

<http://en.wikipedia.org/wiki/Discobolus>,
retrieved October 2015



The definition of Human health had been a subject matter through the centuries.

The total harmony of body and mind in Human beings creates mentally & physically healthy people.

Total harmony of body & mind

- ✓ Mentally & physically healthy people
- ✓ Healthy society
- ✓ Healthy country

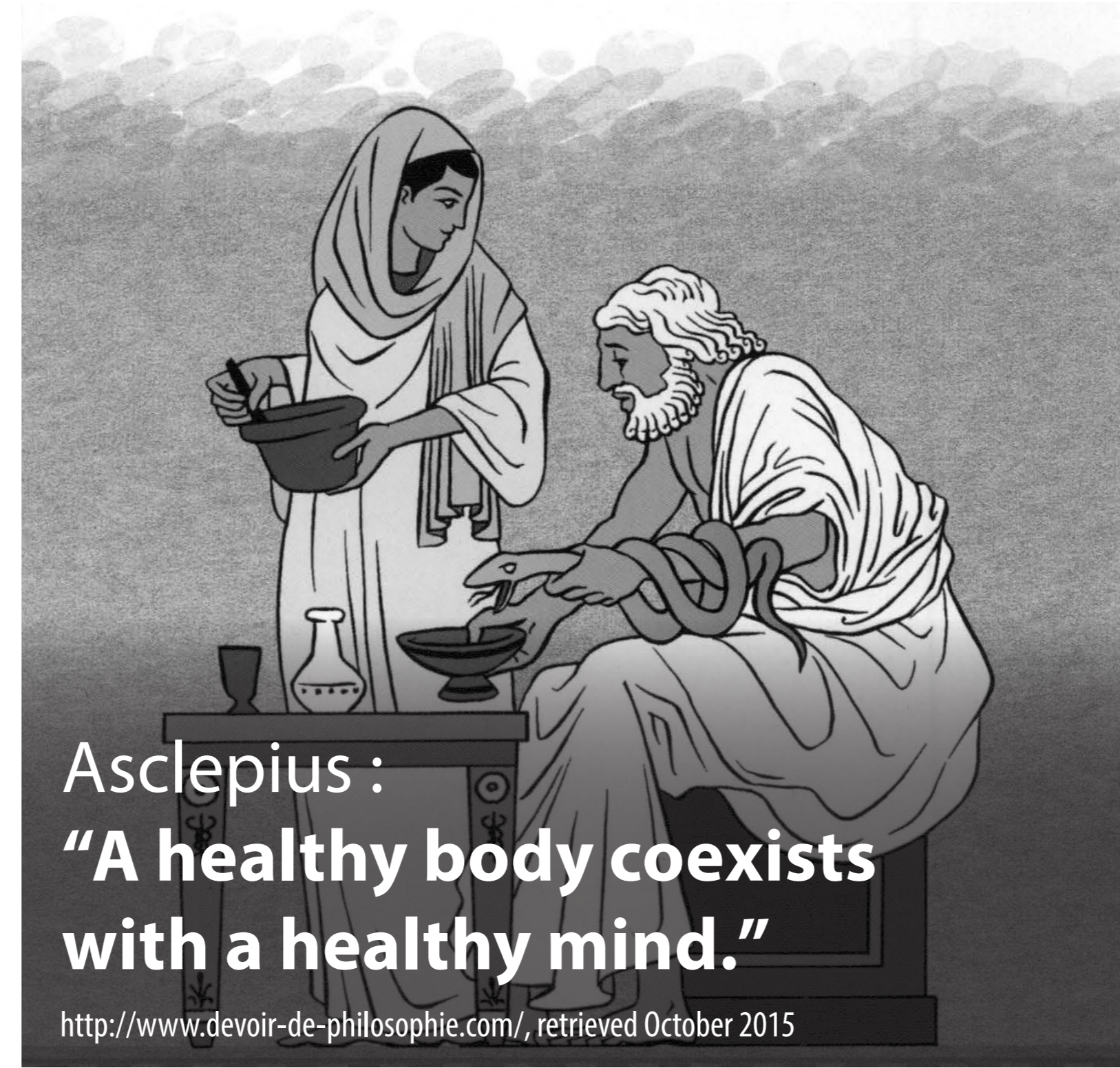
Balanced world

It is a circle of positive results, which is also influenced, from a very simple subject called virtual worlds and more specifically computer games!

This makes games valuable!

