

## “A STUDY ON IMPACT OF VIDEO GAMING ON CHILDREN”

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### Abstract

The most common and tolerable form of entertainment these days are ongoing demand of playing Video games. The number of grown-ups who play video games have augmented due to the earlier generation of gamers having transitioned or moved into adulthood. Although it is assumed that video games are mainly for children and is considered as “childish” or “juvenile,” the gaming industry has already stretched its height among the adultspectators.

But the matter of children playing video games continues nowadays a lot. Many a times, games are attributed and accused for the escalation of violence and aggression among children. People have been inquisitive as to what the special effects of games on youngsters really are—if whether they both have positive and negative effects or none at all.

This study investigates into the behavior pattern of video game playing children and adolescents.

Furthermore, it also examines their motivation for video games through a structured questionnaire.

The study focuses on the demographic video game usage and preferences. It also studies whether such games lead to aggressive behavior or pro social behavior among the video game players.

This study was conducted for 100 children and adolescent people playing such video games from various socio-economic backgrounds in Mumbai city. The type of sampling technique used is Simple Random Sampling wherein a questionnaire was prepared and circulated to the videogame players and as per the interpretation findings and conclusion were sought.

**Keywords:** Video games, child, adult, violence, aggression, behaviour

### INTRODUCTION

There has been an unusual growth in the number of diverse video games which are available in the market, it is also been observed that not only children but adults are equally fascinated towards such games.

Most of the youngsters including children and teenagers love to play video games and are charmed by them. They believe that video games provide them fun, adventure, excitement, a sense of contentment and a whole lot more. Teenagers and children occupy themselves playing video games for multiple hours because it is considered as one of their favorite and engaging activities, although it is also one of the activities that is quite disliked by some of the parents. Most parents strongly feel that their children should devote their maximum time in studying and doing their schoolwork instead of playing video games which they think is a complete waste of time. They strongly feel that playing video games can also make their children violent and aggressive therefore while choosing Video games for children and teenagers one should be very careful. There are certain well-designed games which acts as great teachers as they provide both fun and learning.

### OBJECTIVE OF THE STUDY

To study the number of video game players among children and youth.

To study behavioral changes in the players due to videogaming.

To study impact of video game on the players health.

To understand the effect of video games on the productivity of the player.

To know motivation factor among the players to play such games.

## Research Methodology

**Research Design:** Exploratory Research Design/Simple Random Sampling

**Source of Data:** The source of data is Primary Data and Secondary Data.

**Population:** Researchers selected youth and some parents or guardians of children playing video games.

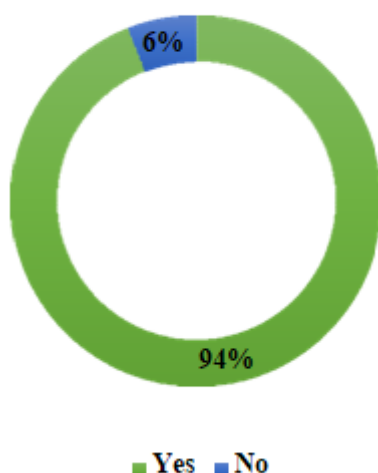
**Sample size:** With the help of convenient random sampling technique researchers took 100 youth and some parents or guardians of children as the sample size.

**Data Collection Tool:** For the purpose of data collection researcher used questionnaire as a tool. The questionnaire was structured type and contained questions relating to video games and its effects. The questions included in the questionnaire were open and close-ended, dichotomous and offering multiple choices.

## DATA ANALYSIS & INTERPRETATION

1. Do you or your children play videogames?

### Play Video Games

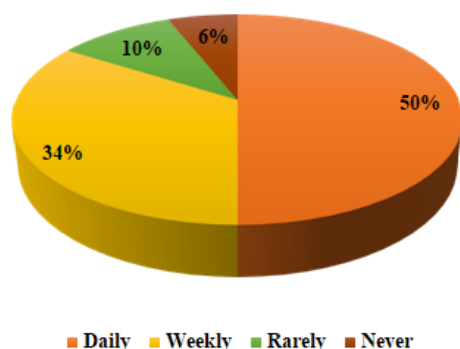


Interpretation:

- Out of the total population under study, 94% of the population either themselves or their children or both play videogames.
- 6% of the population, that is, 3 out of 50 people do not play videogames.

