THE IMPACT OF VIRTUAL GAMES ON SOCIETY

Muhayyo Jalilova

Faculty of Social and Economic Sciences of Andijan State University

Student of applied psychology

Abstract: *This article examines the impact of virtual games on society and explores the psychological, social, and personal effects of playing them. Virtual games have addressed issues related to community building, social influence and relationship management, personal relationships, and mental health. The article examines the impact of players' virtual gaming habits on their mental health and offers opportunities to reduce arousal, anxiety, or stress. However, we may add to your time by viewing it in a different window.*

Key words: *virtual games, social interaction, psychological effects, violence, impact on society.*

In recent years, the introduction of immersive technologies, particularly virtual reality (VR), has drastically transformed the concept of traditional video games. Given the unique characteristics of VR and its ability to fully engage individuals in the gaming experience, this technology is expected to enhance positive emotions and reduce negative feelings and anxieties among players. However, to date, only a few studies have explored the capability of VR games to evoke positive emotions, and the impact of this new type of video game on reducing negative emotions and anxieties has not yet been tested. Furthermore, considering the significant role of physical activity in individuals' well-being and emotional engagement with video games, it is crucial to explore how the incorporation of physical activity in VR games can be used to enhance psychological benefits and reduce negative emotions and anxieties.

Virtual games are prevalent in a society where millions of people around the world play them regularly. While these games provide engaging and exciting experiences for players, they also raise questions about their impact on society. This article examines the social and psychological effects of virtual games on individuals and society as a whole.

One of the most significant effects of virtual games on society is their role in establishing social connections. These games can enable players to connect with others around the world, but they also have the potential to lead to social isolation and limit real-world interactions. Some studies suggest that while virtual games can facilitate high levels of personal social interaction, they can also lead to social disengagement.

Furthermore, virtual games can contribute to the proliferation of harmful content and behaviors online, which may impact community health. They can influence personal relationships by either promoting increased social interaction or contributing to social isolation. On one hand, these games can foster online communities where players share experiences and connect with others who have similar interests. On the other hand, these interactions can sometimes remain confined to the virtual world, potentially neglecting or diminishing real-world social interactions.

In summary, while virtual games have the potential to enhance social connections and create communities, there is also a risk of fostering social isolation and limiting real-world engagement.

The Psychological Impact of Virtual Games

Virtual games are associated with a range of psychological effects. Some studies indicate that these games can be linked to addiction and other mental health issues such as depression and anxiety. Conversely, other research suggests that virtual games can provide a form of escapism, helping players reduce stress and negative emotions.

However, the potential negative impact of virtual games on mental health has raised concerns among parents, educators, and mental health professionals. These games can affect players psychologically in various ways. Research shows that engaging with games can increase levels of arousal and enjoyment. Additionally, some players report experiencing mood enhancement and a sense of flow or immersion.

On the other hand, there are also associations between virtual games and negative psychological effects, such as addiction, anxiety, and depression. It is crucial for players to be mindful of their gaming habits and seek help if needed. Balancing gaming with other activities and maintaining awareness of its impact on mental health can help mitigate potential negative effects.

Concerns Related to Virtual Games and Their Societal Impact

One significant concern associated with virtual games is their connection to real-life violence. While some studies have shown a link between virtual games and aggressive behavior, others have not found such a connection. However, the increasing prevalence of violent content in Virtual Reality (VR) games has raised concerns about players becoming desensitized to violence. Additionally, there is concern about the long-term effects of virtual games on young children, particularly regarding their behavior and aggression. The potential link between violent games and real-life violence remains a controversial topic. Although there is no clear consensus, some research indicates a correlation between playing violent games and increased aggression in gamers. Nonetheless, these indicators are not always definitive, and personal characteristics, social environment, and other factors may also play a role.

While virtual games offer immersive and engaging experiences for players, they also raise concerns about their impact on society. Issues related to the social interaction, psychological well-being, and potential for promoting violence in virtual games have prompted calls for increased regulation and oversight. As virtual games become more widespread, understanding and addressing these concerns is crucial to ensuring that these games positively impact society. Despite potential negative effects, virtual games can also offer benefits such as improved perception and stress relief. It is important for players to be aware of their gaming habits and approach virtual games responsibly and in a balanced manner. As the popularity of virtual games continues to grow, further research is needed to better understand their societal impact and to develop strategies to mitigate potential negative effects.

