

Analysis of the Effects of Video Games on Mental Health

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Abstract: There have been video games for many years. They were first developed as a sort of amusement, but they have since turned into an art form. This essay is mainly about how video games will affect mental health, the research discusses different aspects, like families, schools, government, etc. As the vicissitude of society, technology improves rapidly as well. As a result, video games have improved as well, and different types and genres of games occur in the market. However, some teenagers and even some adults are obsessed with the games. Some people argue that it is harmful and has great disadvantages to people, nevertheless, some people believe that video games are beneficial to people. I searched on the internet and read papers holding different perspectives and opinions. This essay can provide suggestions for parents' and schools' education and the video game industry, and also can provide evidence for research.

Keywords: video games, effect, mental health

1. Introduction

A change in video gameplay has also occurred throughout time [1]. In the past, individuals would play arcade games like Pac-Man or Donkey Kong while relaxing in their living rooms. Video games come in a huge variety of genres, including sports, fantasy, scary, and travel. Some individuals play video games for entertainment while others do so for competition with families or just for entertainment. There have been countless arguments over whether playing video games is hazardous for your internal health. Nowadays, the majority of individuals want to play video games on their computers and consoles at home or at work. In recent years, a lot of Playing video games has become a popular pastime. Numerous effects, both beneficial and detrimental, have also been contentious both at once.

Since the game's inception, people have been drawn to it in varying degrees. Because they are unable to overcome their addiction to the games, some players suffer from significant vision difficulties. Additionally, they will overlook their real lives-including their school, careers, families, and even themselves-due to their addiction. But because of the development of the game, some people now have an additional means of relaxing. Playing various games could also improve reasoning skills and mental flexibility. Regardless of the viewpoint, players have shown a lot of interest in the game.

To date, multiple cases of people who had been engrossed in video games for a period of days have been discovered dead. Additionally, psychological and emotional disorders of the mind and emotions, such as online gaming addiction syndrome, behavioral issues, depressive disorders, and anxiety are the most prevalent mental diseases that result from playing video games. Since it takes a

lot of effort and time, interferes with people's ability to connect with others and do their professions, and makes them reclusive, apathetic, and lethargic, excessive game playing can cause a number of mental and psychological problems [2]. On the contrary, some people are able to learn information from the games. Even some cooperative games have the potential to enhance ties between friends and family. Some puzzle games can stimulate creativity and aid with brain development.

2. Restrictions on Teenagers Playing Games in Different Countries

There are some parents who think that using mobile devices in class is not conducive to learning and is not conducive to student development. They may set time limits for their children to use mobile devices, and some teachers may assign more work to students to encourage them to use mobile devices less. Additionally, some countries and governments have restricted the amount of time spent playing video games. These are different viewpoints, and different people may have different opinions [3]. In addition, playing games appropriately may truly help people improve their aptitude in a variety of areas, including interpersonal communication, work performance, etc.

3. Causes and Harms of Teenagers' Addiction to Video Games

The video gaming industry is relatively new and contributes significantly to GDP each year. Online gaming will also support a variety of related industries, such as the service industry, which is good for developing and restoring the social economy. The development of online games could spur other IT improvements [4]. In countries with highly developed IT, there may be a thriving online gaming industry, and vice versa. In summary, the World Health Organization has identified gaming addiction as an illness, but some individuals think that playing games appropriately may truly help people improve their aptitude in a variety of areas. Additionally, the video gaming industry is relatively new and contributes significantly to GDP each year. Online gaming will also support a variety of related industries, such as the service industry, which is good for developing and restoring the social economy. The development of online games could spur other IT improvements. In countries with highly developed IT, there may be a thriving online gaming industry, and vice versa [5].

4. Tips to Prevent Teenagers from Becoming Addicted to Video Games

It's always bad for teenagers to be too addicted to video games. This paper argues that it is necessary to tell teenagers the advantages and disadvantages of being addicted to video games as early as possible. For example, playing shooting games properly can improve the attention of teenagers, and some crime solving games can effectively exercise the logical thinking of former teenagers. If the time is right, there are a variety of puzzle games on the market that can help teenagers add some extracurricular knowledge. However, being addicted to online games will have negative effects. Excessive addiction to online games, the impact on minors is great. For example, addiction to games can lead to a lack of motivation for learning and spiritual pursuit, and even lead to excessive physical consumption and fatigue. To ensure that the age to play the game is accurate, this article argues that it is important to first categorize the game by age and ask for identity information before downloading the game. Parents should be required to set limits on game time in order to ensure that children behave appropriately at the appropriate times. Third, the game designer should Set a use barrier for a specified age within an entire day in addition to which the application cannot be started. Last but not least, educators like instructors and schools need to teach kids understanding to understand how to utilize games and internet resources responsibly and with caution.

