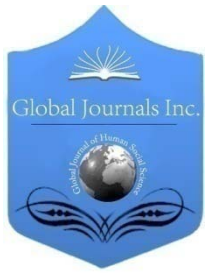
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Effects of Violent Video/Computer Games

By Khandaker Ashikur Rahman
North South University

Abstract- The research topic for this paper presented hereby is on the topic titled 'The effects of violent video/ computer games. My research paper basically focuses on the effects of playing violent video or computer games. For my research I also gathered primary and secondary data which shows the positive and negative effects of playing violent computer games.

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Effects of Violent Video/Computer Games

Khandaker Ashikur Rahman

Abstract- The research topic for this paper presented hereby is on the topic titled 'The effects of violent video/ computer games. My research paper basically focuses on the effects of playing violent video or computer games. For my research I also gathered primary and secondary data which shows the positive and negative effects of playing violent computer games.

I. Introduction

Violent video and computer games are popular among young peoples, teens and children's. The topic of whether playing a violent video game causes violent behavior in young people and children's are a very important issue and it is often addressed in media debates about violence in society. There are many researches done on this topic, from which does provide any clear evidence among the relationship between aggressive behavior and violent computer games. Although most of the Psychologists believe that there is negative effect of playing violent computer and video games. But some researcher found that there is some positive side of playing computer or video games. In my research paper I am tried to find out the overall effects include negative & positive of playing video games. Now a day's especially young generation, teens and children's are very like to play violent computer or video games. Availability and improvement of computer technology increase the number of violent video games players.





In above we can see two images of twopopular violent computer games

II. Background

The debate between violent video games and violence/aggressive behavior is not a new phenomenon. Video games that are usually played by gamers mainly come in four forms: PC games, console games connected to T.V, hand games and games in cell phones. Console games are the most popular ones, and some mentionable names are Play Station, X-Box, Sega, WII, etc. Usually the video games that are released also have a PC version for gamers who prefer computer to T.V. Many researches don't regarding this topic to show what is the actual effects of playing violent computer games. Some researchers shows there is positive side of playing of computer games on the hand there is also some research articles that tells us playing violent computer games can make us aggressive.

The main categories of video games include Racing, Sports, Shooting (first person, third person), Strategy, Virtual Life or Third Life, Mind Games, etc. Games which contain violent contents generally belong to the Shooting, Strategy and Virtual Life categories. Approximately 40% of all gamers are female, while the rest is male. Violent videos games can also provide people much information. Calls of duty, Wings over Israel, Lock On, delta force, Crisis, Far cry are some violent video games and by playing these games, gamers get the idea of what happens in a war. Red dead Redemption is also a violent video game which is all about modern civilization. Assassin Creed is a violent video game which talks about the past history of Italy. Those who don't like to read books can gather that information by playing these games. Despite now a

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day's many organizations organize tournaments of video games which include violent video games. World Cyber Games competition is the most prestigious. This competition is held worldwide and the winner gets fascinating prize money. Asian Cyber Games is also very well known. So, gamers play violent video games to prepare themselves for the competition and not to do criminal activities.

Playing violent video games can be a good source of entertainment and passing free time. But it should be limits. Because many researchers and psychologists find out that playing violent computer game may influence a gamers to behave aggressive. But some researchers also mentioned that playing games can be useful for learning tool for education to the children's and it also improves computer literacy.

III. Area of Research and Findings

In my research I am tried to find out the effects of playing violent video/computer games.

a) *What are the causes of playing violent computer games?*

There are many reasons of playing violent video games. Young people, teenagers and children mostly plays violent video games on their pc or other device like PlayStation. From my survey questionnaires I have found that most of peoples play violent computer games for entertainment, passing the boring time etc. In Dhaka city the space for outdoor games like football, cricket or playground are very limited, many students, children and teen agers don't time to have to play outside in the evening due to lectures, class and coaching. So they are involved to play computer games. Most of peoples like to play violent computer games like Delta Force, Call of Duty, GTA and so on.

b) *Negative effects of playing violent games*

There are some negative effects of playing computer games. One of the most common negative effects of playing violent games among the students, their academic career can be hampered their concentration studies decreasing. There are also different ideas, debates, and researches about the negative effects of playing violent video games. In research I have found some negative impacts of playing violent video games through secondary data analysis like playing violent video games can make a person's behavior aggressive or rude, increasing heart bit rate etc. But the scholars are still not sure about the negative impacts of playing violent computer games.

c) *Connection Between violent video games and crime*

Most of researchers and psychologists don't think there is any link between violent computer games and crime. "The Journal of Adolescent Health, and The British Medical Journal have found no conclusive link between video game usage and violent activity." (Wikipedia). Very few researchers found the link between violent computer games and crime. But there evidences didn't prove the direct link between crime and violent video games.

d) *Positive effects of violent computer games*

From my research I have found some significance positive effects of playing violent computer games. From my primary data analysis, playing violent computer games provides information like history, country, war and so on which may useful for gamers and during playing computer games most of peoples thinks about strategy formulation which is a positive sign. Many researchers also argued that there are positive impacts of playing violent computer games. One of most positive side of playing violent computer games that I have found that is improving computer literacy, help to reduce stress, crime etc. Analyzing secondary data, I have found that playing computer games can be a learning too for some student those who findings difficulties to learn from their class and lectures. On the other hand we can say that to some extent playing violent games can good source of entertainment and fun.

e) *Do violent video games causes aggressive behavior or rude behavior?*

Violent video games have damaging impact on human psychology. I have found through my primary and secondary data that playing violent video games can causes of aggressive and rude behavior among children, young people and teen agers.

"Violent video games do indeed cause aggressive behavior" (Huesmann, 2009). But I think that there are more study and research needed to find out the exact influences of playing violent video ganes in aggressive behavior.

IV. Hypothesis

Playing violent video/computer games is good for literacy, problem-solving, and researching information, while critics worry that gaming is making children's and young people's specially students more socially isolated, less experienced in working with others, making behavior aggressive and less creative. Psychologist's and researchers believes that there are both positive and negative sides of playing computer & video games. There are many people, mostly students' who watch violent / action movies, but that doesn't mean they do violence or crime. I think people who play violent games like any other types of games only for entertainment, fun and excitement and also stand against the violence like they do in the video games. I like to study both positive and negative effects of playing computer games.