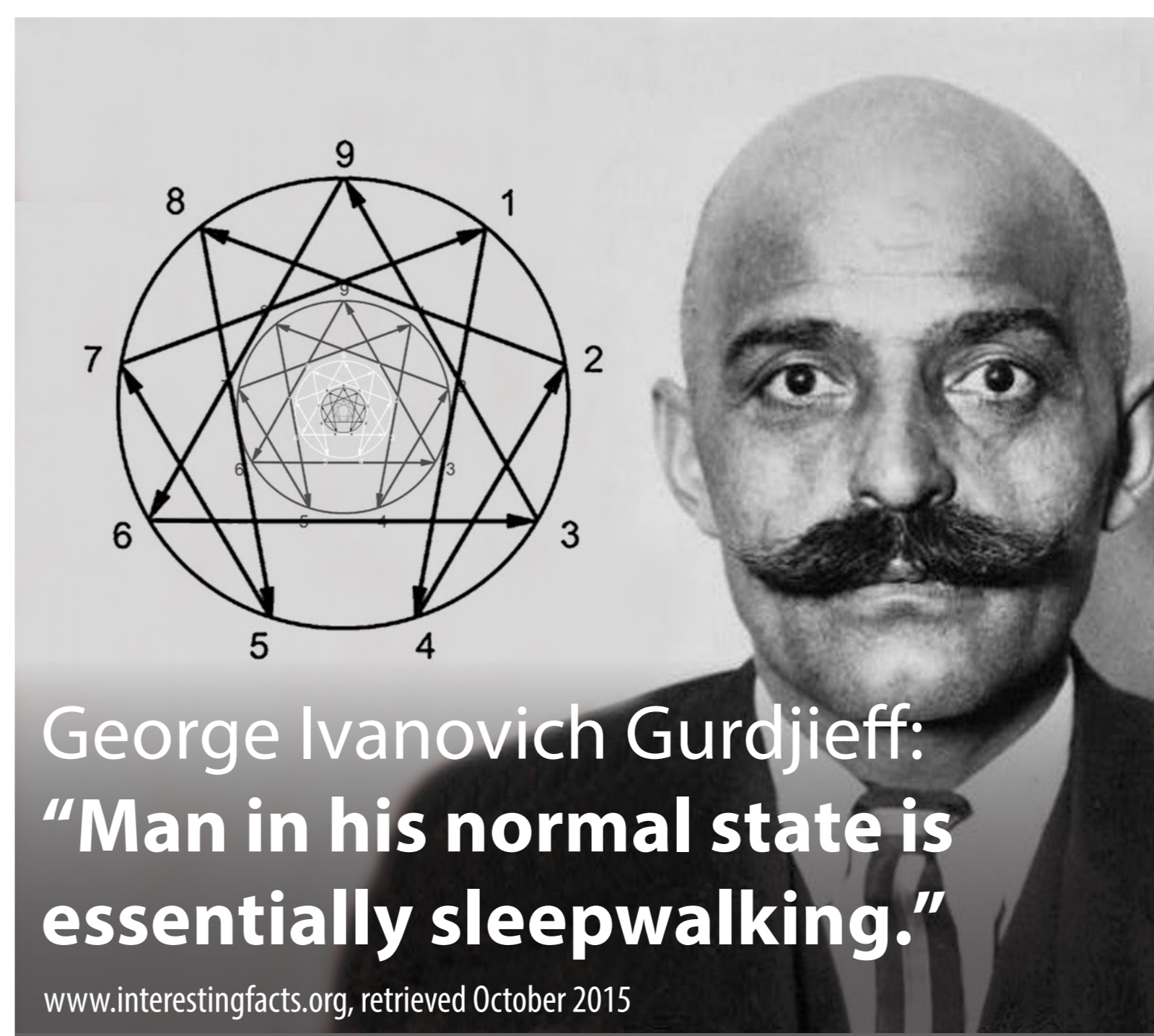
INTERACTIVITY in respect to technology is the main element which defers interactive computer games from the non-technology games. Due to this deference, there is a multidimensional influence in Human health.

Many philosophers were dealing with the harmony of body and mind:



Asclepius :
"A healthy body coexists with a healthy mind."

