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Computer Games: Pros And Cons

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COMPUTER GAMES

pros and cons

Gaming has definitely become one of the top hobbies among teenagers.



They think them as a way to kill boredom



Parents consider computer games unhealthy and time consuming



Good effects of computer games

- ▣ Some researches emphasize advantages of computer games.
- ▣ They believe that such games improve the hand-eye coordination of the players, enhance logical thinking skill, help think more logically, assist in communication and problem solving skills.

Disadvantages of computer games

- ❑ Some of the games are extremely violent in nature and have negative impact on the young minds.
- ❑ Spending too much time at the computer may result in obesity, eye strain, wrist and neck pain, headaches, hallucinations, muscle and nerve damages.
- ❑ Gaming develops the brain sections related to vision and detecting movements only.

Games interfere our private life

- ▣ People especially young ones waste too much time playing useless games. Thus, they start living in their own virtual reality and loose real friends.
- ▣ Wasting time on computer games, people spent our life on chimerical achievements – having no real ones.

Simple relaxation exercises are necessary for those who spend too much time at their computers

- ▣ Perform wrist bends while your palm is face up.
- ▣ Walk around for a few minutes every hour or more often if needed. Perform back bends right at the computer by bending over in your chair and touching your toes for five seconds
- ▣ Tilt your neck down toward one shoulder, hold for five seconds and straighten up to your normal position.
- ▣ For every 20 minutes you are working at the computer, avert your eyes to a focal point 20 feet away from you. Hold the object in your sight for 20 seconds.