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Impact of Playing Video Games

“The people you surround yourself with influence your behaviors, so choose friends who have healthy habits.” is a statement made by Dan Buettner. The impact of playing video games on a teenager's life is bad in the terms of the violence, and crimes, but the good influences are improved planning and thinking skills from playing video games.

The first theme is the bad influence of playing video games are violence from shooting and fighting video games. Playing violence video games can influence the person’s behavior from normal to aggressive because they are too focus in the video game and lost track of reality. In a New York Times Newspaper article, “Shooting in the Dark “ Benedict Carey explains that playing violent video games could change a person from normal behavior to aggressive in just few minutes. Carey States, “Many similar studies have found the same thing: A dose of violent gaming makes people act a little more rudely than they would otherwise, at least for a few minutes after playing (Carey 1).” So teenagers should play less violent games and more nonviolent games in order to get away from those bad influences.

There are many experiments to see if playing video games can have a bad influence on the physical and mental state of a person. One experiment have took place in an undergraduate university claims that the influence of playing video games have a physical and psychological effect on players. Carey States that “In one recent study, Christopher Barlett, a psychologist at Iowa State University, led a research team that had 47 undergraduates play “Mortal Kombat: Deadly Alliance” for 15 minutes (Carey 1).” In conclusion of the experiment, the research took measurement from the stimulation of the game which is physical and psychological data. Also comparison took place between the students who the violent game and another group student who played nonviolent. The results show student who play violent games became more aggressive than the student who play nonviolent games. The experiment proves a person can become more aggressive by playing video games

Video games and other Medias such as television also influence the rise of crime happening in the world. Violent video games influence some people into committing crimes because those who might already have psychological problems and violent video games are like a trigger to do something bad in real world. In a New York Times article “Shooting in the Dark “ Benedict Carey support this claim by stating that some criminals who committed massacres were video gamers in the massacres. According to Carey, “the young men who opened fire at Columbine High School, at the movie theater in Aurora, Colo., and in other massacres had this in common: they were video gamers who seemed to be acting out some dark digital fantasy (Carey 1).” This shows that violent video games have a bad influence on people in the real world who the plays the game.

In order to prevent teenagers from having a bad influence the ESRB ratings system has been created in the 1990s to rate all video games for violent and sexual content (Ferguson 27). The ESRB ratings system is like a warning label for all games that has been sold; the ESRB rating system is tells us if the content of the games is right for your age or not (Ferguson 27). In the book, “Adolescents, Crime, and the Media: A Critical Analysis,” Christopher J. Ferguson shows that the ESRB rating system is not strict enough and criticizes the ESRB, (Ferguson 27). The game makers’ thinking that the ESRB rating system is too strict (Ferguson 27).

The arguments discussed in “Adolescents, Crime, and the Media: A Critical Analysis” by Ferguson shows that the FBI investigated that an increase in video games leads to a decreased in crimes which were investigate by the FBI (Ferguson 27). But this statement has no real answer to it because crimes still happens even if there is video games out in the world. There is no link between the increase of video games and the decrease crimes. “A report by the US Secret Service and US Department of Education (2002) supports my claim when they found that, “far from being heavy consumers of violent media, school shooters appeared in general to have fairly average to low average interest in such media, and that an interest in violent media was not a good predictor of school shootings (Ferguson 28).”

In spite of the negative impacts, there is also good influence that improves planning or thinking skills from playing nonviolent video games. In the New York Times, “Can Video Games Fend off Mental Decline?” Clive Thompson tells the readers that playing video games help fend off one’s mental decline when aging (Thompson 1). Thompson also shows that playing video games can help improve children’s mental skills, by stating that researchers discovered “that playing them appeared to improve some cognitive abilities in children” (Thompson 1). Playing nonviolent video games help sharpens one’s mental skills such as focusing, and thinking critically how to solve a puzzle (Thompson 1). For example, it helps young children think faster when they are playing quiz games because it keeps their brain sharp and clear.

Another good influence from playing video games is it helps the older people in sharping their mental and thinking skills. An experiment conducted shows that older people playing video games sharpens their skills as they keep playing the game for few times are better than young teenage (Thompson 1). Thompson states that “older adults who played the hardest version of Neuro Racer became very good at it — as good as 20-year-olds playing it for the first time” (Thompson 1). This shows that playing nonviolent games benefits both the young and old people.

It seems that playing video games helps older people to retain their cognitive skills as they age. It helps them workout so their cognitive skills does not decline that fast. An article called” Anti-Aging Medicine,” by Ronald Klatz and Robert Goldman tells us that video gamers propose that older peoples’ cognitive skills began to decline at the age of twenty four (Goldman & Klatz 1). A social science investigation was conducted to show that older people, at the age of twenty four had their cognitive skills at their highest peak, while playing a video game (Goldman & Klatz 1). This shows that video games help older people realized how far their cognitive skills can go.

Video games are made to entertain teenagers when they are bored and have nothing to do in their free time. Video games are good once in a while because it helps teenagers relax and relieves their stress from school, but most of time they are distractions. It is mostly a negative affect rather than a positive because video games does more harm than good in a teenager’s life. For example, studies have shown that “a dose of violent gaming makes people act a little more rudely than they would otherwise, at least for a few minutes after playing” (Carey 1). This means that violent video games can cause players to become aggressive after playing for a short time.

In conclusion, violent video games has a bad influence on teenagers because it influences them to be violent in real life. Video games also seems to have an influence on the rise of crime based on the fact, that criminals played a lot of violent video games before they commit a crime. However, there are good influences from playing nonviolent games such as improving thinking skills, planning skills, and sharping one’s cognitive skills from declining at a young age. Many believe that video games can do more harm than good for teenagers. In my opinion, video games have a bad influence on many teenagers because it causes them to be violent. In end, I think teenagers should stay from violent games and play more nonviolent educational games.

Bibliography

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