

Impact of Violent Games on Mental Health

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INTRODUCTION

In this world of revolution of technology people have access to every access of entertainment and information. Bygone computers were only source of working on station or laptop but nowadays smart cellphones are full of specs for working for your office, college or any particular task but when it comes to entertainment smart phones nowhere less than anything. Cellphones have almost every source of entertainment which is from social media to YouTube or any other site of any specific entertainment. Smart phones offer games on Ios and Android worldwide with different features.

Cross-sectional look into analyzing the connection between violent computer games and animosity fall into two unmistakable classifications: correlational and trial. The run of the mill correlational investigation around there asks members to initially portray their computer game playing propensities and afterward self-report emotions or practices identified with hostility and viciousness. For instance, Anderson and Dill (2000) found that inclination for violent computer games was identified with self-revealed forceful wrongdoing. Most of studies utilizing a cross-sectional correlational structure have discovered that people who play or favor violent computer games will in general express unfriendly or forceful propensities (for audits see Anderson and Bushman, 2001; Anderson, et al., 2010; Ferguson, 2007; Sherry, 2001). Such discoveries propose a connection between violent computer games and hostility yet give no reasonable sign of the causal bearing of this connection.

So as to all the more likely analyze whether playing violent computer games causes increments in forceful conduct and insights, various examinations have utilized trial control and irregular task inside the lab setting. Albeit each examination utilizes a somewhat extraordinary technique, most include having one gathering of members play a violent computer game (e.g., Mortal Kombat, Doom, and so on.) and another gathering play a peaceful computer game (e.g., Tetris, Top Spin Tennis, and so forth.) for a brief timeframe (e.g., 15 minutes). Following playing the relegated computer game, the forceful comprehensions or practices of the members are estimated. Analysts utilizing this system have discovered that people who play violent computer games are bound to open others to "clamor impacts" (an uproarious sound which rebuffs others with a bothering commotion; Anderson and Dill, 2000), report feeling progressively antagonistic on a poll, give longer jail sentences to speculative hoodlums, support forceful considerations on a

survey (Anderson and Dill, 2000), and in any event, giving hot sauce to theoretical people who don't care for fiery nourishment.

Most of exploratory ponders connecting violent computer games to animosity have surveyed animosity and antagonistic vibe following a member played a violent computer game. A few inquire about thinks about have as of late been led to look at whether the negative impacts of violent computer games last past this restricted time allotment (c.f., Anderson et al., 2014).

In the world where mental health is being on of sensitive issues these games has been playing a very important role, in this research paper I will share how the games effect and how are their impacts on mental health.

When it comes about games , some of them has positive effect but some has serious effect on anyone's mind , few of very famous violent games has been viral and famous to be found in everyone cellphone has observed a change in many peoples mental health.

Violent games has created addiction among every age of group specially youth, it has been ruining them in every way of lifestyle.

They might be very good at game intelligence but not really good academics and not face sleeping disorders.

I would like to indicate that how these games are effecting human behavior to its performance in daily life by proper references of researchers.

This paper will discuss that how the addiction of violent games impact is going outside the bedrooms and comforts with their impacts.

This paper will lead to conclusion and problems which addiction face with how these things can be resolved.

LITERATURE REVIEW

As the prevalence of violent video games increments, many concerned guardians and officials are attempting to lawfully limit the buy or rental of these grown-up situated games from minors. Various states have attempted to sanction violent video game enactment, yet all such laws have been toppled by the courts as an infringement of First Amendment rights. This exposition talks about why both state and nearby governments have been entirely ineffective in confining minors' entrance to violent video games and the severe examination prerequisites that must be met to restrict an individual's First Amendment rights. At long last, this exposition gives proposals to zones that must be explicitly routed to lawfully confine minors' entrance to these grown-up situated games.