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V. Research Methodology

For the primary research, I conducted a field survey of the peoples who are actually engaged in playing violent video & computer games, and also playing during their free times. I will design a questionnaire with different types of questions so that I get a useful range of data which will help me to answer my research question. So, I used both quantitative and qualitative questionnaire in my survey question.

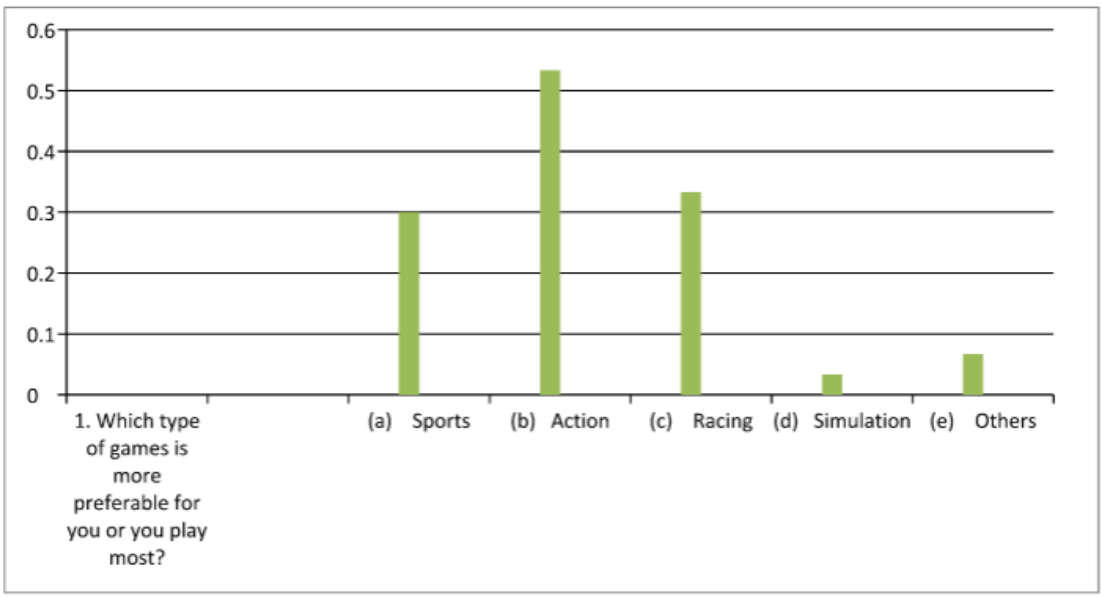
For the secondary research, I used resources from the library, consulting relevant books and articles in magazines, websites and newspapers. I also used online materials extensively, such as online journals and discussions on blogs.

VI. Data Analysis

a) Primary Data Presentation and Analysis

For primary information I conducted a survey on 30 people and in survey I put 11 mcq types' questions. Here I am presenting the primary data analysis with the help various graphs.

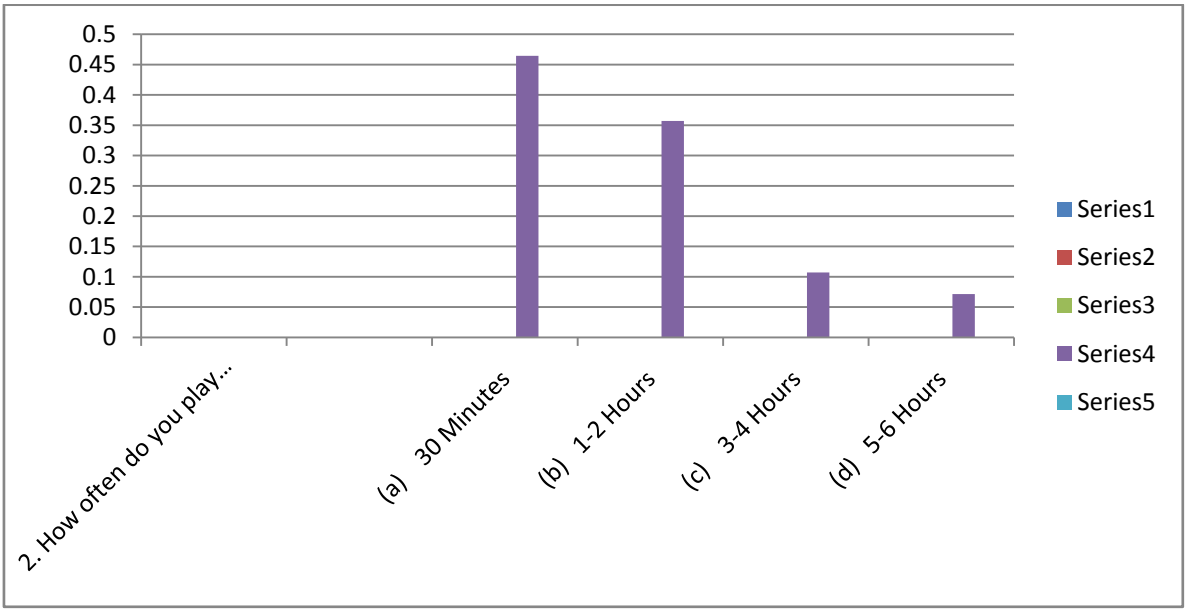
1. Which type of games is more preferable for you or you play most?



In this graph, the X is presents the types of computer or video games and the Y axis represent the percentage of people. From this graph we can see that 30% of people play sport based games, 53% of people play action based game, 33% of people play racing based games, 3.33% of people play simulation based computer games and 6.67% of people play other type of games which includes puzzles or adventures. So after analyzing this diagram we can say that most of the games play action based games. Action based games are basically violent games. Horror games also come in action computer games category.

