

# The influence of videogames

## Introduction

Videogames can affect people by changing their humour and their behaviour. One important thing is not to play very much because you can become an addict and stop living for playing computer games all day long.

## How to avoid addiction

When you are bored, it can be funny playing with videogames. But, if you are playing videogames instead of reading a book, doing homework or even enjoying sunlight, it's obvious that you are an addict of videogames!

1. Write a list of the things you have to do all day.
2. Establish a maximum time to play every day.

3. Try to find things you like to do.

## Effects of videogames addiction

1. Increase **aggressivity**.
2. **Isolation**: After, the videogames were only designed for one player. These causes isolation easily and they didn't need anybody to play with videogames.
3. **Losing imagination**: The perception of the world can see altered depends to the each. The childrens which 13 year live in an era they don't distinguished very much the real life or the fiction.



### Tips for parents :

- a) You must control de game.
- b) They must play more than one videogame, they mustn't play often the same game.
- c) Exchange the videogames with their friends.
- d) Stablish a maximum time to play every day.
- e) You must play sometimes with them.
- f) Don't let them have the videogames console in their bedroom.
- g) They mustn't play when they're eating.

### Advantages:

Horwever, videogames have also some advantageswhen there is no addiction related to them.

- Improve associative thinking.
- Helps intuition and hypothetical thinking.
- Improve concentration.
- Stimulate mental processes.



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