Video Games And Gaming Culture Has A Damaging Effect On Individuals

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**Introduction**

Should violent video games be prohibited? During the last decade, the video games industry has emerged, and its sales boosted at the highest level. Nowadays violent games are found the hot favorite among the younglings worldwide, for example, the First-person Shooters, Call of duty, and these are adventurous and curious so children even many adults can not quit the habit of action based games. Such games have a significant impact on the behavior of kids; consequently, they exhibited aggressions, diverted their interest from studies, and avoided socializing with their friends and family. Anderson et al., (2010) provided evidence, which suggests that it has a causal risk factor in soaring the aggression in all aspects, such as behavior, and cognition, however, it also caused a decline in empathy and socialization. Likewise, studies supported that violent games have consequently affected the educational performance of children; Hasting et al., (2009) suggested parents regulate and control the game plays. It also raised the rate of drop out of students at early stages, while there are severe threats of drugs addiction which leads to unhealthy and disturbed youth. They relate the killings and hurting others with fun and entertainment and representing it acceptable, so children at this stage learn and imitate whatever they get on the media. The issue we raised here is not against all the video games but few games with destructive contents. Many researchers have studied their impacts on different variables and analyzed their positive and negative outcomes. Violent video games must be prohibited, as these games deliver a horrific message to kids, their studies get affected, and they become highly nonsocial. Here we will study the impact of video games on the study, behavior and time for family. In this essay, our focus is on children and teenagers who are addicted to video games.

The research question of this study is; how the violent videogames damage an individual's social life, studies, and mental health?

**Discussion**

In today’s world the children and adolescents are strongly influenced by media, as they learn and get inspirations from their role models. Especially younglings observe whatever they see and imitate it in their real lives. These actions are then adopted as a permanent behavior. It is a sensitive issue and a minor negligence could yield uncurable loss. So parents, teachers, and state are responsible for coping this issue. Children and even teenagers cannot differentiate between real life and fantasy and always fascinate by some adventures in their lives. These games have some negative contents which could harm the behavior. The psychological diseases and complications are very disastrous and hard to recover even by councilling and medications. The excessive use of video games can cause physical and mental health issues. These issues include eyesight, brain, muscles, obesity as physical health problems. While mental health issues include fear, nightmares, sleep problems, and aggressive behavior. Many studies confirmed that violent games caused more aggression in children as compared to other games. The aggression in children could distract the personality and effects the cognitive abilities of younglings. Furthermore, such children can create problems for parents, teachers, and society through their actions.

It also has significant effects on the studies and capacity building of school going children. Hull et al., (2014) argued that excessive use of video games caused the risk of drugs addiction and aggressive attitude toward other fellows. They added that video games cause the problem of concentration, focus, and memory. According to their findings, children who play video games for 4 hours daily are exposed to drop out of school due to their poor performance. Neutral games if performed for little time under the parents supervision can develop a sense of responsibility and focused on children. Some video games are good for mental sharpness and improve the presence of mind. Teachers nowadays are experiencing to allow some good video games to enhance the focus and decision making of the children.

The action video games declined the socialization of individuals because of their addiction and spending more time to play games. The lack of interest in the socialization may cause social phobia and social anxiety in individuals, which can lead to different psychological consequences such as lack of confidence. They do not experience a strong and meaningful relationship with their partners. The violent video game drastically enhanced psychosocial outcomes. At an early age, human learn very quickly and whatever they observe.

**Conclusion**

Video games are one of the favorite sources of entertainment; however, its misuse can cause certain problems in the life of an individual. Here we focused more on the school going children and the teenagers. They are the active users of video games, and they are in a developing stage. There are certain games widely available in the market which has adverse effects on the behavior of children. The government has to ban these games immediately to ensure the positive brought up of the new generation. These types of electronic games have severely affected the behavior and cognitive ability of children. In addition to that, this competitive gaming could jeopardize the peace and harmony of society in the long run. The government agencies should review all the contents of games before marketed and sell. A strong legislations are required to control this rapidly growing issue.

**References**

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