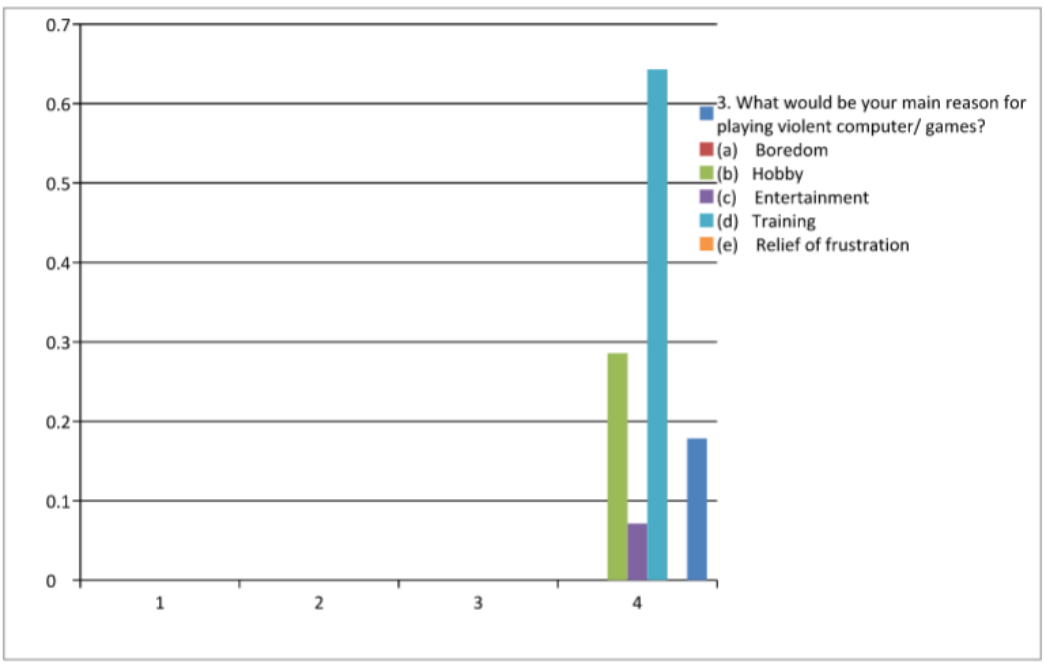
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2. How often do you play violent computer/video games?



In the graph the X axis showing the amount of time spent to play violent computer games on daily basis. And the Y axis presents the percentage of people. We see that 46.43% of people plays computer games 30 min on a day, 35.71% people plays compute games 1-2 hours on day, 10.71% people plays computer games 3-4 hours on day and only 7.14% plays computer games 5-6 hours on a day. We see that most of gamers play's video games at least 30mins on a daily basis.

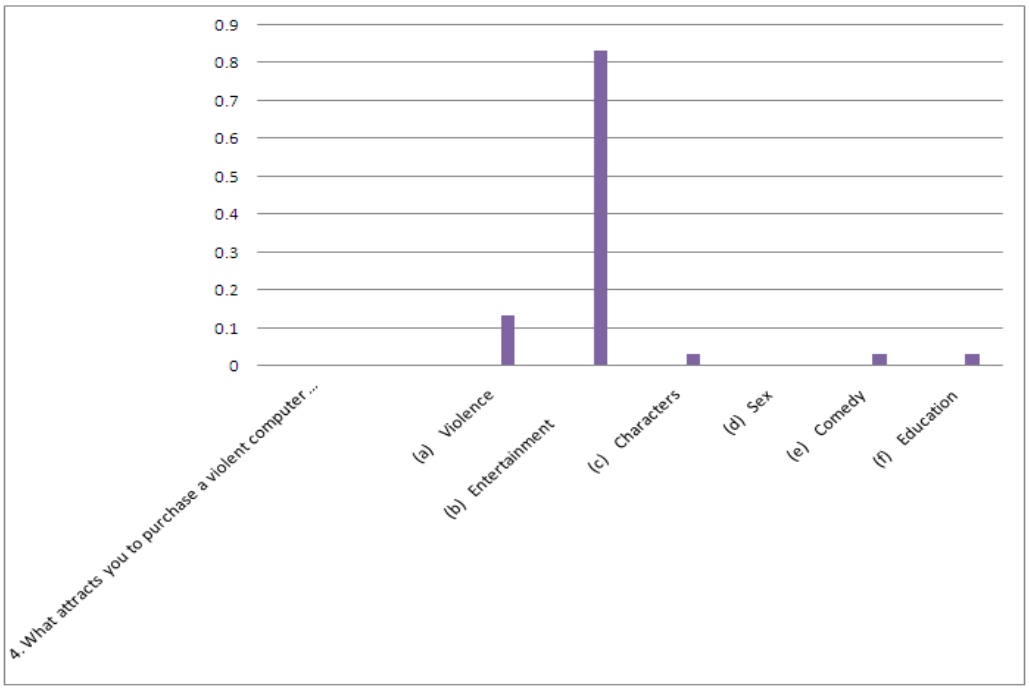
3. What would be your reason for playing violent computer/ games?



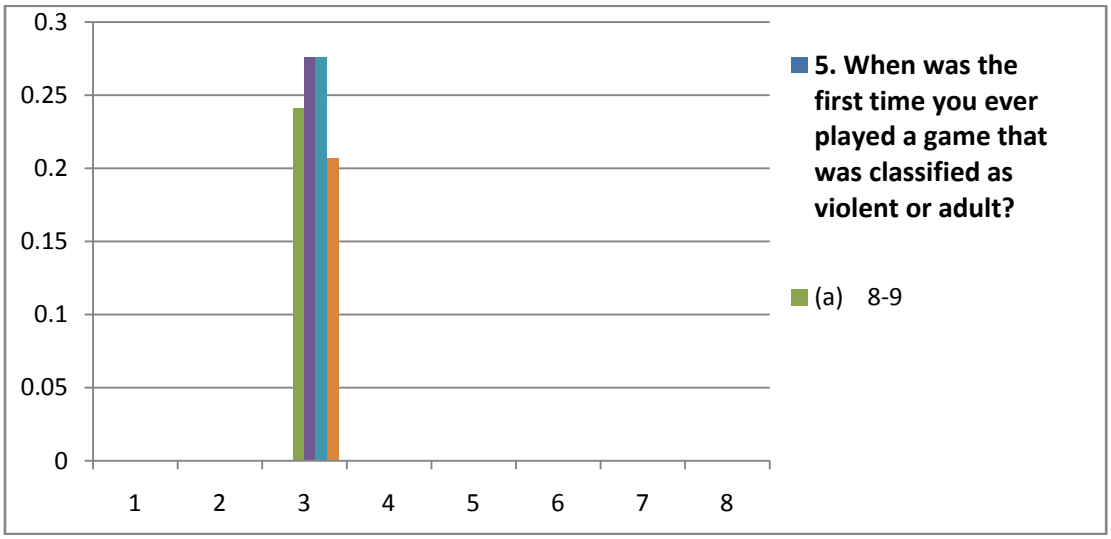
At this graph the X axis represents the main reasons of playing violent video games. From the graph we see that 28.57% people play violent compute games for boredom, 7.14% people play video games for hobby only, 64% people play violent video games for entertainment only, No one plays violent video games for training and 18% of people play violent computer games for relief frustration. We see that most of gamers plays violent computer games for entertainment only.

