

The Benefits & Problems With Gaming

By Danny Le

What Exactly is Gaming?

Gaming is a form of online entertainment of playing games from the internet.

This is essentially global around the world.



Source: AI Generated Image created from Canva's "Magic Media" feature

Key word: "Gaming"

[Canva](#)

How is Gaming beneficial?

Gaming can help with:

- Memory
- Visual Perception
- Decision Making
- Problem Solving
- Relieving Mental Stress



Source: AI Generated Image created from Canva's "Magic Media" feature

Key words: "Power brain"

[Canva](https://www.canva.com)

How is Gaming beneficial? (Continued)

Gaming can be used in different ways.

From pure entertainment for all ages to implemented education in schools.



Source: AI Generated Image created from Canva's "Magic Media" feature

Key words: "Educational Gaming"

[Canva](#)

How is Gaming detrimental?

Gaming can increase:

- Addiction
- Unproductivity
- Gambling
- Risk of Aggression
- Sleeplessness



Source: AI Generated Image created from Canva's "Magic Media" feature

Key words: "negative gaming"

[Canva](#)

How is Gaming detrimental? (Continued)

Without moderation, gaming can negatively impact a person's life:

- Physically
- Socially
- Financially
- Mentally.

It can ruin various relationships & increase overall stress.



Source: AI Generated Image created from Canva's "Magic Media" feature

Key words: "negative mental state"

[Canva](#)

The Future with Gaming?

With all the pros & cons Gaming has, it can help relief stress; an escape from problems temporary.

However, excessive usage will become problematic.



Source: AI Generated Image created from Canva's "Magic Media" feature

Key words: "stress relief gaming"

[Canva](#)

References / Sources

Benefits	Flaws	All Images
<u>RecordHead</u>	<u>GameQuitters</u> <u>CharlieHealth</u>	<u>Canva</u>

Thank You for Witnessing This Presentation