**INTRODUCTION:**In this case study the problem under discussion is how playing violent video games increases aggressive emotions in children. Moreover the case study explains how playing excessively causes difficulty in controlling the amount of time children spend playing, which in turn affects their sleep.  
  
**BACKGROUND:**The case we are analyzing discusses the negative impacts of playing violent video games for long periods of time. The most dangerous effect of this is that it basically eradicates the fear that a human being has towards any violent activities. After spending hundreds of hours in simulations which are based on extremely harsh environments and survival situations, the children develop a psychology that says that killing someone is normal. These games basically decrease the value of any living thing or in this case, devalues the importance of a human life in the hearts and minds of the youth. These also become the root cause of other problems among the teen. The American Psychological Association (APA) conducted a survey that shows that these games create psychological symptoms, maladaptive coping strategies, negative affectivity, low self-esteem, a preference for solitude, sleep deprivation, and poor school performance in both genders. They also lead the youth to revolt against their parents.  
  
**ALTERNATIVES:**First alternative to the problem can be to engage the children in outdoor activities. This way they will take more interest in physical games such as cricket, tennis, football and wouldn’t have enough time to spare for the video games. It will also improve their physique and will make them more social. Another alternative is to ask the game developers to create a time restriction program in all the games. This way the players can only play the game for a fixed amount of time in a day and when it's full, they shouldn't be able to access the game until the next day.  Third alternative can be to increase the awareness in the youth and help them fully understand the real dangers of long term excessive gaming of violent video games. This way they will better understand the urgency of the matter and will try to control their addiction towards gaming.  
  
**PROPOSED SOLUTION:**In my opinion, the second solution is the most realistic and most influencia solution. The reason is in the first solution although the kids might also be engaged in physical activity but there is no guarantee that this will decrease their time and in the third solution, even raising awareness might prove fruitless, they are kids and will never really truly understand the full severity of the matter. By restricting the gameplay time, not only will it ensure the decrease in game time and the decrease in time being wasted by the children, but will also save them from numerous psychological and physical illnesses.  
  
  
  
**RECOMMENDATIONS:**The game developers should create a built-in time checker program that monitors all the online hours of the players and keeps an eye on the total no of hours the player is playing the game in a day. When the player’s gaming hours exceed a certain amount of time, the game automatically gets locked for the rest of the day and gets unlocked the next day.