

IMPACT OF VIOLENT VIDEO GAMES ON ROUTINE LIFE AND HEALTH OF UNIVERSITY STUDENTS

Ayesha Arshad

M.Phil in Mass Communication

Lahore college for women university lahore

Ayeshaarshad503@gmail.com

Ayesha Riaz

M.phil in mass communication

University of narowal, Narowal

Ayeshariazsaab@gmail.com

Dr Muhammad Kamran Khan

Associate lecturer

Department of Mass communication and Media

University of Narowal, Narowal

kamran.khan@uon.edu.pk

Abstract

This is the age of information and technology where different video games are popular for sake of entertainment and for gaming environment. The recent study focuses on addiction of PUBG game and its health consequences on life of youth. This study found the addiction level of PUBG game among youth of Narowal and their usage pattern of different online video games. The world has transformed itself with new information and communication technology due to continuous progress of computer and internet connectivity across the globe. PUBG game so called the unknown battleground an online video game where hundreds of players can play simultaneously. For research purpose 200 respondents' maximum among the youth' are selected for the current study. They belong to different departments and they have smart phones with the internet connectivity. Their age vary from 18 to 40 who frequently use the video games. With the help of close ended questions, survey research is conducted by using non probability sampling of purposive and convenient techniques for data collection where 200 respondents who are the frequent and regular users of different games. The youngsters were asked different questions regarding their usage of games and its impact on their life style. The findings revealed that they frequently use different games for entrainment purpose to kill the time. These games have great impact on their social and personal lives and feel great mental relaxation and aggression after using the games

Key words: violence, video games, life style, health issues

Introduction:

Violence is bad; it disturbs people on an individual basis as well as in society. At the individual level, the violence that has been witnessed may have led to a rise in violent affinities and hostile recognitions, but it has also resulted in a decline in socially helpful conduct (Carnagey & Anderson, 2005). Its impacts on society may be considerably more harmful, as noted in 2001. As a result, society can either stop violence altogether or at the very least, it should direct it into less harmful forms. The current chapter provides an overview of the issues to be looked at as well as a brief history of violent video games and how young people have been exposed to them.

1. PUBG

Now these days PUBG game play a role of violent game due to this game the behavior of the students non- serious. Because they play game whole night so they cannot get up early in morning for their classes. Blue Whale game causes much suicide in universities students. Both games due to their violence banned in our country. Unlikely due to the fans & followers this game is unbanned.

Video games first appeared in the early 1970s, and by the 1990s, they had become incredibly violent. While several studies and experts started looking into the possible negative effects of video games in the 1980s, the public's interest and attention were greatly piqued by the spate of school shootings that began in the 1990s. The use of violent video games by kids, teens, and young adults has grown throughout time in various ways across various nations. Even though boys, in particular, are still more likely than girls to play these violent games, the gap is shrinking.

Boys continue to play these games for longer periods of time than girls do, but overall, more people seem to be spending time playing violent video games. Nevertheless, the remaining books use a condensed version of the development approach. We can also talk about various well-known games that are primarily played by college and university students worldwide.

To anticipate, abstain from, and regulate violent behavior, various social scientists and academics have investigated the elements that increase the risk of violent behavior. Researchers in the field of social psychology have paid close attention to how violent video game behavior is internalized during the socialization process (e.g., Carnagey & Anderson, 2005).

Numerous family structure and socialization agents have been investigated for defensive and deterrent factors; however, media effects on violent games have drawn particular attention (Felson, 1996) and have a long history, possibly dating back to Wertham's (1954) criticism of

comic books as a source of juvenile criminal behavior. The newest type of media that has been examined is video games.

Literature Review

Video game use is widespread among young people and the general public. 51% of US households own a dedicated video game console, and there are an estimated 155 million video game players in the country (Entertainment Software Association, 2015). Furthermore, according to the Entertainment Software Association (2015), 42% of Americans play video games for almost three hours a week. The average age of a video game player is around 35 years old, which is an interesting fact to know, even though people of all ages can play at a similar ratio. Of those who play video games, 30% are between the ages of 18 and 35, 27% are 50 years of age or older, 26% are under the age of 18, and the remaining 17% are between the ages of 36 and 49 (Entertainment Software Association, 2015). In today's world, video games are too common as a source of pleasure to ignore the potential social effects, both good and bad.

Markey & Markey (2010) looked at an additional aspect of this discussion. These scientists, along with other philosophers, also sought to ascertain what predisposed one individual more than another to the negative impacts of violent video games. The five component model, a psychological framework that contrasts the characteristics of the average person with the psychology and personality of humans, was employed by the researchers to compare the features of violent video games with those of the model.

