

## Social Importance to Encourage Sri Lankan Elders to Play Computer Games

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### Abstract

Globally the number of elderly individuals increases, and this segment of the population is rapidly growing with considerable factors like their social well-being and overall quality of life. When it comes to Sri Lankan context it turns out to be a crucial factor because of the country's situation and unique socio-cultural aspects. Sri Lankan elderly individuals face cognitive function difficulties with ageing just like other elderly individuals globally and have solutions, but when it comes to social well-being there is no proper solution to address the problems like loneliness, social isolation, and lack of engagement negatively impact to their social well - being and these factors plays a vital role in their overall health. Computer games can be played via many platforms, variations such as multiplayer mode which improve cognitive abilities, improve problem solving skills and logic, speed up response time, increase hand to eye coordination, enhance prosocial behaviours such as; empathy, altruism, generosity, sharing, cooperation, and comforting, stimulate focus and visual memory and help to reduce stress. Some computer games are specially built to improve game players' mental health. Games such as Concrete Genie, Arise: A Simple Story and A Fold Apart specially focused on the improvement of mental health and improving social well-being using various game strategies such as puzzles. Recently, computer games have gained traction within elderly individuals, especially in European countries and actively participate just like the younger generation. Computer games offer a unique opportunity to address these elderly individuals' overall health challenges and provide a platform for social interaction, cognitive stimulation, and emotional fulfilment. The researchers' objective is to explore the social importance of encouraging Sri Lankan elders to engage in computer games and determine the potential benefits associated with this interactive form of entertainment.

**Keywords:** *Elderly, Aging, Computer games, Social well-being*