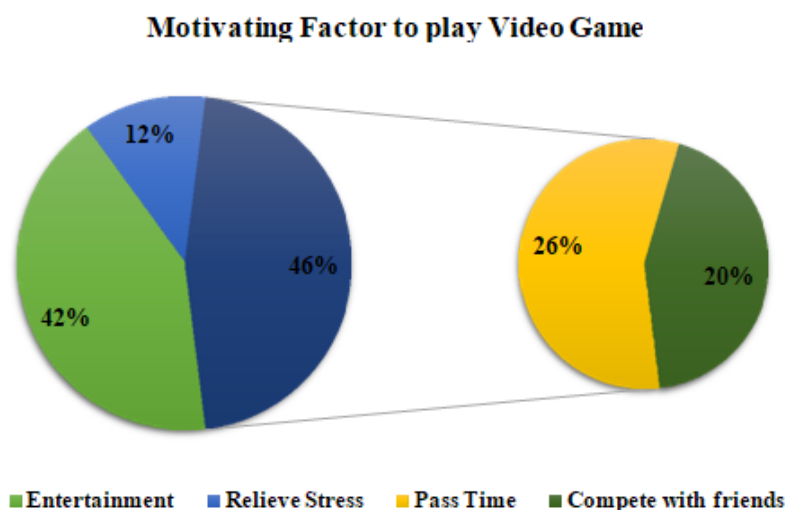
2. How often you or your child do plays videogames?

### Frequency of Playing



Interpretation:

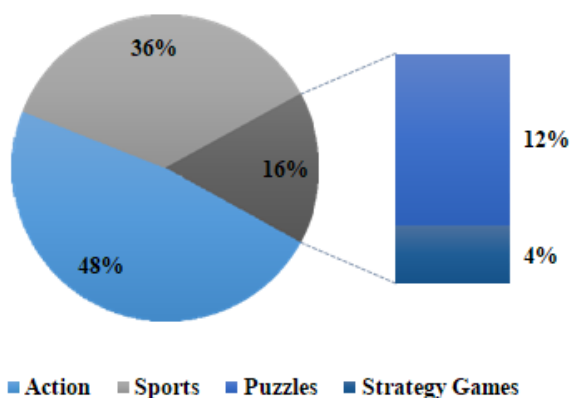
- 50% of the population under study either themselves or their children nor both play video games on daily basis.
  - 34% of the respondents under consideration, that is, 17 people either themselves or their children play video games on weekly basis.
  - 10% of the population under consideration either themselves or their children rarely play video games.
  - 6% of the population under study, neither themselves nor their children play video games.
3. Why do you or your children play video games?



Interpretation:

- 42% of the respondents under consideration that is 21 out of 50 people, either themselves or their children play video games for entertainment purpose.
  - 12% of the respondents under study either themselves or their children play video games in order to relieve their stress.
  - 26% of the population under consideration play video games either themselves or their children to pass free time.
  - The remaining 20% of the population under study play video games either themselves or their children to compete with friends.
4. Which category of games do you or your child prefer playing?

