

The Goods and the Bads of Long Term Video Games

ABSTRACT

Video games have been around since 1958 with the creation of Tennis For Two, then they became available in people's homes in 1972 with the brown box, and then they finally became mainstream with the success of the Nintendo Entertainment System (NES) in 1983 which sold nearly 30 million units by December of 1991. As with any new medium of entertainment, the question has been brought up: are they good for us? This research paper looks into that question by studying various articles from across the internet, and viewing the effect that video games have on our bodies and minds. All of this in an effect to weigh up the effect that video games have on us over a long period of time and help make a decision regarding whether or not one should play video games, and for how long. This paper will look at evidence presented by various research papers and discuss the effects on our bodies and minds and whether each of these effects has a positive, negative, or neutral outcome for us.

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WHAT IS YOUR RESEARCH PROBLEM STATEMENT?

The purpose of this research is to find the positive and negative effects of long term and short term gaming on the human body and mind.

WHY IS YOUR RESEARCH IMPORTANT?

My research will help both adults, for themselves, and parents, for their kids, make decisions about when to play video games, for how long to play them, and when to stop in order to have a healthy body and mind.

WHAT IS THE EXISTING RESEARCH LITERATURE IN THE AREA?

There are many articles and videos of people from varying degrees of qualification who have discussed this topic. The types of people range from an everyday person ranting on Youtube, to professionally published articles discussing the educational benefits of video

games in moderation. Video games are the new medium of entertainment and people across the globe want to know if it's doing more harm than good.

WHAT IS YOUR PROPOSED RESEARCH METHODOLOGY?

My question is: is the effect that video games have on our minds and bodies a net good or bad? To answer this question, I will look through previously done tests and research, and compile their findings together and derive a conclusion from their evidence.

WHAT RESOURCES WILL YOU NEED TO CARRY OUT THE RESEARCH?

I will require the use of many articles that are readily available to me online for free. The use of the Media Design School library may also be useful in my search for research. Any equipment that I may need, such as computers, is already available to me either at home or at Media Design School.

WILL YOUR RESEARCH NEED APPROVAL FROM AN ETHICS COMMITTEE?

All of my references and research that will be gathered and used will come from sources online. Because of this, I will not need approval from an ethics committee.

REFERENCES

These are some references as proof of research in the field that I am interested in:

1. Lemmens, J.S., Valkenburg, P.M. & Peter, J (2011). The Effects of Pathological Gaming on Aggressive Behavior. *J Youth Adolescence*, 40(1), 38–47.
<https://doi.org/10.1007/s10964-010-9558-x>
2. Mikael Jogannason, Henrik Engstrom (2006). Computer gaming and driving education by Peer Backlund, 1(1), 1-9. Retrieved from:
https://www.researchgate.net/profile/Mikael_Johannesson/publication/228987973_Computer_gaming_and_driving_education/links/09e4150f7e0e19d38a000000.pdf
3. Daphne Bavelier, [TED]. (2012, November 19). Your Brain on Video Games [Video File]. Retrieved from: <https://www.youtube.com/watch?v=FktsFcoolG8>

4. Mark Griffiths (2002). The Educational Benefits of Video Games. 20(3), 1-5. Retrieved from:

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