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**THE BOARD AS A MEETING SPACE:  
BOARD GAMES AS A TOOL FOR SUPPORTING MENTAL HEALTH  
AND BUILDING SOCIAL BONDS**

**ІГРОВА ДОШКА ЯК ПРОСТІР ЗУСТРІЧІ:  
НАСТІЛЬНІ ІГРИ ЯК ІНСТРУМЕНТ ПІДТРИМКИ ПСИХІЧНОГО ЗДОРОВ'Я  
ТА ПОБУДОВИ СОЦІАЛЬНИХ ЗВ'ЯЗКІВ**

УДК 008:159.9:796.4

DOI: 10.31500/2309-8813.21.2025.345515

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**Abstract.** This paper analyzes various aspects of the board game hobby, exploring both its underlying ideas and its specific connections to mental health. The first section outlines the basic concept of the hobby and distinguishes between classic and modern games. The article focuses on the latter, since their gameplay often provides richer insights into psychology and mental health. The greater complexity of modern board games allows for a more sophisticated playing experience, shaped by more elaborate decision-making processes. The second section examines three basic forms of social mechanics associated with board games, moving from the most general to the most specific. It shows that the composition of the surrounding social group, a key factor in the gaming experience, produces different effects depending on its configuration. The third section addresses the social potential of the hobby and the positive outcomes that may arise from such interactions. Finally, the article summarizes the key findings and presents a general conclusion drawn from the analysis of selected aspects of board games.

**Keywords:** board games, modern tabletop games, mental health, social interaction, psychological well-being, art and play, community building.

**Introduction.** This work is focused on specific mental aspects which are connected to the hobby directly, and indirectly through the media of visual art. For several years, discussions have centred not on whether playing board games is beneficial for participants, but rather on identifying the specific advantages associated with this unique hobby. The information presented in this paper is primarily based on observations conducted in board game clubs, as well as discussions held with both visitors and staff members. This article is intended as an exploration of some of these aspects and their potential effects. Please note that the term *board games*, as used throughout this paper, does not refer solely to games that include a literal board. Instead, it encompasses a wide variety of games, including board games, card games, storytelling games, dexterity games, and others. Furthermore, the terms *classic* and *modern* are used to distinguish between older games, such as chess or Ludo, and newer titles, beginning with games like *The Settlers of Catan* (1995). This

distinction is necessary, as the article focuses primarily on modern games, with only limited reference to classic ones.

One of the many key factors in achieving a balanced and mentally healthy life is meaningful interaction with others. As Jessica Martino, Jennifer Pegg and Elizabeth Pegg Frates point out in their article “The Connection Prescription: Using the Power of Social Interactions and the Deep Desire for Connectedness to Empower Health and Wellness” (2015, p. 2), “[p]rescribing social interactions and encouraging friendships has the potential to have a healing effect on patients. Social connection should be viewed and treated as a vital sign much like physical activity.” As human beings, we possess an inherent need to socialize and form social groups. The desire to belong is so powerful that it can sometimes lead individuals to associate with negative people or communities. The internal reward of feeling included often motivates individuals to seek out group affiliation. In this context, board games can be viewed in three significant ways.

The first level of engagement involves a broader, general approach: the board gaming community as a whole. Through the internet, gamers can unite, discuss their hobby, and exchange information and ideas. They can collaborate to create new content, such as designing board games, organizing events, or exchanging and sharing titles from their collections. There are numerous benefits to being part of a large hobbyist community.

The second level comprises smaller communities, typically formed around game stores, hobby clubs, or specific events. These groups have more opportunities for in-person meetings, allowing participants to develop social bonds through shared gameplay. While in-person interaction is not suitable for everyone, some may find it challenging to step outside their comfort zone. Such gatherings nonetheless create opportunities to do so. I have personally observed individuals who initially entered our local board game club unsure of what to expect, yet after a few sessions became regular participants. Over time, they opened up to others and began participating in additional activities and gatherings. For those who are actively seeking to meet and play with others, these smaller groups make it easier to organize such get-togethers.

