What are the psychological affects on modern computer games on teenagers in an American society?

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Introduction to the theory

I have a theory based on the psychological impact of video games. This will be based on the age ranges between 13-23 years of age. I will be going in depth of that these videos may be cause behavioral problems. This paper is based on a hypothesis that teenagers are both wasting their time for some false source of achievement instead of working on their education or hobbies. I will be going through different titles below on my persuasion techniques that game developers use to get you sucked into playing a video games. My prediction is that we are being challenged by video games, it has been proven that they are changing all of us differently, improving reaction time and making internet apart of everyone's life. I personally think that we are going to see a lot of addictive attributes in people who do play video game. I think that people who play a lot of online multiplayer games generally look for a false sense of achievement from video games. An example of this is the leveling systems in the majority of MMO RPG video games. Before video game consoles really became popular at the home, arcades was the most dominating thing in the gaming market. People and kids would swarm to a local arcade to play video games. While doing this there was a huge social element in this. The majority of these people would go to these arcades in a small group of friends in an attempt to knock someone off the scoreboards and this is where it was also a challenge to get onto the top leader boards.

This is an accurate time timeline of the history of video games from 1970-1989. This does not take to account prototype consoles. As you can see from the timeline manufactures really got releasing these video game console in the year 1977. This is when the development of video game consoles really picked up and the world had a new outlet to release anger and stress. This made it easy for people because it allowed them to have time to relax and enjoy a challenging game. I want to also cover the topic of social anxiety and whether or not computer video games are causing us to feel this way. I am aware that online multiplayer games have added a huge social aspect to video games. The majority of people I have been in contact with say that the only type of gaming they do is multiplayer gaming.

The gaming market is a vastly growing market that has continued to grow to this current date and probably into the future. The video game market has come to overpass the film industry, which is a huge leap from small local arcades. Now a lot of video games are developed to be played on mobile devices as well as full specification hardware. This makes gaming mobile and more accessible to everyone with a current up to date smartphone. Many games have gain a lot of popularity from the mobile phone market, for example Angry Birds is one of the big sellers on the application stores built into mobile operating systems. That one game that was released into the app store in 2012 made £200 million which of £71 million of that was profitable.

The gameboy was one of the first innovations in portable video game systems. Nintendo changed the whole video game market with the release of the gameboy. It made a lot of manufactures rethink about the consoles they was making. The company that made the game boy went above and beyond just making the game boy they went as far to refine and improve the product to the game boy advance. Some of the marketing strategies that these companies have came up with to make the gaming systems seem more appealing to the consumer is astonishing. Using any of the new consoles as an example they make 0% profit of the actual consoles because they have made all of the money and profit off the games made for these systems. These manufacture make millions of these consoles each year and then make a financial lose with them because they
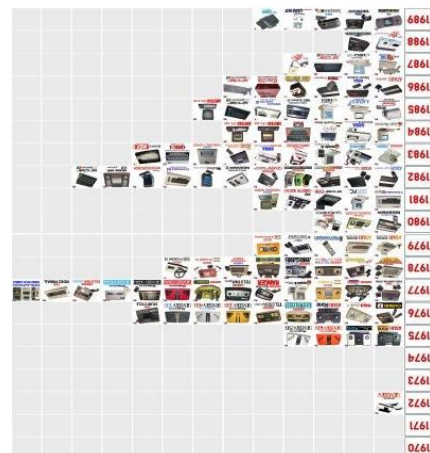
can guarantee that they will make that back in through the games they produce for the system.

The popularity and the money made by these gaming consoles is constantly growing and a lot of companies plan to contribute to that market, for example amazon a online shopping company has released a tv accessory and by them adding a app store and support for light gaming gets the attention of the market. Now just from that one market thousands of gamers are able to play cheap mobile games on their TV's. Even MIcrosoft primarily a computing company squeezed their way into the market with the xbox and now sell millions of them each year. There are a small market for computer parts for those gamers who would like to build their own system, so they can ensure the security of the system but also the build quality. Everyone in this market is trying to beat the other in pricing so they can appeal to consumer since they are all offering a lot of similar features.

Gaming now in this current generation of consoles, is all about multiplayer and online subscriptions. Sony currently have the PS4 and Microsoft have the Xbox One. These are the most popular video game consoles right now on the market. The next innovation that these companies are investing in is virtual reality. It is a first person experience that puts the gamer in the main character's shoes. This gives player the feeling that they are the main character and allows them to take on the role and challenge of the game in a more emursive experience. There are loads of different genres of games from massive online multiplayer to 2d side scrollers. Game developers would often come up with a blend of genres and categories that their game fits within.

