

## A Study On the Effects of Video Games On Behavioral Change

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**Abstract:** This research paper aimed to study the effect of video games and violence behaviour of the college students. Also, this research tries to study the relationship between the exposure level and the aggressiveness level. Prolonged exposure to video games, even the mundane ones, leads to repetitive stress injuries or addiction. Playing video games with violent content are linked to more aggressive behavior in teens. In interactive video games, players are encouraged to identify with and role plays their favorite characters. In a video game about stockcars, winning may mean winning the race. Many of the popular games played by the youngsters have fighting sequence. Violent video games do increase aggression, but other factors contribute to real life violent behavior and it is the parent's responsibility to imprint good morals onto the child. Violent video games are significantly associated with: increased aggressive behaviour, thoughts, and affect; increased physiological arousal; and decreased prosaically (helping) behaviour. But it helps to flush out one's anger, stress and depression. Aggressive behaviors occur in natural environments does not make them "normal" play behavior, but it does increase the face validity of the measures. Younger children are more negatively affected than young adults and males are more affected than females. The practiced youngsters can handle the stress better than others who don't play. Also, they can actually feel less depressed and stressful. Non frequent players are consistently affected by brief exposures. The development of the increased aggressive behaviour is linked to the amount of time youngsters are allowed to use video games. There are plenty of research opportunity is available in the field of game addiction and behavioural change.

**Keywords**— Video games, Aggressive behaviour, Stress, Violence, Depression, Physiological Arousal, Role play

### I. INTRODUCTION

The video game industry has been rather successful in the recent years, grossing in more than ten billion dollars in system sales alone and four times that much in software sales. This once budding form of media has become quite the heavy hitter, easily overtaking the movie and television industries combined, but with its great success, it was perfectly logical that it would receive more attention. Video game companies have received a relentless bombardment of complaints that violent video games increase the aggressiveness in people (especially children) and push them to commit horrendous acts and crimes.

In this research work, the first chapter discusses the introduction of the research problem, chapter two helps to write the review of related works, chapter three discusses the research methodology, chapter, 4 helps to write the results and findings, and chapter 5 helps to write the conclusions of the research.

#### Importance of this study

The gaming is regarded to the gateway to future, training children with interactive interfaces with virtual-Reality

enhances their perceptual understanding and learning skills. Videogames are not only an extension of moving images and sound but also of interaction and play with distorting reality. So it is very important to conduct the research in the area of video gaming and effects.

This research is organized into 5 parts. The introduction of the problem is discussed in the part 1. Part 2 and part 3 describes the review of literature and research methodology. The section 4 and 5 helps to discuss the research findings and conclusions of the research.

### II. REVIEW OF LITERATURE

Originally the masses just tended to ignore these accusations, just assuming them to be the ratings of technophobes and game haters, but after Columbine, and the school shootings that followed, where the shooters allegedly played violent video games, people began to take these complaints more seriously. In his book *Is Media Violence A Problem?*, James D. Torr states that in 2002, roughly 79 percent of America's youth played video games on a regular basis.

This massive percentile has only increased in the last six years to 94 percent (MAVAV.com). These numbers have pushed frightened parents into a state of mass hysteria, attacking the video game industry with new found vigor and even going so far as to attempt to ban video games from the United States of America. But, the question still remains, does violence in video games really increase aggressiveness in people?

To find the answer to this question, one must first know the history of video games. The history of video games can be broken down into seven distinct “generations”. The first generation began in 1972 with the creation of the Atari and the introduction of Pong, a game that featured two bars that hit a ball back and forward on a screen. Though primitive by today’s standards, this was mankind’s first glimpse of video games and from here on to 1977, Atari and Pong reigned supreme.

### III. RESEARCH METHODOLOGY

To find out whether a person could reduce his or her Anger/Stress by playing Violent Video Games a research was conducted among college students (age group of 17-23).

**Research design:** A cross-sectional survey method will be used to collect the data

**Sampling:** Tools of Data collection: Observation, interviews and questionnaire.

**Statistical analysis:** Experiments, sample surveys and observational studies.

**Sample:** College Students in around Chennai who are all in the age group of 17-23

**Study Population:** 75- 100 Students (70% boys and 30% girls).

#### Study Population

Being a violent allied topic the study can go into direct surveys among students and refer psychology, sociology books and collect data’s from newspapers so that it could make the people aware of the things that had happened earlier.

By analyzing all the possible requirements, direct questions are put in front of the students through interview. From that their views and thoughts analyzed. Media violence can be categorized into physiological, emotional, cognitive, attitudinal, and behavioural.

#### Data Processing

The study is done looking at the systematic recording of information on media violence that uncovers new patterns which are taken in account and the data processing is done accordingly.

The important issues that have more influence such as, violent heroes are more harmful than even violent villains in the games. The health hazard resulted by media violence can be categorized into physiological, emotional, cognitive, attitudinal, and behavioral.