<http://www.devoir-de-philosophie.com/>, retrieved October 2015



George Ivanovich Gurdjieff:
"Man in his normal state is essentially sleepwalking."

www.interestingfacts.org, retrieved October 2015



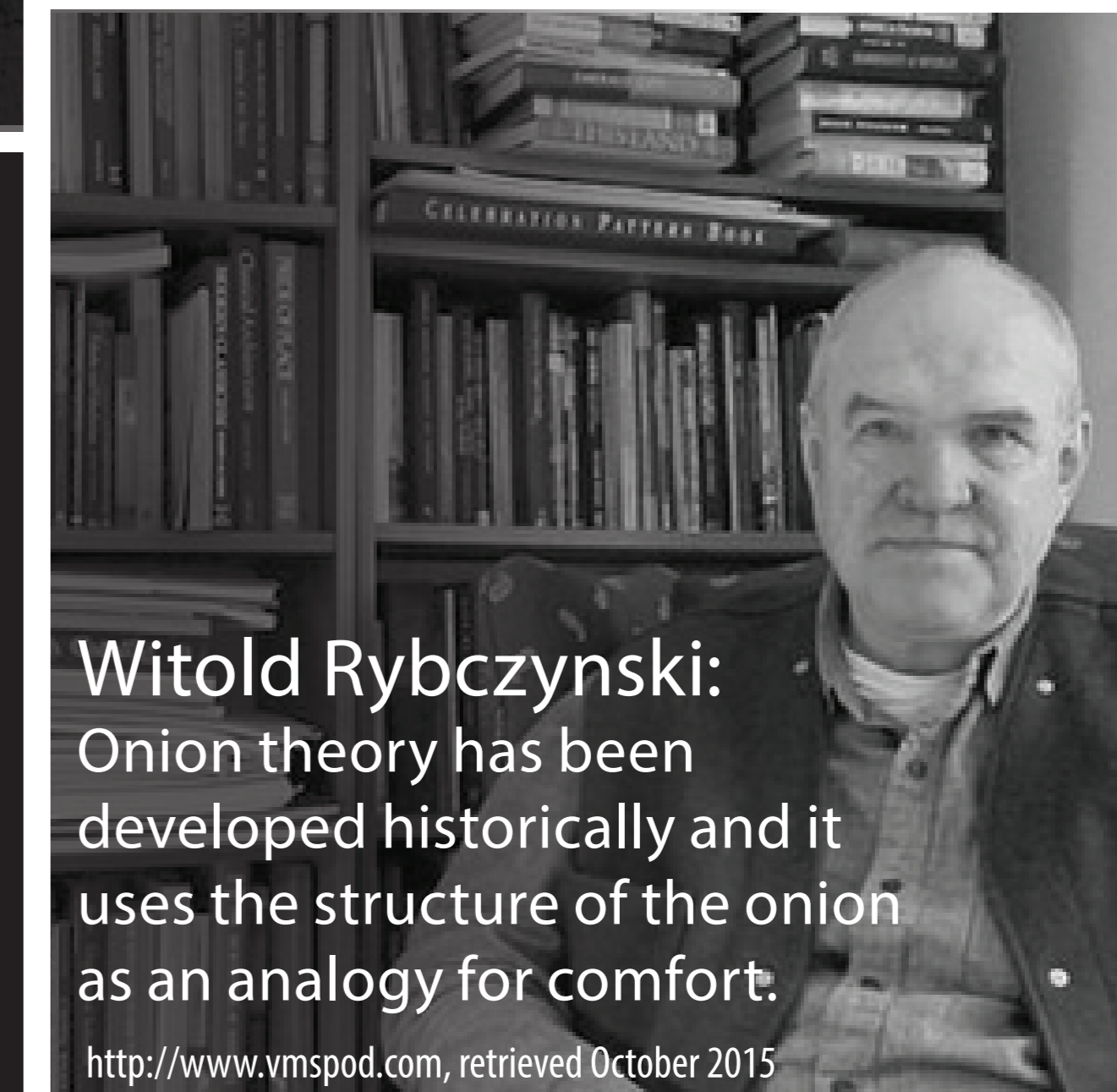
Jaron Lanier, gives the example of his son's Multitasking routine:

"Most evenings my 12-year-old son does his homework on the computer while instant messaging friends and talking on the phone. The stereo is typically playing, and he's probably downloading MP3s. Occasionally his foot extends to gently connect with the dog." There may be something wrong with this picture, but the kid is definitely not sleepwalking!

<http://likesuccess.com/author/jaron-lanier>, retrieved October 2015

Aristotle:
"The body and the mind exist as facets of the same being, with the mind being simply one of the body's functions."

Interaction wakes the senses.
In order to wake up, human beings must work hard to enter their normal state of unconsciousness and thus reach the true consciousness within.



Witold Rybczynski:
Onion theory has been developed historically and it uses the structure of the onion as an analogy for comfort.

<http://www.vmspod.com>, retrieved October 2015

Onion theory of comfort:
Uses the example of the lamp which shows how functionality gradually develops through technological tools.



