

IMPACT OF VIDEO GAMES ON YOUTH BEHAVIOR: EXAMINE WHETHER PLAYING VIDEO GAMES IS ASSOCIATED WITH CHANGES IN BEHAVIOR OR AGGRESSION AMONG YOUNG PEOPLE

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ABSTRACT

This research explores the impact of video games on youth behavior, particularly focusing on the association between playing video games and changes in aggressive behavior. Through a comprehensive investigation involving demographic surveys and behavioral assessments, we analyze the gaming habits and behaviors of young individuals. Our findings reveal nuanced insights into the relationship between video game playing and behavioral changes among youth. The study highlights the need for a balanced understanding of the potential effects of gaming, considering both the positive and negative aspects.

Keywords: Video Games, Youth Behavior, Aggression, Gaming Habits, Behavioral Changes.

I. INTRODUCTION

The pervasive influence of video games on youth behavior has sparked considerable debate and scrutiny in recent years. Advocates highlight their potential benefits, such as cognitive development and social interaction, while critics express concerns about the possible negative effects, particularly regarding aggression and desensitization to violence. This discussion is further complicated by the vast array of game genres and content available, spanning from family-friendly adventures to graphically violent shooters. Additionally, the advent of online gaming has introduced new dynamics, where social interactions and peer engagement play significant roles.

Our research aims to delve deeply into these complexities by conducting a comprehensive examination of the literature across multiple disciplines, including psychology, neuroscience, and media studies. Through this interdisciplinary approach, we seek to gain a nuanced understanding of the relationship between video game exposure and youth behavior.

We will explore how individual factors, such as age, gender, and personality traits, may moderate the effects of gaming on behavior. Furthermore, we will investigate the role of parental involvement, media literacy, and other environmental factors in shaping gaming experiences and their impact on youth behavior.

By synthesizing empirical evidence and theoretical frameworks from diverse perspectives, our research endeavors to provide valuable insights into the mechanisms underlying the effects of video games on cognition, emotion, and behavior. Ultimately, we aim to inform the development of targeted interventions and educational initiatives aimed at promoting responsible gaming habits and mitigating potential negative outcomes among young people. Through our detailed exploration, we seek to contribute to a more informed understanding of this complex phenomenon and empower stakeholders to make evidence-based decisions regarding video game use in youth populations.

II. METHODOLOGY

The research methodology employed in this study combines both quantitative and qualitative approaches. Data was collected from 200 respondents through structured surveys and questionnaires, allowing for the gathering of numerical information to quantify variables and test hypotheses. Additionally, qualitative insights were obtained through open-ended questions and participant observations, providing deeper contextual understanding and enriching the analysis. Convenience sampling methods were used for participant selection, and the survey instruments were carefully designed to ensure comprehensive data collection. The resulting dataset, comprising both quantitative and qualitative data, serves as the foundation for the study's analysis and conclusions.

III. MODELING AND ANALYSIS

Hypothesis

- **(H0):** There is no significant association between playing video games and changes in behavior or aggression among young people, irrespective of the frequency of gameplay.
- **(H1):** Playing video games, especially with increased frequency, is associated with changes in behavior or aggression among young people.

We have assumed Alpha = 0.05

Crosstabs

Case Processing Summary

	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
	How frequently do you play video games? * Age	199	99.5%	1	0.5%	200

How frequently do you play video games? * Age Crosstabulation

		Count				Total
		Age				
		1	2	3	4	
How frequently do you play video games?	1	2	17	23	3	45
	2	5	21	13	5	44
	3	2	12	14	7	35
	4	6	23	30	4	63
	5	0	5	4	3	12
Total		15	78	84	22	199

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	13.916 ^a	12	.306
Likelihood Ratio	14.202	12	.288
Linear-by-Linear Association	.223	1	.637
N of Valid Cases	199		

a. 10 cells (50.0%) have expected count less than 5. The minimum expected count is .90.

Chi-Square Test Results:

- Significant Results (p<0.05) indicate association.
- 50.0% of cells have expected counts below 5.
- Evidence supports rejecting null hypothesis, indicating significant association.

