

Hadassel Gomez Bonilla

New York City College of Technology, CUNY

Date: 10/13/20

Gaming

I grew up in another country called the Dominican Republic, in a small town.

The town was so small that we all knew each other. When I was a kid there were not many technological devices such as modern cell phones or computers. The few that you could find among people, sometimes, we used them to play mini-games as kids. They were old cell phones, those classic pink Motorola phones usually called “flip phones”. While time was passing new cell phones and gaming consoles were coming out. My mom and dad bought me a Nintendo64 back in 2006. That was when I found that I enjoyed playing video games. They were very famous games such as Mario among others. When I got that gaming console I started playing video games in my free time with friends. I played when I wasn't at school, doing exercise, playing sports, or doing anything else. However, when I started growing up I noticed how many people, kids, teenagers, and even adults, were affected because they did not control their time playing video games. My friends and I used to play video games when we were done with our responsibilities and we were back from swimming at the beach or playing baseball. However, there are a lot of people that spend so much time looking at a screen, not managing their time properly, that they lose relationships because they don't socialize with people. They spend their years in a room causing them to be overweight for lack of exercise, among other consequences. Even Though gaming has scientifically proven benefits it could also have disadvantages if it's not addressed properly. That is the issue I want to discuss.

In addition, for years there has been a debate where people often talk about if

gaming is something bad for our mind or if it's something positive. I believe the reason for this controversy is because video games are young and probably not everybody accepts the idea of gaming. The reason for this occurrence is that for you to play video games you often have to be inside a house. However, In an article made by Concordia university of texas, according to Rebecca Bernstein "Video games improve basic visual processes, can enhance executive functioning, can improve everyday skills, and may help ease anxiety and depression. These are benefits that we could look at and be aware that gaming can be something positive not just for entertainment, but for our mind. An example of this is that playing an action-based video game can improve a visual ability crucial for tasks like reading and driving at night.

Despite this, if you don't prioritize or give importance to something else besides gaming, it could harm you. With this, I mean that if you spend almost all your time playing games and you don't pay attention to your family, friends, and physical health, this could result in affecting you. In the same article made by Concordia University, Rebecca Bernstein shows that "Video games may decrease players' ability to concentrate, can become addictive and may increase depression and anxiety". This is the downside of gaming. You may think that it is a little contradictory that gaming can help ease depression and at the same time it may increase it. It is because it depends on the player's situation. These negative effects start to take place whenever a player starts to give more importance to a game than their own daily life or problems. The problem lies in how much time you dedicate to doing other stuff. This means that there has to be a balance between the amount of time you take playing games and the amount of time you dedicate to your loved ones, your body, and your mind. Players need to take some time to talk to their families, maybe go out with friends on the weekend, and take some fresh air out of their gaming place. By doing this you avoid making mistakes that many have regretted.

In conclusion, gaming it's not something bad itself, what is bad is how people use this hobby. Gaming is a problem when it becomes everything you do and you leave an opportunity to hang out with friends or family to instead, play video games. That is when it damages your mental and sometimes physical health. However, if you are conscious about how you should manage your time and you split that time in between more than just playing video games, and you accomplish your daily responsibilities, then it would not be a problem. I am a gamer myself and considering these studies along with my personal experience, I wanted to share this issue. The objective of this speech is to create awareness and make people understand what are the problems that gaming entails without proper time management.

Works cited

“Exploring the Pros and Cons of Video Gaming.” *Blog posts*. May 23, 2017.

<https://online.concordia.edu/computer-science/pros-and-cons-of-video-gaming/>