

Nowadays many people have access to computers on a wide basis and a large number of children play computer games. What are the negative impacts of **children** playing computer games and what can be done to minimize the bad effects?

Many individuals have been utilizing computers to such a considerable extent in this day and age. Furthermore, most children use digital games, **issuing** negative impacts on their social life and physical-mental health. Some solutions will be submitted to minimize its effect.

Digital games are quite addictive, and children feel trapped in these games. With the passage of time, children would rather opt for an aloof lifestyle in **default** of socializing with others or going for outdoor activities. Secondly, children's eyesight could be impaired as a consequence of extreme exposure to **the** computer games. Thirdly, most of (the) games today's children play are really **/extremely** violent, which might lead to **children's** aggressive behavior in the worst-case scenario.

Some measures should be taken to address the severity of these games **which are/include**: parents should monitor the time expended by their children not to let them exceed the given time. Only when children do not play too much, are some of the repercussions of playing with consoles significantly minimized. In other words, poor eyesight, aggressive behavior are less likely to transpire. Finally, parents and teachers should shoulder the responsibility to make them interested in outdoor activities, or rather true-to-life games such as **seek and hide** play or playing football, **and so forth**. This could also **be conducive** to being more extroverted due to being in touch with others in reality.

To conclude, supervising children during play**ing** with the aforementioned games and allocating specific time to children's virtual games could minimize the detrimental influence on children's societal, physical, and mental health.