The issue of kids' introduction to violent video games has been a wellspring of significant discussion for a very long while. Questions persevere whether kids with previous emotional well-being issues might be affected antagonistically by introduction to violent games, regardless of whether other kids are most certainly not. We investigated this issue with 377 youngsters (62 % female, blended ethnicity, mean age = 12.93) showing clinically raised consideration deficiency or burdensome side effects on the Pediatric Symptom Checklist. Results from our investigation found no proof for expanded tormenting or reprobate practices among youth with clinically raised emotional well-being indications who likewise played violent video games. Our outcomes didn't bolster the speculation that kids with raised psychological well-being side effects comprise a "powerless" populace for video game savagery impacts. Suggestions and recommendations for further research are given.

Games have become a consistently expanding piece of numerous young people's everyday lives. Combined with this wonder, reports of inordinate gaming (PC game playing) named as "PC/video game dependence" have been examined in the mainstream press just as in later logical research. The point of the present examination was the examination of the addictive capability of gaming just as the connection between exorbitant gaming and forceful frames of mind and conduct. An example including 7069 gamers addressed two polls on the web. Information uncovered that 11.9% of members (840 gamers) satisfied symptomatic criteria of habit concerning their gaming conduct, while there is just powerless proof for the suspicion that forceful conduct is interrelated with inordinate gaming by and large. Aftereffects of this examination add to the suspicion that additionally messing around without fiscal reward meets criteria of fixation. Henceforth, an addictive capability of gaming ought to be thought about with respect to aversion and intercession

RESEARCH QUESTION

This research paper has brought few questions which will rise to the information about the research.

The question which is stated after this research is :

Q. What is the impact of violent games on mental health of youth in Pakistan between the ages of 22-32?

OBJECTIVES

The goal of research is to rise issue which has been ignored and not taken seriously from a long time, mental illness has been a serious concern in these days and if we want to safe our coming generations we need to address it properly. Screening of device is itself very dangerous to any humans health further addiction of games specially violent games can disturb mental health to

which makes their future fragile so it is also very important what things are making them to getting interested in smart cellphone games not outdoor activities. And to measure that how its changing behavior of youth and also what can be government can do about, that how legal actions can be taken to take is addiction down.

Another point which I want to raise in this research is to know how much time they spent and how these addictions are effecting their academics results.

Significance of study

This study contributes by the following:

- iv. The study has contributed to the available knowledge on violent games and mental health of youth and fill the gap on the relationship between these variables.
- v. The results of this study are expected to help parents and youth in enhancing mental health.
- vi. The findings of this study can be interest to scholars and academicians who may wish to use the findings of this study as a basis for further research on this subject.
- vii. The present results thus provide strong evidence against the frequently debated negative effects of playing violent video games in adults and will therefore help to communicate a more realistic scientific perspective on the effects of violent video gaming.
- viii. This research will also help to individuals that how their life is getting isolated by using more smartphones especially violent games.

Limitations

- The limitations of the study include the shortage of time to find and analyze the relevant literature regarding the topic.
- Response from the people was quite slow.
- Some of them argued that Questionnaire is not flexible but literature believes that they were in denial.

Methodology

The methodology process is being used by Google survey and personal interaction with youth of 22-32 age. There was questionnaire of almost 12 questions to know about their usage of smartphones and interaction to games especially violent games.

