

## VIDEOGAMES AND THE CONCERN OF ANTI-SOCIAL LIVES

This article heavily refers to an article published on the 19<sup>th</sup> Aug of 2001 written by Tracy McVeigh, that you can read up on <https://www.theguardian.com/world/2001/aug/19/games.schools> in which she suggests that playing computer games halts the development of teenager's minds. She supports this statement by referring to a study which compares brain activity of hundred's of children and teenagers, using the most sophisticated technology of that time, when playing videogames and when completing arithmetic tasks. He tells us the testers were playing a Nintendo game but keeps which one it was a secret.

According to brain-mapping experts, the act of playing the computer game only stimulates parts of the brain associated with vision and movement. On the other hand, arithmetic stimulates brain activity in both the left and right hemispheres of the frontal lobe, the part of the brain most associated with learning, memory and emotion. If that's not enough, the frontal lobe is also responsible for holding and individual back from lashing out and losing self-control.

This leads us to the following question: Is the current generation losing their self-control or is it all just gaslighting to make us think that videogames are bad and our children have to do arithmetics to safe themselves. Although the concerns are justified, I disbelieve all computer games encourage teenagers to become criminals or anti-social. Letting a toddler play videogames all day long is not a good idea as it may become too attached to the device and may become addicted but playing educational videogames that require the ability to recognize patterns or solve clever puzzles is most likely more enjoyable for a teenager than doing arithmetics all day long, achieving similar results regarding brain activity. It's also way more likely to find someone who has interests in the same type of games as you do which further suggests a more social life.

Playing competitive or exceptionally violent games can cause rage. Isolating that feeling of frustration and anger in the environment of the game is 'all fun and games' but when it is transposed to the outside world it gets problematic. Preventing kids from getting aggressive is a near-impossible task as a child is a walking bundle of energy that could burst open any time it gets slightly upset so it is advised to keep the child away from playing these kinds of games. However, for teenagers the most important measurement one should do to prevent rage is to take a deep breath whenever you feel it coming up again and stopping playing soon afterwards for some time.