

A Study of Impact of Video Games on Youth

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Date of Submission: 15-10-2022

Date of Acceptance: 31-10-2022

ABSTRACT

This paper studies that video games have an impact on the youth. By youth I mean individuals from the age of 12-25.

A study shows that there is a relationship between video games and sleeping pattern of the respondents.

This research study shows that the respondents have played video games at least once in their lifespan. Video games have had a negative impact on the respondents in some eventualities. In some cases, video games have helped the respondents in reality.

This analysis will facilitate the respondents perceive the negative impact of video games and what values they get from enjoying video games.

Keywords: Video games, real life scenarios, Youth, School performance, educational impact, Teenagers behaviours etc

I. INTRODUCTION

People can also use computers to play games, which are sometimes referred as PC/Laptops games. People will play portable video games anywhere. Mobile devices can also download games, creating them movable game machines. Mobile phones have several games, a number of them using a mobile emulator for games from consoles. Playing violent video games are easily blamed by the media and some experts as the reason why some young people become violent or commit extreme anti-social behaviour. But many psychologists find that video games can actually have many benefits the main one thing is making kids smart. Video games may very well teach children high-level thinking skills that they'll utilize in future.

BENEFITS OF PLAYING VIDEO GAMES

1. Problem solving and logic – When a child plays a game such as The Incredible Machine, Angry Birds or Cut the Rope, he trains his brain to come

back up with inventive ways in which to resolve puzzles and different issues in short bursts.

2. Accuracy – Action games, according to a study, train the player's brain to form quicker choices while not losing accuracy.

3. Strategy and anticipation –The gamer should deal with immediate issues whereas keeping his long-term goals on his horizon.

4. Situational awareness –Defence News reported that the military include video games to train soldiers to boost their situational awareness in combat. Several strategy games conjointly need the player to become aware.

DRAWBACKS OF PLAYING VIDEO GAMES

1. Health Issues: Spending a lot of time playing video games rather than indulging in physical activities will be harmful to a child's health in many ways. A child's psychological development could get affected if he doesn't get out and socialise within the world. Perpetually sitting in one place and playing video games at length will increase the possibilities of fatness, weaken the muscles and joints, make hands and fingers numb due to over-exertion, and multiple studies counsel that it will even weaken the eyesight.

2. Hiding and Playing :If you finish up scolding or prohibiting your kid from playing, the child will try to find ways to play the game in secret without letting you find out. He might start lying or making up excuses to play the game just for a few minutes.

3. Academic grades can be negatively affected Academic accomplishment is also negatively related to over-all time spent playing video games.

4. Impulsive behaviour: Kids/youth spending too much time playing video games may exhibit impulsive behaviour and have attention problems. This can be in keeping with a replacement study printed within the February 2012 issue of the Journal of Psychology and standard Media Culture. For the study, attention issues were outlined as

difficulty participating in or sustaining behaviour to succeed in a goal.

5. Accidents and Deaths :Video games can also cause sudden deaths and accidents. The players are preoccupied in their game content that generally leads to self-destruction causing harm to the others also in the surroundings. A very recent example of such a game is —Pokémon Gowhich resulted in so many deaths and car accidents.

OBJECTIVES OF THE STUDY

The objectives of the topic were framed keeping in mind the kind of impactof video games have on youth. The objectives give a brief idea about the areas to be studied and what will be achieved from the study.

1. To identify the positive aspects that video games have on them.
2. To identify the negative aspects that video games have on them.

HYPOTHESIS OF THE STUDY

A hypothesis is a proposed explanation of the problem to be discussed. The hypothesis is framed in such a way that the objective of the study is satisfied.

Two types of hypothesis can be framed i.e. null and alternative hypothesis. Null hypothesis states that there is there is no variation between 2 variables that is studied and Alternative hypothesis states that there is a relation between both the variables.

HYPOTHESIS 1: -

Ho: There is no significant relationship between playing video games and its impact on eyesight.

H1: There is a significant relationship between playing video games and its impact on eyesight.