The third level involves small, familial groups, typically composed of two pairs of people, occasionally with one or two additional members, who meet at one another's homes for gaming sessions. In recent years, as the board gaming hobby has expanded significantly in Poland, there has been a growing trend of such groups forming. Often, individuals begin by attending board game clubs and, after finding like-minded players, gravitate toward hosting game nights at home. This dynamic allows them to socialize while enjoying the comfort of their own environment. A key factor contributing to the appeal of this setting is that clubs can be loud and crowded, whereas home gatherings involve fewer participants and significantly lower noise levels. This calmer environment provides those who take the hobby more seriously with the opportunity to reflect on their next moves and engage in gameplay more thoughtfully.

These three levels of social engagement form the foundation for the dissemination and growth of the board game hobby. Among the numerous elements associated with this trend, a significant majority are demonstrably beneficial. The widespread popularity of board games may serve as an effective countermeasure to social isolation. Modern board games, with their broad range of themes, mechanics, and complexity levels, offer something for nearly everyone. It might initially seem surprising, but it is increasingly difficult to find a subject for which no board game exists. For instance, those interested in football can play *Eleven: Football Manager Board Game* (2022). Those drawn to fashion may enjoy titles such as *Prêt-à-Porter* (2010), a critically acclaimed

game within the board gaming community. From history to science fiction, and from fashion to motorsports, there are board games to match most personal interests, and more are published every year. This breadth of content demonstrates that virtually anyone can become engaged in the hobby. One reason for this appeal is the opportunity it offers individuals to spend meaningful time with others.

Numerous sources suggest that playing board games yields many benefits (see, for example, Nakao, 2019; Edwards, 2022; Vita-Barrull et al., 2022). Focusing solely on psychological well-being, several advantages merit closer examination:

**A Structured Environment.** In one of his videos, Rodney Smith, a board game enthusiast and YouTuber, states that “*board games provide structure*” (Table Talk, 2023). He explains that, regardless of what is happening in the world around him, playing a game offers a moment of respite. It allows one to immerse themselves in a structured environment in which all players agree to follow a specific set of rules. The mechanics and regulations are the same for everyone. When individuals feel overwhelmed by external chaos, the time spent playing a game can help them regroup and regain a sense of calm.

As long as all players understand and adhere to the rules, the game provides a temporary escape from the unpredictability of daily life. It requires concentrated focus on the present activity, which can be mentally grounding. A game allows players to engage with a manageable and clearly defined challenge, often far simpler than the complexities they may be facing in real life, yet it remains intellectually stimulating. Although the gaming environment is typically more controlled and supportive, it still requires strategic thinking and problem-solving. Crucially, players usually know the rules and the objectives, which helps foster a sense of stability and purpose, even if only for the duration of the game.

**Emotional Barometer.** Another important benefit mentioned in the same video is that board games can serve as a valuable testing ground for emotional stability. In stressful situations, individuals often fail to recognize that something may be wrong with their emotional state. People frequently cope with stress by suppressing it, without realizing that they are doing so. This can continue unnoticed until a seemingly minor incident causes them to reach an emotional breaking point, resulting in an unpredictable reaction.

Playing board games offers a low-stakes environment in which individuals can become more aware of their emotional responses. For example, one might begin to notice behavioral changes, such as not experiencing enjoyment from activities that are typically pleasurable, reacting more strongly than usual to minor in-game frustrations, or feeling disproportionately upset when another player takes a desired card. Recognizing these signs can serve as an early warning, alerting individuals to underlying emotional strain before it escalates into a more serious issue.

Even if someone does become agitated during gameplay, the consequences are generally more manageable. It is arguably far better to have an emotional outburst during a game than in front of a supervisor or family member. Additionally, co-players may observe changes in behavior and offer feedback, or even express concern, which can further assist in recognizing and addressing emotional issues.

**A Safe Environment.** For many individuals, socializing with others can be challenging. Numerous people experience various forms of anxiety or are naturally introverted. According to the Single Care Team, “[g]lobal anxiety rates have risen from 3.7% to 4.4% between 1990 and 2021.” (SingleCare Team, 2025). However, these individuals still possess interests and a desire for

social interaction, even if on a smaller scale. Board games provide an excellent opportunity to connect with others within a limited and more controlled environment. Stepping outside one's comfort zone can be particularly challenging; therefore, having a specific task or object of focus during social interaction, such as a game, can help to reduce stress and anxiety.

Board games offer a structured context in which social engagement does not require extensive conversation on a wide range of topics. As long as participants understand the rules of the game, they share a common ground with the others at the table. For those who struggle with social interaction, the initial meeting may be difficult; however, once a positive experience is established, subsequent interactions often become progressively easier. Over time, individuals may form meaningful and long-lasting relationships, sometimes lasting for years or even a lifetime.

