

## Video Gaming Pros May Outweigh Cons for Children

A large number of children and teens are playing violent video games. Most older children and teens recognize the difference between reality and fantasy, so games are entertainment. But some children get immersed in the violence and this may cause a cold-hearted view of people. Children who are prone to get excited by violence are overstimulated by video games. Games in which the player sees the action as if he is the shooter can desensitize him to violence. With the increased reality of video games with realistic and even exaggerated images of gore, the impact increases. Children can become less sensitive to the pain and suffering of others, be more likely to behave aggressively, and may become fearful of the world around them. Video games provide a high level of quick gratification as the player is almost constantly rewarded. If he should lose, he can easily start over. Too much time on playing takes away from time spent on school work. However, used in moderation, video games are helpful. They can enhance a child's motor coordination and abilities to think quickly and analyze situations. As long as video gaming <http://kidzfly.com/blog> is part of a variety of a child's regular entertainment, the games can relieve stress, improve visual detail concentration, and help relate to one another in healthy competition. The negative affects of video gaming are found with excessive playing. The benefits of gaming may actually outweigh the negative affects if the time spent gaming is kept within reasonable limits. Many video games have instructional value and gaming systems get children and teens involved in exercise and interaction with family members. <http://kidzfly.com/blog> Video games that are violent or have limited instructional value may be thought of as treats or special pleasures and children can enjoy them in moderation. As with other aspects of children's lives, their entertainment and leisure activities need to be balanced so they are enjoying a wide variety of experiences. n

## About the Author

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