

The Impact of Gaming: A Benefit to Society



Video gamers have been a large and growing part of our culture for a long time. Whether you are eagerly awaiting the next Call of Duty release, or trying to beat the next level of Candy Crush on your lunch break, you are part of the gaming world. Over the years this world has had to deal with a lot of stereotypes and false claims. One of the most damaging of these claims is the media blaming violence and other crimes on the influence of games.



An organization, known as Qutee, is seeking to do away with some of these stereotypes by giving a voice to a group of people that have been mostly silent through the years. Qutee is a data-led discussion platform that is giving the gamers a voice and asking them for their opinions on the influence that games have had on their lives and the answers will most likely surprise you.

One of many topics that came up during Qutee's research was the benefit that gaming can have on society as a whole. In an online poll, gamers were asked what they believed to be the main benefit of gaming. Over 40% said that gaming improves emotional well-being. That's a serious benefit if you consider that one in five people in America experience mental health issues each year. This is a large contrast to the common view that playing video games leads to violence and other antisocial behavior. Which, according to Qutee, is a view that 93% of gamers think is incorrect.

Another benefit that was talked about was forming strong friendships. Around two-thirds of gamers claim that they have met up to five friends while playing games and another 37% say they have made even more. As a 38-year-old gamer, I have made more than a few friendships through gaming. Playing a game provides a good icebreaker, common ground, and a way to spend time together. It's only natural that it would lead to strong friendships.



The voice of gamers is going to play a big role in the future as gaming culture continues to develop and grow. It's time we started listening to the people that actually play these games rather than people that just want someone to blame for the violence they see on the news. Gaming is not a perfect world. There are flaws such as gaming addiction that need to be addressed. But for the most part, it seems that gaming has a positive impact and should be treated as such.