Of course, there are also instances in which individuals do not find enough common ground with others to maintain ongoing contact. This is a possibility that must be acknowledged and accepted. However, it should not necessarily be viewed as a negative outcome. Such experiences can encourage individuals to meet more people, thereby increasing their chances of finding compatible companions. In the process of searching for suitable gaming partners, individuals are likely to encounter people from a wide array of backgrounds, professions, and personalities. These encounters offer the opportunity to view the world from different perspectives, which can be invaluable in developing and strengthening one's empathy.

**The Double-Edged Sword of Winning and Losing.** Winning any type of game can be a constructive and confidence-enhancing experience. Achieving success, even if it appears minor or insignificant, can have a meaningful positive effect on an individual's self-perception. For those who struggle with self-doubt, winning can foster trust in their own abilities. For individuals who are already confident, it serves to affirm and further solidify their sense of competence and determination. From a biological perspective, winning can increase the production not only of testosterone, but also of dopamine, the neurotransmitter associated with pleasure and motivation.

On the opposite end of the spectrum lies the experience of losing. This outcome can be interpreted in two distinct ways. First, it may be perceived as predominantly negative. Losing can diminish self-esteem, foster self-doubt, reduce overall feelings of happiness, elevate stress levels, and contribute to frustration. However, there is also a more constructive interpretation. It is often argued that children should be taught how to lose gracefully and productively. Learning to cope with loss helps individuals develop emotional resilience. Rather than reacting with discouragement, one can choose to view defeat as an opportunity for growth, an invitation to reflect on the experience, identify mistakes, and improve.

Moreover, developing the ability to regulate one's emotions after a loss can lead to improved coping mechanisms in real-life situations. Losing gracefully not only builds emotional intelligence but also enhances critical thinking. The ability to analyze a match after the fact, to assess strategies and decision-making processes, contributes significantly to the development of logical reasoning skills.

**Art and Mental Health.** In their article "The Intersection of Art and Health: How Art Can Help Promote Well-Being," the Mayo Clinic Press Editors (2023) suggest that various forms of art have beneficial effects on mental health. They argue that participation in artistic activities can increase serotonin levels, enhance dopamine production, foster new modes of thinking, and encourage individuals to envision a more hopeful future. Art is widely believed to promote relaxation and facilitate self-exploration through emotional engagement. This notion extends beyond the

act of artistic creation, such as painting, composing music, or sculpting. Even the simple experience of being in the presence of art, observing it, listening to it, or emotionally responding to it, can allow individuals to delve deeper into their inner world, where cognition and emotion converge in a process of reflection and contemplation. Thus, art can be used to positively influence an individual's mental health, and one may even identify therapeutic or healing elements within artistic engagement.

The next step is to identify artistic components within board games. There is an ongoing debate regarding whether modern board games can be considered a legitimate form of art. Public opinion appears to be shifting in favor of this idea. Tabletop games have evolved significantly from their origins as tools for testing wit and strategy. At a certain point in their development, board games began to be recognized as intellectual property. A notable indication of this shift is the consistent placement of designers' names on game covers, marking a growing recognition of creative authorship within the hobby.

Board game enthusiast Sean J. explores this topic in his article "Are Board Games Art?" (2025). After examining the question and drawing comparisons with other modern media, such as films and video games, he concludes that not all board games constitute art, but some certainly can. The definition of art is inherently complex and subjective; it often depends more on the specific characteristics of individual works than on the genre as a whole. Therefore, in evaluating whether a board game qualifies as a work of art, a deeper, case-by-case analysis is required.

**Games With Artistic Elements.** Still, the relationship between board games and art can also be approached from a different perspective. Rather than viewing board games as a form of art in themselves, we might instead examine how artistic elements are embedded within them. Among the many mass-produced titles, some games include components that display clear artistic intent and craftsmanship, allowing them to be appreciated as works of art.

A notable example is *Dixit*, designed in 2008 by Jean-Louis Roubira with illustrations by Marie Cardouat. This now-iconic title has become a genre-defining game and a cultural phenomenon, as recognizable in the gaming community as *Monopoly* or *The Settlers of Catan*. What made *Dixit* particularly stand out was its unique set of cards. The game is based on a simple but powerful premise: players select one of their surreal, abstractly illustrated cards and pair it with a phrase, an idiom, proverb, or word to prompt the others to guess which card they chose. These images, often dreamlike combinations of people, animals, objects, and symbolic motifs, are rich with visual detail and open to multiple interpretations.

