming addiction has brought excruciating misery to countless people over the past few decades. It is getting more widespread throughout the world. There is no medical agreement on whether gaming addiction should be treated as a separate condition, despite the fact that the neurochemical

underpinnings of behavioral addiction are becoming more apparent. Overuse of video games has had a substantial negative impact on the reward regions of the brain, which has resulted in an obsession with playing even when it has negative effects. Numerous health problems are connected with severe game addiction, major mental health illnesses. According to anecdotal data, a person's relationships, social life, worldview, possibilities for the future, and general well-being are all negatively impacted by gaming addiction [14] according to some study, gamers have had arguments with friends and family members about their gaming preferences. As was previously said, some gamers' excessive dedication

to their games has caused them to have disagreements with their partners, friends, or family members. 10% of the parents who participated indicated they frequently argued with their kids about issues related to games, such as game purchases and time limits. 54 percent of parents claimed their child experienced sporadic issues as a result of playing video games. In contrast, 37% of parents reported they had never argued with their child over a computer gaming. Different perspectives on digital games, such as the suitability of game content, gaming habits, and other real-life priorities, frequently result in varying standards for using digital games and the level of parental supervision.

CONCLUSION

A very common and well-liked kind of entertainment today is video gaming. Children can learn to solve problems by playing video games. Cognitive skills in children are improved by video games. They enhance a child's aptitude for three-dimensional thought. However, playing video games can have negative health

impacts. This article demonstrated how playing video games excessively can result in poor social skills, time spent away from family, employment, and other interests, lower grades, less reading and exercise, weight gain, and aggressive attitudes and behaviors.

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