

Nowadays many children are playing computer games instead of doing sports activities. Why is it happening? Is it a negative or positive development?

These days a wide range of people particularly children are used to spending their invaluable time with computer games. Easy access, extreme attraction, and perhaps keeping up ~~to-with~~ the Joneses could be considered some of the main reasons behind this widespread trend. Although there are certainly valid arguments to the contrary, I personally, opine that the demerits of such an attractive entertainment far outweigh its merits.

Suffering from lack of an appropriate place to play in most metropolitan areas, many children today are drowned in an artificial/virtual world designed by large multinational video game publishers. Perhaps, one of the main reasons behind this is the attractive outcomes the gamers achieve in an imaginary world. In other words, hardly a player can attain that ~~much-level~~ of achievements in the real world than what he receives in cyber space. Another reason for this much of popularity of this type of entertainment could be the easy accessibility of them. That is to say, while these games are only a click away from the gamers, being engaged in a physical activity is not this much easy to access.

Undoubtedly, not only can spending hours in front of a game console ~~can~~ lead the players into myriad physical problems, but it also can cause a variety of mental disorders. Overweight, cardiovascular diseases, and spinal deformity are just some of the typical plights, children may encounter them if they do not follow professional recommendations. The Majority of experts opine that, anxiety, depression besides other psychological disorders are outstanding mental illnesses spending too much time with-on computer games can bring about. That an overwhelming majority of children suffer from sleep deprivation due to their engagement with computer games before sleep is an indisputable fact.

By way of conclusion, I maintain that ~~this-much-of~~ involvement with video games to this extent is ~~not-neither~~ to the benefit of ~~both~~ children ~~norand~~ society. In fact, with the wisdom of hindsight, had we known the consequences of such a double-edge sword activity, we would have ~~arisen-raised~~ children's awareness so that they could make an informed choice. Though in this day and age changing children's habits seems if not impossible, extremely hard, it is mainly incumbent upon parents to show their children the right way to success.