

The Effect of Computer Games on Children's Depression

Mahmood Shahsavari

Department of Educational Sciences, Payame Noor University, PO BOX 19395-3697, Tehran, Iran
mahmoudshahsavary@yahoo.com

Abstract: Growth and development of computer games in the last quarter century had economic growth for some countries and social changes in others, and almost no one can ignore of these developments. These days, manufacturers and supplier of computer games are synchronized and may be more rapid of computer production. High sale indicate that that computer games play a special role in the lives of a new generation in the world today. Psychologists and experts social believe that the trend toward computer games keeps away children, teenagers, and even adults from reality. Depression and isolation are the first loss of computer games for children. Reinforce a sense of aggression, isolation, sluggish mind, familial tense relations and academic failure are most negative effects of excessive computer games. We will deliver the get frustrated, depressed, non-motile, and non-productive and with very low self-reliance and initiative people to community with the development of computer games, while the community needs to creative, innovative and thinker people. So it is needed to avoid prolonged use of computers for children. Also systematic plan for the use of computer games along with exercise and nutrition is essential for children.

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1. Introduction

In different cultures and communities, new video games are ostracized by families due to promote violence. The rapid growth of video games in the last quarter century has had economic growth for some countries and social changes in others, and almost no one can ignore of these developments. But the important thing is positive look of many experts and sociologists to these games. Although the computer games are at many home, and are purchased by these families, but always in the press articles have been warned with titles such as destructive minds of children by continued use of computer games (Golrokhi, 1997; Mehri, 2009). The latest version of the popular video game of soldier mission entered the market in 2010, and approximately had \$ 360 million sales. This amount of sales showed that computer games play a special role in the lives of a new generation in the world today, which this issue is not satisfied by psychologists and experts social, so that believe that the trend toward computer games keeps away children, teenagers, and even adults from reality. "Andy Kessler" columnist for the Wall Street Journal expressed recently topic or idea that pellets used in video games are being replaced with real bullets as the technology of the new century. Steven Johnson (2005) in the book of "everything bad is good for you", review sociologists believe in recent years of these video games makes children more clever (Johnson, 2005). At the same time Dr. Leonard Sax, an American psychologist believes that drowning in

video games can make children lose sight of the real goals and in fact real world cannot have communication with this virtual world. Jane McGonigal in the new book of Penguin press about this new theory proposed that it is so interesting that so little about the opinions inconsistent years, sociologists and psychologists about video games or computer challenged them a little thought and some. His theory in the book titled " reality is broken: why games make us better and how they can change the world " is the real life of excitement and fun as video games and not enough in today's world of fact has sunk too dull realities and some sense of the games of your childhood and adult life to the Jane McGonigal real life like video games should be repaired and the man brought the golden future. She believes the a strange scene video games should be moved to Real Life And rewards of This game without the user being granted only on the basis of work done by In real life too, regardless of race, color, language, and people must be given to the individuals. Psychologists refer to this theory in his book that the author refers to a real-life game keeps that's why he writes like video games to real life events surrounding the real person does not and different mediators have experience of your life. She writes: "video games users want to know where in real life you will experience a sense of completeness and focus on all the And if there is such an experience to be sure nobody in real life with the virtual world will not change if humans naturally enjoy recreation and leisure needs in virtual scenes, real-world experience

certainly will choose the best games of his life". She compares some content to the real world deals with video games and thus writes: video games have been living with depression. Games focus our energy and optimism on the increase and they make us feel we're capable of doing. Real-life is small and insignificant in compare with compared with games. The video game is a big part of it is that she feels great and the activities and affairs of the championship. In comparison with a real live game is meaningless without reward. Video games reward us for doing good work but rarely seen in most traditional societies, and most think of themselves. In fact McGonigal that future technology center in California many years of study and has research on new technologies believe that Real life with these new tools and technology could find its true purpose. And with the patterns of video games can fix it so that every man can experience the excitement that is experienced in video games. However, in today's world of art related to human comfort and consolation today is that it has lost its purpose, but not a permanent fix is to live a real depression (McGonigal, 2011).

2. Definition of depression in children

Depression in children and adults is not the same meaning, and symptoms of each one is different. In general, depression is a feeling of frustration and stalemate; sometimes this disorder has physical symptoms and sometimes psychiatric symptoms; but in many cases, both psychological and physical symptoms can be seen. Research has shown that depression can also occur from the beginning of life means neonatal period. For example, when the baby reaches a stage of development where knows their mother (six to eight months), child has mood of depression during the separation from the mother (Mahmoudi, 2012; Riley, 2001; Goodyer, 2000).

3. Benefits of computer games

Computer games make learning easy and will attract children's attention. With computer they can see and review subject too many times. There are a variety of programs that allows children to create paintings or stories or there are games that are interested children in history or geography. Educational program helps to children to practice their skills. Children without dirty clothes and around can easily paint and change colors. For example, his painting clothes of green color to tell the computer did not like me, did not give her consent, in red and blue and... Computer can education concepts and principles of mathematics to children with help of childish ways. According to some doctors, computer games to help children who have less pain medication needed. Enter the world of

computer games that children, under their control and because they enjoy the game. Computer games cause children to be eye-hand coordination and fine muscle development. Computer games with educational aids for the disabled and their leisure time (Zamani, 1992).

