

ENGLISH FOR SPECIFIC PURPOSES (IT)

Classwork Unit 5: Media, Streaming and the Internet; Video Games and Virtual Reality

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November 11, 2025

Abstract

This speech explores the impact of video games on mental health, arguing that they are not inherently harmful but rather beneficial when used responsibly. It contrasts societal misconceptions with psychological research, emphasizing how games stimulate cognitive functions, foster emotional expression, and enhance problem-solving abilities. The argument integrates both perspectives of family dynamics and concludes that video games, if played with balance, enrich mental well-being rather than diminish it.

Keywords: video games, mental health, well-being, cognition, emotional balance, family dynamics

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Overview

For classwork 5, I need to write a 200-300 word speech about video games' impact on mental health. The whole point is to practice conditionals grammar (e. g., if I do that then I have this). Since I was absent, I write the 200-300 word speech.

Classwork description (from Moodle)

CLASSWORK 5

1. Oral Argument: Video Games & Well-Being * if you were absent from class 05.11.2025, please submit a 200-300 word response to the following.
2. Grammar Focus: Conditionals 0 (Facts) and 1 (Likely Outcomes)
3. Speaking Time: 1.5–2 minutes total
4. Statement for Debate: Video games are harmful to gamers' mental health and well-being.

Your Task Prepare an oral presentation covering two main parts. Every main point you make **MUST** be a conditional sentence.

Part 1: Your Stance (Using ZERO Conditional)

1. Use the Zero Conditional (If + Present Simple, Present Simple) for facts and universal truths.
2. State clearly if you Agree or Disagree with the statement.
3. Provide 2–3 Reasons to justify your opinion, stating them as general facts (cause-and-effect).

Part 2: Predict and Counter (Using FIRST Conditional)

1. Use the First Conditional (If + Present Simple, will + Verb) for likely future outcomes and predictions.
2. Think of 2–3 Counter-Arguments from the opposing side.
3. For each one, provide a Refutation (a strong prediction) about what will happen if their idea is taken too far.

Example Structure and Rubric Your presentation will be graded according to the following checklist. To earn the full 3 points, make sure your speech:

1. Fits within 1.5–2.5 minutes of speaking time.
2. Clearly states your opinion on whether video games are harmful or not.
3. Includes 2–3 factual statements in Part 1, all written using the Zero Conditional.
4. Includes 2–3 counter-arguments and refutations in Part 2, all written using the First Conditional.

My speech

Today I want to discuss the common misconception about the video games harmful impact on one's mental health. Many people believe that video games are detrimental to person's mental well-being; and that video games must be prohibited. The contention stems from the dissatisfaction in private life where the husband spends most of their time on PS5 video games, whilst their wife is busy with taking care of the children and household duties. From the wife's perspective, the husband's leisure activity is a waste of time; she believes that it is possible to optimize the family life by engaging with more positive and active activities rather than playing a video game. Since the husband refuses to engage in relationship-enhancing activities and focuses on augmented reality, playing video games usually deals substantial damage to the relationship and thus the mental health of the couple. In other words, if a husband spends all his free time playing video games, the wife may feel neglected.

From the man's perspective, however, video games bring joy to his life. They make him feel excited, disappointed, content and frustrated; thereby, making him radiate a positive spectrum of emotions. Should he cease to enjoy games, he feels as if he were a sword put on exhibition, as if that sword were useless; as if no-one needed it. Without leisure activity, his life is nothing but tedious and monotonous music: it has the ambiance; yet, it lacks the rhythm. Had she loved him, she would enjoy playing games with him. This would have deepened their relationship. However, there begs the question as to whether video games are truly inimical to human well-being.

According to the research, video games are of great essence to the human brain because they stimulate, train and enhance it as long as the actor (a player) is goal-oriented and consistent with their agenda (Wilkinson, Ang, & Goh, 2008). When it comes to provide a unique opportunity for narrative content and immersive remote interaction, games are the perfect choice. It enhances cognitive abilities, promotes problem-solving proficiency and fulfills inquisitiveness.

In conclusion, the assertion that video games harm the one's mental health is oversimplification. In reality, games bring more value to the brain of a person. If society bans video games, it will deprive people of a valuable tool for learning and stress relief.

Sources of information

1. Ahlstrom, M., Lundberg, N., Zabriskie, R., Eggett, D., & Lindsay, G. (2012). Examining the relationship between video game play and family functioning. *Journal of Marriage and Family*, 74(2), 381–398. <https://doi.org/10.1111/j.1741-3729.2012.00712.x>
2. Wilkinson, N., Ang, R. P., & Goh, D. H. (2008). Online video game therapy for mental health concerns: A review. *International Journal of Social Psychiatry*, 54(4), 370–382. <https://doi.org/10.1177/0020764008091659>