5. Understanding Video Games and Mental Health Impact

Video games were first developed in the 1960s, but iconic games like Pong and Space Invaders didn't become widely known until the 1970s and 1980s. Since then, video games have undergone a significant evolution that includes the adoption of intricate plotlines, lifelike graphics, rich character development, and novel gameplay mechanics. Due to their immersive and compelling design, video games have a significant impact on users' mental health as a contemporary form of interactive storytelling and entertainment [6,7]. They continue to be a part of everyday life across generations, which emphasizes how important it is to recognize and manage any possible hazards to mental health.

6. The Rising Culture of Video Games

The amount of time players spend in these virtual worlds has increased along with the popularity of video games. By 2020, there will be over 2.7 billion gamers globally, and the typical gamer today spends over six hours each week playing video games. Even if there are advantages to gaming, the number of hours played has consumers worried about possible negative impacts on their mental health. Anxiety, despair, and poor psychosocial functioning are just a few of the psychological health issues that excessive gaming has been linked to, according to a 2017 study by Männikkö et al. However, a closer examination of gaming's nature and its possible impacts paints a more complicated picture where dangers and rewards coexist [8].

7. The Double-edged of Gaming and Mental Health

In analyzing the impact of video games on mental health, it's crucial to recognize that video games are a double-edged sword. On the positive side, video games can have therapeutic effects. According to a paper published by Russoniello, O'Brien, and Parks, video games can improve users' mood and decrease their stress levels. Moreover, certain games can improve cognitive capacities like interpersonal, dimensional, and problem-solving abilities [9].

Conversely, excessive gaming can lead to negative psychological outcomes, including addiction, aggression, depression, and anxiety. For example, a longitudinal study by Gentile et al., found out that children who play violent video games tend to exhibit more aggressive behaviors over time [10]. Furthermore, the immersive nature of video games can contribute to addiction to gaming, a syndrome that the World Health Organization has just discovered, characterized by impaired control over gaming frequencies and durations, and prioritizing gaming over other aspects of life.

Notably, video games' impact on psychological wellness can vary significantly among different players, based on elements like the games that were played, the length time spent playing, and other factors, the individual's personality traits, and their social context [11]. Thus, a thorough understanding of these factors is necessary for future studies and preventive measures.

8. The Role of Stakeholders

The intricate connections underlying video games and mental health necessitates the joint effort of various stakeholders, including parents, schools, and game developers. Herein, it's essential for parents to monitor their child's gaming habits and foster open and honest discussions about gaming. Meanwhile, schools are responsible for educating students about the potential risks and benefits of video games.

Game developers and the broader video game industry also play instrumental roles in ensuring the mental health of their consumers. Implementing features such as game usage restrictions or in-game prompts encouraging breaks, can help limit excessive gaming. Furthermore, stronger regulations

regarding age rating systems can ensure that players are exposed to appropriate content based on their age group.

9. Final Thoughts

Overall, video games have become an integral part of mass culture, influencing and reflecting our values and behaviors. As such, understanding their effect on mental health is increasingly important. While it's undeniable that they can pose significant risks, there are also potential benefits to be harnessed. Understanding this complexity is key to developing healthier gaming practices and informing future research on the subject.

Video Game Genres and Their Effects Various types of video games can have distinctly different effects on the players' mental health due to their distinct characteristics. For example, action video games, characterized by their fast-paced gameplay requiring quick reflexes and precise timing, often stimulate heightened arousal and stress responses. Over time, this can result in reduced anxiety, improved mental resilience, and enhanced cognitive control, but can also lead to addictive behaviors and greater impulsivity, according to researchers Wei, Cheng, Chen, Dye, and Green.

