



# Are Video Games Actually Helpful?

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## ABSTRACT

*Videogames have evolved a lot since they were first created. They have become really popular and also favorite of people from every age group. There are many games ranging from 8-bit games to open world games so there's a game available for everyone. They are also compatible on every platform so people can play games according to their convenience. Even though people like to associate games just with entertainment but it's actually much more than that. People can actually spend time on games get good at it and play in e-sport tournaments which pay well and can give a career as well.*

**KEYWORDS:** Video games, 8-bit games, open world games, platform, e-sport tournaments, and career

## 1. INTRODUCTION

Videogames lots of benefits for people from every age group. For young children there are educational games which can keep them involved and also teach them at the same time. For teens and youths video games helps in building their focus, cognitive thinking and decision making skills. For people who work and are busy it's a way to release their stress and also freshens them up for their day to day life. For old people it helps them be active, keep them entertained and also helps in keeping their brain sharp. Overall it also increases hand eye co-ordination, muscle memory and out of the box thinking of people who play them.

## 2. BENEFITS OF VIDEO GAMES:

### HELPING IMPROVE MANUAL DEXTERITY

Researchers and surgeons have found that people playing video games with controllers are faster at performing advanced procedures and also make 37

percent less mistakes compared to the people who don't. For physical therapy there are certain games which help stroke victims in gaining back the control of their wrists and hands.

### HELPING IN BEING A PROBLEM SOLVER

Open-world, multi-level and mission based games are made like complex puzzles what take a while to complete. Sometimes solution changes based on your actions in the game. It makes people think fast on their feet and strategize in a fast paced fantasy environment which also translates to real world.

### HELP PEOPLE IN BEING MORE PERSISTENT

In video games people would win or keep trying till they win by learning from their mistakes and correcting it in their next try. Researchers argue that this can also translate in real life and makes people more ambitious and persistent towards their goals, making them

confident and teach them to treat mistakes as a learning opportunity

### HELPING TO IMPROVE MENTAL HEALTH

Video games can help better mood and heart rhythms which may also help reduce stress according to studies. Video games have been used in therapy for a decade because there's a correlation between them and stress shown in numerous studies. Also as people get older they have more responsibilities and video games help in getting them get out of that zone and gives them motivation and peace of mind to function properly in their daily commitments.

### HELPING PEOPLE BEING MORE SOCIAL AND MAKING FRIENDS

Video games can be an ice breaker between people they can bond over it. It gives people more confidence, helps get rid of nervousness and also meet like-minded people. It is also a great activity to do with your family, friends, colleagues, etc. It is really good for team building and communication skills.

### HELPING MAKE A CAREER AND GETTING PAID

Video games are mostly viewed as entertainment and a way to pass time by many let alone consider it as a career. But gaming indeed is very profitable as people get good at it. There are e-sport tournaments where people can play and showcase their skills and earn money as well. There are also E-sports teams which give you contracts for their teams through which you get paid regularly, get chances to compete in big tournaments and also they help you in making videos, streams which is yet another source of income and also massive exposure as well.

### HELPS IN BETTERING HAND-EYE COORDINATION

Scientifically it has been proven that people playing video games have better spatial coordination and fine motor skills than people who don't. Also this makes people more coordinated in everyday life and helps them be better at driving.

### HELPS IN INCREASING BRAIN'S GRAY MATTER

A workout for people's mind disguised as fun that's gaming. Regularly playing video games has increased

gray matter in the brain and has boosted brain connectivity according to studies. (Spatial navigation, memories, muscle control and perception are associated with gray matter.

### HELPING TO IMPROVE MULTI TASKING SKILLS

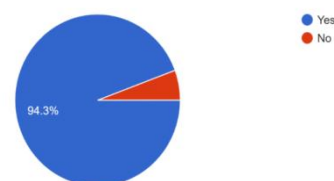
Gaming makes people perform their daily tasks more efficiently and also complete multiple tasks at the same time. The reason for this is while playing video games people have to focus on their own character, equipment, teammates, enemy, etc. This translates in real life and helps them do the same in their day to day life with more accuracy and focus.

### THEY CAN HELP IMPROVE EYESIGHT

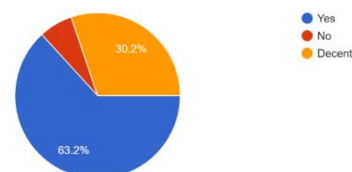
A group of researchers conducted a study according to which games can improve eyesight rather than hurting it. According to studies an ability called Contrast Sensitivity is boosted by playing action games, i.e. how the brain can tell difference between changing colors. For people to drive at night this ability helps a lot. In these games the colors are changing rapidly, improving brain's ability to process color. Also according to this study after surgery or getting contact lenses if these games are played it will help in healing the eyes faster.

## 3. SURVEY RESULTS

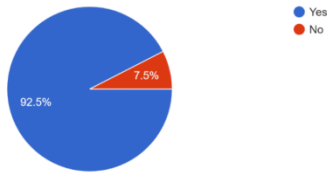
Do you like playing video games ?  
106 responses



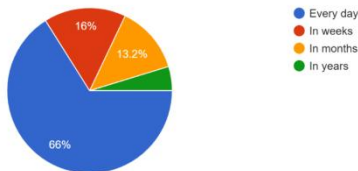
Are you good at gaming ?  
106 responses



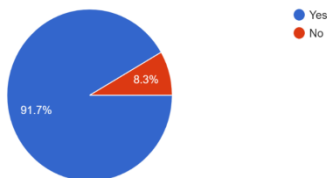
Does playing video games have positive impact on you ?  
106 responses



How often do you play video games ?  
106 responses



If you are good at gaming,would you like to participate in tournaments  
36 responses



#### 4. CONCLUSION

Considering the benefits and the chart provided above we can understand gaming is actually very helpful and plays some part in every person's life in one way or another. So everyone should be encouraged to play some kind of games as it will make positive impact in their lives. Also if people practice their skills and get better at games they can also make a career out of it and earn money.

#### Conflict of interest statement

Authors declare that they do not have any conflict of interest.

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