

Games have become part of our daily lives, and admit it or not, your day won't be complete without playing your favorite diversion. However, parents need to keep an eye on their children while playing games. Yes, game addiction may not be as harmful as alcohol or drug addiction but game addiction is still a type of addiction.

Today, almost everyone has their own personal computer and video consoles. Children today are more attached to games compared to television. The Internet provides them with thousands of games to choose from and can vary from educational, to developing problem solving skills, and even becoming a criminal. Although this is just a play, our children still need proper guidance when it comes to violent recreations.

Insomnia

Playing video games may cause insomnia. Playing video games at night may cause sleep problems. According to a research, watching TV or playing video game after 9 may distract kids mind and they suffer sleeping problem.

Addiction

You might have seen a person holding the game controller and playing a video game all the time. Playing a video game good but making it an addiction is worst. Some person has the ability to cross the levels very soon. Such person gets addicted to the game and they always sit at one place without maintaining their daily schedule and this impacts in their daily tasks.

Makes you violent

According to a CNN report, an 18 years old gunman killed nine people in Germany and he was a fan of first-person shooter video game. Playing such type of video games may distract your mind and you tend to think about the same and this also implemented in your habits.