

Video gamers are 'searching for their ideal selves'

August 08, 2011

The Telegraph:

Scientists at the University of Essex have found that millions of people around the world enjoy playing the latest video games, as many find it the best way to try out different characteristics they would like to have.

The study is part of ongoing scientific research by Dr Andy Przybylski, a visiting research fellow at Essex University, into why video games appeal to so many people, leading them to play for a combined global total of three billion hours a week.

“A game can be more fun when you get the chance to act and be like your ideal self,” said Dr. Przybylski. “The attraction to playing video games and what makes them fun is that it gives people the chance to think about a role they would ideally like to take and then get a chance to play that role.”

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