The Pros and Cons of Playing Computer Games (and Why I Should QUIT!!!)

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1 The Pros of Playing Computer Games

1.1 NO!!!!!!!!!!!!!

2 The Cons of Playing Computer Games

2.1 Gain nothing

Out of doing all activities, one gain nothing playing computer games. I can learn about other people's lives, experiences, knowledge about life reading books. I can learn about math and computer science watching YouTube. Exercising can help build my body and relax. Doing housework can help me feel comfortable. However, computer games has none of these effects.

Computer games require little skill to understand and play. They are simple and boring–everybody is alike in the game. You cannot learn anything by playing computer games.

2.2 Time consuming

Computer Games result in wasting much of my spare time. What's more, I always play more than I intend to. For example, once I started playing "zombsroyal" , I usually can't stop and keep on playing for four hours. Computer Games are simply too addicting, its effects just like drugs. One can easily spend an entire day doing nothing and playing computer games, and not even noticing time passing. I have just so much more time to do other things if I quit computer games.

Some people might argue that "he is just tired," or he can't do anything much in these hours besides playing computer games. This sounds very strange and absurd. When I am playing video games, my brain is still doing work–when I am playing "generals" or "2048", I am always thinking about the strategies and how to win. A really tired person can't play video games. Just taking a walk in the park, or reading a literature book, or watching an inspirational video on YouTube, which usually takes about only 1 hour or less, one can easily put the time to use!

2.3 Long Recovery Period

After I play computer games, I always feel dizzy and disoriented–I need to rest and cannot go straight back to my work. However, when I finished walking, or reading English books, or sleeping, I go back to doing math fully refreshed. Playing computer games consumes not only the time one spend looking at the screen, but also puts one in a dysfunctional state long after finishing. I cannot go back to studying after playing video games. In fact, usually the whole day is wasted.

2.4 Sleeping trouble

Playing games brings excitement. Playing games at night may affect one's sleep. Sometimes game addicts will stay up to 12:00 pm to play games, which causes significant distress the next day. Sleeping is really important to one's well being, and one's efficiency of learning math and computer science.

2.5   Harmful to eyes

Since computer games is so addicting, one usually spend so much time looking at the screen without even blinking, which can be very harmful to one's eyes. My eyes on August 2022 are 0.8 and 0.6, which aren't very good. I should really take the matters seriously. Other computer activities, like coding or watching YouTube, doesn't require one to keep his eyes open all the time, leading to a less harmful effect to the eyes. Doing outdoor activities are very good to the eyes, especially after sitting in the classroom all day long.

2.6   Harmful to Health

When I play games, I usually sit rigid for hours. I don't drink water or go to the bathroom, which can have a negative effect on the body.

2.7   Getting Isolated

Since playing games is something I can enjoy alone, I usually isolate myself from the society when playing video games. Thus, playing games stop me from making friends and communicating to my schoolmates effectively.

2.8   Meaningless life

Since games are immersive and addictive, one may easily forget about life altogether after spending much time on games–real life doesn't matter that much, compared to the game. Instead of challenging and trying to go through the difficulties–tests, homework, competition, one tend to avoid and find a way of escaping, always into game. One may consider the game as an exit to all the sorrows and real hardships in life. However, these problems always exist, and simply won't go away. Thus one adopt a negative attitude towards life and sneaks himself away from it. One will also turn a blind eye to his relatives or friends. Since game is meaningless, one's life is meaningless as well.

2.9   Inappropriate behavior

After playing gun games, one will sometimes try out the actions used in the games. One may constantly think about fighting–committing crimes and murdering–instead of studying math and computer science. Sometimes game addicts don't like to sit down in a classroom and study math because he is too restless. Sometimes game addicts adopt the same kind of behavior towards his classmates, which lead to violent behaviors and him being hated by all. Since there are usually those strange sounds in games, one may choose to imitate them after playing too much. As a result, one may constantly speak profanity (words like damn) and curse others. This is very inappropriate behavior, considered uncivilized and uneducated.

2.10   Limited ability

Since games are simple and human reaction speed is limited, computer programs can easily outplay human players. You can just never win a very good computer program in a game. Spending more time studying machine learning and computer science can bring about far more success in video games. Thus it is meaningless (everything is limited by the game-maker and players are manipulated) to play computer games yourself.

2.11   Distracting others

Playing games usually include a lot of mouse clicking or exclaiming, which can really disturb other students around you who are trying to do math. The music in games and the flashing light also make people feel restless. This is really annoying to others who are trying to do homework.

3 Why I Should QUIT

It is obvious from the reasons above that the cons outweigh the pros. At the same time, I obtain much more advantage from doing other activities.

3.1 Another Approach to the Pros

3.1.1 Helps forget things

Try sleeping at 8, or 7 pm at night.

3.1.2 Instant reward

One really don't need to fill his brain with dopamine all day long. Being excited cause multiple troubles for the brain itself.

3.1.3 React Faster

One really don't need to react faster to solve problems. Instead, one should think deeply and thoroughly, and dedicate one's mind to the knowledge in order to do that.