Mechanically, the game encourages players to form meaningful associations between language and imagery, fostering empathy by prompting participants to consider how their co-players think and what ideas resonate with them. On an aesthetic level, however, the cards themselves are striking. They appear hand-painted and contain intricate details that invite close inspection. Created by a professional artist, they can justifiably be considered individual pieces of art. While playing, one often finds oneself drawn into the imagery, discovering new details and interpretations with each viewing. For many, these cards evoke ideas and emotions, engaging both cognitive and affective responses.

While *Dixit* may not have been the first game to incorporate artistic elements in its design, it was certainly among the most influential. It introduced the joy of interacting with artfully illustrated cards to a wide audience, allowing players to share in the appreciation of artwork while

simultaneously fostering interpersonal connection. The game has proven particularly effective in helping individuals build rapport, especially in the early stages of acquaintance.

In 2011, *Dixit: Odyssey* was released, expanding the player count to up to twelve participants. However, the creators did not stop there. The positive reception of the cards, by both the board game community and the general public, led to the continuation and adaptation of this aesthetic approach in subsequent games. In fact, the core mechanic and visual style of *Dixit* inspired the development of many other titles that similarly employ artistically crafted cards. For instance, *Tajemnicze Domostwo* (2013), a cooperative deduction game, involves one player taking the role of a ghost who uses visual clues to help others solve a murder. *When I Dream* (2016) is a social deduction game in which players provide visual hints to help one person identify a card, though not all participants are truthful. *Tabula Rasa* (2021) allows players to use illustrated clue cards to collectively tell a crime story. These and many other games exemplify how beautifully designed cards can do more than facilitate gameplay, they provide opportunities to reflect on visual storytelling, evoke emotional responses, and appreciate artistic expression in a social setting.

Some board game designers have taken a different approach to integrating artistic elements, opting for visual appeal without relying on interpretation-based mechanics. In such games, the artwork serves primarily as an aesthetic enhancement rather than a gameplay necessity. Titles such as *Karmaka* (2016), *Call to Adventure* (2019), and *Canvas* (2021) exemplify this trend. These games typically involve point-based mechanics and straightforward rules, yet the visual components, especially the cards, appear as though they were hand-painted with brushes and oil paints, giving the impression of miniature canvases. Although these games provide engaging gameplay and aesthetic pleasure, they often lack the social depth found in more interaction-focused titles. Specifically, they do not typically encourage the kind of interpersonal exchange that fosters empathy or deep emotional insight.

Nonetheless, each of these games contributes something unique. *Karmaka*, for instance, is based on the Buddhist concept of karma—the system of cause and effect. Players progress through successive lives, playing different types of cards in an effort to reach enlightenment. Interestingly, the game introduces a subtle moral mechanic: aggressive or powerful cards used against opponents are passed on to the affected player, who may then use them in subsequent rounds. This design invites players to reflect on the consequences of their actions, as harm inflicted upon others may eventually return to the originator. In this way, *Karmaka* offers a nuanced perspective on empathy and ethical decision-making, albeit indirectly.

*Call to Adventure* (2019), by contrast, does not explicitly aim to influence players emotionally or morally through its core mechanics. The game primarily revolves around collecting symbols and accumulating points. However, it does incorporate two features with potential social and psychological benefits. First, at the start of the game, each player selects three foundational cards that form the basis of a fantasy character's life story. Throughout the game, additional cards are acquired to flesh out the character's experiences, choices, and personality traits. Many of these cards present decision points, such as whether to help a bullied character or attack the aggressors, inviting introspection through hypothetical moral scenarios. Second, the rulebook encourages players to conclude the game by narrating the life stories of their characters. This storytelling element evokes the experience of sharing tales around a campfire and adds a rich social layer to the game. For some players, this exercise may provide an opportunity to step outside their comfort zone and articulate their thoughts and perspectives in a group setting. It can also foster creativity,

imagination, and connection qualities that are highly valuable in both personal and communal development.

