Role of Violent Video Games in Aggression and Violent Behaviour of Young Adults: Psychological Perspective

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Abstract

Violent video games have been found to be promoting aggression, reduction of empathy, and increased chances of self-injury and isolation. There are various pieces of evidence that support the claim that violent games are responsible for the aggression and violent behaviour of young adults. This particular article has been developed around that particular claim while providing evidence to support the claim. Peer-reviewed journals and online articles have been used to collect the required evidence and support the claim. The secondary method of data collection has been used in the study to provide a psychological perspective on the entire topic. The rising popularity of violent video games makes it quite important to explore the subject matter. This article thus provides fresh insights into the frequently talked-about topic of the adverse effects of violent games on the behaviour of young adults.

Keywords: Violent Video Game, Addiction, Adults, Aggression

1. Introduction

The creation Violent video games are increasing in recent days, which are found to be more dangerous to the lifestyles of youth adults. These types of video games create a huge amount of addiction and this influences the behaviour within the main lifestyle of those young adults. From the viewpoint of Giustiniani *et al.* (2022), violent video games are a forum for practicing and learning aggressive solutions and situations of conflict. These games have depicted most of the aggression in which adults also appeared with aggressiveness with priming the negative thoughts. In this digital edge, many gaming software also has been modernized, in which many attractive games with 3D appearances have created much attraction for all young adults.

"Clash of Clan (COC)", "PUBG," and "E-football" are the most well-known gaming software, which is popular with all modern young adults. The rapid technolgical expansion has led to growing many new gaming systems through innovative technological development. As mentioned by Amato (2021), high technological upgradation and stiff competition have been depicted within realistic and interactive games. However, the games for addicted youth has affected much of their mind and this frequently creates less effective concentration on study and development of career. The violent video games exposure (VVGE) had the trait behaviour and the differentiated behaviour showed high aggression among adults. As mentioned by Yao, Zhou, Li, &GAO (2019), the main results of VVGE are positively associated with the four aggressive traits, which are verbal aggression, physical aggression, hostility, and anger. Moral disengagement is positively related to the violent video games, which are associated with the negative approach of adults.

The unknown Battleground PUBG is the most common game in recent times, which is played by millions of players known for "chicken dinner." This is the most well known and most addictive video game for all adults and has been introduced from January to June 2018. These violent video games are the most attractive among all the youths who have common interests with it having no concentration on the major study. This has determined all the new generations and created the breakdown of developing a new society. All violent video games hinder the path of ethical development within society.

2. Aim Of the Study

Based on the above introduction into the subject matter, the main aim of this study are:

● To evaluate the concept of violent video games that attracts the minds of young people.

● To investigate the impact of violent video games on young adults.

● To interpret the strategies that may support managing adult youths from usages of violent video games.

3. Materials And methods

Evaluating violent video games in the recent period and the aggressive behaviour of adult youths has been proceeded with the help of qualitative methods. As mentioned by Hayashi Jr Abib & Hoppen (2019), the qualitative method study is the most common for all the studies, which can help in the perfect investigation and systematic conduction of the study. In this study, the researcher may create a proper investigation based on the increasing rate of violent video games and aggressive behaviour of young adults in the recent period. This description is based on the perspective of psychology. In this concern, an inductive approach has been chosen due to in-depth investigation and gathering of relevant information. The research design of this study is chosen with the help of the main method of this study, which should be cross-sectional. This type of research design helps to justify the entire statement with the role of violent video games in the aggression and violent behaviour of young adults. In addition, the gathering of secondary data or information should be chosen from authentic peer-reviewed journals.

The secondary data helps in the conduction of descriptive evaluation and all information are perfectly justified and approves major ethics. The application of reliable design approaches and data collection and analysis methods can form better effects on the entire study conduction. The qualitative method of analysis can be done with the help of the development of a theme based on the major statement. The perspective of psychological description can be highlighted with aligning adult effect after the usage of violent video games. The researcher has choosen effective and authentic peer-reviewed journals, which are published after 2019, and more secondary information can be chosen from authentic websites for statistical data.