HYPOTHESIS 2: -

Ho: There is no significant relationship between playing video games and its impact on the gamer's behaviour.

H1: There is a significant relationship between playing video games and its impact on the gamer's behaviour.

HYPOTHESIS 3: -

Ho: There is no significant relationship between playing video games and its impact on the academic grades of a gamer.

H1: There is a significant relationship between playing video games and its impact on the academic grades of a gamer.

DATA COLLECTION METHOD

Primary data which have been collected here is in Questionary type.

Surveys have been taken through google forms and data has been collected.

QUESTIONARIE:

The questionnaire for the survey was as follows:

For Parents:

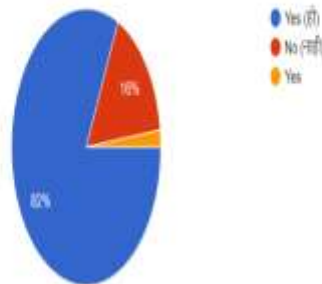
1. Is your eyesight impacted positively or negatively after playing video games?
2. Have video games impacted children's sleeping pattern negatively?
3. Do you tend to act aggressively towards the people around you after playing a session of video games?
4. Is there impact of playing video games on your child's academic grades?
5. Do you think video games have helped you in quick thinking and making fast analysis?
6. What measures do you take as a precaution of your child from playing of video games?
7. Have video games been useful in your pattern recognition and problem solving skills?

For Students/Youth:

1. Have you ever played video games?
2. What kind of video games do you like to play?
3. Which is your favourite video game to play?
4. How much time per day do you spend playing video games?
5. Do you think video games have helped you to develop skills?
6. Have multiplayer games like PUBG, World of tanks or War thunder been helpful inimproving your skills of coordination & teamwork in real life?

II. DATA ANALYSIS, INTERPRETATION AND PRESENTATION

Is your child eyesight impacted negatively after playing video games? किडिओ गेम खेळल्यानंतर आपला मुलाच्या दृष्टीवर नकारात्मक परिणाम झाला आहे का?
 50 responses



Q1.

Opinion	Out OF 50	Total
Yes	41	41
No	8	8

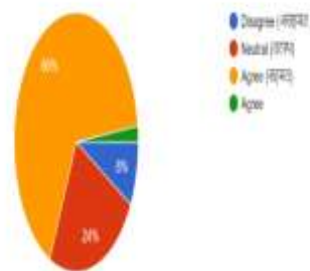
The survey was answered by 50 parents . They answered the question keeping in mind how video games have impacted their eyesight.

Interpretation-

The above given diagram is a Pie Chart. The above chart shows us data as a whole and in 100%. This shows us the impact video games have

had on the gamer's eyesight. This chart shows us that around 16% of the respondent's eyesight is not effected at all due to video games while 82% of the respondents believe that playing video games have had a negative impact on their eyesight. Those respondents whose eyesight is effected negatively probably play video games for hours and hours together which causes a strain on their eyes.

Have video games impacted children sleeping pattern negatively? किडिओ गेममुळे मुलांचा झोपेचा पट्टीवर नकारात्मक परिणाम झाला आहे का?
 50 responses



Q2.

Opinion	Out of 50 Responses
Disagree	4
Agree	33
Neutral	12

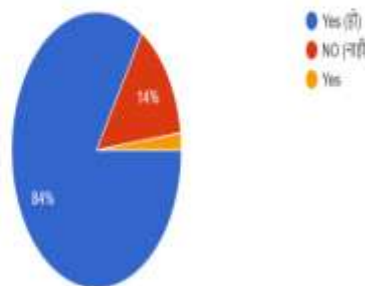
The survey was answered by 50 respondents. They answered the question keeping in mind whether video games have had a negative impact on their sleeping pattern.