*Canvas* also offers unique gameplay elements that distinguish it within the realm of aesthetically driven games. Similar to previously discussed titles, the artistic components in *Canvas* are primarily decorative; however, they are visually striking and central to the game's appeal. The game is built around transparent cards, each featuring individual artistic elements, visual motifs and fragments of a title. Players create "paintings" by layering three transparent cards over a background, resulting in a composite image and a complete two-word title. Through this process, players engage in a limited but tangible act of artistic creation. Each combination of motifs and backgrounds offers a sense of personal expression, and the resulting images can elicit reflection on their meaning. While the core mechanics of *Canvas* revolve around point collection and the game is largely solitary in nature, with minimal direct player interaction, it nonetheless presents a compelling artistic experience. The game provides players with opportunities for aesthetic enjoyment and personal accomplishment, even if its social dimension is limited.

Another category of games that successfully combines artistic and social elements is drawing games, a genre that requires players to create illustrations themselves. These games may be seen as a modern evolution of the classic *Pictionary* concept. A notable example is *Telestrations* (2009), which combines drawing mechanics with the traditional "Chinese Whispers" playground game. In *Telestrations*, players use small notepads and are each assigned a secret word or phrase. They then alternate between writing the word and drawing a depiction of it, passing the notepad along to the next player, who can only see the most recent entry. Once the notepads make a full circuit, players compare the final interpretation with the original phrase. Although the game technically uses a point system, most players tend to focus on the process itself the enjoyment of miscommunication, visual misinterpretation, and unintentional artistic errors. This playful atmosphere fosters social interaction, as participants gain insight into each other's thought processes. Moreover, the act of drawing, attempting to externalize abstract ideas through personal artistic skills creates a shared creative experience. Accurately interpreting the drawings requires empathy and an understanding of others' mental frameworks, encouraging perspective-taking and deeper interpersonal engagement.

Together, these examples demonstrate that artistic elements in modern board games can go beyond decoration and contribute to meaningful cognitive, emotional, and social experiences. While the impact on mental health may be subtle or indirect, such games offer small yet valuable ways for individuals to engage in introspection, creativity, and connection with others. In many cases, it is precisely these minor, accessible opportunities for self-expression and interaction that accumulate over time and support broader psychological well-being.

**The Socializing Power of Board Games.** The board game industry has reached a remarkable level of development and, unfortunately, saturation, particularly in Poland, where publishers are increasingly struggling to remain relevant. With an overwhelming number of new titles released each year, competition in the market has intensified, pushing some companies to the brink of closure. Board games have evolved into a mainstream commodity, now found in many households.

As a result, the social structures surrounding the hobby have also undergone significant changes. The board game clubs mentioned earlier are experiencing declining attendance, while private, at-home game nights have become increasingly popular. Based on personal observations, prior to the COVID-19 pandemic, such clubs were thriving and often filled with enthusiastic players. However, the lockdowns of 2020 fundamentally shifted social habits. Many players disco-

vered that they could replicate much of the social experience by simply inviting another couple or a small group of friends to their homes. In doing so, they maintained the social dimension of board gaming in a more intimate, controlled setting.

Historically, clubs offered access to rare or expensive games that were not widely available, but the post-pandemic world has seen a major shift. With the growth of online marketplaces and digital platforms, people began purchasing board games via the internet, and some transitioned to playing virtual versions entirely. This trend contributed to a noticeable decline in in-person meetings, a development observed first-hand by many board game club operators. The resulting decrease in physical interaction had concerning implications for mental health, as social distancing persisted beyond the pandemic's peak.

Nevertheless, there are emerging signs of recovery. Attendance at physical board game establishments appears to be gradually increasing. While the return is slow, it may reflect a growing weariness, particularly among younger individuals of engaging solely with virtual opponents, even when those opponents are real people connected through screens. Eventually, the intrinsic human need for face-to-face contact motivates individuals to reengage with in-person gaming communities.

In this context, it is crucial to create welcoming and accommodating environments that facilitate social reintegration. For newcomers especially, settings with limited sensory stimuli can help reduce social anxiety and encourage participation. Providing such spaces may support not only the revival of board game clubs but also contribute positively to individual well-being and broader community cohesion.

**Board Games Among Social Groups.** A crucial factor contributing to the success and widespread adoption of these games is the significant shift in their perceived purpose and audience. At some point in the relatively recent past, board games matured, transitioning from activities perceived as solely for children to experiences that can be enjoyed by individuals of all ages. This evolution has allowed board games to become meaningfully integrated into everyday life.

