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### Stop playing games

“You should quit playing video games; they’re making you lazy.” This is something that I have heard most of my life, either from the news and media or even from my mother. A sentiment of disdain, especially from older generations, has prevailed even until now. We have seen more acceptance coming from community leaders, but the opinion still prevails, even with some in the younger generations. A lot of the older generation and people in positions of power tend to say that the problem with younger generations today is that they stay online too long and that playing video games is causing them to lose motivation and commit violent crimes; you can see this opinion be expressed in big publications and news outlets like Fox News and some millennial’s and older gen z will also ridicule you for playing video games calling them childish and immature some even stating that these communities have become breeding grounds for toxic and sexist ideals. However, there is a lot that I agree with what these people say, like there is a lot of sexism and immaturity in a lot of the communities within the games I frequent, especially in video games which are typically targeted to young adult men. What I believe is that this isn’t a problem with the games themselves but a problem with the communities surrounded by their communities which are to blame for sexism and toxic ideals. I also believe that you can’t attribute the cause of violence to video games because video games never made me want to hurt people, and people that want to cause harm like that to have untreated mental issues. Video games also don’t make you lazy they just prey on the same parts of the brain that books or

movies do; just like every other form of recreation, you want to spend more time on things you enjoy. It is not laziness that is caused by video games but only a change in priorities.

Video games have been blamed for a lot of things. One of the biggest problems that a lot of the older generations have with games and the community is the violence that is typically seen within them, like games with a mature rating which usually have murder or violence as the main objective or method to achieve your goal within the game, I can see how this idea came about being exposed at a young age to violent crimes, and general violent actions which are typically portrayed in this form of media cannot be good for a young person's mind, but I have not felt the need to commit violent crimes because of video game don't get me wrong I have had outbursts of anger from playing games I've gone through multiple sets of headset mice and keyboards that I have ruined by flinging them across the room. The games that I have played are also quite violent games like Grand Theft Auto or Manhunt. I remember spending hours on end murdering, stealing cars, and even committing gang violence within the games and having fun whilst doing it. One night I spent my time trying to get the most kills in the popular franchise call of duty until the crack of dawn. That being said, I had never wanted to commit an act of violence toward another person because of them. I believe that the idea of video games causing violence has come from either a misunderstanding or it is being used as an excuse by popular media and even some parents for some violent crimes committed by people that have gone without proper care for a multitude of possible mental problems.

Just like how video games are blamed for violence, another thing that gets typically blamed because of video games by the older generation is the perceived rise of laziness within the younger generation. A lot of the older generation would mostly blame the use of certain media source's like tv, video games, and the internet for the root cause of laziness and lack of

motivation; you always hear how you should spend more time working on certain projects for school or doing chores, etc. usually blaming the use of video games for taking too much time out of your day and making you lazy. I do agree that it can take a lot out of your day, but I don't agree that it makes you lazy instead, it rewrites your brain to change your priorities. I remember a time when this was a big issue for me, and in a lot of ways, it still is. There was a new game that I had been introduced to called Eve online; this game is already famous for being time-consuming, but I took it too far. There was one week where I would get out of school every day and play from when I got home until 2 am; sometimes, I would spend all night playing and not sleeping at all. The feeling I received from completing quests and acquiring the in-game currency had rewired my brain to the point where I would forget to even eat. This is what video games do they prey on your feeling of accomplishment, making you feel like you're doing good to keep you playing longer because they're created to be fun. Whilst this does create a fun game, it changes your brain to prioritize playing games, making you feel accomplished and productive. This is not laziness. This is a change in priorities. Young adults and teens should be taught that they aren't lazy but that they don't have their priorities in order.

Just like you have heard that video games are making you lazy and unmotivated, you have also likely heard from older generations and even from your own generation that video games are making them immature and that gaming is for children. To a certain extent, I agree that there is a reason why the biggest population of gamers are children and teenagers; it is because they are targeted towards them, and they have the most time to play them; although this is true, this doesn't mean that most adults that play video games are immature as well it also doesn't mean that all video games are immature themselves I have played many story-driven games with the same complexities or artistic values that movies have or even some novels and they also contain

the same variety of topics and themes that novels have as well one game in specific that I remember completing was The Last of us I remember the strong emotions that the game elicited bringing me to the verge of tears just like a good novel the game was also mature in the storytelling not only did it contain mature content but it also held mature storytelling that a younger person wouldn't be able to appreciate to the fullest. Everyone is entitled to their personal preferences and pass times. Just because you find something entertaining doesn't mean that every stereotype attributed to that hobby applies to you as well.

Toxicity and sexism exist everywhere, and recently, a lot of video game companies and their games are coming under fire for creating toxic and sexist communities companies like riot games, or Blizzard have had multiple controversies and allegations of sexual harassment and racism within the workplace. I believe that video games are not toxic themselves, like a lot of people tend to portray them, but a lot of the bigger communities surrounding these games are toxic. I have seen toxic behavior in online games there have been multiple times when a person made inappropriate comments or sexually harassed some of my friends, causing them to not want to communicate with the team effectively the most vivid game that I remember playing with my friends was in a competitive game mode within the game of Valorant typically there is always trash talk that's is just how most people who play competitive games motivate each other but this one time went too far the verbal onslaught and vile profanity that came from the other person was vile I remember having my friends being told that they should go back to the kitchen and that they were bad at the game because they were a woman and other things that I would rather not repeat. Unfortunately, this is not a rare occurrence, and a lot of the younger communities online like to blame video games and the companies because of this, but I believe the reason is not because of these companies and games themselves. It is the culture surrounding

online communities; although there are some good communities online, the anonymity that comes from the internet allows for dangerous ideals and communities to grow unchecked and seep into other communities online, like video games.

You shouldn't quit video games, but they are making you lazy I've learned that there is some validity to what my peers or those in the older generation are saying even if I don't believe everything that they say, like how video games are directly to blame for laziness, toxicity or violence I can see the correlation between video games and all of these negative traits and how those in the older generation have come to this conclusion. So even if video games are not to blame, one still needs to be careful with how one approaches life; these stereotypes don't come from anywhere. I think, as a community, we need to practice better health, whether it be emotional or physical, because we don't want to fall into the same pitfalls that perpetuate these stereotypes.