

Scherbitskaya V.G., Gevrasova M.V.

THE INFLUENCE OF VIDEO GAMES ON PHYSICAL AND MENTAL HEALTH OF YOUNG PEOPLE

Tutor: senior teacher Osmak O.V.

Department of Foreign Languages

Belarusian State Medical University, Minsk

Relevance. Video games are a unique form of entertainment. At present it has evolved into a multi-billion-dollar industry that is growing exponentially. People can spend leisure time with the family or friends by playing video games. But spending too much time on games can lead to poor physical and mental health, including headaches, eye strain, obesity; aggression, anxiety disorders and depression. Understanding such risks can help people avoid health problems.

Aim: to study the impact of video games on health and well-being of young people.

Materials and methods. Questionnaires, scientific articles and online resources were used to analyze the data.

Results and their discussion. For a detailed study of this problem, the survey among students of BSMU and VSMU aged 17 to 23 was carried out. 59,7% of them were women. Thus, 23,6% of the survey participants play every day, 27,8% - every week, 20,8% - about once a month, 22,2% - once every few months and 5,6% - never. The next question was about the time that respondents spend on video games: 46,9% of participants spend 30 minutes - 1 hour on video games a day, 42,2% play 2-3 hours, 9,4% spend 4-5 hours and 1,6% spend more than 10 hours playing video games. The main genres of video games are adventure (53,7%), puzzle (46,3%), survival (46,3%), action (40,3%) and shooter (35,8%). The study revealed reasons why students play video games: the majority of them (85,1%) use video games as recreation, 40,3% of players like to immerse themselves in the world of the game, 68,7% of the interviewed people are motivated by interest, 22,4% - by communication with friends, 7,5% - by a certain goal, feeling like a part of society, boredom at lectures - 1,5%. The results of the study showed that students notice health problems such as reduced stress tolerance (35,4%), sleep problems (13,8%), hearing problems (3,1%), vision problems (37,5%) and 59,4% did not notice any problems. In addition, 30,2% of participants note the consequences of a sedentary lifestyle and lack of physical activity.

Conclusion. The gaming industry is booming in the world due to the widespread availability of budget devices. Video games can be a good source of recreation. However, there are a lot of negative consequences for human health. As a result of the study, it was found that medical students who play video games suffer from sleep problems, visual and hearing impairment, as well as reduced stress tolerance. Many students believe that they are addicted to video games.