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Nowadays, technology around the world has been improving constantly, and it never seems to stop. The improvement of technology increases stress for people, but it also entertains them sometimes. Some people spend their free time playing video games because it helps them to relax; however, playing video games makes people become even more aggressive in real-life. In the following essay, I will discuss the advantages and disadvantages of playing video games. It will be argued that the positive effects of playing video games will be outweighed by the negative ones.

It is understandable why some people find that playing video games brings positive effects. The main advantage of it is that video games help people to release stress and to cure their psychological mental. Some people, especially teenagers and young adults, play games after a long hour studying or working because they want to entertain themselves, and they never seem to get bored at it. In fact, 94 young people with depression were asked by researchers at the University of Auckland in New Zealand to play a game called SPARX, a 3D fantasy game, and those researchers found out that the game lightened the depression more than any conventional treatment. One other advantage is that playing games also improves some of the brain functions, because people spend much time playing online games seem to have impressive communication skill when talking to strangers. Thompson (2020) has also shown that people playing action games have better decision-making skills because they can make decisions 1.25 times faster than normal people without reducing accuracy.

On the other hand, some people believe that playing games has bad effects and they have no intention of changing their minds about that. The most serious disadvantage of playing games is that it can develop mental issues, which makes people become more aggressive in real-life. Teenagers nowadays seem to be more immature than teenagers back then, and it is believed that video games make them become like that. Adair (2021) points out that spending too much time playing games can lead the players to some physical and mental health problems, such as weight gain, depression, and exhaustion. Another negative aspect of video games is that they bring addiction to the players. While there are some people playing games to release their stress after a long day working or studying, there are still some using their time playing games for no purpose, which can be assumed as game addiction. Game addiction is not different to the addiction of cigarettes or drugs, because it is not easy to stop or to lessen the addiction.

In my personal view, video games bring some benefits to the players, but they have more negative aspects. It wastes the players’ finances since they are likely to spend money on buying their favorite domestics for the games. Not only that, the players also waste their time on playing games, while they can use that time to make more money and do something useful in real-life.

In conclusion, playing games brings some positive effects for people, but it also has some negative ones. Because the players assume that games are just entertainment, they spend too much time on them. Playing games nowadays is considered a common issue, but it might soon bring even more problems for people, especially teenagers, and it would make the world become chaos because of too many people playing games.