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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.