4. Results

4.1 The concept of violent video games attracts the minds of young people.

Violent video games are meant to be video games that consist of digital violence with depiction or simulation of the major players. They involve causing high physical harm to other humans and this is caused huge social aggression. As mentioned by Kelly (2020), the video game is impacting in a range of ways on the minds of youth for killing, depiction, dismembering, and assaulting games and images of violence of human beings. These violent games may activate children's aggressive minds within the cognitive network and repeat the knowledge structure of aggression, which is the aggressive nature of those people. This is not fruitful for the growth and development of society.

Aggressive nature and bad behaviour have been depicted among adults in recent periods and it has been stated that high-tech devices and a huge concentration of smart phones are the major destructive objectives. From the viewpoint of Putri *et al.* (2022), technology and media are the major worries in this society. Research video games' effects on video gaming purposes and this has created an impact on video gaming sites and the usages of

programming help to create betterment in gaming sites and software. Video games are quite common among many people. The computer games and huge graphical presence make adults' minds towards those without having any concentration on their studies. Many parents are claiming amity in these video games, which reveal aggressive behaviour of those children of adults. Many violent video games may affect the minds of children below 18, which have created high destruction within their character development. In addition, video games are more attractive than watching television.

The addiction to games created a high perception in adolescents to load or download brutal computer games, which at night have poor judgment and created a bad effect on the mind of those adolescents. In some cases, parents are the major supporters from childhood having a huge attraction to games that have created a huge chase on abduction towards those video games. This has negative effects on children's minds. According to Huang *et al.* (2020), the brutal computer games are amazing for all 13 to 18-year-old adults, which results in a less effective future, and they may not be successful in achieving major goals. It has been studied that all video games are attracted to most of those children along with adults and this results in 1 hour of playing games is not enough, which should be covered for 3 hours.

4.2 The impact of violent video games on young adults

Violent video games lead to negative behaviour such as lack of impulsive behaviour, manipulative behaviour, and pathological lying are the immediate rewards for development that can form better behaviour of aggression. As mentioned by Fairchild *et al.* (2019),lack of impulsive control can form antisocial and aggressive behaviour that form obstacles under the path of societal development. Violent video games may create adolescents who are more hostile which may obstruct their career development. Moreover, many adult children may face mental disorder after brutal playing of video games not many of them are committed suicide after being influenced by some violent video games.

Playing video games causes more bullying, fighting, and aggression frombrutal usages of those violent games. As mentioned by Khan et *al.* (2023), shooting guns andhand-to-hand combat in video games can cause violence in real life events. Many perceptions of mass shootings played a vital role in the minds of people. This activity has been accelerated with the indulgence ofmany parents. The parental activity on showing the video games let those children with violent video games is related to high negative effect on the mind of people. This may create a negative impact on society and give rise to a social and political conflict. The simulation violence a can causes shooting games with 3D effects can cause negative action on creating bad effects on minds. Mass shootings in any game may affect the immature mind of a child, which creates some risk factors in the life of those children.

There are some common negative effects of video games such as; deposition, poor sleep hygiene, dehydration, aggression, obesity along with heart problems. The bad effects of video games may affect physical and mental health, which is essential for understanding each person by experiencing excessive brutal effects of the game. Most excessive usage of video games is often creating adverse effects on the health of adolescence. As mentioned by Beruin (2022), inadequate sleep is the most common phenomena for gamers that may result in distracting the mind within the major productivity. Less sleep may cause a huge negative result on the personal life, in which people cannot focus on the major goal. These especiallyaccelerate societal discrimination and this inevitability creates an impact on major areas of life.

The application of excessive game alignment with high-class priority may affect the performance of adults in academic places. According to Pallavicini, Pepe &Mantovani (2022), adverse effects on physical health may cause high amounts of gaming usage and excessive loading of games on social media sites. This creates a brutal addiction to those unethical sites, which may cause fraudulent actions. Any adult downloading the game from unethical sites may cause some cybercrime and many cyber-attacks are grabbing all the information from game users. In this concern,blackmailing can cause people to provide money online and immature adults may fall under that trap which causes high rates of cybercrime and social discrimination.

