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Researchers find that videogames give users significant benefits

Isabela Granic and team find cognitive, motivational, emotional and social benefits for videogame users

NIJMEGEN, Netherlands –Isabela Granic and her team at Radboud University Nijmegen set out to find the contrary to what people believed about video games. Instead of the negatives, they studied the benefits that people may experience from playing video games. Granic’s team discovered that video games offer players improvements in four main domains: cognitive, motivational, emotional and social.

The study proved that videogames improve the minds of their users, giving them better social skills, more emotional stability, a higher motivation and better problem-solving skills.

“Gaming may be among the most efficient and effective means by which children and youth generate positive feelings,” Granic said. “Several studies have shown a causal relation between playing preferred videogames and improved mood or increases in positive emotion.”

According to Granic, people who play video games are also shown to be more creative, patient and be better problem-solvers than those who do not play.

“Perhaps the biggest difference in the characteristics of videogames today, compared to their predecessors of 10 to 20 years ago, is their pervasive social nature,” Granic said. “Contrary to stereotypes, the average gamer is not a socially isolated, inept nerd who spends most of their time alone loafing on the couch.”

Many studies show that over 70% of gamers play cooperatively or competitively with friends. Through this kind of gaming, players gain important generous tendencies when they are rewarded for being cooperative, supportive and helping with their friends in game.

Granic’s team are planning to show that children and young adults can benefit from playing videogames by spreading the findings of the study.

For more information about the study, visit <https://psycnet.apa.org/record/2013-42122-001>.

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