While online games can provide significant benefits to youth, they also present important risk factors that may affect their well-being. Games can offer a sense of escapism and, in some cases, help children feel connected to a community. However, without proper guidance on which games to play and when, children may face risks such as exposure to inappropriate content, online harassment, or, in extreme cases, addiction to gaming.

Below, we provide some advice on potential risks and how to help youth build resilience around these issues, as well as make safer choices while gaming. Additionally, the level and types of online interaction in games have significantly evolved in recent years. While games were once considered separate from social networks, they are now closely aligned with online social networking sites. Indeed, many children's first online interactions with strangers now occur in video games like Roblox rather than other platforms.

Parents may be concerned about the impact of interactive video games on their children's behavior due to the nature of screen-based activities. This concern is particularly relevant when young players participate in violent games that are not intended for their age group.

In this article, an analysis of virtual games and their impact on society was conducted. The focus is on how virtual games establish social connections, influence psychological effects, impact mental health, and address issues related to violence. The article explores the significant effects of different gaming styles on individuals and society, highlighting all aspects of their influence. To address societal concerns about virtual games and enhance interactions, it is crucial to develop strategies. This is essential for amplifying the positive impact of virtual games on society.

REFERECES

1. "Global Games Market Report," Newzoo, 2021,
2. https://newzoo.com/insights/articles/global-games-market-report-2021-light version/
3. https://www.internetmatters.org/ru/resources/online-gaming-advice/online-gaming-the-risks/
4. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7330737/
5. N. D. Bowman et al., "The Effects of Video Game Play on Young Children'sAggression, Fantasy, and Prosocial Behavior," Journal of Applied DevelopmentalPsychology 23, no. 3 (2002): 374-92.
6. S. Bessière et al., "The Ideal Elf: Identity Exploration in World of Warcraft,CyberPsychology & Behavior 10, no. 4 (2007): 530-35 J. Williams and Y. Guo, "The Benefits of Playing Video Games," American Psychologist 69, no. 1 (2014): 66-78.
7. Steinkuehler, C. (2006). Massively multiplayer online games (MMOs) in the newmedia classroom. Journal of Educational Multimedia and Hypermedia, 15(1), 5-31.
8. J. Billieux et al., "Psychological Factors Associated with Compulsive Gaming: ACross-Cultural Validation," Journal of Behavioral Addictions
9. Griffiths, M. (2002). The educational benefits of videogames. Education and Health, 20(3), 47-51.
10. Sherry, J. L. (2004). Flow and media enjoyment. Communication Theory, 14(4),328-347.
11. Kuss, D. J., & Griffiths, M. D. (2012). Internet and gaming addiction: A systematicliterature review of neuroimaging studies. Brain Sciences, 2(3), 347-374.
12. Gentile, D. A., & Anderson, C. A. (2003). Violent video games: The newestmedia violence hazard. In D. A. Gentile (Ed.), Media violence and children (pp. 131-152). Praeger Publishers.
13. Scott, M. G., & Alper, M. (2019). The relationship between social and solitary video game play and mental health outcomes. Journal of Health Psychology, 24(3),308-319

14.   Anderson, C. A., & Bushman, B. J. (2001). Effects of violent video games on aggressive behavior, aggressive cognition, aggressive affect, physiological arousal,and prosocial behavior: A meta-analytic review of the scientific literature.Psychological Science, 12(5).

15.   Madumarov, T., & Ogli, G. O. R. (2023). O'ZBEKISTON RESPUBLIKASIDA KORRUPSIYAGA QARSHI KURASHISH (TA'LIM TIZIMI MISOLIDA). Ta'lim fidoyilari, 2(1), 194-197.

16.   Ибрахимов, Б. (2023). ПОНЯТИЕ И ОСОБЕННОСТИ "ГЛУБОКИХ ФЕЙКОВ". Namangan davlat universiteti Ilmiy axborotnomasi, (6), 201-206.

17.   Nasriddinovich, A. A. (2021). Civil society and the transformation of islamic values. ACADEMICIA: An International Multidisciplinary Research Journal, 11(3), 709-714.

18.   ДУМАРОВ, М. Х. ЁШЛАР ИЖТИМОИЙ РЕАЛЛИК ИДРОКИНИНГ ЎЗИГА ХОС ЖИҲАТЛАРИНИ ЭМПИРИК ЎРГАНИЛИШИ. PSIXOLOGIYA Учредители: Бухарский государственный университет, (1), 149-153.