

THE IMPACT OF COMPUTER GAMES ON THE YOUNGER GENERATION

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Positive impact on cognitive skills

Computer games, in addition to their entertainment function, have a significant positive impact on the cognitive skills of young people. One of the fundamental aspects is that many games require players to analyze situations, which trains their analytical skills. For example, in strategy games like StarCraft or Civilization, players are forced to weigh risks and make decisions based on complex information. They learn to plan their actions several steps ahead, anticipating the enemy's reactions and adapting their strategy depending on changing conditions. This dynamic thinking can lead to improved problem-solving abilities in real life. In addition, research shows that video games can improve spatial thinking. Games based on exploring open worlds or solving puzzles promote the development of visualization and spatial orientation skills. Games provide opportunities to develop essential skills that will be useful in various areas of life, from studies to careers.

Team spirit development and socialization

Modern computer games, especially multiplayer ones, play an important role in developing team spirit and socialization among the younger generation. Games that require collaboration, communication, and a collaborative strategy contribute to the formation of social bonds and group interaction skills. Unlike single-player games, multiplayer formats force players to work together to achieve a common goal, which directly develops qualities such as communication skills, patience and listening skills. During the game, young people learn to share tasks, assign roles, and take into account the strengths of each player. This provides an opportunity to develop leadership skills and respect for teamwork. You can often see how game teams become real communities in

which participants support each other, share their experiences, and even meet in real life. However, it is worth noting that, despite the positive impact on socialization, it is important to control the time spent playing games so that this does not cause isolation from offline communication.

Potential negative effects on mental health

Young people suffering from gambling addiction can isolate themselves from real interactions, which leads to the development of depression, anxiety and other mental disorders. In addition, many video games contain elements of violence, which can also affect the mental state of the players. A sharp lack of gaming experience can lead to feelings of boredom and inefficiency, which in turn can contribute to low self-esteem. Another aspect of the negative impact is sleep disturbance. Gaming, especially evening sessions, can interfere with normal sleep patterns and lead to chronic fatigue, which puts additional pressure on the mental health of young people.

Effects on physical activity

The impact of computer games on the physical activity of young people is a topic that causes a lot of debate and controversy. In recent years, there has been an increase in the popularity of video games, which has led to a change in the habits and lifestyle of young people. One of the main problems associated with intense gaming is its potential negative impact on physical activity.

On the one hand, many traditional video games require players to sit for a long time and do minimal physical activity. This can lead to problems with posture, an inactive lifestyle and, eventually, to various diseases associated with lack of physical activity, such as obesity or cardiovascular problems. Research confirms that young people who spend a lot of time playing games may not get enough physical activity, which affects their overall health.

On the other hand, one cannot ignore the fact that with the development of technology, so-called “active games” have appeared that encourage movement and physical activity.

Games such as those that involve movement, such as games using controllers that work with gestures or even VR technology, are able to engage players in physical activity, allowing them to dance, run or exercise right in the room.

This can be especially useful in urban environments where access to sports fields may be limited.