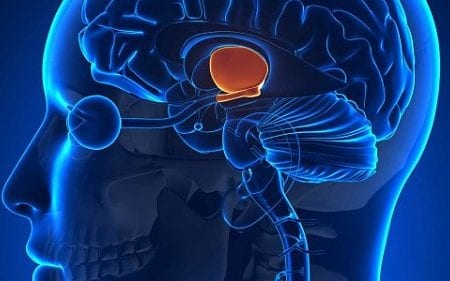
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| |  |  | | --- | --- | | Video Games |  | |  |  | |
| Are Video Games good for you?  Things that you did not know about playing video games. It will change the way you once thought that video games were bad for you.  By: Wilbert Fanjul  Spring 2019 |

# The Neurology of Gaming



## The Parts of the brain impacted by games, different gaming scenarios and situations affect different areas of the brain by provoking certain reactions.



***Parts of the Brain***

Game play involves repeated actions that strengthen the brain cell connections underlying memory and learning. The Premotor & Parietal Cortex, it helps you control your movements and processing sensory information. Games that require real-time action, like ‘Space Invader,’ activate these areas, which control sensory movement. Frontal Lobe, one study claimed frequent players can get ‘video game brain.’ This means key parts of their frontal lobe become underused, which can alter moods. Prefrontal Cortex, games that requires logical thinking activate this area, which controls decision making. Dopamine, which is involved in learning and feeling of reward, is released in the brain’s striatum during video game play. Dorsal Anterior Cingulate Cortex, immediately after firing a weapon in a video game, players show greater activity in this area, which controls cognition and planning. Rostral Anterior Cingulate Cortex and Amygdala, areas that resolve emotional conflict showed less activity while players fired a weapon and soon afterward. Studies say players may suppress their emotional response to cope with their violent actions. Those are the main parts of the brain that would be impacted while gaming.



## ***Parents play Video games!***

## Imagine coming home from work stressed out and seeing your kids playing videos games, parents first instant is to take it out on their kids, well for the most part that was my parents. However, why don’t parents just join their kids? Video games can be used as a tool to release stress and it will have you in a better mood by just enjoying it, whether is with your kids or by yourself. At least for 30 minutes a day, video games can improve your life. As I was doing my research, I found out that video games can improve your eyesight, which at first, I was so surprised. If there’s nothing you can take form here, just hear me out on this. Let your kids enjoy playing video games and don’t be hard on them for playing. Yes, I understand there’s school and other things to do in life but playing an hour or two won’t hurt to let them have a little bit of fun. Maybe you should too.