



Report

Video Games For Psychotherapy



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Abstract

The aim of this report is to examine video games designed for psychotherapy. In order to do this, the report will answer these 2 research questions. What therapeutic uses do video games have? and What risks do video games carry? The result of the report show that video games can be used as physiotherapy, video games as distractors in the function of pain control, video games and cognitive rehabilitation, video games and the improvement of social conversation abilities among the learning disabled and it also shows that it has great risk when it comes to addiction. It is concluded that there has been enormous fulfillment when video games are particularly designed to cope with a unique trouble or to teach a certain skill.

Contents

1	Introduction	1
1.1	Aim and research questions	1
2	Results	2
2.1	Uses of video games in psychotherapy	2
2.1.1	Use of video games in play treatment with kids	2
2.1.2	Impact of video games in psychotherapy	2
2.1.3	Video games as a pain distractor	3
2.1.4	Video games and the improvement of Social and communication .	3
2.2	Risk of video games addiction	4
3	Discussion	5
4	Conclusion	6

1 Introduction

Video games are a unique type of new advances. It was created for excitement. Playing video games have become the common and regular part of life for people of all ages and genders [1]. The first video game that was ever made consisted of an oscilloscope screen in 1958 [1]. The video game was a type of tennis game which interested guests at Brookhaven National Research Centre [1]. Since this creation of video game start, it has turned the society and the excitement medium for the decision to millions of people[2]. During the last couple of years, the use of video games for instructive purposes has expanded [2]. A recent report revealed that 97% of American teenagers between the age of 12 and 17 spends considerable amount of time playing video games [2]. Eventually, video games have found their path to the medical-based department.

1.1 Aim and research questions

The purpose of this report is to examine video games designed for psychotherapy. It will base its discussion on studies that shows the advantages and risks of playing video games. Particularly different studies on how they help in treatment for special-needs groups such as children with learning disorder. The following questions will be reviewed by existing sources:

- What therapeutic uses do video games have?
- What risks do video games carry?

2 Results

Benefits and risks of video games will be presented in this chapter as following:

2.1 Uses of video games in psychotherapy

A video game is a motivating device that provides amusement and stimulation. It can be used to help patients in goals achievements through different challenges during the therapy session. Through presenting comments, reinforcement and this will help to keep data of behavioral alternate for the patients [3]. Moreover, video game playing has been proposed as a visuospatial challenge (allow patients to visually perceive objects and the spatial relationships among objects) for interfering with the elaboration of sensory imagery [3]. The primary reasons for video games, are possible to interact plenty of an individual's energetic interest due to the fact of the cognitive and motor interest required.

2.1.1 Use of video games in play treatment with kids

Play treatment examines six kids between the age of 9 and 14, they participated in a treatment by therapists and school analysts [4]. The young boys were experiencing foundation of sadness. The studies characterized the boy's misery was refer to various sort of issues including self-esteem, mental self-view, family issues and school performance [4]. Video games were used as a term of correspondence between the therapist and the boys during the therapy session [4]. In a period of time, the boys had a better improvement mentally. The new development and changes in particular zones of increasing new adapting abilities and self-esteem. Video games have enabled building a superior method for correspondence and giving analogies, as a helpful establishment for development and changes [3].

2.1.2 Impact of video games in psychotherapy

Playing video games gives prosperity to kids as they work through difficulties [4]. For example, as indicated by playing with "the force" in Lego Star Wars where you can move objects with your mind and in SSX-3 (snowboarding) [3]. Overcoming "question" in Rune Escape changes the individual view and their general surroundings. It gives the allegory quality through playing the recreations Naruto and Transformers. The Transformer is based on aliens that try to take over the earth and gamers must fight back and make the earth their home [3]. The kids related this to the domineering problems they experience in school such as bullying [3]. The study proposed video games as a play treatment device, with kids experiencing the passionate unsettling influence of trouble. After six sessions, the kids became better as by their views in future and the expectation. Additionally, positive changes in the family, conduct, social and school issues [3].

