Entertainment

Elderly adults with limited mobility and bedridden nursing home residents are limited in the activities they can participate in, which can leave them under stimulated and bored. Video games can improve their quality of life by providing entertainment in the form of manageable challenges.

Flow is a state achieved through the optimal balance of challenge and skill (Csikszentmihalyi, 2013). For players with limited physical and/or cognitive skill, video games can still offer challenges that fit their abilities. In one test, elderly participants played a game where 100% finished the first challenge and 78% finished the second (which indicates it was sufficiently difficult to have an uncertain outcome) and found it entertaining, motivating, and satisfying to play (Palacio, 2015).

Gamers experience a sense of pride and accomplishment when they succeed that makes video games a rewarding form of entertainment (Granic, 2014).

Entertainment is important to wellbeing because positive emotions counteract the effects of negative emotions (Granic, 2014).