1: What's wrong with playing violent video games? - www.enganchecubano.com : www.enganchecuba

"'Playing video games floods the pleasure center of the brain with dopamine,' says David Greenfield, Ph.D., founder of The Center for Internet and Technology Addiction and assistant clinical professor of psychiatry at the University of Connecticut School of Medicine.

By James Donlon The intention of this article is not to offend those who play video games, but to face the problem head on and search for solutions. Are video games harmful in themselves? Do they tear down or elevate our culture? Should they be avoided altogether? But the question still stands: How much is too much? How bad is too bad? And what about apparently innocuous games like Angry Birds? Whenever a virtual goal is achieved, the player gets a rush and tends to want more and more. In real life, accomplishment is tied to reality, hard work, effort, sacrifice and talent. But in the make-believe world of video games, you can pretend to be and do things that are completely unrealistic. This is further complicated when the person faces problems such as a broken family, depression and addictions. Take the case of Elliot Rodger. He despised social interaction, did not have many friends, and became obsessed with World of Warcraft. Rather than overcome his shortcomings, he withdrew and filled the void with gaming and pornography. He later killed six, injured thirteen, and committed suicide. His video game addiction was considered a factor in his tragic course. A Waste of Time? It could be argued that video gaming is simply a pastime, a way to combat boredom. But what is the point of engaging in a pastime that has no palpable goal, no real accomplishment and no deeper meaning? Since the purpose of gaming is undefined, players often find themselves compelled to play more and more. Is that time well spent? Drug-Like Effects that Rewire the Brain According to a study featured in Neurology Now, a publication of the American Academy of Neurology, nine out of ten American children play video games â€" about 64 million. That gives gamers a rushâ€"but only temporarily, he explains. With all that extra dopamine lurking around, the brain gets the message to produce less of this critical neurotransmitter. Like drugs, video games provide instant gratification. When one resorts to them over and over again, dependency similar to a heroin addiction is created. Violence and Video Games There are countless cases of violence and crime connected directly or indirectly with video gaming. Grand Theft Auto, for example, has created a long death trail in its wake. However, few have had the courage to call its designers and promoters to task, halt its production and reverse the severe damage it has unleashed. Here are only some of the many crimes connected to Grand Theft Auto: A man was stabbed and his copy of the game was stolen; 4 A college student stole a car, kidnapped a woman and slammed into nine parked vehicles. More crimes tied to other video games can be seen in the following cases: Dozens of people have injured and killed themselves playing video games as can be seen in these examples: He died of an heart attack caused by lack of sleep and dehydration; 15 A year-old died from a blood clot after playing hour binges, sometimes staying up all night on the computer; 16 Another man died after a hour binge playing a game called Diablo III. When Imagination Overpowers the Mind Video gaming frequently allows the imagination to cloud the intellect and weaken the will. The distinction between real and false is blurred. Even in extremely simple games such as Angry Birds, impulse and imagination rule. To win, the player makes split decisions, ignoring all danger. After all, it is only a game. However, this behavior lends itself to a real imbalance. This mental dichotomy desensitizes the player. Imagine the mind of a young man who just played six hours of Gears of War II, an extremely violent game. The designers of the game took pictures of buildings, intersections, and places of interest to make the game more life-like: Can this have a positive effect? What is the Solution? What are some alternatives? What did people do with their free time before video games were invented? Read books that have the ability to uplift the mind, inspire the soul and strengthen the will. Visit places with family or friends: Try visiting a state or local park, places of interest such as museums, libraries, aquariums or historic sites. Visit the ocean and other beautiful places. Try hunting, fishing, swimming, camping, hiking, sledding or skating. Try an adventurous activity: Clock your running time and distance. Beat your previous record of push-ups or pull-ups. Better yet, compete with a friend. Try old-fashion games, hobbies or pastimes: Try wood carving, drawing if you have talent , writing, photography, cooking, baking, archery, brewing beer, or sport shooting. Develop the art of

conversation: Spend time with friends and family. Ask an older family member or acquaintance, such as a war veteran, to tell you stories from their past. Encourage others to help or join you in avoiding video games. It is much easier to stay busy without playing video games if you have the help of a friend. Foster a lively spiritual life. Recite the Rosary daily with your family and try to attend daily Mass. Spend time in adoration before the Blessed Sacrament. Finding True Happiness Video gaming is a problem that stems from a deep cause. In his brilliant book, Return to Order , John Horvat II observes how our culture has lost its appetite for the marvelous and sacred. Man once had a vision of God that permeated society and influenced every field of life. This is all the more incomprehensible since the unhappiness persists even among those surrounded by riches, consumer goods, technological progress, or good health. Why pretend to be a fake hero on a screen when you can admire real heroes and strive to become one yourself? Why play with a controller when you can prove yourself in reality? Acedia needs to be fought and overcome. Only then will we have a true sense of accomplishment and joy â€" a sense of true happiness that no video game console can ever give. As seen on tfpstudentaction.

