The influence of American computer games on the minds of a teenager

The aim of my work is to determine what the influence of American computer games on the minds of a teenager is.

To achieve the aim we set ourselves the following tasks:

- to review existing American computer games,
- to identify the psychological characteristics of the adolescent,
- to identify the characteristic features of American popular computer games,
- to observe possible negative and positive aspects of American computer games,
- to identify possible reasons for the overuse of computer games,
- to organize a survey among my peers to determine the time spent by them on computer games, as well as emotional state, which encourage them to play and the emotional state they get after the game.

Action.

Simulation

Strategy.

Adventure

What can computer games give to a teenager?

- Freedom

- Favourite occupation

- Confidence

- Revenge

The pyramid (hierarchy) of needs by A. Maslow

Gamers	Not gamers
The need for self-actualization	
That requirement is reduced to achieve new records in computer games, more new acute sensations, the realization of their fantasies and desires through a computer game.	The use of potential for personal growth, self-development of teenagers, the embodiment of their desires, fantasies.

Aesthetic needs	
In computer games there are no prohibitions and restrictions adopted in society, so the gamer feels free and comfortable in virtual reality (the code of ethics set by the game), being able to commit any actions (riots, explosions, destruction of people) and, perhaps feeling his inferiority to the real world.	Adoption of the rules and norms of the society, committing any actions based on ethical standards.

Cognitive needs

Desire to learn new things refers to just appeared new cool computer games. Anything outside the virtual reality game is not very interesting, or not interested at all.	Attracted to the mysterious, unexplored, unexplained, and therefore, there is a desire to acquire knowledge and skills in order to learn.

The need for respect (worship)	
The desire to increase their prestige among the gamers, the desire to become a better player, to get respect among gamers, becoming a leader among them, "a legend of the gaming circle".	The desire to gain the respect of people, to increase their prestige in society, to gain recognition both professional and personal, not to "smear" his reputation in any act.

| The need for belonging and love	
Needs emotional relations with people, in a decent place in their group, intensively fulfils this purpose.	Needs emotional relations with people, in a decent place in their group, intensively fulfils this purpose.
The need for security	
Not confident in relation to the real world, which is perceived as strange, full of traps and surprises, and therefore tries more to be in a virtual reality in which he feels confident and calm.	Seeking order and stability in real life situations

| Physiological (organic) needs	
. Often an inadequate replacement for such needs as sexual satisfaction, virtual sex, sex game – modulators. Being passionate about the game might not feel hunger, thirst.	Meeting these needs is natural, normal way.

Analyzing hierarchical grid of Maslow, I came to the conclusion that the basic needs of a gamer in contrast to the basic needs of a typical teenager express themselves through virtual reality, accordingly, the implementation of these requirements breached and the development of a gamer goes the wrong way.

Нарисуй себя на одной из ступенек лестницы в зависимости от того, насколько уверенным в себе ты себя сейчас чувствуешь. 0 (нижняя ступенька) – совсем не уверен в себе . 10 (верхняя ступенька)- полностью уверен в себе.
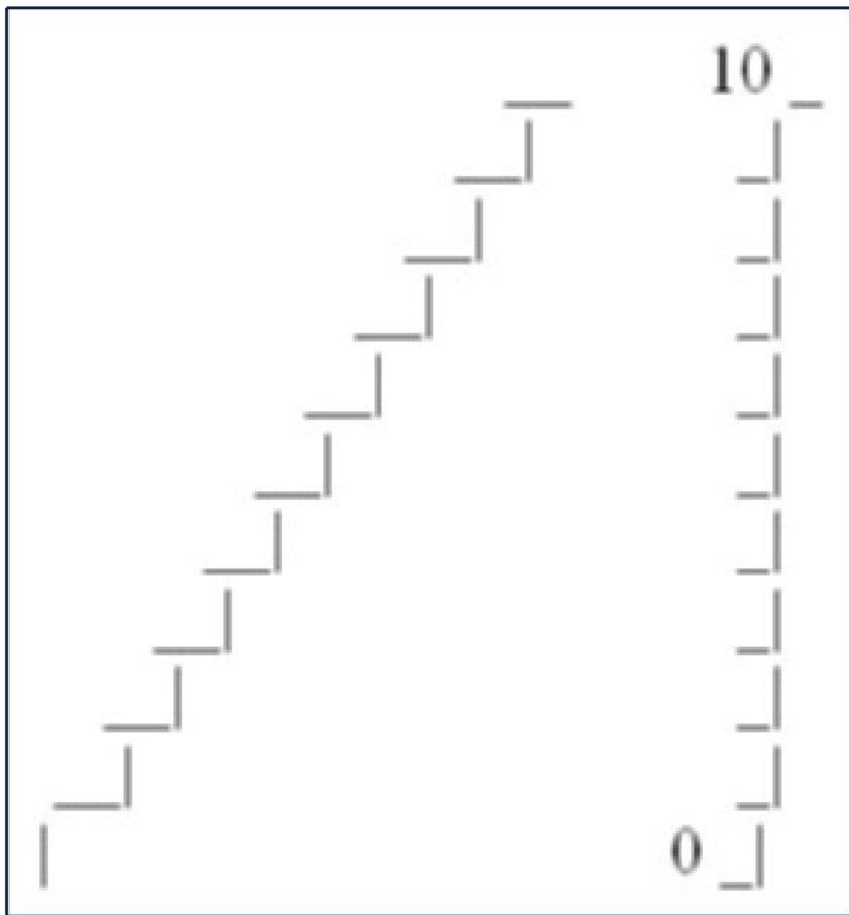
During the method "the ladder of self-esteem", I have found that children gain confidence from computer games, but being without the ability to play, they completely lose confidence, which indicates strong dependence of the psychological state of teenagers from computer games.

