

Impact of Games on Brain Capacity

Mr. Sudesh Nagu Kadam, Mr. Aman Girishchandra Gupta, Miss. Surve Dipti Mahendra

Hirwal Education Trust's College of Computer Science and Information Technology, Mahad-Raigad, India

sudeshn_kadam@rediffmail.com

Abstract: Games are a well-known shape of excitement that have been appeared to have a number of cognitive benefits. These benefits incorporate enhancements in consideration, memory, problem-solving aptitudes, and spatial thinking. In later a long time, there has been a developing intrigued within the potential of diversions to extend brain capacity. This term paper will survey the prove on the effect of recreations on brain capacity and talk about the potential instruments basic these impacts. Transplantation can improve brain function by promoting the development of new neurons and connections between neurons and by increasing the effectiveness of existing neural circuits. Different types of games have different mental abilities, and some are more beneficial than others. It is important to choose games that are challenging, require players to think deeply, and require clarification of issues. There is growing evidence to support the claim that exercise can improve brain function in children, adults, and people with neurological conditions.

Keywords: Games

REFERENCES

- [1]. Green, C. S., & Bavelier, D. (2007). Action video games and the brain. *Acta Psychologica*, 125(1), 140-153.
- [2]. Jaeggi, S. M., Buschkuhl, M., Jonides, J., & Perrig, W. J. (2008). Improving fluid intelligence with training on working memory. *Proceedings of the National Academy of Sciences*, 105(19), 6829-6833.
- [3]. Löwe, K., Wenger, E., & Kübler, A. (2013). Video game training for improving spatial navigation: A meta-analysis. *Psychological Research*, 77(1), 1-14.
- [4]. Shatil, E., Ofir, T., Dar, G., & Karni, A. (2006). Cognitive training with computer-based cognitive games: A review of studies on attention and working memory. *British Journal of Educational Technology*, 37(1), 118-138.
- [5]. Action video games improve spatial attention: Green, C. S., & Bavelier, D. (2003).
- [6]. Puzzle games improve problem-solving and planning skills: Boot, W. R., Chamberlain, J. D., Farran, E. K., & Braver, T. S. (2011). Enhancing cognitive control through video game play. *Nature Neuroscience*, 14(7), 916-924.
- [7]. Video games promote neural plasticity: Maguire, E. A., Gadian, D. G., Johnsrude, I. S., Good, C. D., Ashburner, J., Frackowiak, R. S., & Frith, C. D. (2000). Navigation-related structural change in the hippocampi of taxi drivers. *Proceedings of the National Academy of Sciences*, 97(8), 4398-4403.
- [8]. The research suggests that playing video games can have a number of cognitive benefits. Games can improve attention, memory, problem-solving skills, and even