



## VIDEO GAMES AND ITS IMPACT ON COGNITIVE FUNCTIONING

**C**ognitive development is basically a field of neuroscience and psychology that deals with cognition and publishes empirical and theoretical work on child's development in terms of information processing, language learning, perceptual skill, concepts memory. It is basically how child's brain work, think, explore and figure things out.

Video gaming has now become a very popular form of entertainment. Videos games and playing these games as a different character make us feel good and free us from our daily boring and monotonous life.

People feel they are running away from themselves and running towards their ideal self, that is, the character they play as. The feeling you get when you complete a good game is the best feeling as your brain secretes dopamine which is the pleasure hormone. The games are designed in such a way that the pleasure centre of the brain remains active.

Irregular intervals that makes the video games addictive and entertaining.

Video Games bring in immense amount of organic changes in the brain. A growing body of evidence,



shows that video gaming can affect the brain and, cause changes in many regions of the brain. Scientists have collected results from many studies to determine how video games can affect our behaviour and brain. Attention span of an individual is affected by video games. Video games can change the structure of our brain. It has been researched that people who play video games have higher attention span and also display improvements in sustained and selective attention.

Although research has found that prolonged use of video games can also deplete the attention span and concentration in classroom. The particular structure of the brain that is involved with the process of attention is more efficient in games as compared to children who don't play games. Video games also increase the functionality of parts of the brain that are responsible perform visuospatial skills that is, an

individual's ability to identify visual and spatial relationship between objects. Video games boosts memory. A study found that children who play video games especially which include quicker movements and quicker decision making have a better cognitive development than children who do not. A research conducted a memory test on video gamers that engaged their brain's hippocampus and found out that video gamers had improved memory functioning that non games.

Flexibility of cognitions, focus and concentration, working memory, and abstract reasoning all tend to decline with age. Many experiments, with elderly participants, show that video game play can result in improvement in all of these abilities Older people who have cognitive distortions due to age, video games can actually be like a mental exercise.

There was a study which stated that games like candy crush, Tetris might be a better way to assess cognitive decline than any other traditional methods which can be effective in early and effective treatment.

The series of swipes, touch, gestures, and rotational gestures told a great deal about the speed, length and intensity of the user. A recent study indicated that video games like Super Mario Bros. can slow down dementia. Even further 3D games that require a greater inclusion of Hippocampus can increase the skill learning process. The researcher could observe the changes and variations in motor abilities. The negative effects of videos games are just a myth and they have a loads and loads of positive effect on human brain.



SATHIYA YOGAM Speaks...



**Bhavna Bharmi**

*Sr Clinical Psychologist,  
Fortis Escorts Hospital, Okhla, NEW DELHI*

*She is also Cofounder PsyCare Hospital,  
NEW DELHI.*

*E-mail ID: bhavs2001@yahoo.com*

# SATHIYA YOGAM

MULTIDIMENSIONAL PROGRESSION OF LIFE'S PATH **SPEAKS...**

Volume 3 : Issue 9

*Your friendly guide for*  
**PERSONAL GROWTH & DEVELOPMENT**

NOVEMBER 2019

 INDIA 150

 Malaysia RM11.90 |  Singapore US \$5 |  Sri Lanka US \$5 |  South Africa US \$5 |  Mauritius US \$5 | Other Countries US \$10

## Secrets of Human Energy Field



Human Energy field relates to the Physical, Mental, Emotional and Spiritual conditions of an individual. Energetic vibrations of a person's thoughts, feelings, state of health, awareness, and past experiences are stored in the different energy layers, with the range of its extension dependent upon the overall health and well-being of an individual.