Interpretation-

The above given diagram is a pie chart. The above chart shows us data as a whole and in 100%. This shows us the impact video games have had on the sleeping pattern of the respondents. This

shows us that 66% of the respondent’s are agree to sleeping pattern is impacted negatively because of playing video games while only 8% have disagree had any impact on their sleeping pattern and 24% of the respondent’s had neutral any impact on their sleeping pattern. The respondents whose sleeping pattern is impacted negatively probably stay up late at night to play video games. This causes a strain to the eyes and it not only affects the sleeping pattern but also the eyesight of the gamer.

Do your child tend to act aggressively towards the people around them after or while playing a session of video game? किडिओ गेमचे सत्र खेळल्यानंतर ...जुबाजूच्या लोकांबद्दल आक्रमकपणे वागण्याकडे कल आहे का?
 50 responses



Q.3

Opinion	Out OF 50	Total
Yes	42	42
No	7	7

The survey was answered by 50 respondents. They answered the question keeping in mind whether they started to act aggressively towards the people around them after playing a session of video games.

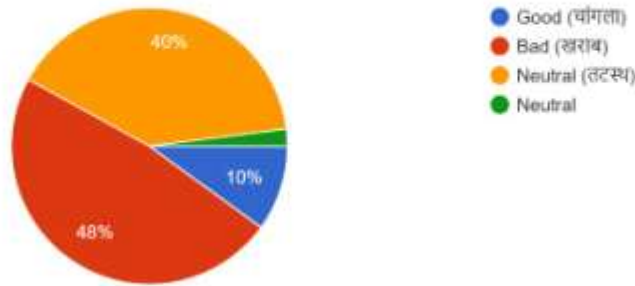
Interpretation-

The above diagram is a pie chart. It shows us the data as a whole and in 100%. This shows us

the % of respondents that tend to or do not tend to act aggressively towards the people around them after playing video games. The chart depicts that 14% which is less of the respondents, do not act aggressively towards the people around them while 84% of the respondents feel that they tend to act aggressively or violent towards the people around them. That is because when they keep gaming for hours and hours, they don’t get enough sleep which

causes them to get irritated, annoyed and act violently.

Have impact does playing video games on your child academic grades? व्हिडिओ गेम खेळण्याचा आपल्या मुलाच्या शैक्षणिक ग्रेडवर परिणाम होतो का?
 50 responses



Q.4

Opinion	Out of 50 Responses
Good	5
Bad	24
Neutral	20

The survey was answered by 50 respondents. They answered this question keeping in mind the impact video games have had on their academic grades.

Interpretation-

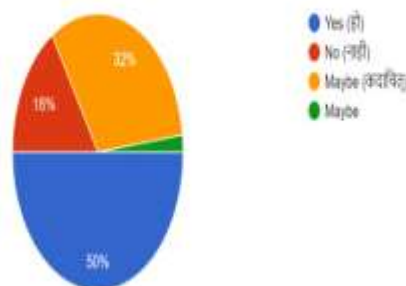
The above diagram is a pie chart.

The chart shows us data as a whole and in 100%.

This shows us the % of respondent's opinion on whether video games have affected their

academic grades or not. This chart shows that video games have had good impact on the academic grades of 10% of the respondents. 48% of the respondent's academic grades are bad affected while 40 % of the respondent's academic grades are says neutral affected.

Do you think video games have helped your child quick thinking & making analysis? आपणस असे वाटते की व्हिडिओ गेमने आपल्या मुलांना द्रुत विचार करण्यास आणि वेगवान विश्लेषण करण्यात मदत केली आहे?
 50 responses



Q.5

Opinion	Out of 50 Responses
Yes	25
No	8
Maybe	16

The survey was answered by 50 respondents. They answered this question keeping in mind whether video games helped them in quick thinking and making fast analysis in real life.

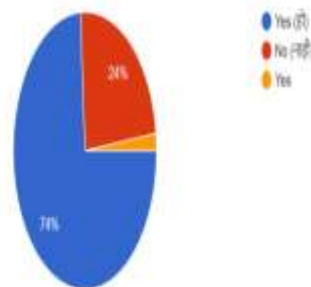
Interpretation-

The above diagram is a pie chart. The chart shows us data as a whole and in 100%.

