

Michalis Photiou

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Unit 1 Writing Assignments

How to save the gaming community

Hello Everyone,

In October 1958, the first video game was created, it was just a simple tennis game. Since then video games started having a bigger impact in the world, they were fun and a way to spend your free time. Companies and their curiosity about video games grew and they started investing on console's and video games. This decade companies such as Sony and Microsoft are creating some amazing games and the gaming industry is high in sales. Gamers love playing video games because they have this feeling of playing a story in a fantasy world, they make decisions that you cannot make in real life. Gaming is fun and entertaining but unfortunately it has its downs, that is why I am a writing this letter to inform you about the problems and how we can resolve them.

For starters, I wanted to mention the first problem that I hate about the gaming community, the big level of toxicity. Toxicity was always there but not that much at the start of the gaming era; It grew larger when the community grew and especially when online gaming started. Toxic people are the ones that are mad because they lost to a video game and let their anger out, sometimes gamers start breaking things or even use physical assault to the person next to them. When I said that the toxic community grew with online gaming it is because most of the times when you play online you are playing against other players across the world. Some people lose their temper when they lose and let their anger shown by text messages for instance cursing your opponent or even their family members. Many times, I used to be the victim while playing online games but never been a victim with physical abuse. However there are occasions of people going too far, for example a 13year-old boy was playing a video game on his phone while he lost, for starters he began hitting furniture and turned everything upside down in his house and his phone. After that the young boy took the knife and stabbed his older brother 15 times, his reason was "I didn't want my brother to tell everyone that I lost to a video game". There are people that cannot control their anger and they let everything out and this is what we call the "toxic" community. For gamers not only the toxicity is the problem but there are health problems too.

As much as I love gaming, we must take measures on how much we play each day. There are gamers that are addicted to video games, by addicted I mean playing for hours without a break. Based on researches the average time most gamers play is somewhere to 7-14 normal right?

But there are some cases that break reality playing for 42 hours per week that is 6 hours per day. The worst of all are the overnight players, staying awake the whole day playing games doing nothing else without break. Some of them even eat or drink while playing so they do not waste time eating and hydrating. For an instance a man was doing twenty four marathon video game session he was livestreaming and raising money for charity, in his twenty two hours in the marathon he took a break for a cigarette break but he never return to the live screen later on they found him dead. Friends who spoke with him that day before his death they noticed that he was extremely tired, and he was falling asleep during his livestream. Being an addict to gaming may cause health problems too.

Another problem, and I believe the biggest problem would be health problems. Most common problems would be back problems and problems with eyesight. We can relate addiction and health problems together because sitting on a chair or watching the screen for too many hours would increase the chances of having these issues later in your life. For starters sitting with a bad posture can lead to low back pain but for gamers its difficult to treat this pain since sitting is unavoidable. You can start having neck problems after that the pain slowly spreads to his hand and his back. As the eye problems gaming too much can cause eye discomfort, focusing problems, blurry vision, and headaches. I believe we must protect our eyesight even more because in 2020 wherever we turn our heads we see a screen in front of us, so imaging working in the office for 8 hours in front of a computer screen and after that if you are a gamer you might want to play when you go home let's say at least 3 hours. That means you spend half of your day in front of a computer screen or a tv.

Luckily for these issues we have the solutions. As I said before I hate toxicity and its dangerous inside the gaming discourse community. For starters the online video game companies must start controlling their judgment system, for instance if someone curses or swears another player he must get I.P banned (cannot play again). There is a game I play in my free time it has the option to take out the offensive behavior but it needs improvement. I played with many offensive players before and they did not get punished for it. Another way companies can defend their online game is a behavior system. For example, some games have in-game rewards for players that behave correctly and not like the others. Meanwhile in the Single-Player video games companies can not do much stuff to help but I believe parents can step up and teach their kids some how to behave correct when they lose and how to hold their anger.

Even though gaming is fun addiction is a problem and there are many solutions. Family and Friends in my opinion is the one of the best solutions. They can teach you measures to take and when is time to stop. Me myself used to play video games for many hours but my mom used to shout at me when I was kid "yeah the games you play are fun but don't sit all day playing games there are bad for you". When I was younger my answer to her was just a simple okay but after growing up, I knew what she meant. I stopped playing that much and started doing more productive stuff instead of playing all day. Also, I tried 2-3 times the overnight gaming I have to say its fun at the start, but it gets worse after that you are tired, weak, and sleepy. Second solution I would suggest it is a big favor for especially the gaming companies. If they put a limit to their game people would stop playing the game so addictive. For example, if you played for at

least 2hours and received x amount of rewards you cannot get any more rewards. This will make the gamer to stop playing and take a break instead of playing all night.

However, solutions for health problems already exists but some of them they get somewhat expensive. The easiest one to protect your Neck and back is to take Proper Ergonomics, no matter what type of device you are gaming on there is always away to reduce the back pain. First, we can position our screen at eye level, second, we shall keep our shoulders as relaxed as possible and finally our feet should be flat on the floor. Another easy solution would be taking a break every now and then and do some physical exercises. When I mentioned that there also solutions that might get expensive, I was talking about Orthopedic chairs. This kind of chairs really help your neck and pain problems but they are expensive with the lower price starting at less than 200. In order to avoid getting your eyesight a problem, I would suggest less hours staring the screen and more hours of relaxing or if it is required there are special glasses helping with the light. Companies made this glasses that can reduce the amount of light that come from the screen. The glasses are called blue light but again it goes to the expensive part.

Finally, I wanted to say that for me games are more like my way to live. I played so many games learned new stuff, new characters, and new stories. I am pretty sure that other gamers think the same as me and we want to protect this community that is its precious to us. I want you to imagine losing your favorite community because of the negatives of it. We can always get stronger by helping the community.

Works Sited

<https://kotaku.com/twitch-streamer-dies-during-24-hour-marathon-stream-1792592821>

<https://www.mirror.co.uk/news/world-news/boy-13-stabs-seven-year-21943309>