Playing video games is one of the common hobbies among youngsters today but as we know too much of anything is bad for us. Similarly, there are numerous disadvantages of video games. A lot of young kids sit very close to the tv whist playing video games which is extremely bad for their eye sight and may cause some serious damage. There are certain video games that promote violence in young kids and they become angry and ignorant in real life too. Children also become addicted to it and waste most of their time sitting idle in one place which also limits their physical growth. Children even tend to lose sleep and play during late hours which disturbs their life cycle and promotes bad habits. Not moving or playing outdoors results in gain of fat and bad health. Children become lazy and exhausted. However, we should keep everything under a limit to avoid any kind of problems.