

## **Short-Term Memory of the University Student and the Practice of Games: an exploratory study**

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This study initially evaluates the short-term memory of University students in a rural area, then the modalities of games and frequency practiced by them are verified. Finally, it investigates the level of short-term memory observed related to the playing of games. Our hypothesis was that the practice of playing games is influenced by the short-term memory. We utilize the Pictorial Test of Memory - TEPIC-M from Rueda, F. J. M. and Sisto, F. F., duly validated for our reality, and the self-evaluative scale of the practice of leisure/sport games, which aims to determine the type of game played, whether of physical movement, logical reasoning or knowledge and digital games. The research is performed with 100 students of both genders. The results are analyzed by means of the Statistical Package for Social Sciences for Windows, SPSS, version 12.0. The short-term memory levels found were very low: Low (66%), Lower Average (25%), Average (2%), Higher Average (6%) and High (1%). The practice of playing games in their various modalities was also low in Movement Games - JM and Digital Games - JD (25%) and higher in Reasoning Games - JR (61%). The comparison between the results in the TEPIC-M and the frequency of participation in JM proved to be positive, since those who never practiced JM (74%) did not reach even the average level of memory; the same was observed regarding JD, with 70% of their participants who do not play these games without reaching the average level of memory; and, with relation to JR, a smaller percentage (44%) of those who do not play these games without reaching the average level of memory, data which indirectly confirm the hypothesis of this study and suggests the implementation of games at this University.

**Keywords:** Short-term memory, games, University students, learning, cognition.