# **Video gamers are not as strong as footballers or cricketers physically and mentally because they suffer problems like health issues, Addiction, etc.**

## **Problems**

**1. Lack of Motivation and Dopamine Addiction**

When you play video games, your brain releases a constant dopamine supply, with occasional random bursts. **Over time, your brain gets used to this steady supply of dopamine, and the nucleus accumbent requires even more dopamine release for gaming to feel fun.** That prevents you from enjoying anything that is not as stimulating as a video game. a lack of motivation to participate in other activities is a natural outcome.

**2. Health Issues**

Most of the gamers suffers stress and weakness in their body because they sit at the computer for very longer period of time. Spending very long time in front of computer or mobile may cause various health problems.

* Vision Issues
* Musculoskeletal problems
* Obesity and Overweight
* Stress and Weakness
* Lack of Vitamin D

These are not only the health issues but sleeping disorder and skipping meals or unmanaged time of taking food might cause other health problems.

**3. Poor Concentration**

Gaming demands focus and concentration; it demands your full attention. However, the more you play or become preoccupied with gaming, the more difficult it is to concentrate on other tasks such as your schoolwork or career.

**4. Aggression**

Several studies have shown that when we play video games, our amygdala calms down, which leads to the **suppression of our feelings.** After excess use and gaming addiction, you can feel restless and aggressive, and aggression is also one of the withdrawal symptoms of gaming disorder.

**5. Poor Emotional Regulation**

Studies show that [excessive gaming can lead to poor emotional regulation](https://www.mdpi.com/1660-4601/15/1/30). Poor emotional regulation contributes to mood problems such as anxiety, depression, and aggression.

**6. Social Disconnection**

Social disconnection is a real problem in the gaming community. Out of all the negative effects of video games, this one is touted a lot. When people get too addicted to video games, they start to neglect other parts of their lives. They don’t interact with people they love in person, sometimes they neglect them.

**7. Depression, Social Anxiety**

However, research such as [Tortolero et al. from 2014](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4227415/) found a link between video games and depression. The study found that playing video games for more than 2 hours daily significantly increased the risk of depressive symptoms in gamers. Participants in our case studies report the link between gaming disorder, depression, and social anxiety. They share significant improvements to their overall mental health once they stopped gaming excessively and overcame their addiction.

**8. unprofessional language**

**9. Low academic performance**

## **Solutions**

To solve all of the problems at once, first of all, gamers have to get rid of gaming addiction at first and increase socialization. If they spent some of their remaining time for other activities like exercise, spending time with friends and family, then gamers do not have suffers from most of the problems explained above.

**1. Time Management**

If the gamers can manage their time about how much they spent on gaming, when to start and stop, eating food, rest, exercise according to their physical and mental health condition, then they will live a very good gaming life.

**2. Eating healthy food**

**3. Getting Enough Rest**

**4. Physical Exercise**

**5. Increase Socialization**

**6. Participation in esports event**

Rather than streaming on Twitch, YouTube or on other streaming platforms, participating in the esports event might give the gamers chance to learn lots of thing like socialization, popularity.

**7. Playing Outdoor**

Most of the gamers plays games indoor but playing games outdoor like other physical games like footballs or crickets might give more refreshment mentally. It might be difficult to play video games outdoor daily but one or two times a week will be very useful for the gamers. It will also increase socialization.