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4. What attracts you to purchase a violent computer games?

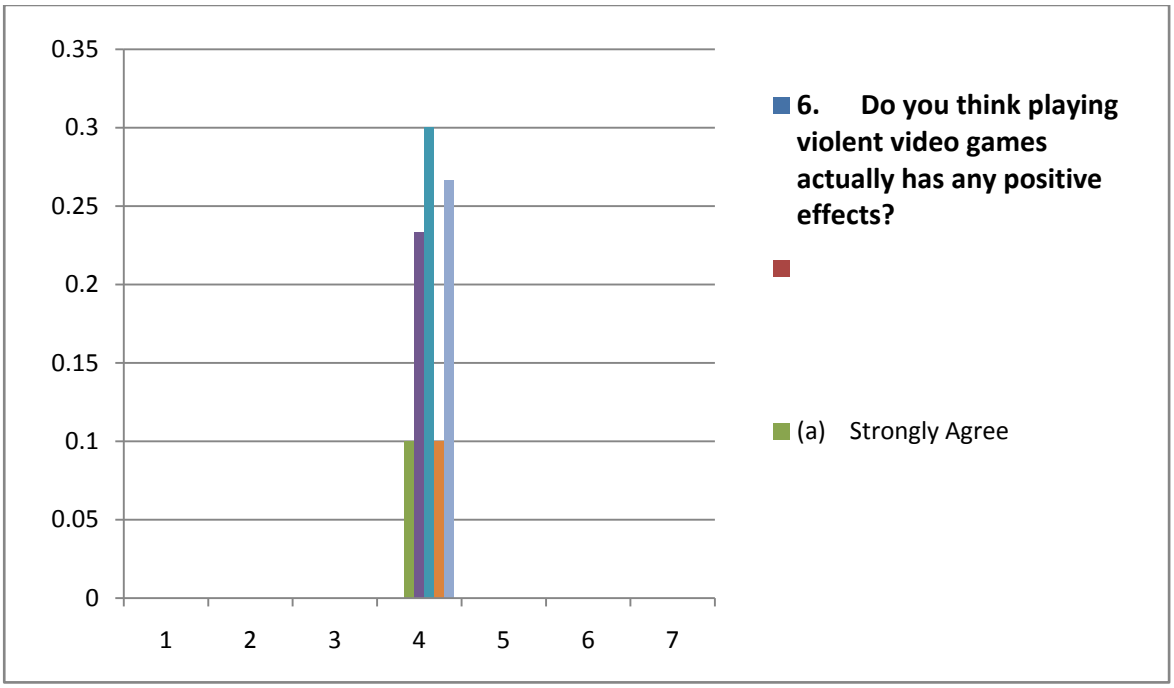


The X axis of this graph showing the reasons behind purchasing violent video games. According to the graph 14% people purchase computer games for violence, 83%of people purchase computer games for entertainment, 3% people purchases violent games for the character on the games , no games purchases violent games for sex or the adult contents, 3% of people for comedy and 35 people purchases violent games for education,

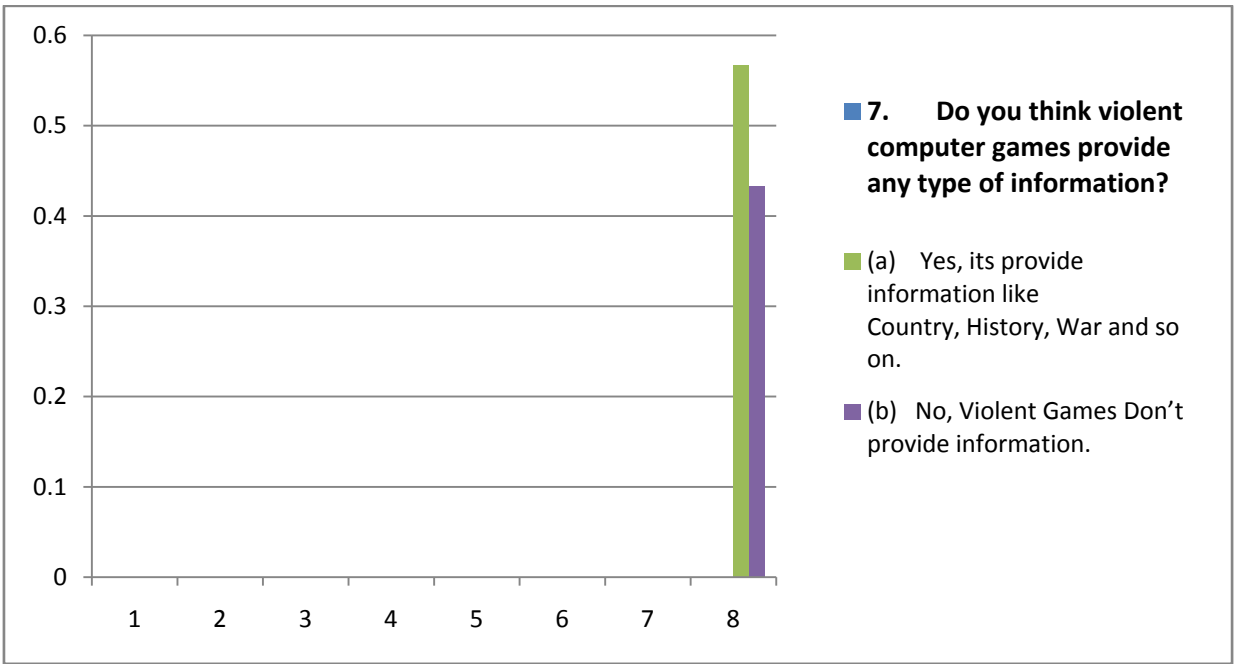


At this graph the X axis presents the age when a person first time played a violent games or classified games which contents adultery. 24% people plays first violent video games when they were 8-9 years old, 28% of people plays violent computer games when they were 10-12 years old, 28% peoples plays first time violent video games when their age were 13-15. And only 20% plays first time any violent or adult games at 16018 years old.