According to Markey & Markey's skillful prediction, which subjects would be hazardous and significantly impacted by playing various video games? They confirmed that those with a probable psychological predisposition to violence and violent behavior exhibited more aggressive inclinations and were more violent than those who were not influenced or impacted consciously. In summary, guilt was shown to be more prevalent in video games than actual violence, according to philosophers and psychologists (Markey & Markey 2010).

Unfavorable childhood experiences might have harmful consequences and expose perilous realities that an individual faced during the previous eighteen years of their life. Criminologists hypothesize that ACEs may have an impact on a person's propensity for violence, aggression, or hostility in addition to other life opportunities and outcomes. The overall goal of the initial ACEs study was to ascertain how adverse childhood experiences (ACEs) affected a wide range of health concerns and their outcomes when they occurred frequently and consistently (Dube et al.,

2003, p. 565). Depending on the information fetched using different questionnaires, one experience as a child especially those unpleasant in nature, may negatively influence the psychology and behavior of individual even in adult years.

According to research on local violence, internalization issues, such as sudden and violent conduct, are thought to stem from early exposure to violence (Fowler et al., 2009, p. 228). The onset of PTSD symptoms has been demonstrated to be preceded by disruptions in the neighborhood. Conflict zones, where there are no predictable outcomes from fighting, have been compared to violent areas (Fowler et al., 2009, p. 248).

The nature of video games have confirmed that it have become a striking entertainment industry In contemporary world. Being a comprehensive industry it has also emotionalized some effects on our society especially on youngsters and small kids. These effects can be described in two types, positive and negative effects. These effects depend on nature of newly video games and the age limit of the players who are engaged in playing video games. (Xue-min,2009).

McCormick, 2001 explained in this study that physical and psychological effects of positive and negative largely influenced the players. This is the primary aim of the study to step forward the knowledge creation and growth the awareness in our society. The researcher tried to determine the positive and negative effects of video games and their health related issues widely and tried to highlight the different ethical responsibilities of different stakeholders in the gaming world.

We have attempted to draw conclusions about the advantages and disadvantages of playing video games on the body and mind. The study's objective is to advance knowledge generation and raise public awareness. We looked for the drawbacks of playing video games and aimed to draw attention to the moral obligations of various gaming industry investors.

There is a lot of violent and objectionable content in many well-known video games, which has had and may still have a harmful social influence, especially on growing brains. On the other hand, video games are also a very popular form of media among youth, and they have several advantages that can make them excellent teaching tools. Teachers can take advantage of the educational benefits of video games by using well-designed software, but they must also be aware of the risks, which include cybergame addiction and anti-social content (Kuo Kuang et al., 2007).

Objectives:

It's debatable if playing violent video games influences young people's aggressive conduct. The

following were the goals of this study project:

1. To examine empirical research on how aggressive behavior is impacted by violent video games.
2. To investigate the evidence supporting the claim that university students' behavior is influenced by their use of violent video games.
3. We aimed to investigate the data that has been reported in the media suggesting that playing violent video games can lead to aggressive conduct.
4. To investigate how playing violent video games affects students' conduct, attendance, and reading habits in colleges.

Statement of the Problems

The act of expressing a problem is frequently far more important than finding a solution, which may only require mathematical or scientific know-how. It takes inventive creativity to pose new queries, consider novel solutions, and see long-standing issues from fresh perspectives. This represents a true scientific advancement. (Einstein, 1938). A research problem is a challenge that the researcher has in relation to a theoretical or practical scenario and how they come up with a specific answer for it. In the language of information technology, excessive game playing is referred to as "video game addiction," which can lead to social isolation or, conversely, ensnaring the player in a virtual gaming universe.

Hypotheses

- Hypothesis-1 The more youngster use video game the more they have impact on their lives.
- Hypothesis-2. The more students consume time on video games like PUBG the more their behavior changed

METHODOLOGY

The current study was conducted by using the questionnaire from respondents belong to university of Narowal and only those students were selected for survey who were the habitual user of video games like PUBG and other games by using the convenience and the purposive techniques. Samples of 200 respondents were selected from the population of large size for time and financial constrains. The students were divided in different demographic like age, gender and education level with the age from 18 to 40. With a 95% confidence level and a 5% confidence interval, this figure provided for a high degree of generalizability and was still practical considering the study's time frame and the sample techniques at hand. All enrolled

students at the university received the survey used in this study. This population's subsets were not intentionally oversampled.

A survey designed especially to test the study's hypotheses was completed by this sample. While having greater control over the ideas addressed and the methods of measurement is one benefit of conducting a more tailored survey. The amount of video game playing, the level of violence, and the level of competition among respondents were all measured in this poll. It also assessed the respondents' propensity for animosity and the influence of video games on their reported levels of hostility. All these measures had not been used in any previous study.