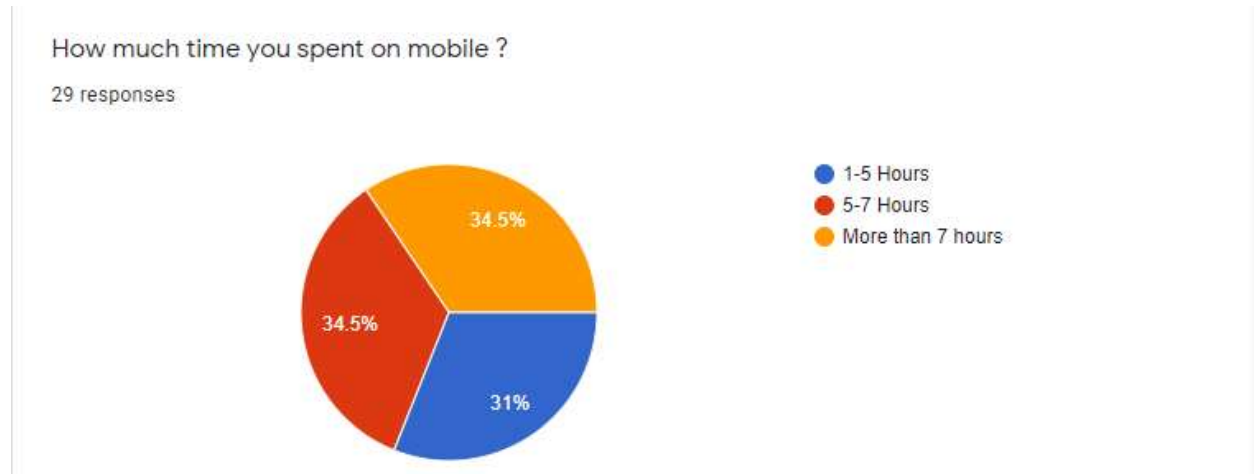
Data Collection

Data has been collected through purposive sampling technique and choosed youth in the age of between 22-32, which is type of non-probability sampling technique. Purposive sampling technique will be used because data will be randomly collected from youth residents in Pakistan. A sampling technique is the name or other identification of the specific process by which the

entities of the sample have been selected. There are lot of sampling techniques are used to collect data. For this research Google survey has been used

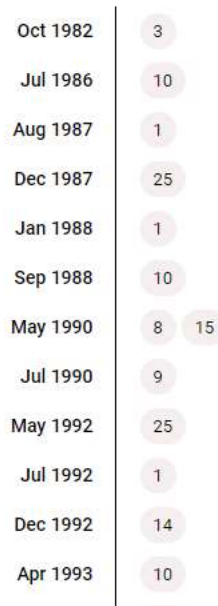
Data Analysis

- First concern for this research was to know that how much time is youth using on cellphone and following graph shows about usage of cellphone.



- As this research was focused on youth , researcher collected age group of people answering to the questionnaire

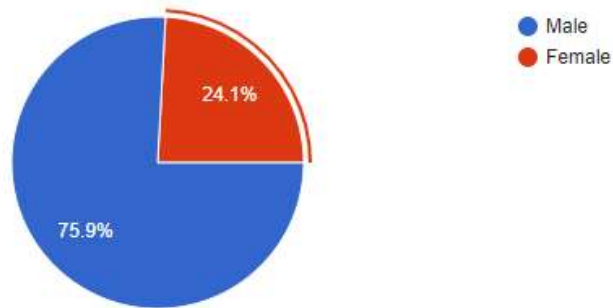
What is your Age ?
29 responses



- This questionnaire was not focused on specific gender, it was approached to both of them but most of replied was from male.

What is your gender ?