This is an infographic from a popular website that discusses finance in today's economy. As you can see there is a lot of money made by these companies. I personally think that most of the money that is invested into these companies are made by them selling false sense of achievements through online leveling up systems like on World Of Warcraft. There is also the argument of DLC and Micro-transactions being necessary. I personally think that it is acceptable for some indie developers to use them for some special items within a game but when huge companies like EA does it for one of their most popular game I think that they are attempting to make as much money as possible off of their own customers. This is how some gaming companies make their reputations. If you treat your fans well they will want to fund your projects

OVERALL UK GAMES MARKET VALUE: £4.19bn | MCV | ukie

£1.224BN	£904M
DIGITAL CONSOLE AND PC	BOXED SOFTWARE
UP 13.2% (REVISED 2014: £1.081BN)	DOWN 3.3% (2014: £935M)
Source: IHS	Source: GfK Entertainment

£664M	£689M	£6.2M
MOBILE GAMING	CONSOLE HARDWARE	EVENTS
UP 21.2% (2014: £548M)	DOWN 24.7% (2014: £915M)	UP 12.7% (2014: £5.5M)
Source: IHS	Source: GfK Entertainment	Source: MCV Estimates

£62.3M	£6.9M	£16.3M
TOYS	MOVIES AND SOUNDTRACKS	BOOKS AND MAGAZINES
DOWN 9.7% (2014: £69M)	UP 26.9% (2014: £5.4M)	DOWN 29.1% (2014: £23M)
Source: NPD	Source: Official Charts Company	Source: Nielsen and industry estimates

£360M	£138M	£123M
PERIPHERALS & ACCESSORIES	SPECIALIST PC GAMING HARDWARE	PRE-OWNED
UP 24.6% (2014: £288M)		UP 9.3% (REVISED 2014: £112.5M)
Source: GfK Entertainment	Source: GfK	Source: Kantar Worldpanel

Research

I found a lot of brief information on a web page on the effects of video games on the mind and, looking at this small paragraph talking about the effects of video games on the brain. it states that "These chemical gofers can also increase heart rate. Adrenal glands secrete these hormones in reaction to peril. There is ample research showing elevated blood pressure and heart rate, as well as depletion of oxygen, occur while playing video games. This would indicate that the human brain believes the body is in actual jeopardy and is responding accordingly. Hence, the elevated heart rate. There are many reports of players disregarding their environment and instead viewing the game as the genuine experience." . In a more simplistic explanation stressful video games can elevated blood pressure and also a depletion of oxygen. So this means that video game can effect you mental and physical health. This also explains the physical effect of video games while we are gaming.

According to the research done by Kwan Min Lee and Wei Peng about the psychological and social effects of video games. They talk about three different theoretical explanations for violence within video games. The third theoretical explanation that Kwan and Wei discuss is the one on cognitive priming. According to this explanation, playing violent games increases accessibility to a subset of cognitions specifically related to violence and

aggression, which later can be transferred to real world aggressive behaviors

Violent media increase short-term aggression by teaching users how to aggress, by increasing arousal and aggressive affective states, and by priming aggressive cognitions. Repeated playing of violent games reinforces aggression-related cognitive structures, aggressive perceptual schemata, and aggressive behavioral scripts. Most importantly, repeated playing of violent games increases the aggressive personality of a game player which then leads to the changes in the player's environment (e.g., new peer groups which are more aggressive).