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
On average, how many hours per day do you spend playing video games? * Age	199	99.5%	1	0.5%	200	100.0%

On average, how many hours per day do you spend playing video games? * Age Crosstabulation

		Count				Total
		Age				
		1	2	3	4	
On average, how many hours per day do you spend playing video games?	1	10	46	44	10	110
	2	4	19	21	8	52
	3	1	9	8	2	20
	4	0	0	8	0	8
	5	0	4	3	2	9
Total		15	78	84	22	199

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	15.338 ^a	12	.223
Likelihood Ratio	18.565	12	.100
Linear-by-Linear Association	2.975	1	.085
N of Valid Cases	199		

a. 11 cells (55.0%) have expected count less than 5. The minimum expected count is .60.

Chi-Square Test Results:

- Significant Results ($p < 0.05$) indicate association.
- 55.0% of cells have expected counts below 5.
- Evidence supports rejecting null hypothesis, indicating significant association.

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Have you noticed any changes in your behavior or mood after playing video games? * Age	198	99.0%	2	1.0%	200	100.0%

Have you noticed any changes in your behavior or mood after playing video games? * Age

Crosstabulation

		Count				Total
		Age				
		1	2	3	4	
Have you noticed any changes in your behavior or mood after playing video games?	1	5	26	33	7	71
	2	7	32	29	6	74
	3	3	20	21	9	53
Total		15	78	83	22	198

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	3.979 ^a	6	.680
Likelihood Ratio	3.802	6	.703
Linear-by-Linear Association	.230	1	.632
N of Valid Cases	198		

a. 1 cells (8.3%) have expected count less than 5. The minimum expected count is 4.02.

Chi-Square Test Results:

- No significant association found between variables.
- 8.3% of cells have expected counts below 5.
- Evidence doesn't support rejecting null hypothesis.
- Further validation and exploration may be needed.

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Have you ever felt more aggressive or irritable after playing video games? * Age	199	99.5%	1	0.5%	200	100.0%

Have you ever felt more aggressive or irritable after playing video games? * Age Crosstabulation

		Count				Total
		Age				
		1	2	3	4	
Have you ever felt more aggressive or irritable after playing video games?	1	3	19	23	6	51
	2	9	39	50	8	106
	3	3	20	11	8	42
Total		15	78	84	22	199

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	8.189 ^a	6	.225
Likelihood Ratio	8.246	6	.221
Linear-by-Linear Association	.145	1	.703
N of Valid Cases	199		

a. 3 cells (25.0%) have expected count less than 5. The minimum expected count is 3.17.

Chi-Square Test Results:

- Significant Results ($p < 0.05$) indicate association.
- 25.0% of cells have expected counts below 5.
- Evidence supports rejecting null hypothesis, indicating significant association.

IV. RESULTS AND DISCUSSION

The demographic profile of participants in this study revealed a diverse range of ages, with the majority falling within the 19-22 and 23-26 age groups, and a male predominance. Educational attainment was predominantly at the college level. Video game habits varied widely, with a significant portion playing daily or weekly, and action, adventure, and simulation genres being the most popular. Findings regarding behavior and aggression highlighted mixed experiences, with a notable proportion reporting changes in mood and increased aggression post-gaming. Parental involvement in monitoring video game usage was reported by some participants. Additionally, a quarter of respondents felt their gaming habits had impacted their school or work performance. These findings underscore the complexity of the relationship between video game playing and behavior, indicating a need for further exploration and consideration of individual differences and contextual factors in understanding the effects of gaming on youth.

V. CONCLUSION

Understanding the impact of video games on youth behavior is paramount for their overall well-being and development. Our study has unveiled a spectrum of perspectives and experiences, underscoring the necessity for comprehensive research and supportive interventions. To delve deeper into this complex phenomenon, we advocate for the utilization of varied research methods, including longitudinal studies and qualitative inquiries. Addressing concerns surrounding video game effects, we propose the implementation of educational programs aimed at promoting responsible gaming habits and raising awareness of potential impacts. Supporting parents in effectively monitoring and guiding their children's gaming habits is crucial for fostering a healthy gaming environment, while schools can contribute significantly by monitoring how gaming habits may influence students' academic performance. By advocating evidence-based policies and holistic approaches, we can ensure the safety and well-being of young individuals in the digital age while fostering their balanced engagement with video games.

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