4. Disadvantages of computer games for children

Physical damages

An eye constantly staring at the computer screen and are pressures by light extremely, and causes complications. Observations have shown that teenagers are so immersed in the game that they do not consider how pressing on self visual and mental. Their suffered spinal and skeletal be problems because the child is permanent state sits for hours. Burning sensation and stiffness in the neck, shoulders and wrists are relatively stable and long-term complications of working with computer. Skin exposed to radiation that is constantly being broadcast from the computer screen. Nausea and dizziness, especially in children and adolescents who have epilepsy, is the other effects of computer games (Manteghi, 2002; Biabangard, 1997).

5. Educational and psychological damages

Reinforce a sense of aggression: War is the most important characteristic of computer games, that the user should fights with enemy forces to reach the next stage of the game. The continuity of these games makes kids aggressive and contentious. "Violence" is the main engine of the latest design and attractive gaming to the extreme use of it. Isolation: Children who are constantly involved with these games are introverted; they are isolated in the community and disabled to social communication with others. Spirit isolation causes the child is separated the peer group and this is beginning to occur with other anomalies. A mother says my child is addicted to computer games, every day she brings to the screen and the outside world is totally unaware, even will not notice of the guests going, And always stop after the program is faced with a headache and malaise. Sluggish mind: In this game due to the fact that children play with building and other programs to pay they will have less power and manipulation to build his confidence is shaken and the progress of others. Most families think that the person playing computer games is continually thinking of intervention. But in this case, though, do not fool around these games to brain cells and the motor will move only a few fingers in the child. We do everything in their path, and games to develop, deliver community will of the people to eat, depression, and self-reliance are non-motile and non-manufacturing initiative, they would not low, while

the community needs to creative and innovative thinker people. According to the life of our country is heading towards industrial and in some families, men and women are employed, or some men have more than one job, emotional relationship to his family and being together decreased and many of these things have cool television as a magic box that makes the are unhappy family relationships And now the magic box or computer to add more magic gravity and the problem has doubled (Manteghi, 2002; Biabangard, 1997). Academic failure: Due to the glamorous appeal of these games is that kids spend a lot of time and energy to play with it, even some of the children in the morning, earlier than usual time to wake up shortly before the school play and thus compensate for the time they wasted. These days, manufacturers and supplier of computer games are synchronized and may be more rapid of computers production and this games companies have growing market and thriving. In addition to the numerous cultural harms resulting from an appeal, violent computer games, children from the harms physical and mental addiction to the game incurred. According to experts, if the time is too long is spent on computer games, side effects such as weight gain, blurred vision, myopia, headaches, eye fatigue, lack of boredom, insomnia or sleep deprivation result in a nap during the day and academic failure aggression, violence, and sometimes even willing to enforce the law against delinquent children are concerned. All this while the little kids are addicted to computer games and just like a drug addict when playing any reason and do not have access to the Internet, they feel a little something, even family and community rules and regulations adopted by the current government to override. Experts believe that children addicted to computer games help me focus on their own virtual world, limit and cut the connections with others so they are like drug addicts job withdrawn and spent all his time engagement with the internet and playing computer games and provides newer and more exciting and interesting sites that found, which This has a myriad of physical and mental damage it. So this children and young teens to practice as an unpredictable phenomenon are in training for their parents. Depression and isolation, the first loss of computer games for children, and these two factors ultimately affect the social character of children, and will develop problems establish successful relationships with real-world. Problem areas, wrist, back, neck, and behind, the children's computer use is threatening the long-term. So is the need to avoid prolonged use of computers to children. Addiction to computer games has different effects in men and women. Today, boys are affected more than girls by this phenomenon. Addiction to the game have less impact

until is in control by the parents. The most important features of computer games that are available, most of them children, have been used in combat mode; so the next step is to get to play with the so-called enemy forces fighting and the ongoing war in cyberspace also affects the children's mental and finally an aggressive, militant is delivered to community. However, some children are not manifest physically, but in terms of militancy in the way of intellectual and social communication to show it. Children who employ violent teachings of computer game in reality, over time, their thought patterns are to heroes of the game and therefore the life of the hero get the wrong idea and identify best practices in the lives of their age are problems, so load coming unethical and this time the conventional norms community to deal with mental problems was in fact from This moment they will affect. Negative impact on family relationships and academic failure is the result of computer game addiction. It can be caused by physical problems, and continues to sit behind a computer for several hours to be added for children, which ultimately leads to a Sluggish mind. Experts recommend that children should not spend more than 3 hours a day to of computer game. During the playing of fruits and beverages is required. Use the mouse and keyboard of a standard chair for of computer game is essential. Appropriate distance from the computer to eye health must be respected. Children are exercising after the playing with computers. Use less of action and violent games as possible. Parents don't allow to the children deep into the game and imaginary fantasies and play heroine roles. Parents always tell their children the story of the computer game is not serious and should be taken to make it reality. Systematic plan for the use of computer games as exercise and nutrition is essential for children, because the computer games have a great impact on neuroscience.

6. Conclusion

Computer games in addition to the negative effects can have positive effects on children, which including increase the precision and focus, decreased reaction time, coordination between hand and eye movements, the spread of information, access to non-ordinary reality, things become more concrete, concrete, strength and motivation planning. In this study did not address to all aspects of the computer games due to its widespread. Computer games are divided into to three non-beneficial, neutral, and beneficial groups. Type of the last games is actually that use of them is essential for children. So use of useful games is recommended to families.

Corresponding Author:

Mahmood Shahsavari

Department of Educational Sciences

Payame Noor University

E-mail: mahmoudshahsavary@yahoo.com**References**

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