

Pros

A professor at Nottingham University wrote in a medical journal that playing games could help children with attention deficit disorders. The reason for this was that video games taught players problem solving, motivational, and cognitive skills. Most games developed inspire the players to strive and reach more difficult levels presenting challenges at each stage.

Various video games genres purposely implement decision making such as Role Playing Games, Massively Multiplayer Online games, and games like First Person Shooters instill technical players to think on their feet. New feats in technology like the Nintendo Wii's Nunchuk, Sony Playstation's Move, and Xbox 360's Kinect were developed to embrace health and fitness activities in gaming.

Video Games are known to enhance creativity and inculcate a sophisticated Taste and broader appreciation for graphics, design, and technology. Thanks to the advancing technology in the video game industry this media is constantly developing pin point simulation games that can feel and look identical to the real life experience as well as fictional games that can send you into a realm of pure imagination.

Action video gamers tend to be more Attune to their Surroundings while performing tasks like driving down a residential street, where they may be more likely to pick out a child running after a ball than a non-video gamer. Research also suggests that action game playing might be a useful tool to rehabilitate visually impaired patients or to train soldiers for combat.

Games are currently being use to help children who are ill or have injuries. The medical industry find that the patients become absorbed in a game distracts the mind from pain and discomfort. Many hospitals are encouraging children and others undergoing painful treatments to play games.

In the past many parents speculated that not all games were meant for children and that they should be labeled as such. From this dilemma the ESRB (Entertainment Software Rating Board) was created to give categories for the different audiences that varied from different age groups.

Cons

In the past years the amount of physical activity has steadily decreased, which was results from excessive video game usage, there has been a continuous increase of obesity amongst video gamers. Videogames not only augment the Risk of Obesity, but also other health issues, such as video-induced seizures, muscular and skeletal disorders, carpal tunnel syndrome and nerve compression.

Long hours playing video games can negatively affect your performance in school or at work if you're preoccupied with video games or failing to work at your optimum level because you're exhausted from a late night of video game playing. The Mayo Clinic notes that children who devote more than one or two hours a day to television or video games may have trouble falling asleep, have Problems paying Attention and have lower test scores than children who don't spend as much time in front of a television or video game console.

If you spend all of your free time playing video games and skip meals or lose sleep because of your excessive game play, a video game addiction can Negatively Impact your Health. The Mayo Clinic notes that children who spend more than two hours a day in front of a television or video games in lieu of participating in physical activity may suffer from childhood obesity. In addition, the University of Texas at Dallas notes that the addiction can lead to such medical issues as backaches, headaches, eyestrain and carpal tunnel syndrome—pain and numbness that you may feel in your wrists, hands, shoulders and elbows.

Games can and may confuse your mind set completely. Increased exposure to fantasy world can reduce your capability to get the picture of the real world in your mind. The result - utter confusion and inability to differentiate between the two! For a small child, what he/she sees is what he sets in his mind. For instance, while killing an enemy is the only resort to move to the next level in video games, the same is not the case in reality.