This shows us the % of respondent's opinion on whether video games have helped them

in quick thinking and making fast analysis. This chart depicts that video games have helped 50% of the respondents in quick thinking and making fast analysis. 16% of the respondents feel that video games have not helped them in quick thinking and making fast analysis and 32% of the respondents are answered maybe. Video games that require certain tasks to be performed during a certain time frame could have possible helped gamers in making quick decisions.

Have video games been useful in your child pattern recognition and problem solving skills. असायल मूलुवा नमून ओव-सग्यावा अगि समस्य सोडवण्यावा कौशल्यामध्ये विडिओ गेम उपयुक्त ठरले आहेत का? 50 responses



Q6.

Opinion	Out OF 50	Total
Yes	37	37
No	12	12

Opinion	Out of 50 Responses
Have you given specific time to play video games	27

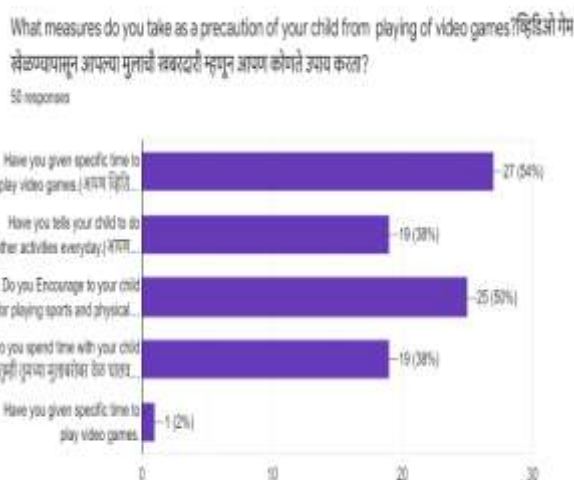
Have you tells your child to do other activities everyday	19
Do you encourage to your child for playing sports and physical activities	25
Do you spend time with your child	19

The survey was answered by 50 respondents wherein 37 respondents say Yes and 12 says No. They answered this question keeping in mind whether video games have been helpful to them in their pattern recognition and problem solving skills.

Interpretation-

The above diagram is a pie chart. The chart shows us data as a whole and in 100%. This

shows us the % of respondent’s opinion on whether video games have been helpful to them in their pattern recognition and problem solving skills. This chart depicts that 74% of the respondents are of the opinion that video games helped them in their pattern recognition and problem solving skills while the other 24% of the respondents feel otherwise.



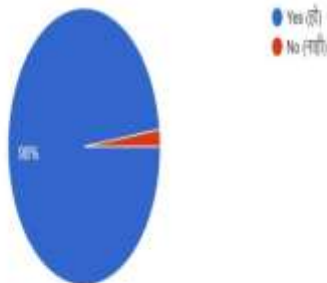
Q7

Interpretation-

The above diagram is a bar chart. The chart shows the parents opinion on the exactly what measures they takes as a precaution for his child from playing video games. The survey was answered by 50 respondents.

As per the bar chart 54% respondents are says they give his child specific time to play video games.38% respondents are answered they tells his child to do other activities everyday.50% are answered they encourage the child for playing sports and physical activities. And 38% respondent are select the they spend time with child.

Do you or have you ever played video games? तुम्ही कधी व्हिडिओ गेम सेवला आहेत का?
 50 responses



Q.8

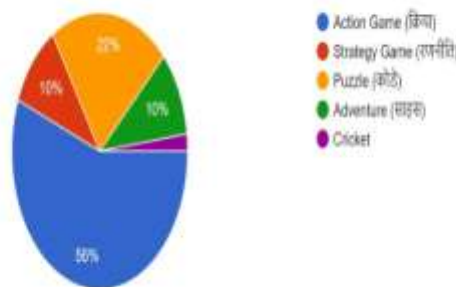
Opinion	Out OF 50	Total
Yes	49	49
No	1	1

Interpretation-

The above given diagram is a pie-chart. The pie chart shows us the data as whole and in 100%. This shows us the number of respondents

who play or who have played video games. As we can see that almost 98% respondents play or have played video games in their life. This includes both male respondents and female respondents.

