

# PSYCHOLOGICAL IMPACT OF VIDEO GAMES

*The gaming industry as a whole generated near \$ billion in All things considered, this figure is even more shocking than you would.*

Stud Health Technol Inform. They got one group of people set up with Bejeweled II, and another group were put in the same environment but not playing a game. January 24, The Psychological and Emotional Benefits of Video Games: Clinical Research This series of articles explores the current clinical research that exists around the benefits that playing video games can have for wellbeing. Computer games can help players increase their basic maths, reading and social skills. High Score Listings High score games are used in games as a way to make the players feel superior and the best at a particular game. Fun A lot of people are casual gamers and play mainly for fun. After playing the games for 30 minutes per day for 2 weeks, the students were given memory tests that engaged the brain's hippocampus. But many other people have pointed out that some types of games offer benefits, including the potential to improve people's ability to pay attention and process visual information. Cult Med Psychiatry. Results of the studies indicate that playing video games not only changes how our brains perform but also their structure. The authors used interviews and survey data with players of World of Warcraft. The consequence from this usually means that they play more of that game. Content Psychological effects of playing violent video games Many studies have shown that playing violent video games can increase aggressive thoughts, feelings, and behavioral tendencies. Here are the most important takeaways. They found that, in players who had high levels of distress, playing for escape and playing for competition was more likely to be associated with gaming addiction. Leaderboards are also used more commonly as a way for the gamers to compare their performance against other "leaders. Participants were allocated to either a group that played video games with a 2-D environment or a 3-D environment. There is increasing research focused on the impact of video gaming on the brain. They found that the subjects playing Bejeweled II showed that their mood improved, and their levels of physical stress decreased. Media Psychology, 18, We examine the evidence. These factors included the type of game played, gender, and the motivation for playing the games. This is a great article which was probably trying to prove the opposite to what it found. After 12 hours of training over the period of a month, study participants aged between 60 to 85 years improved performance on the game that surpassed that of individuals in their 20s playing the game for the first time. They hypothesised that achieving a dissociative state could have potential to be positive for player wellbeing, provide relaxation, and encourage positive stress. Fortunately, there's a fair amount of research that about how video games affect our brains and bodies. People are increasingly under the impression that brain-training apps will safeguard them against memory loss or cognitive disorders. Trepte Eds. By looking at all research to date, Palaus and team aimed to observe whether any trends had emerged with regard to how video games impact the structure and activity of the brain.