

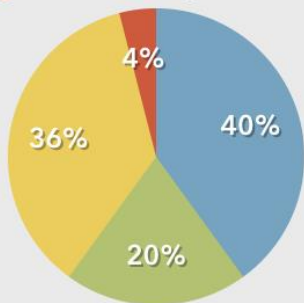
ATTENTION ALL ONLINE GAMERS!!!

SPECIAL POINTS OF INTEREST

- **OBESITY CASES ON THE RISE!**
- **SOCIAL ISOLATION THROUGH ONLINE GAMES.**
- **IMPROVING THINKING SKILLS?**
- **GAIN CONFIDENCE BY GAMING.**

Types of game that **YOU** play!!!

- CSGO
- Dota
- Minecraft
- Blackshot



Survey on what are the games play by youths in this era

OBESITY CASES ON THE RISE!!!!!!

A condition where a person accumulated a lot of body fat that it reached a stage that their health is affected negatively. According to the World Health Organization, 65 percent of the world population is overweight. Obesity has become the main problem especially for youths who spend hours on their screen. The main reason is mainly due to not putting aside time to exercise. Studies have shown that by gaming on long hours, it stimulates youngsters' appetite, encouraging them to raid the refrigerators or cupboards to find snacks. Obesity can lead to serious heart problems and even diabetes. People who suffered from obesity can still approach help from doctors or nutritionists in nearby centers. Long hours of gaming should be avoided.



(Obese youths when addicted online gaming)

SOCIAL ISOLATION THROUGH ONLINE GAMES.

Youths who spent long hours of online gaming can be suffering from social isolation. A youth who spend long hours on online gaming may not want to invest his or her time to communicate with other people. Hence, he or she may not develop effective social skills. This will hinder them to form a good relationship with people. Some symptoms of teens suffering from social isolation can be anxiety, low self-esteem and the feeling of being disconnected from the world. This problem can lead to teens suffering from depression and worse comes to worst suicide. A researcher, Dr. Douglas Gentile of Iowa State University said that as kids or youths get more addicted to online gaming, chances of getting depression increases. Therefore, online gaming has a negative effect socially. Youths who are suffering from social isolation can seek help from Psychologists in nearby centers.



(Youths may be socially isolated through online gaming.)

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agreeable that online gaming can also help teens. One good thing about online games is that it helps youths to boost thinking skills.

Quick thinking skills can help youths in terms of their learning in their school work.

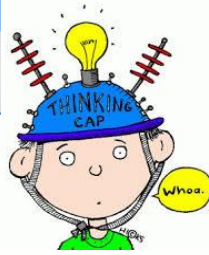
According to researchers at the University of Rochester, led by Daphne Bavelier, a cognitive scientist, games simulating stressful events such as those found in battle or action games could be a training tool for real-world situations. The study suggests that playing action video games primes the brain to make quick decisions. Video games can be used to train youths to be soldiers and surgeons, according to the study. Thus, should parents allow their child to play online games? The answer is yes!

QUOTE BY AMY ALCOTT
"CONCENTRATE, PLAY YOUR GAME AND DON'T BE AFRAID TO WIN."



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(Online gaming can improve one's thinking skills.)

INTERESTING FACTS ABOUT GAMING!

1.) DID you know that the inventor of Gameboy was originally Nintendo's janitor?



2.) DID you know It is illegal for kids 16 and under in South Korea to play video games past midnight???

REALLY?????????

GAIN CONFIDENCE BY GAMING.

Some of the online games have a lot of challenges. Thus, when a youth completed the game, he or she will be more confident as it gives them a sense of accomplishment. Self-confidence is very important for youths as this is a stage where they learn and experience new things. It is said that games are one of the ways to build a person's confidence. According to the BBC News, a psychologist agreed in the interview

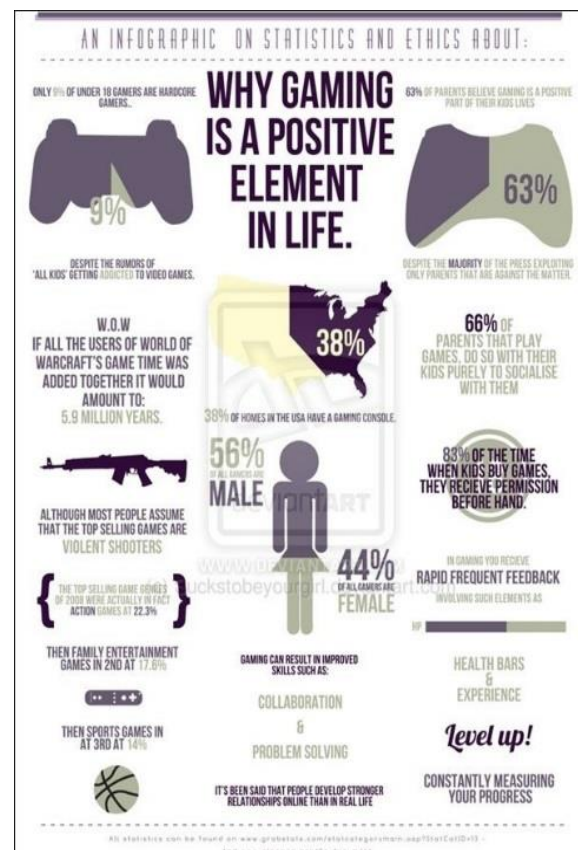
that online games like World of Warcraft and DOTA can help boost confidence. With self-confidence, youths will benefit when they entered the work life as they will have the confidence to experience and learn different things. Therefore, gaming is still beneficial for our youths.



(Gaining confidence through online gaming.)

IN CONCLUSION....

Although online Gaming has a negative effect on youths, it also helps them in a good way. With **proper time management**, youths can enjoy all the benefits that online gaming **CAN PROVIDE.**





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