A great number of board games are being designed with families in mind. Family-friendly titles have, at times, dominated the market, offering not only entertainment but also valuable bonding opportunities. These games enable parents to engage in quality time with their children and partners in a friendly, competitive environment. Moreover, many of these games incorporate educational elements, promoting the development of a wide range of cognitive and interpersonal skills, such as logical reasoning, reflexes, probability assessment, and basic mathematical abilities.

Through competitive play, children learn to manage both victory and defeat, developing emotional resilience and learning from failure. For adults, board games often serve as a form of mental exercise—a form of “mental gymnastics” as they strive to improve performance with each session. The diversity of modern board games ensures that nearly everyone can find a title that appeals to them, whether for its mechanics, theme, or social dimension.

When individuals are welcomed into a board game club and treated kindly, they often return regularly, drawn by the dual appeal of intellectual stimulation and social connection. Once engaged with the hobby, players tend to gravitate in one of two directions: some seek the most innovative and refined game mechanics, while others prioritize enjoyment and emotional satisfaction derived from the experience itself.

**Conclusion.** The board game hobby encompasses a diverse range of elements that can positively contribute to mental health and emotional well-being. These benefits extend beyond mere

entertainment. Engaging with board games encourages cognitive stimulation through problem-solving, strategic thinking, and memory enhancement, often referred to as “mental gymnastics.” Additionally, many modern games incorporate artistic elements that provide aesthetic pleasure and opportunities for introspection. The visual and thematic creativity found in board game design can engage players on an emotional level, fostering appreciation for artistic expression even within a recreational setting.

Equally important are the social benefits of board gaming. These games offer structured environments for meaningful interaction, enabling players to connect with others, whether family members, close friends, or new acquaintances. Such interactions are particularly valuable in a time when digital communication has increasingly replaced face-to-face contact. Board games can serve as catalysts for developing empathy, improving communication skills, and strengthening social bonds. They also provide a welcoming platform for those who struggle with social anxiety, offering a clear framework and purpose that can reduce the stress often associated with unstructured social settings.

The ever-growing diversity of board games, with countless themes, genres, and mechanics ensures that individuals from nearly all backgrounds and age groups can find something personally engaging. Whether seeking artistic beauty, competitive challenge, cooperative teamwork, or narrative storytelling, modern board games present a medium through which players can explore and enjoy various forms of engagement. As such, board games should not be underestimated in discussions surrounding mental health, social inclusion, and personal development. They represent a unique intersection of play, creativity, and connection, making them a powerful, if sometimes overlooked, tool for enhancing well-being in the modern world.

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Пйотр Ерос

## ІГРОВА ДОШКА ЯК ПРОСТІР ЗУСТРІЧІ: НАСТІЛЬНІ ІГРИ ЯК ІНСТРУМЕНТ ПІДТРИМКИ ПСИХІЧНОГО ЗДОРОВ'Я ТА ПОБУДОВИ СОЦІАЛЬНИХ ЗВ'ЯЗКІВ

**Анотація.** У статті проаналізовано різні аспекти настільних ігор як хобі, зокрема його базові ідеї та специфічний зв'язок із психічним здоров'ям. У першому розділі окреслено основні засади цього хобі та проведено розмежування між класичними й сучасними іграми. Основна увага приділена саме сучасним іграм, оскільки вони часто надають більше можливостей для глибшого розуміння психології та психічного здоров'я. Більша складність сучасних настільних ігор забезпечує більш витончене переживання, сформоване завдяки розвиненішим процесам ухвалення рішень. У другому розділі розглянуто три основні форми соціальних механізмів, пов'язаних із настільними іграми, від найбільш загальних до найбільш конкретних. Показано, що склад навколоїншної соціальної групи, який є ключовим чинником ігрового досвіду, має різний вплив залежно від її конфігурації. Третій розділ присвячено соціальному потенціалу цього хобі та позитивним результатам, які можуть виникати внаслідок таких взаємодій. На прикінці статті підсумовано основні положення й подано загальний висновок, зроблений на основі аналізу окремих аспектів настільних ігор.

**Ключові слова:** мистецтво і гра, настільні ігри, психічне здоров'я, соціальна взаємодія, сучасні настільні ігри, формування спільноти, психологічне благополуччя.