

Many doctors are concerned about the high use of computer games by children and young people. What mental and physical problems may arise from excessive use of these games? How could these problems be reduced?

The appeal of ubiquitous video games is increasing among children today more and more which ~~have~~ has far-reaching consequences on their physical and mental abilities but there are some beneficial solutions that lead ~~s~~ to decreasing the effects of these problems.

Perhaps the major mental ~~ly~~ problem is the negative effect on children's s development, particularly in aspects of violence, antisocial tendencies behavior and increased aggressive thoughts and feelings. Simulated violence like those in video games, can render ~~become~~ them immune to ~~them~~ do it and more inclined to act violent lyating, and also too much playing video games makes s kids addicted and they are unable to social ise with their peers which that causes them to be socially isolated.

Video games also have effects on children's health including obesity, and muscular disorders. These games encourage Sedentary lifestyle and youngsters are inclined to obesity and ~~do~~ will not be ~~not~~ keen on doing outdoor exercise. Also video games can cause vision issues because of excessive use of screens.

One of the Possible solutions to ~~prevent~~ protect children ~~from~~ against video game addiction can be that parents should be involved in their children's activities for example, they can encourage their kids to participate in some sports champs hips or competitive matches. Another solution to wean kids off video games ~~that~~ is parents must handle it before it becomes an addiction. parents can develop a list of activities and opportunities that can be achieved in the same amount

of time ~~spend~~ spent gaming and encouraging them to spend less time ~~on~~ playing.

To sum up, video games addiction affects children's lifestyle ~~that~~ which leads to some mental and physical problems such as obesity, violence and social ~~ly isolated~~ isolation. These problems can be solved by parents by allocating more time to doing exercise with their kids and ~~encourage~~ encouraging them to spend less time ~~on~~ playing by rewards.