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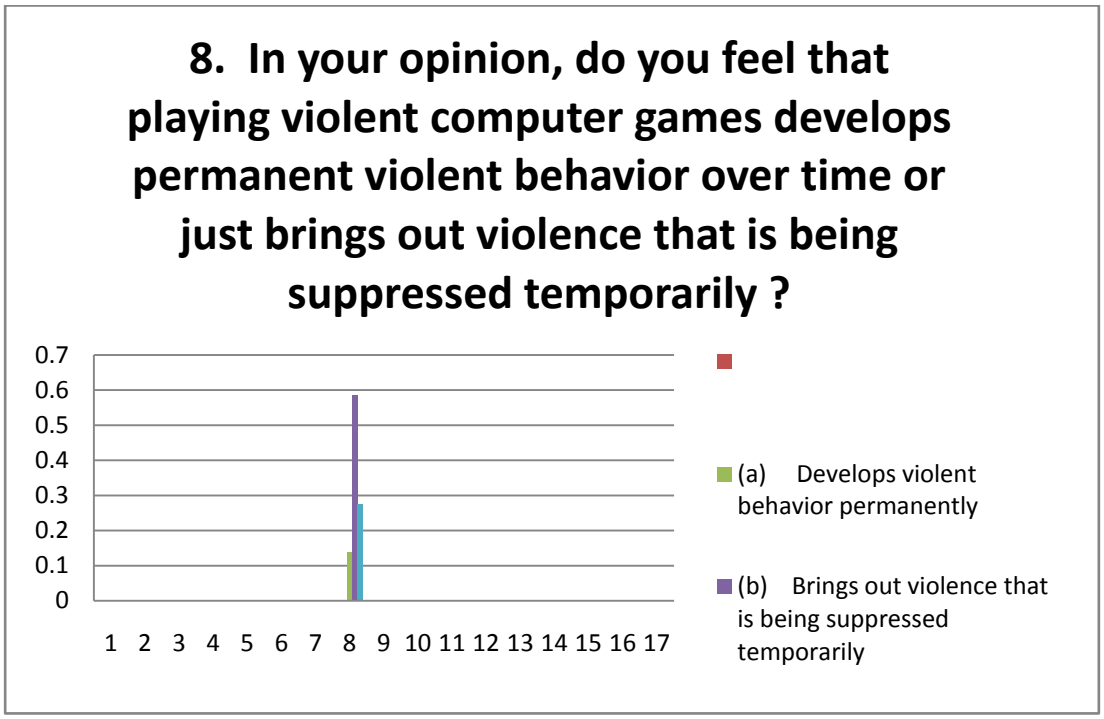


From the graph we see that 10% people are strongly agree that there is positive effect on playing violent computer games while 23% of people are Agree that there is any positive effects on playing violent computer games. 30% of peoples are neutral about this question, 10% of people are strongly disagree and 27% of people are disagree that there is positive effects on playing violent computer games. We see that for positive effects of playing violent computer games most of the people are neutral.



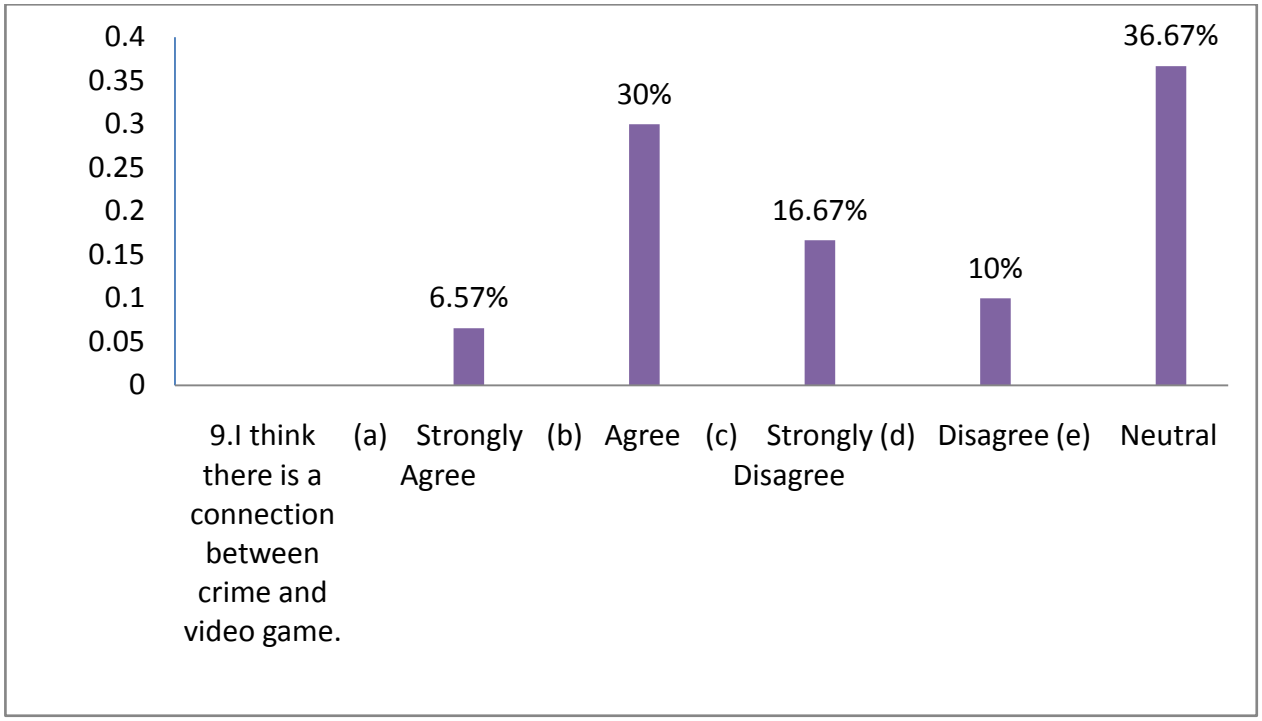
At this graph the X axis showing the philosophy about providing any kind of information through playing violent video games. The graph indicates that 57% of people say that violent video games provide information like history, war, culture and so on. On the other hand 435 of people say that a violent computer game doesn't provide any kind of information.

