Many have experimented and tested the theory of violent video games causing increased aggression.

For P. Markey, C. Markey, and French, from the psycology departments at their respective Universities, they found evidence that is contrary to claims that violent video games are influencing aggravated assaults and homicides. There is no evidence found to indicate even a minor contributing cause in the US. They understood this because video game sales for the past 33 years were unrelated to violent crimes reported, this is still the case. They found, albeit unexpectedly, that the monthly sales of video games matched up with decreases in violent crimes. Even the online searches for walkthroughs on particularly violent video games also matched up with decreases in violent crime. The time following a release of a particularly violent game violent crimes would decrease. They presume that when people play violent video games, aggression is released in a virtual world instead of in the real world. (291-2) We don’t expect violent video games to have the opposite effect do we?

Markey, Patrick M., Charlotte N. Markey, and Juliana E. French. "Violent Video Games And Real-World Violence: Rhetoric Versus Data." Psychology Of Popular Media Culture 4.4 (2015): 277-295. PsycARTICLES. Web. 2 Oct. 2016.

A paragraph from Video Game Violence And The Technology Of The Future opened my eyes.

“The potential dangers of this immersion have been demonstrated by VR systems used to treat certain psychological disorders."' One study of particular note is Virtual Iraq, which aims to treat soldiers who are experiencing post-traimiatic stress disorder (PTSD). By allowing soldiers to experience the battlefield in a controlled, virtual environment, many were able to better cope with what they experienced while away at war. But despite the positive effect on soldiers, the experience had an almost Newtonian equal-and-opposite effect on certain civilians. For example, an actor training for a role in a warthemed movie stepped into the simulation and was presented with a full battle experience. Ten minutes in, he stopped the simulation because it was affecting him physically. The actor "started to sweat. His heart was racing. His hands were numb. He was having a hard time holding the rifle. His face went white. He bit his lips. Clearly, the VR experience present in this study was extremely jarring. Given the multitude of ganies that feature intense war-themed graphics, sounds, and action, widespread adoption of VR technology has the potential to enhance realism of video games to extreme levels—levels even adults may not be comfortable experiencing. (Gerson, 1143-44)

Although this was written in 2011, this is something that is coming in effect today.

Gerson, Eric T. "Video Game Violence And The Technology Of The Future." Brooklyn Law Review 76.3 (2011): 1121-1163. Legal Collection. Web. 3 Oct. 2016.

Sometimes a movie or a TV show will try to be funny by depicting a character being carried away in a game because of the in-game rewards.

In 2015 Sauer Drummond and Nova did a research study on if narrative context and in-game rewards found in violent video games had an effect on both in game and post game aggression. Through a series of tests and research they determined that a reward structure affected mostly in-game agression, and had a minimal effect on post game aggression.

As for the narritive aspect, that did have a post game affect. Using an experiment with wasabi, which is unpleasant for most to taste. It was used to see if people after playing a game gave more or less wasabi to a real person. It determined those assigned an anti hero character gave more wasabi than those who had a heroic character.

Sauer, James D., Aaron Drummond, and Natalie Nova. "Violent Video Games: The Effects Of Narrative Context And Reward Structure On In-Game And Postgame Aggression." Journal Of Experimental Psychology. Applied 21.3 (2015): 205-214. Business Source Premier. Web. 2 Oct. 2016.