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Computer Games Addiction

There are a lot of problems in the world associated with internet. One of these problems is the problem of computer games addiction. So in this article I would like to consider this problem and suggest methods for its solution.

So, computer games take one of the first places in teenagers' life. All their spare time they spend on the computer playing games and they don't leave their houses. And it's a really big problem.

First of all, it's a really bad for their health, especially for their eyes and for their spine. They do not get enough sleep, because of the fact that they are 7 - 8 hours playing games. They often have a headache, reduced immunity, they get tired quickly, although they do not notice, and so on.

Second, computer games often show teens' violence, impunity, permissiveness. In a short time they lose their sense of reality and begin to bring stories and action games to real life. They are aggressive, irresponsible, rude and irritable.

People who are not confident, experience life problems, unable to communicate with others can be subject to such addiction but the worst thing is that children are exposed to it as well.

So, now, I want to propose you methods for solving this problem.

First, we need to convince the person that besides the virtual life there is a human real life and it is much more interesting and fascinating than fantasy world.

Second, we should try to replace the game for other things, allow them to see a lot of new and interesting. We need to distract gamers from the computer as often as possible: to go with him to fresh air, to go to the cinema, visit some theatres, museums, exhibitions or just to capture his sports such as football or volleyball.

Then, in my opinion, game inventors should make the games less violent.

But the best thing is to create more intellectual games. So the children will not only play at the computer, but they will also develop their brain.

So, in conclusion I would like to say that on the one hand computer games are useful because they develop reaction and thinking. But on the other hand, if people always sit at their computer, they will lose the brightest days in their life.