Psychological effects of computer gaming on individuals and society

Use of sound

Sound used in games can make players feel all types of emotions which can vary from feeling happy, sad or even scared. Sound is added to games not only based on which type of game it is that is being played, but to any particular scenes in the game, for example in action-adventure games such as Grand Theft Auto, when a player has entered a car, they are able to choose which type of music they can drive to, based on their moods, and if excited or eager, the music can be up to beat, loud and motivating, or if the player wishes, they could drive in slow calm music if they decide to drive slowly and carefully. In some games the use of sound can be used as feedback to a player, for example if they are playing a game such as a sports game like FIFA and they score a goal, the sound they would hear is crowd cheering, letting them know that they have done well and scored, making the player feel happy and excited, whereas if they miss the goal, they’d hear the sound of the crowd making a shameful noise, indicating that they haven’t scored and have failed their team, which could infuriate the player.

High score listings

These were invented as a way to boost a players’ ambition for the game, making players want to get to the top of the high scores list having beaten their old scores or multiple players’ old scores in order to be the best. The effects these have on an individual is that a player could get addicted to the game as they strive to get better and better scores just to get to the top, and also the fact that on society, it could be the same, if playing with friends, people tend to get competitive and would want to bet their friends’ scores, which would have players glued to their platforms making sure that they are playing their games beating their friends’ scores to get every bit of satisfaction. Games such as racing games and first person shooter games have high score listings, not only to see how many point the player has earned, but to see progress that they have made.

Health

One thing that video games can do to a person is get them hooked and addicted so much that they get so lost in their virtual worlds that they sit and play games for hours and hours, straining their eyes, getting cramps on their hands and even increasing obesity, which comes with isolating themselves from the world, feeling less motivated to do regular day to day tasks, and simply just playing computer games all day long.

Competitive games

The main aim of competitive games is to get players to improve their skills at the game they are playing in order to succeed at it and be on top. On an individual, both positive and negative impacts can occur from competitive games which could be that it boosts social skills, players may go to school and discuss with their friends how fun the game is and who is the best out of them at laying it, which will lead to playing the game live with their friends and battling it out to see which person is the best. It also allows players to push themselves when they’ve lost, and to figure out ways to improve at these games, so when they lose they would be humble, yet would want to continue playing the game in order to get better. A negative impact is that it could build up quite some anger. Players tend to get very frustrated when they lose a game, or lose to a friend, and would therefore get angry and lose their tempers by yelling at a friend and taking things to seriously. On society, playing live with friends has become a new trend in the past few years, and so more and more people are getting games consoles so that they can buy games and play live with their friends and enjoy being competitive with one another.

Peer pressure

Peer pressure is definitely a negative effect as individuals feel pressured into keeping up with society as their friends or colleagues are buying consoles and are talking about what an amazing time they are having playing live with each other, and could even be forced into buying consoles or games just so that they can join in. Some people may give in to peer pressure to just to fit in and go with the flow just so that people can get off their backs about owning a certain game or can stop getting laughed at for not having it.

Fun

One of the most psychological factors of gaming is that above everything, players love to sit in their rooms, on their platforms and enjoy a good video game as they are generally attached to them as they are fun. Whether it is an adventure game, sports game or even a strategy game, all games are created to be fun to any player in many ways possible. If games weren’t created to be fun then no individual would buy games at all changing society forever, so game inventers would set creating fun games as a goal in order to sell games making them as popular as possible so that players can enjoy their games and continue to buy more games. Games can be played and enjoyed in one’s free time, or can be enjoyed when played with a group of friends or family. There are many types of games to choose from that aim to get players at the edge of their seats luring them into great storylines, plots and twists. And although games can get addicting, it’s all part of the process of a player having fun with their game.

Cost

As years pass, games start to up their game by keeping up with society as improvements are made such as quality, graphics, better gaming experience for players, sound, and the fact that there are so many consoles now, different prices vary for each game bought for each console. Gamers like to keep up to date with their games and will therefore purchase games monthly to keep up with trends or with new releases, spending large amounts on games just for their enjoyment. For example, the FIFA games are popular, and are around £40 having thousands of gamers buy these games yearly, increasing the games’ popularity which will attract more and more gamers to buy the game.

Educational value

In society today, gaming has changed the way we learn today. Teachers and parents are using games as a way to get children and teenagers to take part in educational games to get them interested in their subjects, as well as improving in them. By having games part as education, it brings in a fun side of learning that people can enjoy, and if people are enjoying these educational games, they are learning and improving their skills in their educational subjects. Puzzle games can also boost intelligence as it tests an individual’s ability in strategy and thinking skills and allow them to have fun at the same time.

Expectations

After purchasing a brand new game, players will have high expectations based on the game they are just waiting to pop into their consoles. When games like Grand Theft Auto release sequels after years of not having a game released, it builds up the element of excitement in a gamer. After purchasing their brand new game what the inventor wants is to unravel surprise and joy to their players’ faces, raising the bar of their expectations whilst playing and providing an enjoyable experience for their buyers. On individuals that purchase games, how they feel about their games is a psychological factor as it effects their choices in buying similar games like so again. If games tend to meet their high expectations, they’ll get hooked and will enjoy their time playing, whereas if it doesn’t they may feel that they have wasted their money, or would at least feel that they need to spend more time playing it to convince them that their game is still worth playing.

Levelling

This is a major physiological effect on gamers as the factor of having levelling in games means that players get the chance to see their improvement in games. For example in adventure games a player would start at level 1, and progress throughout the game going from beginner, advanced to intermediate, unlocking new levels, abilities and other bonuses that make game even more interesting. Levelling proves that by the progression made by a player, they have accomplished their goals set for the game.