

Video games are harmful to children's development

Stance: Agree

Word Count:394

1 The addictive nature of video games is harmful to children's development. For simplicity,
2 this essay focuses on children between ages 8 – 12. This essay explores the negative effects of
3 video games on three aspects of development: mental, social, and physical. Although presented
4 separately, the aspects are all connected and the influence of one influences the others. Video
5 games are harmful because children's preference of violent games promotes aggression,
6 excessive gaming time leads to poor social skills, and lack of exercise can cause obesity.

7 Firstly, video games can cause negative effects on mental development. Cognitive
8 development begins escalating in children ages 8 -12. One new trait they develop is the effect
9 of emotions on their cognitive development. Children have a strong preference for violent
10 video games. Studies show that exposure to violent games inhibit impulse control and activity
11 in the emotion areas of the brain. This means that children become desensitized to violence
12 and display violent thoughts and behavior in real life.

13 Secondly, children addicted to playing video games are negatively influencing their
14 social development. A child spends an average of 13 hours per week playing video games
15 (Younger, 2013). Children choose to remove themselves from social settings, or those who
16 struggle with social situations prefer a less social way to spend their free time. This lack of social
17 contact causes children to develop poor social skills, such as the inability to pick up social cues,
18 which are necessary for establishing strong, healthy relationships.

19 Thirdly, children are at risk of harming their physical development. Children nowadays are
20 receiving less daily physical activity than children in the past. This has caused childhood obesity
21 to be growing problem, and video games are a contributor. Video games often involve the child
22 spending an unhealthy amount of time sitting. Their desire to join extracurricular activities
23 diminishes, and the lack of physical activity can lead to weight gain. This lazy lifestyle is
24 addictive and extremely unhealthy for the children's growing body.

25 It is important to note that research on the effects of video games on children is
26 constantly expanding and this essay provides one of many approach to this topic. To conclude,
27 all aspects of a child's development is interconnected, so the harm of one aspect will result in
28 the harm of the others. Video games are an addictive contraption that harm not only one, but
29 all aspects of a child's development.

References

Younger, S. (2013, February 27). Kids and video games: what games are safe, and how much should they play? Retrieved September 11, 2017, from <http://www.chicagonow.com/between-us-parents/2013/02/kids-video-games-safe-benefits-length-time-play/>