What kind of video games do you like to play? तुम्हाला कोणत्या प्रकारचे व्हिडिओ गेम खेळायला आवडतात?
 50 responses



Q.9

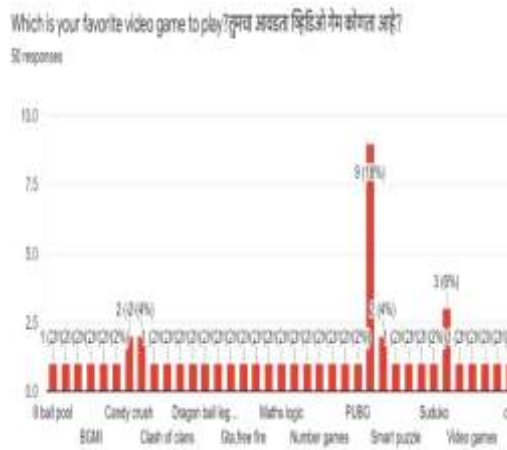
Game Type	Out of 50 Responses
Action Game	28

Strategy Game	5
Puzzle	11
Adventure	5

Interpretation-

The above given diagram is a pie-chart. The pie chart shows us the data as whole and in 100%. This above chart shows us the number of respondents what kind of video games they like to play. Out of received responses majority peoples i.e

56% likes to play action game. Medium preferred game is puzzle game which is played by by 22% peoples And low preferred games are strategy games and adventure games which is played by 10% peoples each.



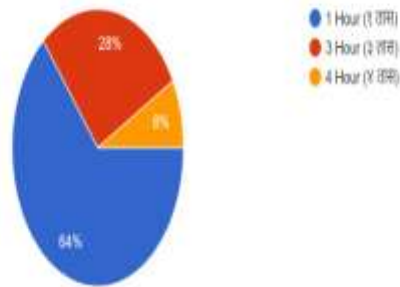
Q.10

Interpretation-

The above diagram is bar diagram. It shows the number and percentage of people playing the certain games. This survey helps to know the variety of games played by various peoples. 50 people gave the response for this survey.

Out of the received responses, 24% peoples used to play PUBG which is most trending game now a days. 8% people plays candy crush ,6% people plays temple run and and other different games are played by remaining 62%. In that 62% ,each game is played by 1% public.

How much time per day do you spend playing video games? आपन दस्तोज कितनी घंटा वीडियो गेम खेलण्यात घालवता?
 50 responses



Q11

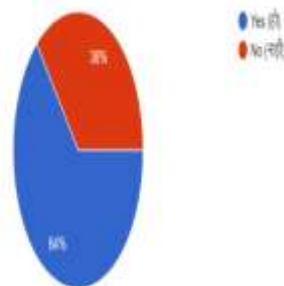
Time	Out of 50 Responses
1 Hour	32
3 Hour	14
4 Hour	4

Interpretation-

This chart depicts that how much time per day spending on playing video games. Out of received responses 64% peoples are spend 1 hour

to play video games, 28% peoples 3 Hour and minimum 8% respondents spends the 4 Hour to play video games.

Do you think video games have helped you to developed skills? आपणत असो बदले का वीडियो गेमने आपणतला कौशल्ये विकसित करण्यात मदत केली आहे?
 50 responses



Q12

Opinion	Out of 50 Responses
Yes	32

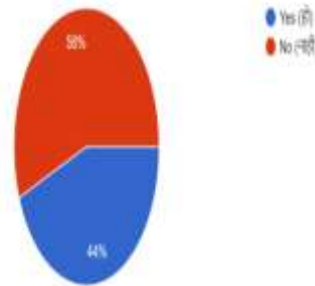
No	18
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Interpretation-

The above diagram is a pie chart. The chart shows us data as a whole and in 100%. This shows us the % of respondent’s opinion on whether video games have helped them to develops some

skills. This chart depicts that video games have helped 64% of the respondents to developed some skills while the remaining 36% feel video games have not helped them in that aspect.