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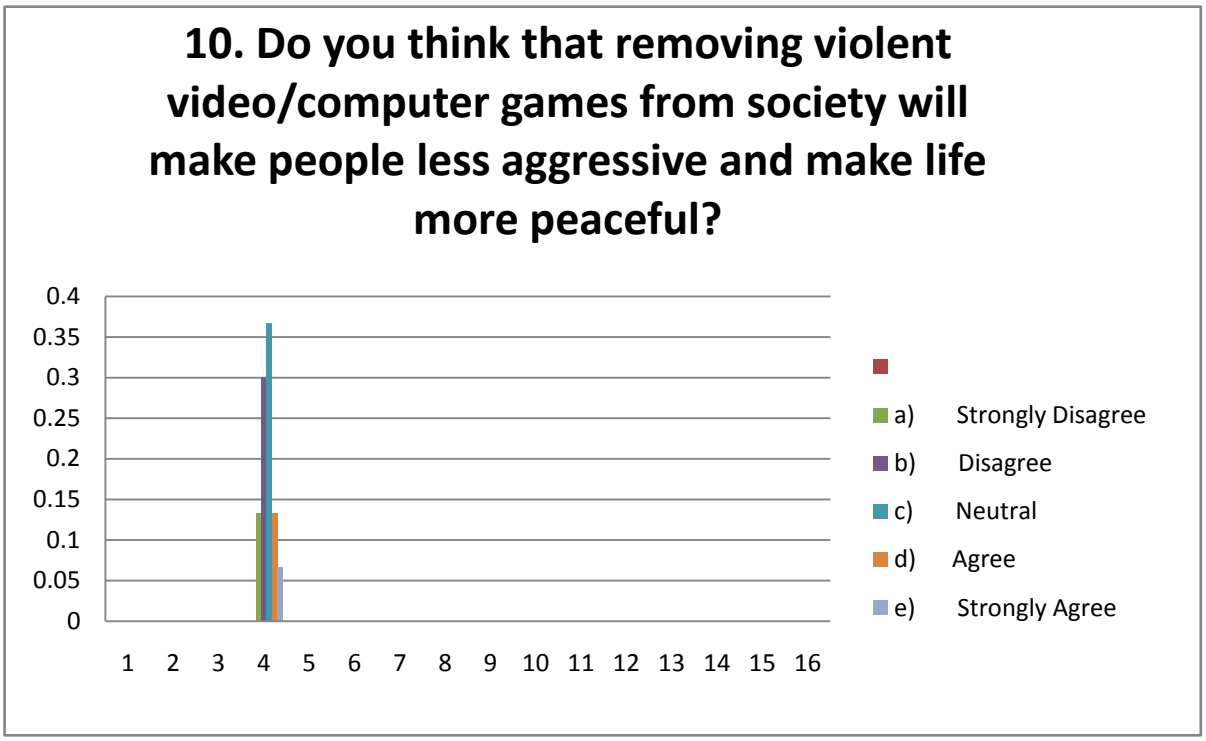
On this graph 14% people thinks that violent computer games develops violent behavior permanently, 59% people think that brings out violence that is being suppressed temporarily while 27% people have no opinion regarding violent behavior.

