

Video Game Increase Aggression Level

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Overview

Playing violent video game can increase aggression level such as thoughts, behaviors, and feelings. The longer the player exposed in violent video games, the more likely they are to have aggressive thoughts, behaviors, and feelings in both sexes. Scientist have many ways to measured aggressive behavior. Some studies looked at how likely an individual was affected to an unpleasant exposure to hot sauce after playing violent video games. Some studies have found that competition among players in video games change the aggression level than the level of violence. Wendy swanson from American Academy of Pediatrics stated “online exposure of the youth to different types of violence in addition to terrorism and war, and the significant role of pediatricians in promoting parent awareness of virtual violence to maintain youth safety.”

Understanding the Problem

Aggressive Behaviors

Behaviors that can cause physical or emotional harm to others because of stress or frustration. For example, from the article of Youssef Hasan conducts research randomly assigned 100 students to play either violent or non-violent games and eat hot sauce after the game. 55 students in violent video games started to speak offensive language continuously and some even punch the walls while 44 students aren't so aggressive than players who played violent video games.

Solutions

Parents can help their kids

Such as:

- Talk to your child about the risks of video games.
- Know which video games your child is playing.
- Limit the time your child is allowed to play video games.
- Make video game playing a seldom-offered reward for a job well done.

Be aware of things to do other than video games.

Such as:

- Playing outdoor or indoor activities
- Volunteer

Sources:

Grace, Rowell, and Brad Bushman. "Effects of playing a violent video game as male versus female avatar on subsequent aggression in male and female players." Vol. 40 Issue 6, p537-541. 5p. Nov/Dec 2014.

Brad, Laurent, and Youssef Hasan. "Violent Video Games Stress People Out and Make Them More Aggressive." Vol. 39 Issue 1, p64-70. 7p. Jan/Feb 2013