Effect of Video Games on Children

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Abstract:

This is the era of technology advancement and this is changing the world every second. Among all these changes, video games are playing major role as the children of this era are involved in video games than in outdoor games. The question is if the video games are making a positive effect on them or a negative one. Video games have both positive and negative effects on growth of any person of any age, especially when it comes about children. In this study both negative and positive effects have been taken into consideration.

Keywords: Video games, technology, effects of video games behavior

1. INTRODUCTION

This is the era of technology advancement and this is changing the world every second. Among all these changes, video games are playing major role as the children of this era are involved in video games than in outdoor games. The question is if the video games are making a positive effect on them or a negative one. Video games have both positive and negative effects on growth of any person of any age, especially when it comes about children. Some of the positive effects include improving cognitive abilities, problem solving, decision making and prosocial behavior. Some of the negative effects includes increasing aggression, reducing motivation, suppression emotions, causing health risks, harming relationships and affecting mental health. Video games also be addictive and expose players ton toxic environments. However, the more the children spend their time to play video games they become less attentive to what they have to do actively in their age; like they become poorer in their school, they develop an anti-social behavior and social isolation. Video games also act to arose positive skills and create a mental awareness of hard situations in children.

2. LITERATURE REVIEW

The literature review has been done with two aspects: one is positive effect of playing video games and other is negative effect of playing video games.

In 2012, reported in an article titled "Cultivation Effects of Video Games: A Longer-Term Experimental Test of First- and Second-Order Effects" by Gabriel Chong, Y. M., Scott Teng, K. Z., Amy Siew, S. C., &Skoric, M. M., This article was an experiment with 135 participants to determine if playing games influence the way their players think. The results showed that those who played games in which they crashed a car, they tended to estimate the percentage of car crashes were much higher than they were. This shows that not only can video games improve the mental abilities of those who play video games, but how video games can have an influence in how it causes its players to perceive information.

As adolescents search different roles and social situations, including the expected engagements with peers and parents, they create, break, and negotiate rules. By providing adolescents with situations not

typically experienced in the real world, video game play may facilitate exploration of rules and consequences (Scarlett, Naudeau, Salonius-Pasternak, & Ponte, 2004).

Many top-selling videogames have a lot of violence elements and harmful content, which have and can cause negative social effects especially on young minds. However, videogames are also very popular media among youth and have many characteristics that can also make them excellent teaching tools. Teachers & Educators can take advantage of the positive learning characteristics of video games with the use of well-designed software, but should also be aware of potential negative issues such as anti-social content and cyber game addiction (Kuo-Kuang et al., 2007).

The excessive use of video games is creating a generation of risk-averse guys who are unable (and unwilling) to navigate the complexities and risks essential to real-life relationships. PhilpZimbardo and Nikita D. Coulombe, (2012) are the psychologists found in their study that there is a considerable discrepancy between the common stereotype that people who play video games are antisocial loners who have difficulty maintaining social relationships and the reality that most games are played in very functional social networks (Kowert, Festl, and Quandt 2014).

Although the images presented in violent games like Call of Duty or Grand Theft Auto might be disturbing, people who play violent video games cooperatively display more helping behavior in the real world compared to those who play nonviolent games (Ewoldsen et al. 2012; Ferguson and Garza 2011). Such cooperative game play even fosters feelings of camaraderie and encourages altruistic behaviors and real-world teamwork (Adachi et al. 2015; Badatala et al. 2016; Velez ET al.2014).

There are also others that have established decreased academic performance in relation to involvement in playing video games. Anderson and Dill (2007) studied video games and aggression and suggested that not only does gaming have an impact on performance directly, but it also triggers a higher level of aggression, which is often linked to problems in school and decreased academic performance. Wack and Tantleff-Dunn (2009) also found a negative correlation, even if the relationship between GPA and academic performance in their study was not significant. Jackson et al (2008) found that time spent playing games was a negative analyst of academic performance and that those who played video games more often had poorer grades than those who played less. A study conducted by Wood, Griffiths, and Parke (2007) included open-ended questions that encouraged participants to report different feelings about playing video games. Some of the negative consequences indirectly related to school performance, in that participants reported often missing lectures, skipping homework, etc.

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It has been the focus of research for decades, beginning with film and (later) televised violence, but has experienced renewed interest with the advent of video game play. The hypothesized effects of screen violence on increased aggressive behavior have been confirmed by major scientific organizations and by a number of large-scale meta-analyses (American Academy of Pediatrics 2009; American Psychological Association 2005; Anderson 2003; Anderson et al. 2010; Bushman and Huesmann 2006; Hearold 1986; International Society for Research on Aggression 2012; Paik and

Comstock 1994; Wood et al. 1991). Special focus will be placed on explaining the psychological processes at work that give rise to violent content effects. Following this discussion, we will touch upon a variety of other negative effects of video game play, and some focus will be placed on the video game mechanics (characteristics of the games) that are the primary drivers of these more recently discovered effects.

3. RESEARCH METHODOLOGY

This study is based on secondary data and it is a conceptual paper. Technology has become a very important part of today's life and so the video games. The effect of video games can vary from person to person and also from the choice of type of video game.

Under this project we focused on behavioral aspect of players of video games, which can be found in any family. We put efforts to see the positive and negative effects under the heading of advantages and disadvantages of playing video games so that to make a player aware about the effects as also conscious about choosing game accordingly.