Results in table:

1.Do you prefer to play online game ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Agree	98	65.3	65.3	65.3
strongly agree	30	20.0	20.0	85.3
Neutral	10	6.7	6.7	92.0
Disagree	12	8.0	8.0	100.0
Total	150	100.0	100.0	

According to the survey study the result indicates that (65.3%) students are agree to play video game and on the other hand (20%) students are strongly agree to play video games ,only (6.7%) neutral students they have no interest in any kind of video games and (12%) students are those who are disagree in playing any kind of video games . In the table frequency and cumulative percentage also mentioned.

2. What kind of online games do you play ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid action game	79	52.7	52.7	52.7
adventure games	37	24.7	24.7	77.3
Role playing game	13	8.7	8.7	86.0
spots games	21	14.0	14.0	100.0
Total	150	100.0	100.0	

According to results (79%) students that are mostly like to play action games and on the other hand (37%) are playing adventure game, while they have no interest in action games. Only (13%) respondents are playing role playing game and (21%) students are playing spots games because they like physical activity games. In this table frequency and cumulative percentage also mentioned.

3. Which one of the followings games would you like to play ?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1-2hrs	60	40.0	40.0	40.0
2-3hr	39	26.0	26.0	66.0
3-4	30	20.0	20.0	86.0
more than 4 hrs	21	14.0	14.0	100.0
Total	150	100.0	100.0	

According to over findings we concluded that (40%) students that are playing 1-2hrs in a day playing PUBG game. (26%) students are playing 2-3hrs playing game PUBG in a day. Only (20%) students that are playing game in a day 3-4hrs. The ratio of more than 4hrs player is too low only (14%) students that are play more than 4 hrs. . In this table frequency and cumulative

percentage also mentioned.

4. Do you feel mental relaxation after playing video games?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Agree	64	42.7	42.7	42.7
strongly agree	49	32.7	32.7	75.3
Neutral	25	16.7	16.7	92.0
Disagree	12	8.0	8.0	100.0
Total	150	100.0	100.0	

According to Our Findings we concluded that (42.7%) students are feeling relaxation, mental relaxation after playing violent video games. Only (32.7%) students strongly agree on this that they feel mentally relaxation after playing video games. The ratio of neutral students is (16.7%). This category of students feel that they have no effects of game either they play game or not. Only (8.0%) ratio of disagree students that are not feel mental relaxation after playing video games. In this table frequency and cumulative percentage also mentioned.

5. Do you feel stress after playing games for long time?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Agree	50	33.3	33.3	33.3
strongly agree	24	16.0	16.0	49.3
Natural	31	20.7	20.7	70.0
disagree	45	30.0	30.0	100.0
Total	150	100.0	100.0	

According to our results (33.3%) students that are feeling agree on this that they are feeling stress after playing games for long time. As compare to agree persons that are feel mental

stress after playing video games is low that are strongly agree on that they are feel mental stress after playing games for long time is only (16%). Only (20.7%) students are falling in that category which are neutral about mental stress after playing game for long time.(only30%) students are disagree on that they are feel stress after playing game for long time. In this table frequency and cumulative percentage also mentioned.

6. How much your social life gets affected because of playing video games consistently?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Much	31	20.7	20.7	20.7
very much	34	22.7	22.7	43.3
somewhat	50	33.3	33.3	76.7
not at all	35	23.3	23.3	100.0
Total	150	100.0	100.0	

According to the survey study the results indicate that (20.7%) students that feel much affected their social life due to consistently playing video games. Only (22.7%) students feel very much that their social life is affected due to playing video game consistently. Only (33.3%) students feel that there is a miner effect of playing video games consistently on their social life. Only (23.3%) students feel that there are no effects of video games on their social life. In this table frequency and cumulative percentage also mentioned.

7. What do you feel video games mostly effect your?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid family life	16	10.7	10.7	10.7
professional life	11	7.3	7.3	18.0
academic life	100	66.7	66.7	84.7
personal life	23	15.3	15.3	100.0
Total	150	100.0	100.0	

According to our result (10.7%) students that are feel their family life is disturbed due to

consistently playing PUBG game. The ratio of students is (7.3%) whose professional life is disturbed. The ratio of students is too high whose academic life is affected due to PUBG game. Only (66.7%) students that are feel their academic life mostly effected due to playing violent video games. Only (15.3%) students feel that their personal life is affected due to playing consistently playing PUBG game. In this table frequency and cumulative percentage also mentioned.