VR is splitting the human consciousness in two:

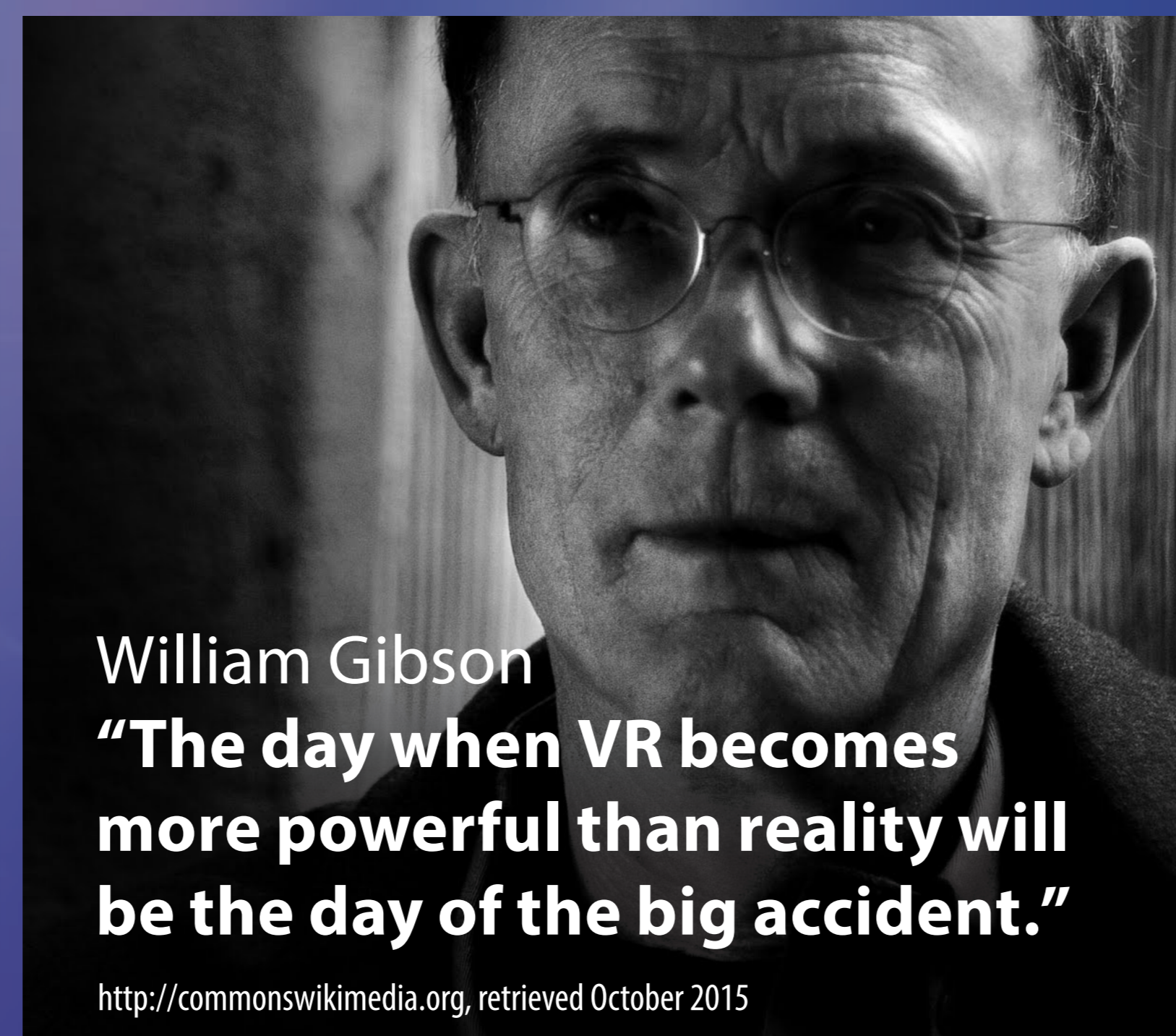
➤ **The Here**
is where we physically are located the body becomes part of the machine.

➤ **The There**
is where we are sent mentally in another world.

So what is the status of the user, and how it influence human mental and physical balance?
The user is no longer a passive viewer but becomes an active participant because of the mental and physical involvement.

THE IMPACT OF CYBERSPACE

THE PESSIMISTIC VIEW is one of irony according to the writer William Gibson, author of Cyberspace and Neuromancer.



William Gibson
"The day when VR becomes more powerful than reality will be the day of the big accident."

<http://commons.wikimedia.org>, retrieved October 2015

THE OPTIMISTIC VIEW

Marshall McLuhan
"the optimistic view is the use of fully enveloping virtual environment and it could make one re-create the sensation of well-being."

