

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?

Nowadays young children spend too much time on computer gaming and this causes some mental and physical problems so that doctors are worried about increasing them. This essay will consider some main problems which stem from extra-using of computer by children for playing games.

Firstly, using computers more than standard time which psychologists estimates s for children leads s to addiction that is the mother of most diseases. Furthermore, the children spend less time with the peers and this can be a reason for lower human interaction and declining physical activities. The second major problem that parents complain is the violent manner of the children. Based on a scientific research, psychologists realized that war computer games which statistically most of the children are interested in more than other games, lead to increasing self-centered behaviors of the children and even they will be more insensitive rather toward other people.

Turning to possible solutions, perhaps the first and the most effective one is good parenting and raising awareness of the children from dangers of the extra using of computer s. The parents should encourage the children to play more with their classmates. They should be registered in active sports far from virtual spaces. Also in the schools teachers should teach sitting posture while they are using the computer. For decreasing the violence manner of the children the best remedy is pushing them to play more sport-based computer games, not warlike.

In conclusion, we can-not/cannot ignore the role of parents and teachers for-in upbringing of children about spending lesser-less time on computer games. This essay discussed major problems and possible solutions regarding the high use of the computer games by children.