

Most children since the 1980s have been brought up playing videogames and has become part of the norm. Approximately 37.3 million people in the UK play video games and in 2018 the UK was the 6th largest video game market. Due to the increase and development in technology parents are becoming more concerned about how video games are impacting their children and themselves. This has meant that in recent years psychologists have had a great interest in how these games impact on their

STUDY SHOWING HOW VIDEOGAMES CAN NEGATIVLY IMPACT PEOPLE

ANDERSON AND BUSHMAN STUDY (2002)

METHOD

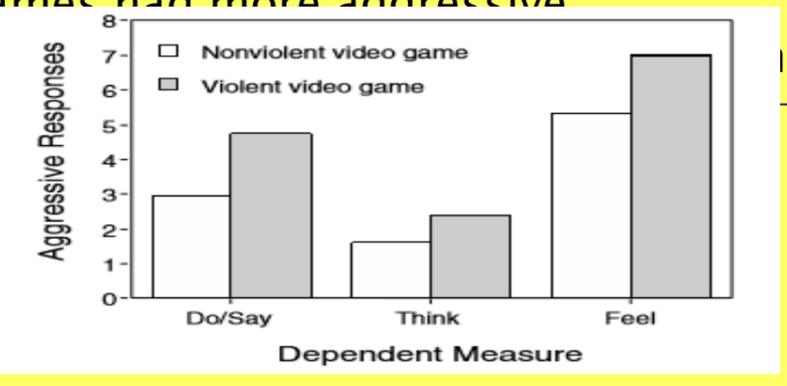
- Conducted a study involving 112 women and 112 men that were undergraduate students
- The researchers randomly assigned the participants the role of playing a violent game or a non violent game, there were 4 nonviolent games and 4 violent games of which each participant was randomly assigned
- Each participant had to play the game for 20 min
- Once 20 mins had ended an instructor read aloud 3 stories to each participant however the instructor stopped reading the story and asked "what happens next?"
- The participant then had to describe what they expected of the main character as the story went on in terms of that characters feelings, thought and actions

HYPOTHESIS

The researchers hypothesis was that participant who played the violent games would expect more violent endings to the stories that the instructor read to them

FINDINGS

Anderson and Bushman found that on average participants that played one of the violent video games had more aggressive responses to those that played one of the non violent video games. On the other hand they found little difference between those that played violent video games this was in terms of what they thought the character would do or say.



How video games are impacting us

By Maanya Chandhock

BENEFITS OF PLAYING VIDEOGAMES

Several researchers have conducted studies that have shown positive effects of playing videogames. Examples are:

1. Franceschini et al's (2013) study in which the researchers found that in certain cases playing videogames can help overcome dyslexia
2. S Kühn, T Gleich, R C Lorenz, U Lindenberger & J Gallinat (2014) found that playing Super Mario 64 caused an increase in the size of certain regions of brain for example the parts of the brain that control fine motor skills and strategic planning. After conductionseveral MRI scans in a two month span researcher found an increase in grey matter in several

To conclude it is evident that video games aren't the best if played for an extended period of time however it isn't all video games that are trouble, it is the violent ones. Evidence from studies similar to Andersons and Bushmans shouldn't deter people from playing violent video games rather they should encourage companies that create and distribute these games to make Stricker age restrictions on these violent games. These games should be made less accessible so that

