

WARNING. Video Games

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There are several types of video games; their genres range from educational to violent to sports. When used in moderation, video games provide various advantages to society as far as skills and educational benefits; however, there are also substantial drawbacks because of their violence and potential addiction.

There are two types of skills that adolescents are able to obtain by playing video games. The first skill one acquires is increased [problem solving](#) skills regarding decision-making. In Malcolm Gladwell's article Brain Candy, he writes that players "have to craft a longer-term strategy" in order to win the game that one is playing (Source D). This forces one to make quick decisions that will benefit them in the game, thus, improving their problem solving abilities. Not only does quick thinking allow one to take an effective approach in regards to solving problems and making decisions, it teaches creative ways to approach various obstacles. According to the article Video games can make us creative if spark is right published on e! Science News in 2008, "high or low arousal is key to creativity" (Source C). Playing video games increase the players' "degree of arousal and positive mood," thus, raising the players' ability to develop more creative and resourceful strategies (Source C). Depending on the players' mind-set, whether optimistic or pessimistic, they always find new ways to solve problems as a result of playing video

games. Those who possess a positive attitude tend to consistently support their decisions because they are constantly encouraging themselves. On the contrary, those with a negative attitude make decisions by analyzing the situation. This is because an unenthusiastic attitude brings out a more competitive...

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...eases the societal costs of this risk factor” (Source F). The “delayed gratification” further exacerbates the addiction by the satisfaction one feels after winning a game (Source D). This is harmful because students will continue to play these games until they have reached the ultimate gaming accomplishment: winning the entire game. Some students are unable to pause their games for even a few hours. Therefore, these students do not gain necessary and appropriate communication skills since their focus is primarily on their game. Video games, thus, lead to harmful, addictive behaviors.

Skills and their educational benefits are positive factors of video games, while the detrimental factors include violence and potential addiction. Overall, video games are acceptable to use in moderation, but when one does not have the ability to use it in moderation, it is harmful.

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