9. I think there is a connection between crime and video game.

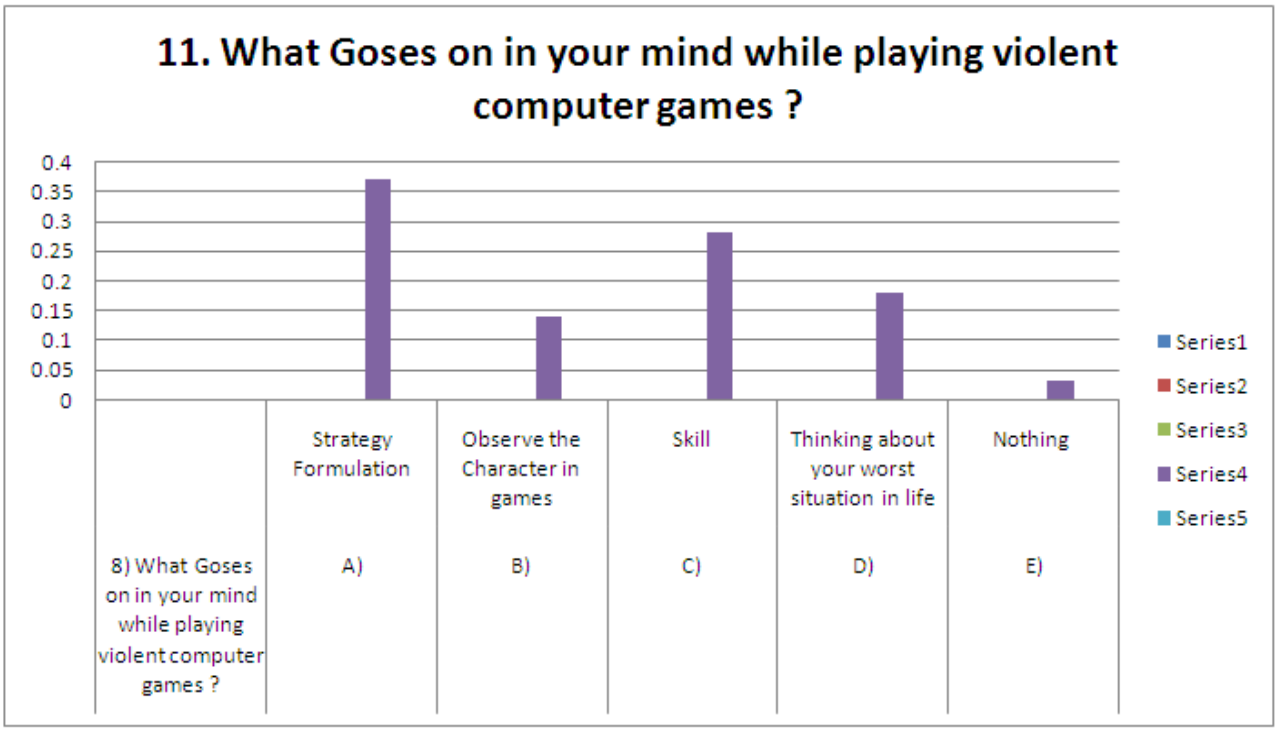


From this diagram the x axis showing the thinking regarding connection between crime and violent video games among the peoples. And the Y axis presents the percentage of people. We see that 6% of peoples are strongly agreed and 10% of people are agreeing that there is a connection between crime and violent video games. On the other hand we can see from the graph that 10% of people are disagree and 16% of people are strongly agree that they think there is a connection between crime and video games while 36% of people are neutral regarding the connection between crime and video games.

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The following graph saying that 13% people are strongly disagree and 30% people are disagree that removing violent video games from society will make less aggressive & make life more peaceful. On the other side, 13% of people are agree and 7% of people are strongly agree that it will makes peoples less aggressive and make life more peaceful while 37% people are neutral.



In this graph, the X axis represents the various things that go on the gamers' mind while playing violent video games and the Y axis represents the percentage of people. We can see that, 36% of the gamers think of the strategy formulation, 14% gamers actually observe the character, 28% gamer's think of the skills, 185 gamers thinks about their worst situation in life and 35 people thinks nothing during playing a violent computer/video games.

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So far at and we can say that most of games plays violent computer games for entertainment and passing boring times and most of them like to play action games like Della Force, Call of Duty, Mafia, Gat and so on. From my primary data analysis I have found that most of the people played first time violent video games on their childhood. Some people think that there may connection between crime and playing violent video games and some are neutral about the relation between crime and violent video games. A portion of people said to the survey that the violent video games may reasons for aggressive behavior but that is temporarily.

VII. Secondary Data Analysis

For my research paper I also took information through several journal, articles, newspaper cuttings, and websites and so on. Cause and effects of playing violent computer games is debatable issue. There have been many researches and studies done on these violent video games. Many renowned psychologists saying that there are many both positive and negative effects of playing violent video games. But most of the studies showed that there no direct relationship between crime and violent video games although some psychologists and scholar argued there at least 1% relationship between crime and violent video games. Most of the psychologists believed that violent video games can make a person aggressive and rude. But there is lot of debates confusions regarding playing violent video games and its influences on aggressive behavior. Young peoples, teenagers, children's are mostly plays violent video games. According to Profesor Markman (2010). "I like to be even-handed, though, and so I want to talk about a positive influence of playing action video games on thinking. There is growing evidence that playing action video games increases people's ability to process visual information quickly and to make decisions based on that information. Video games don't make people dangerous; they just make people faster at processing and using visual information. There are some tangible benefits to playing action video games after all(n.p).Anderson (2003) stated that the most widely used "positive" impact video games are said to have on children is that they may improve a player's manual dexterity and computer literacy. Ever-improving technology also provides players with better graphics that give a more "realistic" virtual playing experience. (p. 67)

Some scholars also saying that violent video game also helps to reducing crime rates. According to Benjamin Radford (2008) observation, if violent entertainment caused real violence, logic would dictate that the violent crime rate would have skyrocketed in recent years because the rate of violent video gamers is pretty high. He also observed that, instead of increasing the aggression and the criminal activities, the rate of the criminal activities is decreasing as the rate of the violent video gamers is increasing.

"Violent game playing may be associated with some positive effects, but little evidence exists to link violent game playing with aggression. This is unfortunate because video games are very popular among youth and we should be investigating how to use this powerful medium for positive gains, including the use of games with some violent content, like Re-Mission, a game that involves blowing away cancer cells and infection, as educational tools. Games that are both exciting and fun as well as educational may be a revolutionary development for some children who have difficulty learning through traditional means" (Dr. Ferguson, 2007, n.p) . Violent computer games may prompt aggressiveness in males long after the games a games end. "Young men who played the violent games and thought about their gameplay were the most aggressive; they opted to punish opponents with long, blaring sounds. Women, nonviolent gamers and men who played violent games but were not asked to ruminate were not significantly aggressive" (Bushman, 2010) .According to CNN (2009) , "About 90 percent of U.S. kids ages 8 to 16 play video games, and they spend about 13 hours a week doing so (more if you're a boy). Kids in both the U.S. and Japan who reported playing lots of violent video games had more aggressive behavior months later" (n.p) .

According to bushman (2012) "We found hostile expectations and aggression behaviors increased over time for violent video game playing but not for non-violent video games. People who have a steady diet of playing these violent games may come to see the world as a hostile and violent place. It is impossible to know for sure how much aggression may increase for those who play video games for months and years. Violent computer games can stimulate aggression for an extended period of time" (n.p)

There still huge debates on positive and negative impact on playing violent computer games. Scholars thinks that to find the accurate impact of playing violent games they have to need to do lot research and studies on this topic. But the researcher agreed that spending too many times on playing violent video games obviously not good for health. "It's important to know the long-term causal effects of violent videogames, because so many young people regularly play these games. Playing videogames could be compared to smoking cigarettes. A single cigarette won't cause lung cancer, but smoking over weeks or months or years greatly increases the risk. In the same way, repeated exposure to violent videogames may have a cumulative effect on aggression. It's impossible to determine just how much aggression may build up in

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people who play violent games "(Bushman, n.p.).According to professor Mark Griffiths, "video games can prove to be a distraction for those undergoing painful cancer treatments" (n.p.)

"The surgical skills of surgeons playing video games and surgeons who did not. It was astonishing to know from the results that surgeons playing video games were faster in action and made lesser mistakes during work than those who did not play video games. There are careers building around video gaming. We have programmers working as video game testers and game designers. Those conversant with video games have an edge over those unaware of video games. Video games that include simulation of real world scenarios are becoming popular. The United States has launched a game called America's Army, which reproduces a real wartime experience. It is going to help train the new recruits." (Rosser, 2004, n.p.) . Some researcher says that gaming can be way of learning for the children.

