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| Title | Benefits of Digital Gameplay for Older Adults: Does Game Type  Make a Difference?  (2019) | Serious Motion-Based Exercise Games for Older Adults:  Evaluation of Usability, Performance, and Pain Mitigation.  (2020) | Learning with Educational Games: Adapting to Older Adult’s Needs.  (2019) | Playability and Player Experience in Digital Games  for Elderly: A Systematic Literature Review.  (2020) | Does video games as a digital intervention improve depression and loneliness  of elderly people?  (2019) |
| Benefit of game | -they provide opportunities for older  adults to not only entertain themselves but also  to socialize with others, engage in cognitive  challenges, enhance emotional states, and do  physical exercise.  -Digital games can help older adults to entertain themselves,  socialize with others, engage their cognitive functions, and enhance  emotional states.  -The most widely reported  socioemotional benefits were developing self-confidence, dealing  with loneliness, and connecting with family.  -The most widely  reported cognitive benefits were focusing, memory improvement,  improved reaction speed, and problem solving.  -In the socioemotional  category, connecting with current friends and connecting  with family were both associated with strategy games,  while connecting with current friends was also associated with  sport games. | -Physical exercise can increase overall health and well-being,  and it can reduce the risk of illnesses.  -Strength training mitigates  age-related decline in muscle mass, strength, and performance.  -Exercise can also reduce the probability of  silent brain infarcts by 40% has a positive influence on  migraines, can mitigate the symptoms of depression,  and can reduce drug abuse among the elderly.  -It also  improves executive function in healthy people, reduces  the symptoms of mild cognitive impairment, and reduces  the risk of mild cognitive impairment and dementia in later life. | -make an educational game easier to  use by seniors, it is important to provide an  appropriate level of difficulty and be adapted for this  audience.  -important to reduce the risk of  frustration by proposing an interesting challenge.  - | -improving the physical, social,  and cognitive well-being of older people.  -improving the experiences of  older people when doing physical exercise, their social connection with family and friends, and their  cognitive abilities.  -rehabilitation, cognitive training, entertainment, or improving physical  balance.  -digital games are a promising  technology that can improve the quality of life of the elderly in terms of physical, social, and cognitive  well-being.  - | -Studies have shown that anxiety and  depression were reduced and the quality of life associated with the  health of the elderly was sought after the Exergaming.  - Video games  provide many physical and mental benefits to the elderly. |
| Type of Game | -Digital games | -Exercise games | -Educational games | -Digital games | -Video games |
| Challenges |  |  | -In terms of the challenges the game brings, the  addition of new elements to the game, including  privileges that can be purchased in the game store,  have helped to maintain players’ interest in finishing  the game.  -need to develop systems that can adapt to the  demands of the target audience. | -there is the condition of disability when facing the needs of daily life, and that  it is dicult for many people a ected by biomechanical, cognitive, or communication impairments.  -This disability generates biological consequences such as an increase in functional deterioration,  frustration and psychological damage, isolation, depression, and the fact of becoming a load factor for  people nearby. | -depression that endangers the mental and physical health of the elderly. |