Dehydration and poor diet mainly because huge health hazards that form the highest rate of discrimination and less effective growth of the mind. As mentioned by Guptaa (2021), excessively attractive game introductions may cause huge satisfaction among the youth in recent times. These excessive meanings of gaming use along with graphical usage may result in not having an adequate amount of food. Fewer intakes of food and drinking can cause less effective health effects. In addition, less effective intake of drink and proper food may cause dehydration among those adults who face a high amount of health hazards. Playing games all the time may cause an irritable bowel system, poor diet, and loss of muscle, and a poorer diet can have a long-term effect on the players.

Gaming demand can cause a huge breakdown in career development. On the other hand, playing violent games cannot give space for thinking about personal development. Moreover, all the people are getting under the covers of major development. The symptoms of gaming disorders are known as "pre-occupational" means for findings within the thinking about games at the time of playing and experiencing difficulty focusing on another task.
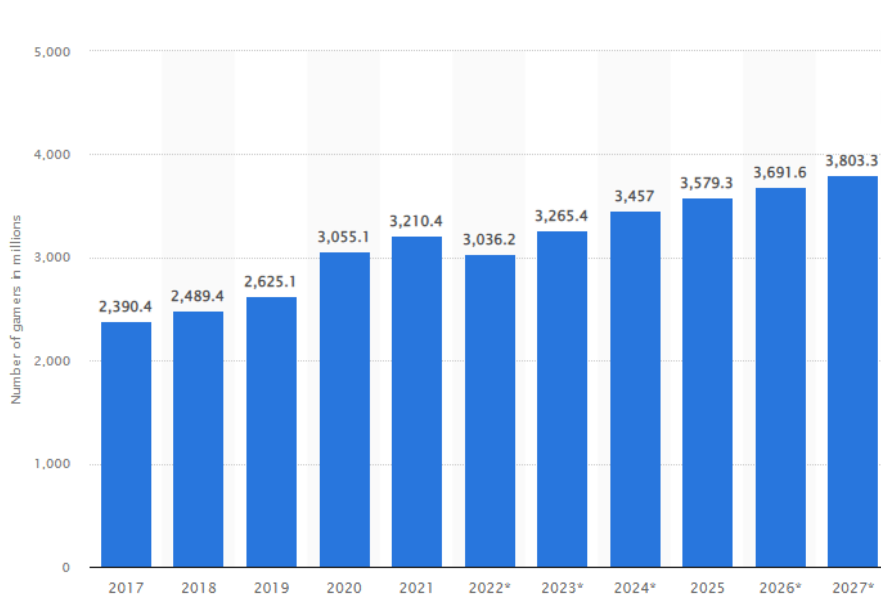

Figure 4.2: Number of video game users throughout the world from 2017 to 2027
(Source: Influenced by Clement, 2022)

The video game mass in 2017 has been depicted as the lowest rate of less effective technological development and there is a high chance of the prediction of raising this level. The number of gamers in 2019 has been highlighted as 12625.1 million, which is a lower number of people rather than the rate of the previous year (Clement, 2022). Technological innovation has led to a better effect on the reinforcement of the high growth of many users. Among these users, all are adults and many children below 18 years old. On the other hand, the rate of video game users has hiked in the year 2021 by 3210.4 million (Clement, 2022). This is because many people are enjoying lockdown recreation activities and there is huge relaxation from schooling and colleges, which makes a chance of using these types of gaming sites that exclusively raise the level of video game users. However, these video game users have highlighted a lower rate in 2022 due to quiet presentation on the academic level.