2.1.3 Video games as a pain distractor

Studies have shown that cognitive/attentional distraction might also block the notion of pain [5]. Playing video games makes it less difficult to gain and maintain patient's undivided attention for long periods of time [5]. For this cause, video games can be used as a cognitive distractor challenge, supporting patients in pain to analyze rest techniques and/or to gain the relaxation and ease that can be vital for successful experimentation. Video game playing gives the best way to examine the function of distraction symptom manage in patients [5]. Many studies have been used as a part of video games as "distractor undertaking". For instance, the hand-held video game called "Nintendo game kid" that was used to stop an eight-year-old kid from scratching his face. The kid had scars because of consistent scratches on his upper lip [6]. In his past treatment, he got a treat with nourishment depending on the amount of time he did not scratch his face, but this ended up in failure. In this way, video games were used to keep his hands occupied. The influenced are end up being amended following two weeks [6].

2.1.4 Video games and the improvement of Social and communication

The capabilities of video games in various ways such as learning disabled. It has been used to assist the increase of social communications in children who have learning disabilities such as dyslexia [7]. Children with learning disabilities can have intense developmental issues like autism [7]. Case studies such as the one with the aid of Demarest (2000) are effective [7]. The account of her own autistic seven-year-old son suggested that despite the fact that he had critical deficiencies in language, information, social and emotional problems. Playing video games became an interest he was in a position to excel. This became ego-boosting for him and additionally had a self-calming impact. Video games provided the visible styles speed and story-line that assist children's fundamental skills improvement. Some of the therapeutic advantages that are out coated have been language skills, mathematics, analyzing talents, and social capabilities [7]. Different researchers have used video games to assist in learning disabled kids in their improvement of spatial skills trouble-fixing physical activities and mathematical capacity [7]. Other researchers have provided reviews on how quality to use computer technology for progressed fulfillment and more suitable motivation among the learning disabled [8].

2.2 Risk of video games addiction

Playing video games can fundamentally have a danger of addiction [9]. Video games are referred to as gambling with effects on harm to family, social, school and mental working [9]. Video games begin as a stimulation same as gambling. A few people, for the most part, begin having outcomes in video games, enslavement essentially has not been ordered in a formal issue in the fundamentally Diagnostic and Statistical Particularly Manual of Mental Disorders (DSM) [10]. The United States demonstrates that in 1100 youths, 8.5% of the youth are obsessed with video games [10]. The same percentage, for the most part, apply to different nations unquestionably, for example, 8.7% in Singapore [9]. 10.8% in China, 8.0% in Australia [11]. 11.9% in Germany and 7.5% in Taiwan [10]. Exhibiting how there are things about on neurotic gaming or video games "fixation" inconspicuously. The studies did not use a similar procedure and definition. Beside each outcome ought to be resolved as preparatory. In this way, for the most part, is intriguing how the rate likeness with various techniques and population [9].

3 Discussion

Psychologists can specifically help in exploring the characteristics of different games. The learning linked to specific game characteristics in a subtle way used known properties of games, i.e., so psychologists [3]. Due to developing and evaluating games for purposes whether learning or behavior change. It is generally a complicated enterprise requiring an understanding of the design of games [3]. Understanding on how to select a game which will address the required learning or particularly behavior outcomes and evaluation techniques. In which for all intents and purposes is significant.

Over the last 40 years, video games have for the most part had a transformational impact on how many people choose to spend their leisure time. Demonstrating that games are very varied in terms of their characteristics intents and purposes is quite significant. Video games provide highly engaging activities which basically are stimulating in strong emotions. It provides challenges and can potentially support these much more serious purposes of learning skill acquisition and attitude and behavior change, contrary to popular belief. The intents and purposes of video games could also be used as a tool to test psychological theories. In other areas such as perception and complex decision making.

4 Conclusion

To summarize, this report specifically has shown that theories and research from many different areas of psychology including social, cognitive, behavioral and health. Inevitably this report has considered only a small subset of relevant research, which generally is quite significant. Video games do seem to have great positive therapeutic potential in addition to their entertainment. Positive applications in education and health-care have been developed. There has been considerable success when games are specifically designed to address a specific-problem or to teach a certain skill. However, outside the game-playing situation remains an important consideration. As interest in games grows it's likely that psychologists will particularly continue to work in close collaboration with researchers.

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