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For many years or you can decades, video games have been blamed for many of the ills in the society. They have been accused of encouraging violence and creating a new breed of youth generation who are bored, lazy and disengaged. Yet no one clearly known and understands the effect of video games on the brain and society. It is like not knowing about the services provided by Satellite TV Providers.

Over the past ten years, researchers have compiled the results of various experiments and researches that have shed new light on the true effects of the video games on the brain. Seriously, the results are not always what you would expect. It reveals that there are good and bad effects of playing video games and it will hopefully lead to a more measured, equivocal approach to understanding the role these games play in the society.

Let us check on some of the results of the experiment conducted â€“

Usage of Bad Languages

Many of the teenagers are being exposed to swearing and using foul languages by playing video games. This has naturally leaded to aggression in them.

Excessive Aggression

Among the various researches that were held, it was found out that playing video games for a long time has lead to increasing the aggression among teenagers. Teenagers spend a lot of their free time in playing games and this has an altering effect on their brain.

Permanently deactivating certain nerve connection in the brain

Many fundamental experiments and studies have shown that video games can really blow your mind. You may be surprised to know that the technology that plays strongly on the senses, as video games can overwhelm the brain and cause a lot chances in how the brain functions.

Addictive Behavior

Have you ever wondered why it is so hard for many gamers to step away from their gaming console? It is because of the addictive effect the video games have. Many researches have shown that playing video games for a long time stimulates your brain cells and activates the feeling of addiction and reward system. This makes it more and more desirable for users to continue playing and even harder to move away from the console.

Improves certain aspects of vision and cognition

You can almost say that the effect of video games on the brain isn't bad at all. In fact, some of the researches that were done in the recent years have suggested that playing video games might even help children to develop their brain. The research which was done on some school and teenage students showed that video games helped to improve the visual acuity, attention, and certain cognitive functions.

Feeling of Anxiety and Tension

Sometimes video games can keep users on the edge of their seats, but that might not always be a good thing. As it turns out, the brain doesnâ€™t make a strong distinction between real life and imaginary events. Games that arouse fear or tension, causing increased heart rate, blood pressure, and oxygen consumption, can have a lasting effect on the autonomic nervous system over the long term. Players may experience changes to their response to real-life dangers, including most commonly desensitization. Whether or not this is a good or a bad thing is up to you to decide, as it could be a valuable training tool for those involved in high-stress occupations.

Frankly, playing video games for a long time can be harmful for your life and health. It is even though a good source of entertainment and your children donâ€™t get hurt, but still you need to avoid this abdicable pastime.

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Being a freelance writer and active blogger, Mark likes to share his thoughts with the rest of the world and to source out some great deals on home services like the one offered by a Satellite TV Providers

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