



# The Past, Present and Future of Virtual Reality

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[Virtual Reality](#) (VR) has come a long way since its humble beginnings with stereoscopic images in the 1800s. Today, VR offers an [immersive](#) and interactive 3D environment that allows users to experience something beyond the real world. But what makes a successful VR experience, and how did it evolve to become what it is today? From the first head-mounted display in the 1960s to the latest high-resolution displays and motion controllers, let's explore the history of VR and its expanding ecosystem of hardware, software, and content creators.

## What is Virtual Reality?

Virtual Reality (VR) is a simulated and immersive experience that can be similar to or completely different from the real world—the possibilities are endless. VR experiences are usually created with computer technology and presented to the user through [VR headsets](#) or displays, which creates an immersive and interactive three-dimensional environment. In an ideal VR experience, users should be able to interact with the environment as if it were tangible, to walk around and touch objects like in the real world.

When VR is done well, it's dazzling and delightful—we can experience something far beyond the real world. However, when VR is poorly done, users can become frustrated and get sick (also called [VR sickness](#)). Sometimes, technology is to blame for hardware limitations. But for the most part, the failings of a VR experience come when we overlook [UX design](#) principles. A [user-centered design](#) approach is essential for a successful VR experience.