8. How much do you violently behave with your fellows due to excessive usage of video games?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Much	35	23.3	23.3	23.3
very much	29	19.3	19.3	42.7
somewhat	36	24.0	24.0	66.7
not at all	50	33.3	33.3	100.0
Total	150	100.0	100.0	

According to our survey the results indicate that (23.3%) peoples told that videos games have valid much effect on violently behavior with their fellows (19.3%) peoples told that videos games have very much effect on violently behavior with their fellows (24.0%) peoples told that videos games have somewhat effect on violently behavior with their fellows (33.3%) peoples told that videos games have not at all effect on violently behavior with their fellows. In this table frequency and cumulative percentage also mentioned.

9. Do you feel violent video games influence their player to be violent in real life?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Much	37	24.7	24.7	24.7
very much	33	22.0	22.0	46.7
somewhat	46	30.7	30.7	77.3
not at all	34	22.7	22.7	100.0

9. Do you feel violent video games influence their player to be violent in real life?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Much	37	24.7	24.7	24.7
very much	33	22.0	22.0	46.7
somewhat	46	30.7	30.7	77.3
not at all	34	22.7	22.7	100.0
Total	150	100.0	100.0	

According to our survey results we indicate that (24.7%) students life is become much violent due to the excessive use of PUBG game . Only (22.0%) student whose life is very much disturb due to violent game . only (30.7%) students which did not feel any change in to their life due to violent games . Only (22.7%) students are that which feel that they are not falling in such categories. In this table frequency and cumulative percentage also mentioned.

10. Which video game effect you psychologically?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid PUBG game	82	54.7	54.7	54.7
blue whale	42	28.0	28.0	82.7
GTA	19	12.7	12.7	95.3
dead cell	7	4.7	4.7	100.0
Total	150	100.0	100.0	

According to our survey (54.7%) PUBG game has effect on human psychologically. Only (28%) blue whale game has effect on human psychologically. And (12.7%) GTA game has effect on human psychologically. Only (4.7%) dead cell game has effect on human psychologically. In this table frequency and cumulative percentage also mentioned.

11. Should PUBG game be banned in Pakistan?

	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	26	17.3	17.3	17.3
Agree	33	22.0	22.0	39.3
Neutral	21	14.0	14.0	53.3
Disagree	70	46.7	46.7	100.0
Total	150	100.0	100.0	

According to our research (17.3%) people strongly agree that PUBG game should be banned in Pakistan. Only (22%) people agree that PUBG game should be banned in Pakistan because they are known about the disadvantage and bad effects of this game .And (14%) people neutrally said that PUBG game should be banned in Pakistan. Only (46.7%) people Disagree on this that PUBG game should be banned in Pakistan because they are lover of this game and play till late at night this game .They spend their mostly on that game . In this table frequency and cumulative percentage also mentioned.

Conclusion:

In addition to offering single and mono play options, Player Unknown's Battlegrounds (PUBG) is an entertaining gaming app that helps users decompress while having fun. Players lose track of time while playing, and they constantly consider returning to the game to play endlessly. As a result, we enjoyed ourselves and found enjoyment while playing PUBG. On the other side, playing as much each day is causing some health problems for us. Thus, establish a daily time restriction for PUBG game play and stick to it to prevent health problems.

In this essay, we reviewed every study that has been done on the effects of video games—whether good or bad—on players' emotions and behaviors. Research has demonstrated that playing video games can alter players' behavior in a number of ways, including making them more aggressive, negative, cooperative, and positive. The information gathered from the player is thought to be the primary component in examining the player's personality to determine how the game has affected them. Two methods were used to gather this data. The initial type of data

collection was known as self-reporting data, and it relies on the player gathering information before, during, or after watching the video through surveys, questionnaires, interviews, or ethnographic observations.

The second method is known as "in-game data collection," in which the player provides the data directly through the video game and personal test models such as the Five-factor model. Most research findings indicate that there is a connection between players' conduct and the video games they play. Based on these investigations, the researchers draw the conclusion that video games affect players' emotions, reflexes, actions, motives, desires, and ways of thinking about and approaching both internal and external environments. However, another study group contends that players' behavior is unaffected by video games.

A series of experiments are carried out by the researchers in this community to bolster their hypothesis. At the conclusion of my report, I express my gratitude to Allah Ta'ala, whose blessings enable me to complete my duties. I am appreciative of everyone whose encouragement and direction given me the self-assurance. She assisted me in finishing my assignment. The project was finished according to its specifications. Due to the lockdown situation, all project participants encountered a variety of issues during the project. However, I gave thanks to Allah Ta'ala, who has blessed me and enabled my efforts to be fruitful.

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