Videogames, Youth, and Pandemic

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Videogames have helped youth to cope with the negative effects of the pandemic. When we address negative effects of the pandemic, we are not only referring to Covid-19. We have faced terrible outcomes, and the one we are going to mention is mental health. Videogames helped friends stay connected. Meanwhile, other youth played videogames as a way to distract themselves and escape the current health situation. No matter how you see videogames, they can be a good help during hard times.

It is no secret that videogames stimulate a very important part of our life, such as our ability to relate to other people, especially of our own age. During this pandemic, the main topic in social media was videogames and their updates. We could see how XBOX games shared their computer editions with us and how computer games could be played on their phone editions. Many websites designed rooms where youth could meet with friends and play videogames synchronously, while they talked or listened to the same music. These fun tools helped youth to not lose connection with their friends and make new friends in their communities.

Video games gave youth an "escape from reality". The pandemic has affected the economy, health, and social life of every family. These videogame companies brought the best tools to share with friends and stimulate young people's brain in order to not lose hope. Parents became involved in youth spaces, like videogames and social media. In this way, everything became a little more bearable, and young people came forward with new ideas to care for their mental health, which is an important issue for today's youth.

As far as I know, many adults and parents may see playing videogames as a waste of time. Perhaps when they were children, they had other things to distract them like going to a neighbor's house or playing chess. Nevertheless, Bocos, López, and Diaz (2020) stated that video games could work for education if they are well designed. Certainly, while young people are escaping from reality or trying to distract their attention, they are training their senses.