

EFFECT OF VIDEO GAMES ON CHILDREN

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ABSTRACT

Too much gaming can cause addiction. But the greatest danger with normal gaming behavior is the sitting down. Almost all the children and young people exercise too little, which has major consequences for their health. It should not be forgotten that spending too much time on the computer and engaging in video games can harm children in an undeniable way and negatively affect children's development areas. In particular, it can cause many problems such as posture disorders, excess weight gain, increased tendency to violence, internalism, and Internet addiction.

KEYWORDS: Video Game, Increased Tendency, Violence, Internalism & Internet Addiction