Conversely, strategy games – categorised by their emphasis on thinking, planning and decision making – can increase cognitive flexibility, problem-solving skills, and strategic thinking. However, they can also lead to stress and anxiety due to their high cognitive demands and the pressure for efficient performance. Interestingly, simulation games, allowing players to create, manage, and control virtual environments or characters, can promote creativity, resource management skills, and empathy.

Despite their potential benefits, excessive engagement with any video game genre can lead to negative consequences such as gaming disorder, social isolation, disordered sleep patterns, and impaired academic or occupational functioning. These particular effects underscore the importance of understanding the unique characteristics of different game genres when assessing their impact on mental health.

Age Considerations and Video Gaming and Mental Health There is a notable difference when it comes to the impact of video games on mental health among different age groups. According to a study by Przybylski, younger players are more vulnerable to the negative effects of video games, such as increased aggression, gaming addiction, and reduced social skills [12]. This is largely due to their developing brains and lack of emotional and cognitive resilience. Adolescents, on the other hand, are at greater risk of developing gaming disorder and experiencing social isolation due to heavy gaming.

On the other hand, adults, typically demonstrating greater cognitive control and better understanding of game content, may be more resistant to negative mental health impacts. Still, they're not immune to potential threats, such as gaming addiction and social isolation, especially if they engage in heavy or uncontrollable gaming. As age increases, the decline in cognitive function may also be attenuated through gaming, with multiple studies pointing out the beneficial effects of video gaming on cognitive abilities, such as enhanced memory and attention, in older adults [13].

10. Conclusion

It's no secret that video games are influencing people's daily lives. Additionally, many people feel agitation, irritation, depression, fury, frustration, anxiousness, or melancholy when they attempt to. It is true that some children may lack self-control and overuse games, which may lead to negative consequences. Parents should pay attention to their children's gaming behavior and set appropriate limits. It is recommended that parents establish a time limit for gaming each day, and monitor their children's gaming activities to ensure that they do not overuse games. If you feel that your child is developing a gaming addiction, it is recommended that you seek professional help. People struggle

to establish time restrictions while knowing they should play fewer games. As a result of playing games, people halted partaking in or lost interest in other types of leisure (such as pastimes and networking). Many people may be addicted to games due to various reasons, such as social pressure, personal interests, and lack of self-control. If you feel that you are developing a gaming addiction, it is recommended that you seek professional help. There are many resources available, such as online counseling platforms, psychological counseling centers, and professional gaming addiction treatment centers. These resources can provide you with professional diagnosis and treatment to help you overcome gaming addiction. At the same time, you can also try to find other hobbies and interests to replace gaming, such as sports, music, and reading. It is important to establish a healthy lifestyle and positive attitude towards life to maintain mental health.

Some people have lied or misled others while revealing how regularly they game to their families, friends, or other people. or attempted to conceal their gaming habits from their loved ones. Playing video games helps people forget about their issues, escape from them, or deal with unpleasant emotions like guilt, tension, helplessness, or sorrow. The possibility of losing important friendships, employment, chances for further education, or professional alternatives is another consequence of playing video games. Video games provide an avenue for those who might not often be able to express themselves or let their feelings out in other ways. People's mental and physical health can considerably benefit from playing video games. People with anxiety issues commonly play video games to unwind and de-stress. All the aforementioned events occur when a person is hooked to a game and have a big influence on their everyday lives. According to a study by the American Academy of Pediatrics, children who played video games were more hyperactive and violent than those who did not. This illustrates how youngsters who play violent video games may act aggressively or angrily themselves. As a consequence, if these feelings appear, people need to stop playing video games, and if the symptoms worsen, they can seek medical help.

In conclusion, video games, being a dominant form of entertainment in modern society, exude a profound influence on mental health. They do not only impose risks like gaming disorder, aggression, and reduced social skills but also foster resilience, problem-solving skills, and improved cognition. The dynamic relationship between video games and mental health touches upon various factors, such as the type and content of games, the amount of time spent playing, individual personality traits, and even the specific age group of the player.

Further research on this topic would benefit from longitudinal studies and experimental studies which could shed light on the causality, the course and the long-term effects of video playing on mental health. Moreover, a focus should be directed towards the development of guidelines and recommendations related to healthy gaming practices. These guidelines could take into consideration age-appropriate gaming, optimal game-playing time, gaming breaks, and more. Overall, the challenge lies in striking the right balance between harnessing the potential benefits of video games while mitigating their potential harm.

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