4. FINDINGS
A. ADVANTAGES
1. Increate logical thinking

Video games apart from the other positive effects make a child more logical to any situation, since it causes them to be more calculative before they take any decision or action. In pursuance to play video games children have to work on their basic mental processes such as decision making, memory, perception and undoubtedly, attention. It has been observed many time that most video games are required children to be more focused on the objects which are involved virtually in video game. This ability to make the best choice in available options will definitely have an effect on real life situations, since the video game helps a child to hold a lot of information in his mind and to choose the best out of that. Their this ability and liberty to decide which information to act upon first or in which order they have to take the things makes them to be a better and logical person to the practical situations of life and building blocks of intelligence. The fear of losing game if they make a wrong decision, will definitely make their decision-making power stronger and hence, the child always look forward to sharpen his skills, which eventually affects their mental development and logical decision-making development out of the scope of the games. As the children, now a days, spend most of the time in playing video games, the video games makers should involve some ideas of development skills into the little minds, so as to improve the same. Many studies states that children involving in games, definitely, helps them to grow logically accustomed to their environment and also provides them survival skills. Using phone, computer or other devices for playing video games, always have a basic idea about some or the other aspect of life; such as reading the prints, driving, logical thinking etc. it has also been observed in many studies that children who play video games are more relaxed and accustomed in multi-tasking than to children who do not play video games. The important aspect is that at the start of the game, the person playing video game is supposed to set some objectives and so as to follow a fast-changing environment. This changing environment and efforts of act accustomed to it, sharpens the thinking and decision-making ability to take decisions at the later stage of life. In this way the video game also develops skills and create a mental awareness of tough situations.

2. Avoiding the risks of stress and depression

Most of the times, people take it to be a time pass to play video games, but for children it is a escape of scolding by parents, helping them to come out of some or other backdrop of their small life, many times children play video games to make themselves feel that they can do anything and they can achieve whatever they want, especially when they are not doing up to the mark in social set ups. One of the major reason children use video games is that they can show that they are busy and when this object is there then it facilitates the social development of children and avert risks such ass stress and depression. Children are required to be nourished in a loving and caring environment which helps them to act optimally in future. Video games, when children play together, make their social relations stronger than ever and are important in promoting good mental health in the group.

3. The Value of Cooperation

This digital generation has showed that children have shifted their focus from physical or outdoor playgrounds to digital virtual ones. Now a days, children play video games in competition or with an intention of co-operation with other children. At times a bond is also being created at the time of playing video games between children and they learn the value of being connected and helping each other. Looking to this situation even the video games makers also come up with the games which involved more than one player so as to keep this feeling up in good sense. In such games, the children/players can combine ideas or efforts to go above the hurdles. Playing such games make a sense of awareness regarding teamwork and a child grows better, knowing that for achieving something they have to work together. A child cannot develop their thinking abilities without going through some learning experience even if they are given through video games.

B. DISADVANTAGES

1. Lower classroom attention

Looking into overall effect of video games on children shows that prolonged gaming, at any time, during an academic session, is associated with poorer grades overall. Children who spent most of their leisure time in playing video games, rather being involved in outdoor games, shows high frequency results in below the mark performance in academics. It has also been observed that children who play video games to spend their leisure time, do pick up issues with their teachers and fights with the fellow students, which is seen to lower their attainment of information. The major reasons which effect the results or classroom attention are given below -

- Time required to be spent in studies is being spent in playing video games
- Heavy gamers may reduce the sleep quantity and quality
- Video games can alter brain function and cause attention issues and impulsiveness
- Video games give easy targets which can be accomplished by children which affect the motivation of children to engage in academic tasks

2. Aggressive behavior

One more negative impact, which has been seen very frequently, on children development and thinking is that they grow to be more aggressive than they should be in their vulnerable age. Video games have a very important place in the life of children, who spent their time on video games, and this internally makes them depressive and externally makes them look aggressive. Children do not only show aggressive behavior but they portray prosocial behavior, anti-social tendencies and increased violent behavior. Shooter or other violent video games make children immune to violence and they start acting

as per the games. And this changes behavior, at time, makes their behavior violent towards their siblings or peers or other near relations which unfortunately creates boundaries in their social circle.

3. Anti-Social Behavior or isolation or extrovert personality

Next major negative effect of playing video game is that it promotes anti-social behavior and social isolation which leads to an extrovert personality. Now a days, people are more inclined to live their life without the unwanted disturbance of outer world and this behavior is easily passed on to children as they are in their tender age. Due to this the children have no other option but to spend their time playing video games rather to spent time with friends or playing outdoor games. This makes them to avoid social interaction, even restrict their interaction with family. If a child does not understand that competition in games is actually healthy, they may isolate themselves and prefer to spend a lot of time on the phone and computer screens. There is delayed moral development has also been seen when the high amount of time is spent playing video games. This behavior leads to immature moral reasoning and moral disengagements and this results in individuals who would rather interact with peers on social platforms rather than on a one-on-one basis.

5. CONCLUSION

The development in times from basic to post digital time frame has brought good tidings in the progress of human development. The innovations which have been made by human has resulted in betterment of life or efficiency. The parents, now-a-days, are more engrossed or busy in making money, and so they don't have time to nourish their children. They mostly compensate their children in gifting gadgets to their children, without realizing that this will make their children more antisocial or far from social interaction. There is no doubt that the video games contribute to the positive development of children whether it is teamwork, co-operation, logical thinking etc. but the negative effects also cannot be overlooked as these negative developments are more harmful in overall growth of a child. With the positive contributions, video games are making children aggressive, violent, decreased prosocial behavior and importantly, decreased attention in academics. Video games, if required to be a helpful factor in growth of children then it is important to make some authority which can suggest the video games makers as to which themes, game types, involved instructions, and many other things can be included and kept in mind while developing any video games so as to ensure the maximum positive effects and minimal negative effects during the tender age of the children which will definitely be a great help to busy parents also in nourishing a child.

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