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Game Development

Assignment #01

Q.: How game can effect the health of a player.

Video games can have both positive and negative impacts on the mental health of a player just like the sides of coin.

Game Immersion: Some games are designed to be highly immersive with rich storytelling and engaging capabilities which highly effects the mental health and thoughts of a player -

While this can lead to a positive impact or can also lead to negative consequences.

Players may become deeply invested in virtual world, sometime at the expense of their real physical world's life i.e relationships and responsibilities.

Some games can have profound positive impact on player's mental health in certain following ways:

Stress Relief: Playing video games and enjoying it can provide relief from stress and provide relaxation. Engagement in virtual

world can provide escape from realworld problems for an instant of time.

Problem Solving capabilities: Some games are designed to improve cognitive capabilities of player i.e problem solving, memory, ~~and~~ etc

For example: Puzzle games, strategy games.

Goal Achievement: completing challenges and reaching towards goal can enhance the sense of self esteem and accomplishment in players.

Therapeutic use: Some games are designed for therapeutic purposes, i.e treating anxiety, depression, etc.

Social Interaction: Multiplayer games can enhance social interaction and help players maintain ~~as~~ friendships especially where players are physically isolated.

As everything can have profound negative impacts if used more than limits -

Games can also have negative impact on mental health of player in following ways.

Some games are designed to distract player from their responsibilities and make their mind negative.

Games like Bluewhale has a very negative impact which can lead to serious problems. Players of blue whale were so addicted to them that they were not in their senses and tried to kill themselves just to fulfill challenge given in game.

Other negative ^{effects} ~~games~~ include.

Social Isolation: Players spend excessive time on games and can lead to social isolation, reduce face to face interaction.

Inattention and Impaired academic or work performance: As games can make players addict to them ~~and~~ in their interesting challenges, players just leave their boring studies ~~and~~ behind.

Anxiety and depression: If players can't do the challenge in given time, it can lead to anxiety for player and sense of losing things.

Aggression: Players can be aggressive when they play excessive violent ~~to~~ games.

It is always a person's own choice to use anything wisely just to get desired results.