There are many website I have found based around video game addiction and how it is caused. For example a great resource for research would be. They hold a lot of information based on the social consequences. There are a lot of very addictive aspects and attributes. This can lure gamers into playing more frequent and more even often. This can be a slippery slope that often affects people's social life or even studies. This can be a huge issue for people who play videos games quite often because this means they have to balance their life between a lot of hobbies and interests. This can cause a lot of psychological problems for the gamer. It can induce stress, anger, tired etc... There is also a great website that talks about. This link also talks about the psychological Impact of video games but this article is more focused around children playing violent video games. This article asks "can a child's behaviour be directly influenced by playing a violent video game?". I have my own thoughts and feelings on this topic. This is based on the work of Brad Bushman. He is frequently quoted thought out this paper. When a user plays games often they tend to push themselves to accomplish many tasks and objectives leading them to have a good feeling inside. This then leads to them having a good attitude to taking on new tasks and wanting to always try their best and never give up. Despite the obvious need for physical activity programs to decrease sedentary time in older adults with schizophrenia, few interventions exist. Most of the physical activity research in serious mental illness has focused on younger to middle-aged adults. In a 2010 Cochrane review, the efficacy of three physical activity RCTs (e.g., walking, weight training) in people with severe mental illness (SMI) was evaluated. The authors concluded that the impacts of these programs on health outcomes were mixed, but some studies provided evidence of improved fitness. Two physical activity RCTs for people with SMI published after the Cochrane review also produced mixed outcomes. One study provided evidence of a positive impact on weight change but did not report information about impact on physical activity. Another study showed a positive impact on self-reported physical activity levels. Our results indicate that participants have a positive attitude toward videogame-based physical activity. Although participants' perception was that of engaging in vigorous activity, our objective monitor did not detect vigorous activity. However, objectively measured physical activity did increase, showing a trend toward improvement. With a larger sample, more frequent exercise, and increased exercise duration, we hope to see a significant improvement in objectively measured activity. For example, with 40 participants, the medium effect size for change in sedentary time would be statistically significant with alpha = 0.05 (two-sided) and power = 0.80. The results from this study represent an important "first step" toward the creation of a novel and effective physical activity program for older adults with schizophrenia that may be easily incorporated into the daily routine of mental health facilities. The issue of whether video games—violent or nonviolent—"harm" children and adolescents continues to be hotly contested in the scientific community, among politicians, and in the general public. To date, researchers have focused on college student samples in most studies on video games, often with poorly standardized outcome measures. To answer questions about harm to minors, these studies are arguably not very illuminating. In the current analysis, I sought to address this gap by focusing on studies of video game influences on child and adolescent samples. The effects of overall video game use and exposure to violent video games specifically were considered, although this was not an analysis of pathological game use. Overall, results from 101 studies suggest that video game influences on increased

aggression (r = .06), reduced prosocial behavior (r = .04), reduced academic performance (r = −.01), depressive symptoms (r = .04), and attention deficit symptoms (r = .03) are minimal. Issues related to researchers' degrees of freedom and citation bias also continue to be common problems for the field. Publication bias remains a problem for studies of aggression. Recommendations are given on how research may be improved and how the psychological community should address video games from a public health perspective. Recent mass shootings have prompted the idea among some members of the public that exposure to violent video games can have a pronounced effect on individuals with autism spectrum disorder (ASD). Empirical evidence for or against this claim has been missing, however. To address this issue, we assigned adults with and without ASD to play a violent or nonviolent version of a customized first-person shooter video game. After they played the game, we assessed three aggression-related outcome variables (aggressive behavior, aggressive-thought accessibility, and aggressive affect). Results showed strong evidence that adults with ASD, compared with typically developing adults, are not differentially affected by acute exposure to violent video games. Moreover, model comparisons

provided modest evidence against any effect of violent game content whatsoever. Findings from this experiment suggest that societal concerns that exposure to violent games may have a unique effect on adults with autism are not supported by evidence.
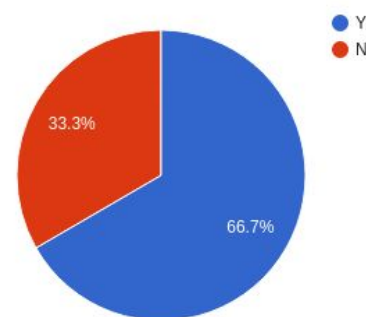
Questionnaire

I have done some extensive research into this topic. My primary research that I have conducted is in the format of a questionnaire. I have asked 30 people within the age range specified to complete one of the questionnaires. I have chosen the questions on this questionnaire so I will be able to see how this person feels while playing video games but also what they enjoy about playing video games. I plan to analyze the information and display this in the correct format. I have conducted my research on 30 people and asked general questions about video games, this way I would have a range of data to analyse.

Though I have conducted this questionnaire rather thoroughly the data will still not be that reliable, due to the fact this questionnaire was only filled in by 30 individuals it does not represent the age range that I have already specified very well. Though the people who have filled out this have been within the age range there are other things that could affect this data like emotions may affect the way they feel while playing the video game rendering that data useless to this experiment because we would be measuring the emotion caused by a third party not the video game.

Percentage of people who play video games?