2: Whats wrong with girl gamers? | Yahoo Answers

There was a time in my life when I didn't care for video games at all. I had to have the radio on whether I was cleaning or doing a jigsaw puzzle and if anyone (I called them the gamers) wanted to play a game in the living room, they had to do it with.

January 03, Xbox One Elite controller Source: There are some ways you can keep gaming a bit more on the healthy side. Watch out for your eyes Eyestrain Source: Looking at a screen with its hard-to-perceive flicker, ever-changing images, and contrast can get really hard on the eyes. It can result in blurred vision, double vision, and dry eyes, all of which will be detrimental to your gaming skills. The blue light emitted by LCD screens can also be harmful when viewed late at night, and may keep you from sleeping as well. That dries your eyes out, and those goobers are meant to be wet. Stop sitting so much Relaxing Source: As reported by Harvard Health Publications, many studies have been linking excessive sitting to a range of diseases , including diabetes and heart disease. The Wii certainly questioned that notion. Skyward Sword is a great game to play standing, as all the sword swinging makes you feel that much deeper in the action. For other games, you can use a standing desk. Bonus points if you jog in place while you make your character run all over the place. You can also try sitting on top of a yoga ball. Mind your posture Sore back Source: Try pulling your shoulders back, for starters. Sorry, no shortcuts on this one for people who want to half-commit. Suck it up and straighten that spine. Your body will thank you if no one else does. Keeping your wrists bent, repeating the same motions for a long period of time, and resting your forearms on surfaces can be contributing factors to carpal tunnel syndrome , according to KidsHealth. So, what should you do? With your arms down, bend your elbows 90 degrees remember, to keep your shoulders back for your posture. The guy in the picture is doing it wrong. Make up for your in-game failures Push-ups Source: Thinkstock OK, so maybe gaming gets our heart rate up. Maybe that counts as cardio â€¦ maybe. One workout game works especially well with online competitive games, or any game that keeps track of your stats. The options are pretty much endless, so get creative and see what works for you. Shoot me a tweet if you come up with any clever gaming workouts of your own.

So What's Wrong With Playing Video Games? [Joy Wilt Berry] on www.enganchecubano.com *FREE* shipping on qualifying offers. Examines the problems that can result from video games and discusses how children can control the influence of video games on their lives.

A response involves a good deal of reflection on the role of entertainment, as well as the place of violence in a world affected by sin. Still others let the players be criminals. While it seems obvious that the kind of target involved in the game does affect the moral seriousness of the activity it is one thing to be shooting at aliens and another to randomly kill police officers while on a crime spree , the entire premise of first-person shooter games seems inherently flawed. That being said, I am criticizing neither gun use nor violence in and of itself. Unfortunately, guns are tools that have a place in a fallen world. There are times when the use of force is the right and noble thing. It is wise for us not to fall into the trap of blaming guns or even these video games as the cause of evil violence in the world. There is an attitude in our culture that seems to want to defang or declaw people male or female who have strength. There seems to be an undercurrent in our society that wishes to emasculate men. We praise the virtues of patience, gentleness and compassion, and rightly so! But we also seem to fear the virtues of fortitude, bravery and a readiness to act with decisiveness. In an effort to protect ourselves from people misusing their power, we seem bent on raising a generation of young people without any real strength. Does this generation possess moral courage? Now, I know that I am speaking in vague generalities, but I believe that we can all recognize this. Have the last few generations including my own been marked by courage and self-sacrifice? The invasion of Normandy was terrible and horrific, and we pray that no people will ever have to do something like that again. But do we think that the young people of this generation or the previous generation have the moral courage to do such a thing? But it seems a bit more like there is a moral vacuum there. It is into this moral vacuum that these first-person shooter games are introduced. Would you want a gun to be placed into the hands of a person without a moral compass? A person might enter the military and be taught how to use a weapon. Someone might be trained in martial arts and learn self defense and how to defend others. In the first place, there is no discernible discipline. Where do we draw the line? This is possibly the critical difference. This is one reason why being trained in martial arts even something like Mixed Martial Arts is radically different from watching an MMA fight. In the one case, physical and mental strength is honed and disciplined. In the other, a person is simply entertained by watching one person physically assault another human being. There is value in martial arts training. There is no value in being amused by images of two human beings hurting each other. After all, no one is hurt in a video game! It seems a little extreme to get all worked up over a video game. What if the violence was of a different sort? Recently, some Japanese video game companies have come under fire for creating video games where the first-person player would stalk and sexually assault a young woman. Many groups called for the prohibition of these kinds of games, and rightly so. But, one might argue, this violence is merely simulated. No real human being is assaulted, only a computer program. And yet, most thinking people would realize that there is something desperately evil about such games. They have no value. In fact, they only serve to introduce more evil into the minds of those playing these games. Lastly, all of this is coming from the perspective of a person of good will. What about a follower of Christ? It seems pretty clear: There is no room for a Christian to find entertainment in the suffering and death of others whether real or simulated. While such games are morally objectionable from a humanistic standpoint, they are even more odious to a Catholic Christian. We may never take pleasure in being entertained by the depiction of violence against another person. Father Schmitz is director of youth and young adult ministry for the Diocese of Duluth and chaplain of the Newman Center at the University of Minnesota Duluth. Reach him at fathermikeschmitz gmail.

