

THE IMPACT OF COMPUTER GAMES ON THE MIND OF YOUNG PEOPLE

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Annotation: This article presents several ideas on the positive and negative effects of computer games, a topical issue of today, and ways to reduce addiction to them.

Keywords: computer games, cyber gaming, youth spirituality, happiness, human consciousness, computer addiction, positive and negative effects of games.

A computer, which entered our lives a few years ago, is now accepted as an ordinary device. As social networks and information and communication tools develop, people's acceptance of it and its influence on their spirituality are increasing. Computer programs allow us to edit various types of information in a short time and also provide us with various entertainment games. We are witnessing that today the number of computer games is increasing day by day. As an example, we can cite the following: Far Cry 5, Tetris, Dark Souls III, Fortnite, PUBG, The Legend of Zelda, etc.

A number of famous philosophers have put forward their views on the positive and negative effects of computer games on the growing young generation, both spiritually and physically. One of them is the opinion of A. Gentile: "Computer games can lead to aggressive behavior, but they can also develop a person's problem-solving, analytical thinking and strategic thinking skills." In his opinion, there should be a balanced approach to computer games. The effect of games can be different for each person, so a careful and responsible approach is necessary when choosing them. Well-chosen games can be useful not only for entertainment, but also for mental development. According to Anders Hejlsberg: "Games are not just games, but also a powerful tool for developing human abilities, solving problems and creating new ideas"¹.

Anders Hejlsberg supports computer games, seeing them as an auxiliary tool in the development of the human mind and the formation of new ideas. If we summarize the thoughts of these two philosophers, then computer games

¹ **Gentile, D. A.** (2009). *Pathological Video Game Use Among Youth 8 to 18: A National Study*. Psychological Science, 20(5), 594–602.

can be classified and have positive or negative consequences depending on the sphere of influence.

There are many harms to society and the person himself from being addicted to computer games. First of all, there is moral harm, computer games are plunging our society into a swamp of moral corruption, depriving a person of the happiness of self-realization.

Computer games have a number of positive and negative effects. As a positive effect, it is directly related to education and technological progress.

Computer games also have great educational potential. Many games require players to develop logical thinking, strategic planning, and problem-solving skills. For example, the game and puzzle genre helps to develop analytical skills and improve memory.

Games often appear with technological advances. The desire for better graphics, virtual reality, and an amazing gaming experience is driving the development of computer technology. The results and achievements are created in improving the gaming experience, applying knowledge, and other areas. If computer games are played from a young age, they acquire logical thinking, puzzle-solving, and problem-solving skills, and at the same time, they are also motivated to achieve technological breakthroughs.

Improves memory - during the game, the child learns to pay attention to the position of objects and people.

Fine motor skills of the hands are well developed due to playing computer games using the keyboard and mouse. Learning a subject through a game is exactly what games are designed for².

Children between the ages of 10 and 18 are often addicted to computer games. This is primarily a waste of time. It seems like everything happens in a matter of minutes. Playing computer games regularly can also make a person a lazy person. After all, a child who has forgotten his spirituality and identity and cannot imagine his life without games will drown in a swamp of ignorance and give up his goals, aspirations, and hopes in life. There are enough young people in society who are “broken” in this way.

Cybergaming is a pathological addiction to computer games or other digital games. In this case, people play games excessively, which negatively affects their daily lives, work or social relationships. In conclusion, it should be noted that the impact of computer games on the minds of young people is an important issue in modern science. Games are not only an entertainment activity for young people,

² Granic, I., Lobel, A., & Engels, R. C. M. E. (2014). *The benefits of playing video games*. American Psychologist, 69(1), 66–78. <https://doi.org/10.1037/a0034857>

but also affect their thinking system, emotional state and behavior. While some games have a positive effect on young people, developing skills such as analytical thinking, strategic thinking and problem solving, others, especially violent games, can increase aggressive behavior or have a negative impact on mental health³.

Therefore, it is necessary to correctly understand the impact of computer games and carefully select them so that they do not negatively affect the minds of young people. Through a balanced approach, games can become not only entertainment, but also a tool for intellectual development, creative thinking and problem solving. Parents, educators and psychologists should also play an important role in monitoring the impact of games on the psychology of young people and guiding them towards healthy and responsible gaming.

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