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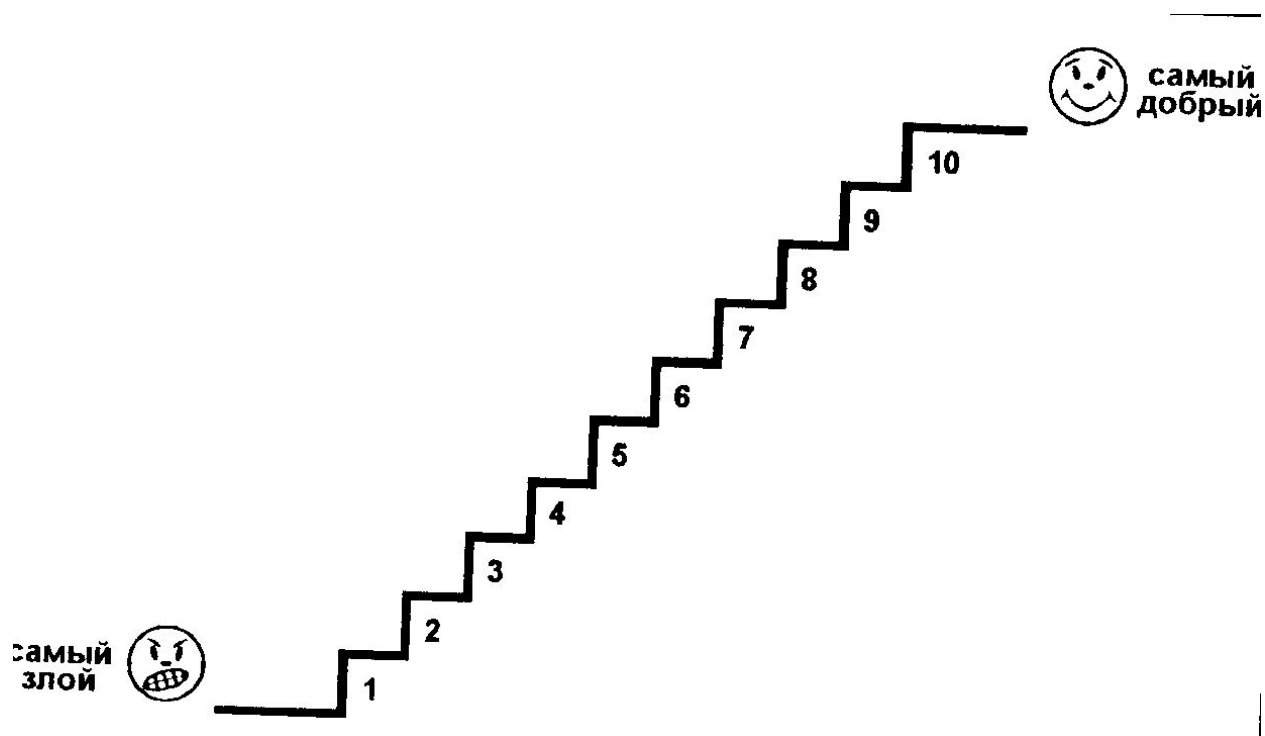
In the method of the "Level of aggressiveness" I found that the level of aggression of teenages, every day playing computer games is higher than children who play rarely.

- in American games there are a lot of violence and cruelty and the number of killed enemies is the key to winning in most games.

- the player can eliminate everything that he does not like, without any occasion, just for fun

- many teenagers, commiting suicide, subconsciously believe that they will get a second chance and can take it all back, as in a computer game.

But...

- people who play action are for 20 % faster at making decisions

- adolescents develop the ability to process information quickly and accurately due to playing computer games

- computer games improve coordination and form a sense of space

So, what is the conclusion?

Taking into account all mentioned above we can draw a conclusion that in spite of some positive aspects our survey as well as statistics showed that computer games have negative influence on a teenager's soul and mind, they can destroy his psychological state and lead to serious problems. Therefore I recommend those who have not acquired the addiction to computer games, not to start playing, and those who have done - to try to limit yourself or to choose the least violent games. American computer games have a positive effect only on the practical qualities of a teenager, while the negative impact affects his spiritual qualities. Games can make a teenager a good economist, a soldier, a strategist, a careerist. But they will never help him to become a good father, husband, mother, wife, a good artist, a good teacher, an honest and sensitive person.

Thank you
for your attention