The usage of video gaming by adult people has predicted that the rate may be raised with the increasing level of technology. In the viewpoint of Rahmatullah *et al.* (2022), technical development has high tech importance in this society; besides that, this has an adverse effect on adults' creativity of many violent video games. The rate of gaming users in 2026 has been decided as 3,691.6 million, which has not been raised due to the concentration of many attractive gaming sites and gaming software (Clement, 2022). The application of advanced technology and the effective creativity of modern developers and engineering works can approve a huge number of users for

video gaming. In this concern, the report has predicted that the number of video game users may increase to 3,803.3 million in 2027.

4.3 Strategies that may support managing adult youths from the usage of violent video games

Gaming addiction is the most described among the major new generation people in society. On the other hand, gaming addiction has fallen under the category of addiction process, which is alsodepicted as a behavioural addiction. Psychological counselling and some settings of psychological treatment may reduce addiction to gaming. As mentioned by Pincus*et al.* (2020), psychological treatment plays a great role in the reduction of any type of addiction and assists in returning to a healthy society. In this concern, "cognitive behavioural therapy (CBT) is the most vital, this may be the best effect on the mind for adults, and this is the ideal treatment for video and game addiction. This type of therapy allows all addicted adults to shift from their major thinking and replace compulsive gaming with a healthier pattern for a specific thought.

CBT can encourage the adjustment to aggressive nature replaced with healthier mental conditions and well behaviour within a few settings. This treatment is highly recommended for removing all the negative symptoms, which may help in the usage of video games. Video game rehabilitation and psychological process is a technique that consoles and improves the mental health of the main victim. In the viewpoint of Ferrari *et al.* (2022), rehabilitation from video games is referred to as the improvement of mental health conditions and acceleration of the growth of mental health processes. This is an integral part of occupational therapy and this is practiced in acute and community settings. This therapy highly treats the addicted people, which form huge development under the circumstances of the establishment of a new society.

5. **Discussion**

Violent video games are the most popular in the recent period as this is the passing of high-techinnovation along with graphical applications. All violent games are the most effective in treating the attraction of adults to these high-tech games. PUBG has created betterment among the market throughout the world and this has led to a huge amount of addiction among youth in recent times. The destruction has been caused due to the negative imagery and violent storyline in these games. Moreover, shooter games are the most effective in developing perfection among human beings. This has resulted in aggressive minds and repetitive knowledge among devices that created aggressiveness within the people of adults. Playing games at the highest rate can create huge effects on the adults' minds in which impulsive behaviour can appear with aggressiveness. This may break the relationship with parents and these results in social determination. These addictions can be reduced with the help of usages of "cognitive behavioural therapy (CBT)" and Video game rehabilitation, which are the most vital aspects of the mind refreshment of adolescents.

6. **Conclusion**

Overall study has been justified by clarifying the entire statement by displaying the main scenario of adult people in the recent period and strategies are reducing aggression among those adults. Video games usually increase due to high-tech software development in many sectors, which creates a special attraction for young students and many adults. These games consist of car thefts along with graphics acts. Some of the games are concentrated violent images and others kill people and animals along with sexual amputation. These images and graphical representation has destroyed the mind of young adults, which is reserved for an aggressive nature among those youths.

This study can be recommended for more effectiveness in the reduction of aggressive behaviour and effective psychological development. Three strategies are offered for reducing aggression among adults: control, cohabitation, and catharsis. The control strategy is the most effective with the development of popular political conservation as this is detected as punishment. Control is always not fruitful as the punishment creates physical and mental pressure on the victim. In addition, the catharsis strategy involves emotional effects and this is identified as the effective chance for one's own expressive behaviour. Moreover, this strategy is not permanent, though the cohabitation strategy can create a position among the aggression, and this may create an effect on the

mind of the addicted person. Aggression management can be done with the counselling of psychologists, another be some sessions to reduce the huge amount of angry nature. The advancement in CBT among psychologists can form a high priority of better value management over aggression. The reduction of aggression can meet better action among youth, which may maintain a better behavioural appearance; this prioritizes well development of society. Government can take a great role in banning all violent video gaming websites and software.

7. Acknowledgement

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