

Neuroscience of Playing Games

Dopamine

"The feel-good Neurotransmitter"

Games that offer rewards during gameplay lead to an increase in dopamine levels in the brain which could explain how games stimulate motivation.

Prefrontal Regions

There is evidence to suggest that playing games increases the volume of this region in the brain which plays an important role in solving problems and making reasoned decisions coinciding with research that shows games develop problem solving skills.



The Hippocampus and Cortex

Research suggests that regular gameplay leads to growth of these areas in the brain which are responsible for spatial memory and navigation.

The ACC

Gamers display enhanced performance of attentional control centers, involving the gyrus regions in the brain, which links to greater cognitive control. Ultimately, these areas allow for flexible, adaptive responses and goal-directed thought.

Whole-brain Activation

It is thought that several areas in the brain including the dorsolateral prefrontal cortex, striatum, supplementary motor area, premotor area and the cerebellum are involved with skills acquisition during gameplay.

Gamers Mind Get Inside The Mind Of A Gamer

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