I prepared the data that I have already collected and made a pie chart looking at the percentage of people who do play video games. I also took a look at people who does not play video games. I made this data field a boolean to make it less complex when filling out the questionnaire. This is the percentage chart that do/don't play video games. As you can see from the information conducted by me there are more than double the people who play video games compared to the people who don't.

After I looked at whether or not the subject games, I went on to then ask the subject their age. This way I know to what age group gaming becomes popular. I put all of the information I have collected and put it into a excel file to create a bar chart. Now looking at the data videogames are more popular between 12-14 year olds as opposed to 18-20 year olds. This means that the younger demographic for these consoles and games are a lot younger. These systems are in the most part bought as a christmas or birthday present. Out of the information we have selected we can see the manufactures targeted audience.

Age?
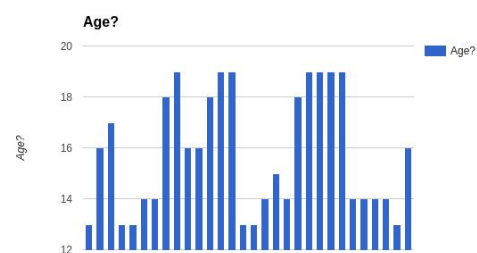
This is the data I have collected on what type of games the people do play and from the results I conclude that there are a significant amount of people who play multiplayer games over campaign. This mean the market for online competitive games are only going to continuously grow.

More games like Call Of Duty online and battlefield one will keep emerging, to continue the want and need for massive multiplayer online games.

I also took into account the gender of the users who do play video games.   This is the outcome from the data I have acquired.   As you can see There majority of people who have filled out one of my questionnaires has been predominantly male but a lot of females do play video games as well. This is actually proves the stereotype of a thirty year old male gamer wrong. I think that the data I have already collected makes a decent argument on what the general gamer is a young boy or girl.

| ?	...	...	...
Y	13	C	M
Y	14	M	M
N	15		M
N	14		M
Y	18	M	M
Y	19	M	M
Y	19	M	F
Y	19	M	F
N	19		F
N	14		F
N	14		F
N	14		F
N	14		M
N	13		F
Y	16	C	M

I also looked at the general feeling when people play their favourite game. The majority of people I asked felt angry whilst playing their favourite games this to me would be caused by the competitive multiplayer experience. There are a lot of people that play on a competitive level. This can also result in a very intense experience.

Count of Feelings?

- A — 65%
- H — 35%
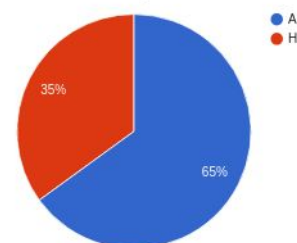
Considering there are aspect that are very enjoyable about modern video games. So I was made sure to a question that gives four different options for people to enter in. In no surprise most of the results came in a the social aspect of gaming, but the other options was the game's, storylines and console experience. I think multiplayer is one of the major reasons people buy video games consoles in our day and age. Mobile gaming has vastly improved and now you are able to play career mode of most games on a mobile or handheld device.

Count of Enjoy

- Social — 50%
- Story — 15%
- The Games — 25%
- Console exclusice — 10%
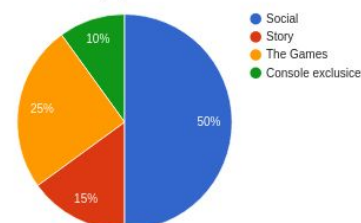
Through all my data that I have collected I can say there are a lot of people who play a lot of multiplayer games that let it affect their emotional and physical actions. Some may be aggressive but from the first hand conversations I have had with other gaming addicts saying that their emotions or mental state while playing a game is not transferred into the real world. This is obviously a personal experience and is up to the gamer weather or not they decide to take their emotions outside of their games. As i stated within my research violence in video games or even media in general can increase short-term aggression meaning as soon as the media is taken away the view has time to calm down.

Conclusion

I can say that from the personal research I have conducted and the research of other people I have found through the use of the internet, that video games do promote violence but only short-term violence. It is a very popular market with a lot of games with little to none violence in there. There are parental options on most consoles to prevent people from play 18 rated games which will allow for more access to parents so they can

have control over what their children play. There are also gaming products aimed towards children if they want a lot of control over what their children play and see. I believe and have concluded that there are a lot of physical effects on us when we are playing video games some of them are affecting our physical health.