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<div align="center">Researched Position on Video Games</div>

For decades, people have been playing video games. They went from arcade machines to consoles and even handheld devices. Video games are loved all around the world and everyone and anyone can play them. Most recently, scientists and researchers have noticed that video games can be harmful and effective to people in different ways. Especially to the younger audience because they have so much free time, that they play for hours on end. So the question that everyone asks is, does playing video games as adults, youths and other age groups have a negative or positive effect on their mind, body, health and appearance. I believe that with people playing long hours of video games, there will be a negative outcome, but with time management skills and noticing what they are doing on the game. It can be a fun way to hang out with friends, and communicate with them.

Playing video games can always be fun, but the negative parts of playing them can actually be permanent. For example, an old saying that was told to everyone as a young kid was "don't look at the screen for too long or you will go blind". This is actually true. Looking at a blue light for too long can mess up your eyes, so what eye doctors made up a rule that people don't have to follow but it is better for your eyes if you do. It is called the 20/20 rule. Meaning if you look at a screen for 20 minutes, you look away for 20 minutes. Researchers have actually done the studying and conducted experiments to see what would happen to people while playing video games. At the start of the research, people were saying that they want to have video games

have a positive outcome to prove people wrong about them. According to Anderson, C A A, "One possible contributing factor is violent video games. Harris and Klebold enjoyed playing the bloody, shoot-'em-up video game Doom, a game licensed by the U.S. military to train soldiers to effectively kill"(772). This was the start of the hypostasis to see if playing violent video games can make a person violent. By the end of Anderson's research, they concluded that "laboratory exposure to a graphically violent video game increased aggressive thoughts and behavior" (772). Meaning that playing these violent video games can make a person violent. Anderson made another research about violent video games effects aggression, empathy, and prosocial behavior. He stated that "You're not just watching the characters on screen; you're becoming those characters"(151). This is very intriguing because kids and even some older people look at these characters and see how cool looking they are and how tough they act and want to be like that specific character. His way of finding this theory was "Meta-analytic procedures were used to test the effects of violent video games on aggressive behavior, aggressive cognition, aggressive affect, physiological arousal, empathy/desensitization, and prosocial behavior" (152). Andersons final results were in the end upsetting. The article reads, "Exposure to violent video games was significantly related to higher levels of aggressive cognition, regardless of research design or conservativeness of analysis" (164). These negative effects by Anderson really were conducted correctly and found an outcome that made sense. But according to Evans, Michael A et al, he made this article to see the effects of video games will affect the youths' learning and engagement. Evans wanted video games to reach a positive outcome, "Positive effects on engagement, which can increase probability of mathematics proficiency, have been reported in the literature"(98). Evans also said that many adolescents play video games. For example, "It is not hard to "link" video game playing with violent acts if one wishes to do so, as one video

game playing prevalence study indicated that 98.7% of adolescents play video games to some degree"(310). The hypostasis and everything wanted to be positive, but when they got their answer, "strengthened our view that technology in and of itself is not the solution to drawing and maintaining student interest"(104). All in all, the more video games a person plays, the more their mind will change and make them change their personality.

Most of the people that play video games and violent ones are children. Young boys to be precise. According to Konijn, Elly A, Marije Nije Bijvank, and Brad J Bushman,"Adolescent boys who look to the mass media for role models will find plenty of tough male warriors who solve problems using aggression, show no remorse for their aggressive actions, and are rarely punished for behaving aggressively"(1038). They think that if kids see this type of violence and cool characters along with them, they would want to become them. Konijin was right in the end. The results were, "identifying with violent video game characters makes players more aggressive. Players were especially likely to identify with violent characters in realistic games and with games they felt immersed in"(1038). Video games were made so that people can have fun, but young boys see these games and like to play them because of the gun violence and "cool" things they see on the game, but according to Weis, Robert, and Brittany C Cerankosky, they said that, "violent video games might prime immediate aggressive behaviors and make them more accessible and appealing to children over time"(463). which is very true because kids nowadays all they are doing is playing these games. Game studios have made these games for older people. They see that the younger audience is buying copies of the games, so what they do is they have settings where parents can control what kids do and play on the game. In the end, parents don't care for it all that much so they let their kids see this violence. Playing this many video games can not only affect their mind, but also their education.

While playing video games, there can not only be negatives, but positives as well. For example, playing certain video games can make a person have better communication with a team, they can gain a higher IQ with different strategies that can help them win and all around they can have fun while playing these games. People have actually done the research to see if playing video games can have a positive outcome. I feel like not only myself but these people that did these articles feel the same way that video games get too much negative feedback. An article was made by Suleiman‑Martos, Nora et al. Suleiman said, "Technological advances may offer viable alternatives to traditional exercise programmes, for example, through game- based interventions"(1229). Due to the advances of these video games and technology, people can workout while playing video games. In the end, her results showed, "Physical exercise from participation in active video games has beneficial effects on two clinical parameters (Gait speed and Timed up-and- go) in independent community-dwelling older adults" (1228). Not only Suleiman, but an article made by Greitemeyer, Tobias, and Christopher Cox. They wanted to see if playing cooperative video games can make a whole team cooperative and communicate. They said in their article, "Cooperative video game play is characterized by goals that are positively linked in that one player only attains her/his goals when other players also attain their goals. The present research addresses whether playing a video game cooperatively in a team (relative to single play) increases subsequent cooperative behavior in a mixed-motive social dilemma"(224). Their results were saying the people they got to work together can cooperate came together and were communicating as a team. "The present findings provide encouraging evidence for the idea that cooperatively playing a neutral video game increases subsequent cooperative behavior in a mixed-motive decision dilemma"(225). All in all, there can be positives to playing games. As I

said before, if you manage your time wisely and take care of yourself, you'll be fine with no negatives.

People say that children playing video games can be bad for them. With the right games and the people they play with, there can be many positives. For example, people with cerebral palsy sadly can't do too much. Especially children with cerebral palsy. Researchers like Tarakci, Devrim et al wanted to see if a game called "Nintendo Wii-Fit could help children with mild cerebral palsy. A study was done with, "30 ambulatory pediatric patients (aged 5–18 years) with CP. Participants were randomized to either conventional balance training (control group) or to Wii-Fit balance-based video games training (Wii group)" (1044). This was a great experiment to try to see if these kids could try and get exercise and see if the mild cerebral palsy can be cured. The results in the conclusion were, "Four patients dropped out from the CG and four patients dropped-out from the WiiG; a total of 30 patients completed the study. The patients consisted of 12 diplegic type CP, 14 patients with hemiplegic type CP, and four patients with dyskinetic type"(1044). However, certain video games can do damage to a child's mind, but with the correct parenting and if they play the right games. Kids can actually be smarter and get exercise with these games.

Video games have been around for a long time. It is a way for anyone of any age to have fun with friends or by themselves. But others take playing video games to the extreme and that's why people like scientists, researchers, and others see only the negatives about games. Hopefully others don't only see the bad in them but also the good. People that play an unhealthy amount of video games should take this information and start to limit themselves before their mind and body end up being unable to save.

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