POSITIVE AND NEGATIVE EFFECTS OF PLAYING ONLINE GAMES ON THE STUDENTS

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Many of the youth or students today are addicted to different online games such as mobile legend, DOTA and so many more which also affects their academic performance, health, and time management in their self, family, and peers.

However, debates arose on the impact of playing online games either positive or negative. As claimed by Quwaider, M., Alabed, A., and Duwairi (2019). Online games have presented numerous issues from student behaviors impacting their academic conduct to constantly changing positively or negatively their personalities, as it brings many sorts of behavior that affects players in different ways, This is the reason why some studies assert that online gaming has good effects while others assert that it has detrimental effects. However, some players are experiencing tension when playing online games, despite the fact that online games can be used to relieve stress or assist players manage it. (N. S. Z. Kamal and S. Wok 2020). While some players engage in online gaming for amusement or simply to pass the time, others do so for specific purposes, such as maintaining relationships or getting away from issues like stress or loneliness.

Additionally, one of the most popular leisure activities, according to Ravisankar (2022), is playing online games. Online gaming is one of the best pastimes for the majority of people, especially for teenagers, young adults, and students. Online gaming, according to some, can be done for a number of purposes, such as stress relief, competition, relaxation, enjoyment, social contact, and outright mental escape from the actual world. Online gaming is used as a means to fight sadness in the real world because of the burden. Similar to how a coin has both a head and a tail, every activity has both a benefit and a

disadvantage. Online gaming has both social and physical advantages. develops teamwork and self-assurance, provides a fun way to stay active, aids in the development of compassion, provides a secure setting in which to talk about anxieties, provides a new angle on stories, and provides time and space for in-depth meditation on a variety of subjects. Some negatives of playing online games include dopamine addiction, diminished motivation, alexithymia and emotional repression, repetitive stress injuries and other health issues, poor mental health, relationship issues, social isolation, and exposure to a toxic gaming environment.

Thus, it is clear to say that playing online games has a positive and negative effect on the students to their academic performance, self, behavior, and lifestyle. Some used this technology as a stress reliever or to relax. Playing the mobile game is not bad, however with moderation as we all know that too , much is dangerous and not good for everyone which also leads to addictions.

References:

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