4: So What's Wrong With Playing Video Games? by Joy Berry

No matter who you are or where you live, chances are you play video games. If this is true, you are like many other people. Recent surveys show that more time is spent playing video games than playing anything else.

I am, however, a self-indulgent manboy who is at times prone to lengthy video game sessions in lieu of say, eating or sleeping. For our honeymoon, the plan was to road trip through the entire northwest quarter of the United States. Start in Chicago, head west through a bucket list of national parks, hit the West Coast, and take our time heading down to Los Angeles, our new home. For a brief, heady moment, the GPS-driven augmented reality mobile game had most of humanity swearing at digital pigeon monsters. It was a fun phenomenon while it lasted, which was approximately one month before everyone was completely over it. I have one friend who still plays. He just reached level 27, and we are concerned about him. I began dabbling, working the game into my very adult life, playing when there was downtime on the train commute home, having it on during morning jogs. Within a week, I was playing during every car ride I took, taping my cell phone to a ceiling fan to hatch a 10K egg. The trip brought to light some of my less-than-glowing gaming tendencies. Primarily the fact that I do not know when to stop playing a video game. Devils Tower is a beautiful butteâ€"smaller than a mesa, nowhere near as large as a plateauâ€"and on the loop around the tower, you can see its resplendent frozen magma facade emerging from the line of spruce trees below. You might even see some rock climbers. The majestic, fox-like creature broke free from every Ultra Ball I threw its way before fleeing the scene entirely, leaving me genuinely bereft. This was the point when Christine rightfully took my phone away, which for a millennial is akin having at least one eye poked out. These were not the terms and conditions of the marriage she signed up for. I would love to say this blemish is an outlier in a lifetime of flourishing social interactions balanced with a healthy hobby of video gaming. I lock in, zone out, and never know when to quit. Not only would that have been useful for me as a kid, it would also be useful for me now as an adult. Finding the appropriate work-life-game balance is a struggle. From , I quit playing video games altogether; I made an active decision that they were a dead end, a waste of my time. I was back to being Solid Snake of Metal Gear, sneaking up on robotic ninjas and snapping their necks. The end result of a marathon gaming session for me often includes the onset of gamer shame, which is a very specific form of guilt. For my 10, hours spent expertly gaming, what have I achieved? This feels like a false reward. I can readily admit that there are positive aspects to gaming, but things like camaraderie, stress reduction, and hand-eye coordination have diminishing returns when I obsessively play like a zombie. My whole life is a series of stratagems to avoid, and outwit, that guy.

5: How Video Games Are Bad For You and 5 Ways to Fix That

We've all probably been told at one point or another that "playing video games is bad for you," and a lot of that is a big video game www.enganchecubano.com've been warned against the health and social.

Then do something better. I love video games. They are active where other mediums are passive, requiring me to participate in order to proceed. You pick a character, including class and race, and then you sit back and watch. Your character goes on quests, levels up and grabs items. You do nothing, save for watching the advancement of progress bars. Setting Up To get started, first you should download the game. Start up the program and you can pick whether your game is offline or online. Designing your character is the most interactive part of this game. You can put some thought into this, if you want â€" or not. Here is what Progress Quest looks like when you start playing: You watch and your character levels up without you. The levels and items gathered in Progress Quest mean precisely as much as levels and items gained in other games. What makes them worth something to you is the time and effort you put into getting them. A good game, then, is one that does more than simply make your level up for the sake of it. The game should be fun in and of itself, and not simply something you do out of compulsion. The answer, more often than not, is simple, sarcastic and sadly hilarious. Slowly growing lines show us how far a procedure has come and how far it needs to go. So we watch them. Modern work means watching progress bars from time to time. The worst video games are those that offer less challenge than compulsion. In a recent episode of Technophilia , a podcast I host with a couple of other MakeUseOf writers, we discussed the amazing gaming experience that is Skyrim. James and Dave kept talking about the room left for discovery, and the complexity of it. It sounds like an amazing game, one I should try out soon. We also discussed Cow Clicker, a game that parodies Farmville and its tendency to be merely addictive rather than engrossing. Our conclusion was that a good game is one that leaves room for exploration and discovery. They should be interactive and engaging, and not addictive for the sake of killing time. There is no skill involved. If you ever feel like this playing any other game, step back. Let us know if you feel the same way â€" or not â€" in the comments below.

6: What's Wrong With Video Games? -

So Obama is against video gaming? whats wrong with that? I play RPGs, shooting games, and many other games and still get A's in my class! I think parents do need to control their gaming time but I do not believe that the children should be forced to quit games.

7: Whats wrong with video gaming? | Yahoo Answers

Better question is, what is wrong with the current video game trends. Past couple of years have just seem to be focused on shooters and online.

8: whats wrong with video games? | Yahoo Answers

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9: Video games: bad for your brain? - www.enganchecubano.com

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