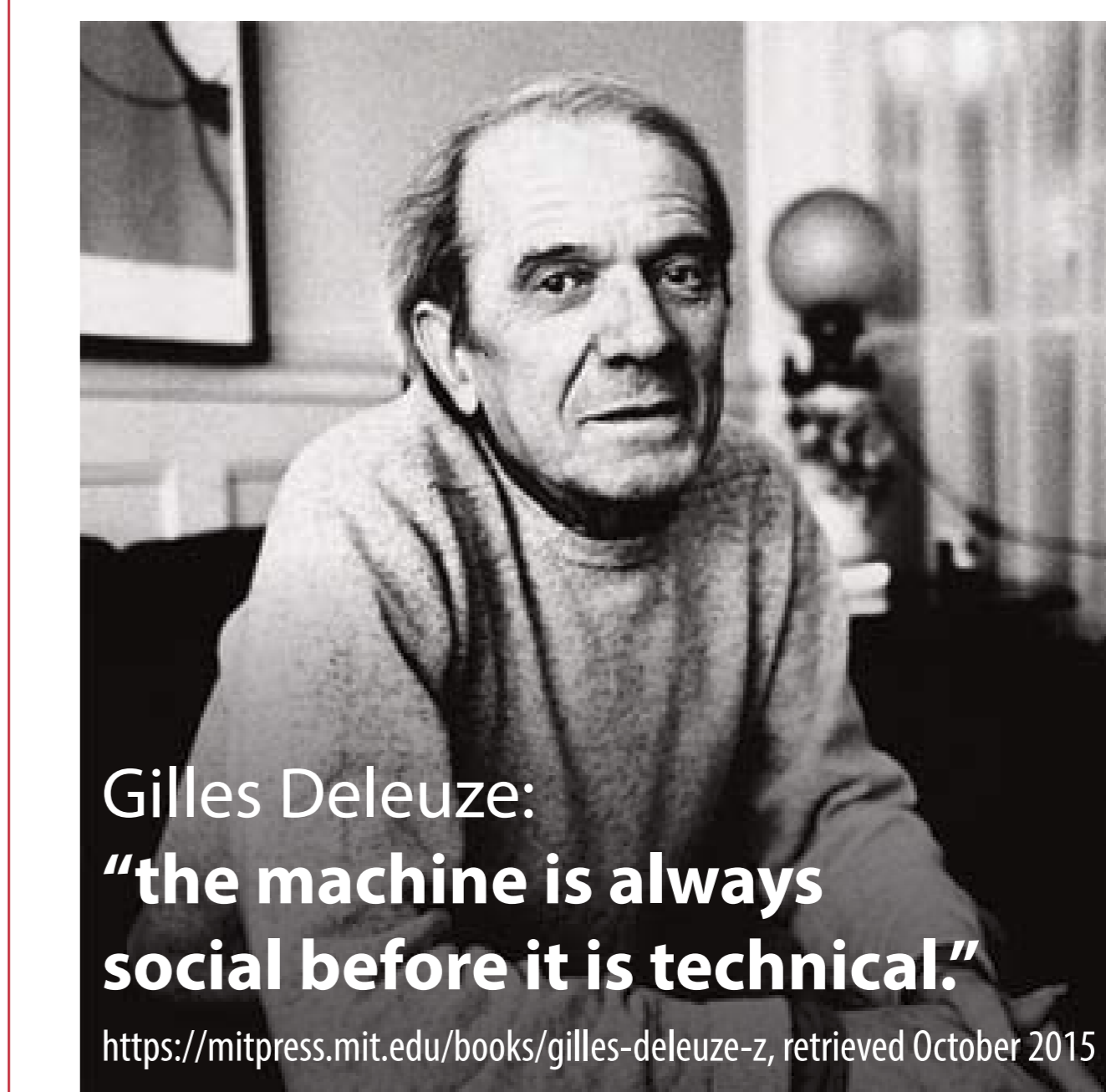
<http://quotesgram.com/marshall-mcluhan-quotes/>, retrieved October 2015

There is an extremely beneficial impact of the technology through the Virtual Reality therapy, which treats patients with anxiety disorders and phobias. It involves game-like environments which through navigation encourage therapy of various subjects.

Conclusion

Technology is neutral

It is up to humans to become positive or negative.
Demographics also play an important role. The more digital a society is the more impact technology has in humans.



Gilles Deleuze:
"the machine is always social before it is technical."

<https://mitpress.mit.edu/books/gilles-deleuze-z>, retrieved October 2015

There is always a social machine which selects or assigns the technical elements used. Digital refers not just to the effects and possibilities of a particular technology. It defines and encompasses the way of thinking and doing that are embodied within that technology, and which makes its development possible.