How often do you play computer/video games? How serious a gamer are you? How much time do you spend each week playing games and what do you get out of it?

Lots of people love playing video games. A big reason behind why they love video games so much is because video games are an escape from boring and monotonous lives. It is true that it is debatable as to whether playing video games is good or bad for youth. Many people have always assumed playing video games too much was factor of many mental and physical problems. Some think it is just human nature to find something to blame when they find an issue, and video games have always been an easy target. Back then when I was in high school, I would probably play video games about an hour to an hour and a half each day if school is in session. But if I was on break, I might spend at least two hours a day. My parents told me I was too much addicted to gaming. However, I don’t spend that much time on video games as I have to study harder and also work at the same time. I usually spend a half an hour a day if I have free time. I play video games regularly or enjoy the occasional binge, but I will not let it interfere with my life. Gaming is likely a healthy hobby for me. I think if I play video games too much, they might hinder my ability to learn, make me more violent, or affect my physical health. Also, if I get addicted to video games, I might spend my time recklessly on video games without giving any regards to my obligations to my family and consume my times by playing video games which increases my chance to get obese as instead of doing outdoor activities, I spend time sitting in front of the monitor. Therefore, with limited time spent on video games, that would help me forget about all the troubles after I have had a hard day. It is nice to put on the shoes of a made-up character. Furthermore, I love playing video games because it gives me a sense of accomplishment. The feeling I get when I complete a good game is a feeling that’s hard to compete with. It makes me feel important; like I have done something right. I know that when I beat a challenging game, especially being a female, I feel like I have done something that a lot of people thought I would never be able to do. Therefore, video games can have a positive or negative effect on how players behave, depending on the content and time players spend on. Pro-social games can increase empathy, co-operation, helping and emotional awareness, while violent games can diminish these traits.