

The main goals of this study was to assess video games spread and the effect of gaming that associated with life styles, physical, and psychosocial symptoms. The hypothesis was there is high spread of video games among nursing students and Video game usage will negatively impact time management skills , physical activities , life styles, students' study habits and psychosocial. By using an anonymous and voluntary questionnaire was completed during class hours by 133 nursing students aged 19 – 30 years. The questionnaire included demographic background, gaming habits, life styles, physical, and psychosocial behaviors. We find that there are high spread of video games among nursing students with age (S.D = 8.4) especially between males more than females as there are about 75.2 % who are play either usually or sometimes (84.6 % from all males, 71.3% from all females) and who are not play about 24.8% (males =15.4% , females =28.7%) . Where about 96.1% of gamers uses them for less than 6 hours during study and the same hours during weekend but for 73.6% of gamers. So there was high spread of video games, excessive gaming time was found to be associated with increased probability of unhealthy behaviors among nursing students. Gaming motives may identify gamers in need of support to reduce unhealthy gaming behavior as well as identify individuals at risk for unhealthy behaviors, the major cause to engage in these games was to enjoying and the next cause was to pass time.