

THE EFFECT OF VIOLENT VIDEO GAMES ON EARLY ADULTHOOD'S BEHAVIOUR

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Abstract

The objective of this study is to examine the impact of violent video games on the behavior of individuals in early adulthood, which spans from ages 18 to 40 and is a crucial period in the lifespan. We collected a sample of 32 participants using simple random sampling and lottery methods, and divided them into two groups: an experimental group consisting of hardcore gamers, and a control group consisting of individuals who usually play games. Data was collected using the Problematic Gaming Behavior Scale, and analyzed using a t-test. The results showed a significant difference between the two groups, with participants in the experimental group exhibiting more violent behavior on the questionnaire than those in the control group.

Key Words: *-Violent videogames and Adolescence behavior*

Introduction: -Video games are games that can be played on the platforms like computers, mobile phones, tablets. These are also played on XBOX and other such platforms using console or joystick. Video games initially targeted a male audience and have rapidly gained popularity since their introduction to the industry, particularly over the past decade (Harriger, J., 2012). Video games have become a source of entertainment for most of the adolescents and adults too. Many children play games of their interest and showcase their hidden talent through such games. The games studied in this research include PUBG, Valorant, Counter-Strike, Doom, Call of Duty, and Apex Legends. PUBG, also known as Player Unknown's Battlegrounds, is a mobile game series developed by Tencent Games. It is a battle royale game in which 100 players fight to be the last player standing on an 8 x 8 km island, although smaller maps and different game modes are available. (Hall, .C, 2022).

Valorant is another such violent video game which affects its audience to a greater extent. The composer of this game is Jesse Harlin and the developer is Riot Games. It was released on June 2, 2020. It is a five-versus-five team shooter game. Players pick one of Valorant's 10 unique agents in the game, each with their own unique and outstanding abilities. (Anastasio .C.D, Goslin .A, 2020). Counter-Strike was originally a mod of the game the legendary Half-Life in 1999. In the game Half-Life people could customize certain maps according to their convenience, and it was through this

map editor that Counter-Strike came into existence. Minh Le and Jess Cliffe are the people who made Counter-Strike one of the most popular individual games in the world (Henningson, J, 2020).

Call of Duty is yet another series of violent video games that was first released in 2003 and has had a new installment every year. It primarily features the theme of World War and portrays the situations and lives of soldiers during that period. *Doom originally was first released on December 10, 1993, when a shareware copy was uploaded to an FTP server at the University of Wisconsin. In Doom, a player is popularly nicknamed as "Doomguy" by the community. Doom was played by an estimated 15–20 million people within the two years of its release, making popular the mod of GamePlay. This game has a first-person shooter with a background setting that mixes science fiction and horror. (Id Software, 2016).* Shooter game Apex Legends' developer is popular Respawn Entertainment, and it is published by renowned Electronic Arts. In Apex Legends, players form squads of two or three and choose a character with unique abilities, who is referred to as a Legend. (Thubron, 2011).

Early adulthood typically spans from the age of 18 to around 40 years old. This period is often marked by a transition from formal education to the adult life pattern of work and marriage. As individuals move away from their peer groups from adolescence, they may experience some degree of social isolation, as opportunities for social contacts outside the home may also decline. To achieve success, they must compete with others, thus replacing the friendliness of adolescence with the competitiveness of the successful adult. (Erikson, E. H., Identity: Youth and crisis. New York: Norton, 1968). The objective of this study is to explore the impact of violent video games on behaviour in adolescence. In the past, video games could only be purchased and played on personal computers, and only a few people had access to this technology. Now-a-days children have started to regularly spend a lot of time playing violent video games. It is necessary to understand how the violence in video games impacts people in real life and how their behaviour toward everything changes in this pivotal period.

Objective of the study

The objective of the present study is to study the effect of violent video games on early adulthood's behaviour.

Related Literature

This research paper studies the impact of video games on young people, specifically those aged 18-25. A descriptive study was done with the cooperation of 50 responses of male and female respondents, equally represented. It was observed that playing video games had a significant negative impact on the respondents' sleeping patterns and their ability to apply skills learned in video games to real-life situations. Video games also have had a negative impact on the respondents in certain other scenarios. (LOBO, P.A., 2020). Some studies have shown a significant positive correlation between adolescent aggressiveness and exposure to violent video games. However, the impact of this exposure is dependent on the home environment. In individuals from a benevolent home environment, exposure to violent video games had little to no impact on their level of aggressiveness. On the other hand, in individuals from a

dysfunctional family setting, exposure to violent video games had both immediate and lasting impacts, which were mediated by normative views. (Shao, R., and Wang, Y.,2019).