Have multiplayer games like PUBG, World of tanks or War thunder been helpful in improving your skills of coordination & teamwork in real life? (सबजों, ट., कचों तुमचों कौशलचें सुधारण्यवारी उपयुक्त ठाने अइत का?)
 50 responses



Q13.

Opinion	Out of 50 Responses
Yes	22
No	28

Interpretation-

The above diagram is a pie chart. The chart shows us data as a whole and in 100%. This shows us the % of respondent’s opinion on whether video games like PUBG, etc. have been helpful in improving their skills of co-ordination and teamwork in real life. This chart depicts that video games have been helpful for 44% of the respondents in improving their skills of co-ordination and teamwork in real life. 56% of the respondents are of the opinion that video games have not been helpful or not impacted them in that aspect.

III. FINDINGS

1. 16% of the respondent’s eyesight is not effected at all due to video games while 82% of the respondents believe that playing video games have had a negative impact on their eyesight. Those respondents whose eyesight is effected negatively probably play video games

- for hours and hours together which causes a strain on their eyes.
2. 66% of the respondent’s are agree to sleeping pattern is impacted negatively because of playing video games while only 8% have disagree had any impact on their sleeping pattern and 24% of the respondent’s had neutral any impact on their sleeping pattern. The respondents whose sleeping pattern is impacted negatively probably stay up late at night to play video games. This causes a strain to the eyes and it not only affects the sleeping pattern but also the eyesight of the gamer.
3. 14% which is less of the respondents, do not act aggressively towards the people around them while 84% of the respondents feel that they tend to act aggressively or violent towards the people around them. So most of the peoples are feels children acts aggressively.
4. Most of the respondents also feel that video games have impacted their academic grades in

any way. Only a few of the respondents feel that video games have not impacted their academic grades in a positive way.

- 5 50% of the respondents are of the opinion that video games have helped them in quick thinking and making fast analysis. This means there is a positive correlation between video games and quick thinking analysis.
- 6 74% of the respondents feel that video games have helped them in their pattern recognition and their problem solving skills while the remaining 24% do not feel the same way.
- 7 54% respondents are says they give his child specific time to play video games.38% respondents are answered they tells his child to do other activities everyday.50% are answered they encourage the child for playing sports and physical activities. And 38% respondent are select the they spend time with child. So ,Most of the people chooses the give some specific time to play video games.
- 8 Every respondents have played or are playing video games in their lives.
- 9 Majority peoples i.e 56% likes to play action game like pubg etc. Medium preferred game is puzzle game which is played by by 22% peoples And low preferred games are strategy games and adventure games which is played by 10% peoples each.
- 10 64% of the respondents feel that video games have not helped them to developed skills while 36% of the respondents believe that it has no helped them.
- 11 44% of the respondents feel that video games have helped them in their skills or coordination and teamwork in real life. This is because of the most youth liked to play these type of action games.

IV. CONCLUSION

1. Youth get addicted to games like World of tanks, War thunder, PUBG because of their story modes and sometimes when they play continuously for hours and hours of those violent video games, they tend to act aggressive to their loved and dear ones. In doing so, they are socially affected as a person in a negative way.
2. When PUBG is played for long hours on the mobile phone, it affects the eyesight of the gamer and the sleeping pattern of the gamer in a negative way. When a gamer doesn't get proper sleep he cannot perform his tasks properly the next day and this can spoil the whole routine of the gamer. When a student

doesn't get enough sleep he won't be able to focus on his studies which can end up negative impacting his grades.

3. On the positive side, it can be noted that video games help in quick thinking and making fast analysis. Games like puzzle and Temple Run help the gamer in making on the spot quick decisions in real life. If it played within a proper time constraint, it can help the teenagers to promote relaxation and reduce anxiety. Real life skills like coordination and team management also get improved by playing online games like PUBG because it requires in game communication.
4. In short, video games can help the youth in their real life skills if they can learn to play it wisely and if not it can cause social and health problems for the gamer in the future.

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