According to the star online (2013) " United States (US) Vice President Joe Biden, who convened a White House meeting after the Sandy Hook school massacre in Connecticut that saw a man gun down children and adults before taking his own life, has said more research is needed on how violent computer games affect users. Most Americans in a recent online survey said they see a link between video games and violent behavior. However, researchers say there is little evidence that playing games can cause users to become violent, and instead have a positive impact. Jive Health, a company founded by university student Dennis Ai, produced a mobile game that encourages children to eat more fruits and vegetables, with the goal of curbing childhood obesity. Even the oft-criticized "shooter games" can have an upside: a University of Toronto study showed that playing shooting or driving videogames, even for a short time, improves the ability to search for a hidden target. Boston Children's Hospital researchers reported that the game can help children with anger problems regulate their emotions. When their heart rate goes above a certain level, players lose their ability to shoot, teaching them skills to keep calm, according to a study published in the journal *Adolescent Psychiatry*.Another game, *Darfur is Dying*, was created by University of Southern California students to raise awareness about Sudan's humanitarian crisis. There are so many ways games can be used to have this kind of impact, and clearly one of the big ways is awareness learning," said Carrie Heeter, of the University of Michigan's Games for Entertainment and Learning Lab.Heeter said that games in her lab helped teach the importance of sanitation, medical disorders and pollution. But there are often unintended results. We have a student from China who was motivated to learn English by playing *Tomb Raider*". Some of the researchers say there is a link between crime criminal behavior or aggressive behavior and violent video games. According Science Daily (2012) "New evidence from Iowa State researchers demonstrates a link between video games and youth violence and crime. Matt DeLisi, a professor of sociology, said the research shows a strong connection even when controlling for a history of violence and psychopathic traits among juvenile offenders. I didn't expect to see much of an effect when we got to serious delinquent and criminal level aggression because youth who commit that level of aggression have a lot of things going wrong for them said DeLisi. The study published in the April issue of *Youth Violence and Juvenile Justice* examined the level of video game exposure for 227 juvenile offenders in Pennsylvania. The average offender had committed nearly nine serious acts of violence, such as gang fighting, hitting a parent or attacking another person in the prior year. The results show that both the frequency of play and affinity for violent games were strongly associated with delinquent and violent behavior. Craig Anderson, Distinguished Professor of psychology and director of the Center for the Study of Violence at Iowa State, said violent video game exposure is not the sole cause of violence, but this study shows it is a risk factor.''

At the of the secondary data analysis we can see that there is so many different arguments of study and research about effects of playing violent computer or video games. There is both positive and negative side effects of playing violent video games.

VIII. Conclusion

After working on research paper from two months regarding various & different journal's, articles, blogs, websites and analyzing the survey I came to a decision that there is both positive and negative effects of playing computer games. There are much debate of the relationship between violent video games and aggressive behavior. The negative effects are like that can make a person's behavior rude and its positive side is that violent video games can be enjoyable source of entertainment and fun. But still there is no 100% accurate data or evidence that violent computer games encourage gamers to involve in crime.

IX. Recommendation

At the end my recommendation will be we need to do lot research and examination that how playing violent video games can affects us. Still that is debatable issue around the world and many psychologists researchers still trying to figure out the right impacts of playing violent computer games.

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X. Limitations of Research

During the process of working for my research topic I have faced many limitations and problems. The secondary resources available for the relevant topic are insufficient. Almost no books and journals are available in the local libraries. Most of the data and information I collected from different websites and online newspapers. Therefore, the researchers, psychologists and scholars are not 100% confirmed about the effects of playing violent games. If I had more time to work on this project, I would have done research on the topic more extensively, collected more reliable sources of secondary data and improve the overall quality of the research paper.

XI. Acknowledgement

First thank my mentor Dr Deena P. Forkan. Without her instruction, this research paper would never have been possible. I also like to thank my family and friends who helped me in my time of need to do this research paper.

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Appendix A

Target Group: Male and female, with their age ranging from 12 to 25 years.

Age……□ Male

□ Female

Instruction: Please ticks (√) mark the most appropriate answer. Please choose only one answer.

1. Which type of games is more preferable for you or you play most?
   (a) Sports
   (b) Action
   (c) Racing
   (d) Simulation
   (e) Others
2. How often do you play violent computer/video games?
   (a) 30 Minutes
   (b) 1-2 Hours
   (c) 3-4 Hours
   (d) 5-6 Hours
3. What would be your main reason for playing violent computer/ videogames?
   (a) Boredom
   (b) Hobby
   (c) Entertainment
   (d) Training
   (e) Relief of frustration
4. What attracts you to purchase a computer or video game?
   (a) Violence
   (b) Entertainment
   (c) Characters
   (d) Sexual role or Adult Content
   (e) Comedy
   (f) Education
5. When was the first time you ever played a game that was classified as violent or adult?
   (a) -9
   (b) 10-12
   (c) 13-15
   (d) 16-18
6. Do you think playing violent video games actually has any positive effects?
   (a) Strongly Agree
   (b) Agree
   (c) Neutral
   (d) Strongly Disagree
   (e) Disagree
7. Do you think violent computer games provide any type of information?
   (a) Yes, its provide information like Country, History, War and so on.
   (b) No, Violent Games Don't provide information.
8. In your opinion, do you feel that playing violent computer games develops permanent violent behavior over time or just brings out violence that is being suppressed temporarily?
   (a) Develops violent behavior permanently
   (b) Brings out violence that is being suppressed temporarily
   (c) Neither

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9. I think there is a connection between crime and video game.
   (a) Strongly Agree
   (b) Agree
   (c) Strongly Disagree
   (d) Disagree
   (e) Neutral
10. Do you think that removing violent video/computer games from society will make people less aggressive and make life more peaceful?
   (a) Strongly Disagree
   (b) Disagree
   (c) Neutral
   (d) Agree
   (e) Strongly Agree
11. What goes on in your mind while playing violent video/Computer games?
   (a) Strategy Formulation
   (b) Observe the Character in games
   (c) Skill
   (d) Thinking about your worst situation in life
   (e) Nothing

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