

Vihrova S.V.

**THE IMPACT OF COMPUTER GAMES ON A PERSON
AND COMPUTER ADDICTION ITSELF**

Tutor: senior lecturer Prostotina O.V.

Department of Foreign Languages

Belarusian State Medical University, Minsk

The technologies development is related to human needs and desires. Being along with basic needs, modern people require entertainment and relaxation. Everyone has their own way of unwinding, and many people prefer to play computer games. According to statistics, almost every second person plays computer games, and this is the main concern nowadays. Studies show that the majority of video game players in the world are men. However, women are also among computer players, their number is constantly increasing. The average age of video game players is 35 years old.

There are many reasons why people play computer games. Some of the most common are fun and relaxation from routine and social interaction.

There is a large number of games now that allow users to play with their friends or other people from the world's different parts.

These two options are not a complete list of reasons why people play computer games. Each person has their own motivation for playing.

The addiction appearance to computer games might become a serious problem for people. Many players may face the problem of losing their time and getting stuck in the virtual world for a long time.

Addiction to computer games can also lead to social isolation and problems in personal relationships. People spending most of their time in front of the computer probably lose interest in real life and stop communicating with other people.

Addiction to computer games often leads to physical problems, such as eye strain, neck and back pains after sitting at the computer for extended periods.

Scientific research indicates that excessive time spent playing computer games is to have numerous negative health consequences. The study conducted by the Oxford University revealed that children who played computer games for more than 3 hours a day were more likely to develop health problems and mental disorders. According to the UK Health Department research, long-term computer use might lead to the development of myopia and other vision problems.

However, games can have a positive effect on various aspects of our lives. For example, the study performed by the University of Helsinki in Finland figured out games to improve a person's motor skills and reaction time. Similarly, the research from the American University of Rochester determined that games improved cognitive abilities and concentration. Finally, the study by the University of Brazil defined games to help people fight depression.

Dealing with computer game addiction is a difficult process for the most people. One effective way is to limit the time spent at the computer. For adults it can be 1-2 hours a day, and for children even less. It is also important to offer new hobbies or activities to reduce the desire to play computer games. As a general practice among addiction professionals, seeking professional help is crucial if a person is not able to manage the problem independently.