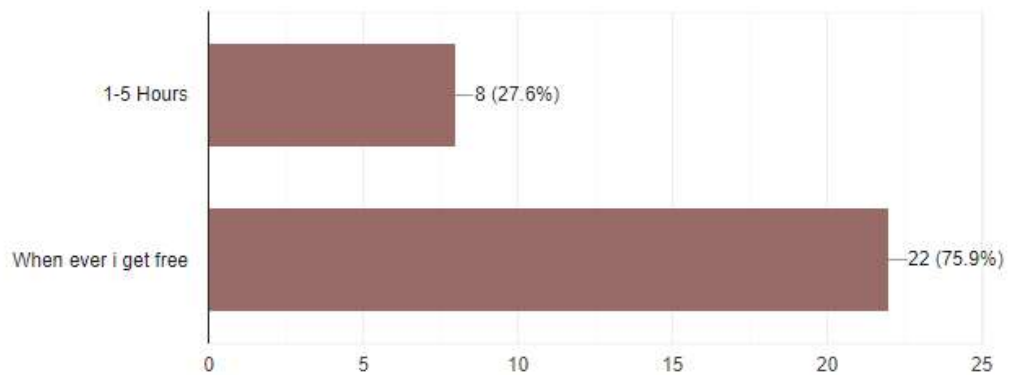
29 responses



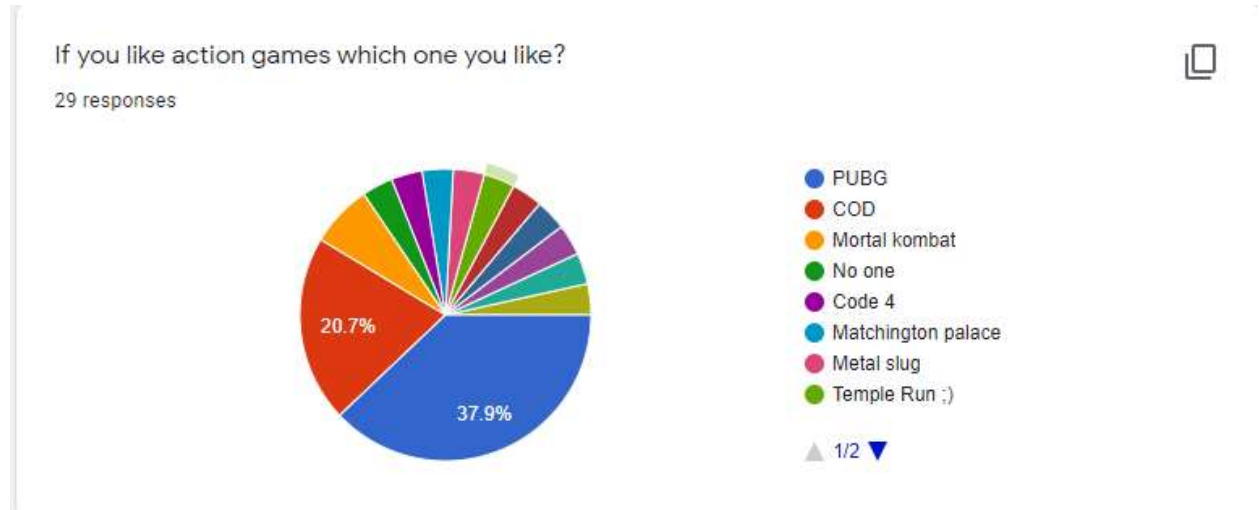
- In a free time most of responders were not involved in free activity but smartphones

How much time you spent for game on mobile phone ?

29 responses



- When they were asked to choose between action games and given even to specify other option, most of them choose action games and even specified different other action games.



Discussion

Basically, research was started because of awareness of a topic which has been ignored

For quite long time now. Our young youth has been engaged in indoor games and are getting unhealthy specially by smartphone games. In smartphone games, violent games are getting more popular specially by their feature of getting server connected to each other of their friend circle internationally. So for the awareness of consequences and after effects of addiction were important. First to rule out that between the people of research is whether they have good healthy lifestyle or not, they spent free time in gym or with family or smartphones.

Results

These are the following results observed

- 6- According to result within 29 persons it was observed that male students are more attracted towards games
- 7- It was observed that almost every other person who responded spent more than 5-7 hours or even more than 7 hours on smartphones.(Shown in Graph Figure)
- 8- Responders also responded that they spent their free time on smartphones or games after getting free from work.
- 9- Most of responders preferred action games in comparison to outdoor or puzzle games within smart phones.
- 10- When they were given choices to select between action or other (mention) majority of those games were violent games.
- 11- Some of responders feel that thrilling makes them entertained in violent games.
- 12- Sleep disorder has been observed too by responders.

Conclusion

In the world of technology and advancement we have approach for everything, we can have knowledge or research for anything or even cure of something. Whereas approach for everything is dangerous too our youth of 22-32 are not having clear vision and focus of how to use technology. They don't but they spent their most of free time on cellphones beside that they are getting addicted to the violent games which is very dangerous for their future and even society. These violent games are affecting their behavior and their reflection to the world in a different way. Recently some of terrorists were influenced by very famous game PUBG and attacked in New Zealand on certain group of people (Muslims), attack was planned as it is in the game. Responsibilities comes to parents and elders to this youth to monitor what are they getting attracted to or are they facing nay mental challenge which they try to make relax by playing such games. Government should also ban these sort of games which leaves a great impact of youth. Due to these games sleep disorder has been very common in my research it clearly mention the sleep disorder among youth.

There should be age set for the children to get registered to online Operating system of cellphones or should even give cellphone at certain age.

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