Research Methodology

Sampling

According to F. N. Kerlinger (2002), "Sampling is taking any portion of a population or universe, as representative of that population or universe". In this study the simple random sampling and lottery methods were used to collect data. According to Kerlinger (1986), Simple Random sampling is that "method of drawing a portion (sample) of a population so that all possible samples of fixed size n have the same probability of being selected." According To Kothari 2004, sample size is the number of items that must be chosen from the entire universe in order to form a sample. For the present study a sample of 32 participants was collected from different institute of Rajasthan.

Research design

Research is a collection of information or data that has been investigated using a hypothesis and has subsequently produced significant findings in a structured manner. A research design is only a structural framework for the many research methodologies and approaches that a researcher uses. Between two group research design were used in this study.

Data Collection Tool

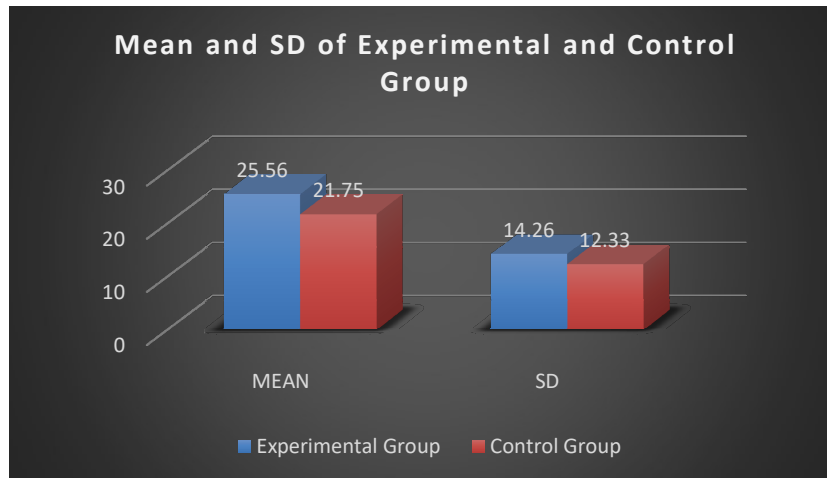
The data for this study was collected through a questionnaire that contained 19 questions related to violent video games, including their effects on an individual's behavior, daily routine, and any positive or negative psychological effects. It is to be administered on the individuals ranging from 18-40 years of age. The questionnaire is Problematic Gaming Behavior Scale (PGBS) taken from 'Gaming Behaviours in Day-to-Day Life: Exploring a Problematic Gaming Behaviour Scale' (Collie, C.N., 2018).

Statistical Tool

The t-test has been used for data analysis.

Result Table

Groups	Mean	SD	t-state	Level of Significance
Experimental Group	25.56	14.26	2.95	0.05
Control Group	21.75	12.33		



"The researcher has developed the hypothesis 'There is a significant effect of violent video games on early adulthood's behavior' for the objective of studying the impact of violent video games on early adulthood's behavior. To test this hypothesis, t-test has been used. The result indicated that t value is "2.95" and it is significant at .05 level. The mean and SD value of experimental and control group is 25.56 & 14.26 and 21.75 & 12.33 respectively. Hence the hypothesis "There is a significant effect of violent video games on early adulthood's behaviour" has been proved on the basis of t-test.

Discussion

Violent video game affects the behaviour of individual negatively. Separately and together, violent video game play and aggressive personality accounted for significant percentages of both aggressive behaviour and nonaggressive criminal behaviour. Additionally, it was found that playing violent video games was a better predictor of both types of delinquency than playing any kind of video games. The strong correlation between aggressive personality and violent video games is in line with a developmental theory in which prolonged exposure to violent video games (and other violent media) fosters the development of an aggressive personality. (Anderson, C.A., and Dill, K.E., 2015). According to studies, playing violent video games can lead to an escalation in aggressive views, thoughts, and actions over the short- and long-term. Playing violent video games can also make people less sensitive to aggressive behaviour and less likely to engage in pro-social activities like assisting others and experiencing empathy work (the ability to understand others). Individuals are more prone to exhibit aggressive behaviours, thoughts, and sentiments the longer they play violent video games. (Anderson, C.A., Shibuya, A., Ihori, N., Swing, E.L., Bushman, B.J., Sakamoto, A., Rothstein, H.R., Muniba, 2016.). According to the above-mentioned study the hypothesis "there is a significant impact of violent video games on early adulthood's behaviour" is proved.

Conclusion

This study reveals that there is a significant impact of violent video games on early adulthood's behaviour as these violent games seem to have a cognitive effect. These games affect one's behaviour negatively which results in destructive thoughts and actions. Playing violent video games influence aggression in the short term by

provoking aggressive thoughts. The player's ability to learn and use new aggressive techniques, which become increasingly available for usage during actual conflict situations, will likely have longer-term repercussions. This study shows that some individuals play violent games despite experiencing negative psychological reactions such as anger, irritability, and guilt. They use such games as a way to cope with their everyday stress and alter their mood states. According to the data collected, people's work, studies, relationships as a consequence gets affected because of violent video game.

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