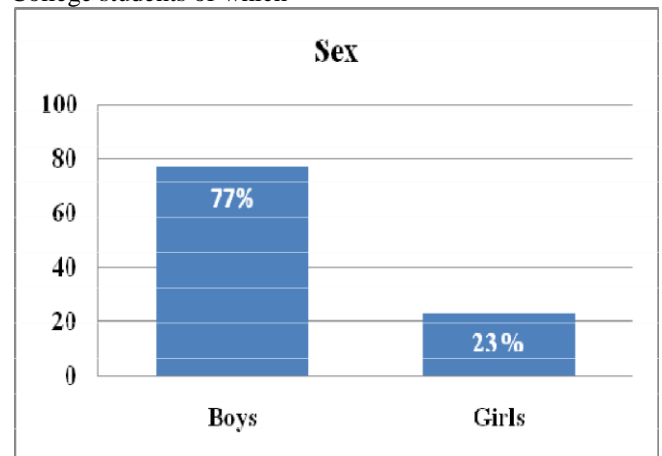
The categorization help to apply other background knowledge on the study in different ways. Here, the research questions are inquired to the youth and the data’s are collected. Data’s from the previous research and news are verified for the evidence.

#### Collection & Analysis

As per my research topic is concerned the data collection process varies in many ways. Being a violent allied topic researcher can go into direct surveys among students and refer psychology, sociology books and collect data’s from newspapers so that we could make the people aware of the things that had happened earlier

### IV. RESULTS AND DISCUSSION

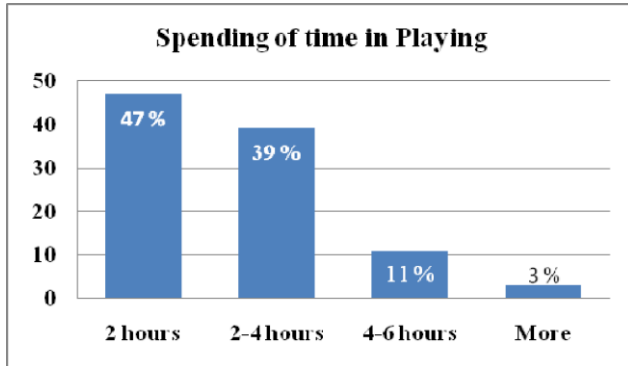
Researcher conducted the research with sample of 100 College students of which



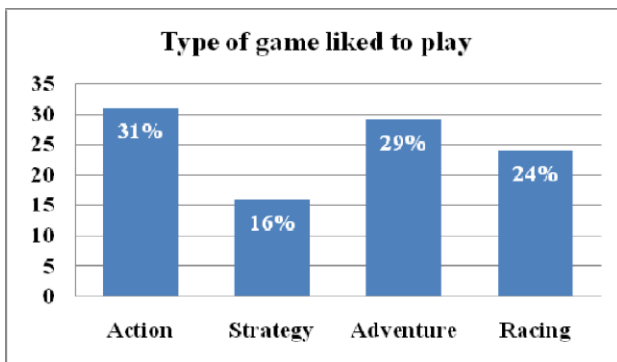
Graph: 1

77% boys and 23% girls was sample of the research. From this survey the following finding was arrived.

Respondents were asked about their playing times



Graph: 2

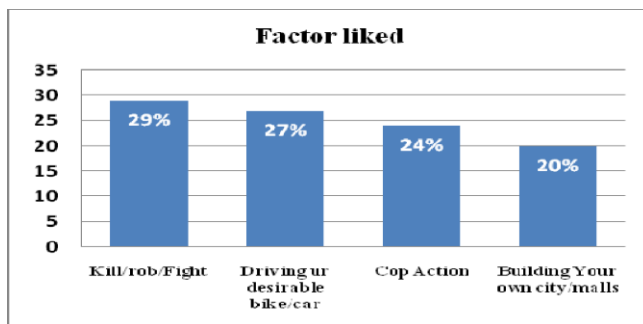


Graph: 3

Out of 100 college students 47% of them said that two hours, 39% of them said two to four hours, 11% of them said four to six hours and the remaining 3% said that more than six hours they are playing the game in a day

Respondents were asked about the kind of game that they like

Respondents were asked about the factors they like in the games



Graph: 4

Out of 100 college students 29% of them like killing, robbing and fighting type games, 27% of them like driving your desirable bike and cars games, 24% of them said cop action games and the remaining 20% of them said building own city and malls games are factor liked by the college student.

Out of 100 college students 34% of them said action games, 16% of them said strategy games, 29% of them said adventure games and the remaining 24% of them said racing games are mostly playing game.

## V. CONCLUSION

This research shows that there is a relationship exist between the effect of game addiction and behavioral changes. Also, this research shows the impact in the short-term as well as the long-term period. The violent video games increase aggressive thoughts, feelings, and behaviors, as well as reduce the anger/stress also well. This research was generally confirmed. It that exposure of playing violence video game would be positively related to flush out the anger and stress. Students who play violent video games are very relaxed and stress out when they are so depressed. The relation between violent video game mentally and physical relax the mind from tension and anger. Because in the video games first no punishment for what every they doing and they can do what they cannot do in the real life. So if they anger on someone they relief that anger on the game instead of them. Because they involve so much as a character as they was doing everything.

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S.Kalaiselvan holds Master of Fine Arts Painting degree from the College of Fine Arts, Chennai in 2006. He is the recipient of Tamil Nadu State Award for painting in senior category in 2014. He is also a junior fellowship recipient of Ministry of Torusim, India from 2010 to 2012. He is pursuing his Ph.D degree in the Tamil Nadu Music and Fine Arts University. He has completed his NET in 2013 in the field of Fine Arts.