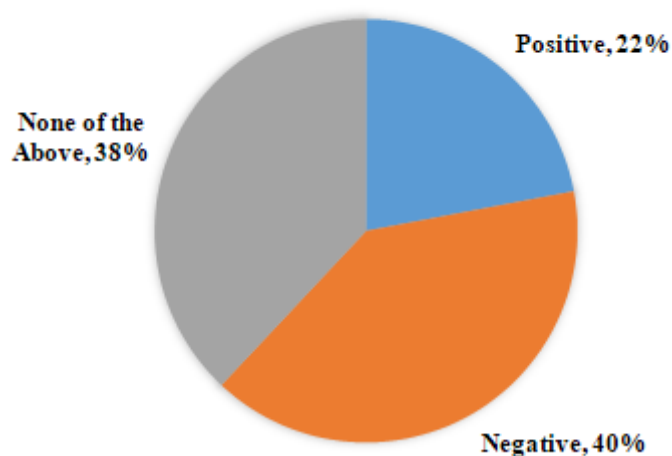
### Category of Games Preferred



Interpretation:

- 48% of the population under study, either themselves or their children prefer action games.
  - 36% of the population under consideration, that is 18 out of 50 respondents, either themselves or their children, prefer sports game.
  - 12% of the respondents under study, either themselves or their children, prefer puzzle games.
  - 4% of the respondents under consideration, either themselves or their children, prefer strategy games.
5. How does playing video games affect the player?

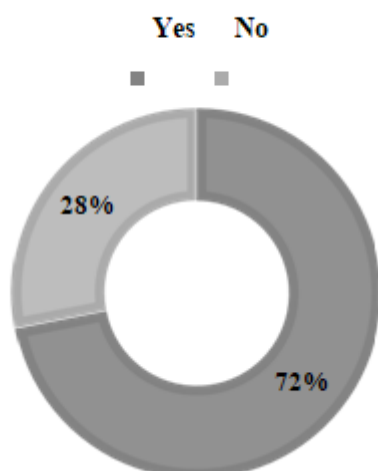
### EFFECTS OF VIDEO GAMES



Interpretation:

- 40% of the population under study, think that video games have a negative impact on the players.
  - 22% of the respondents under consideration, think that video games have a positive impact on the players.
  - 38% of the population under consideration, that is 19 out of 50 people, think that video games do not have any impact on the players.
6. Does playing of video games make the player aggressive or violent or gives rise to a lot of mood swings?

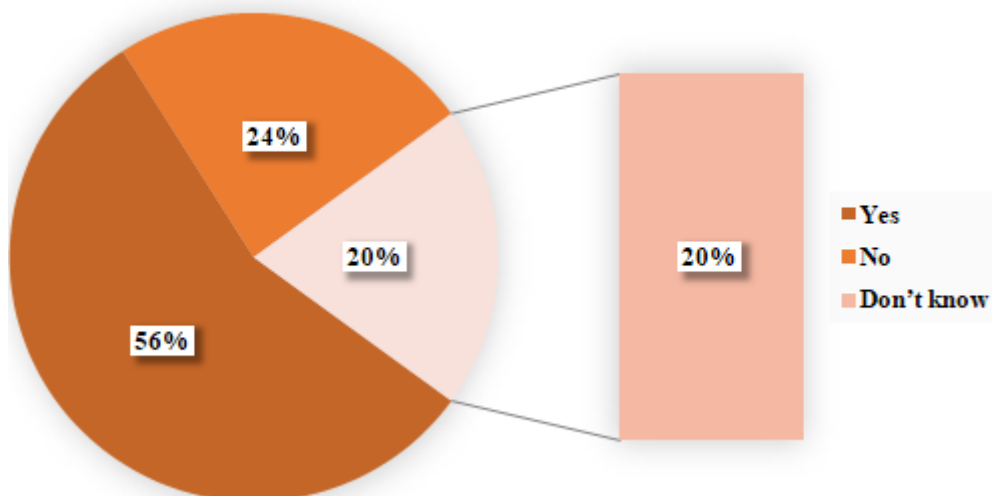
## AGGRESSION/VIOLENCE/MOOD SWINGS



Interpretation:

- 72% of the respondents under study, that is 36 out of 50 people, feel that video game leads to aggressive or violent behavior or mood swings.
  - 28% of the population under consideration think that playing of video games does not lead to aggression, violence or mood swings.
7. Does playing of video games reduce the productivity level among the players?

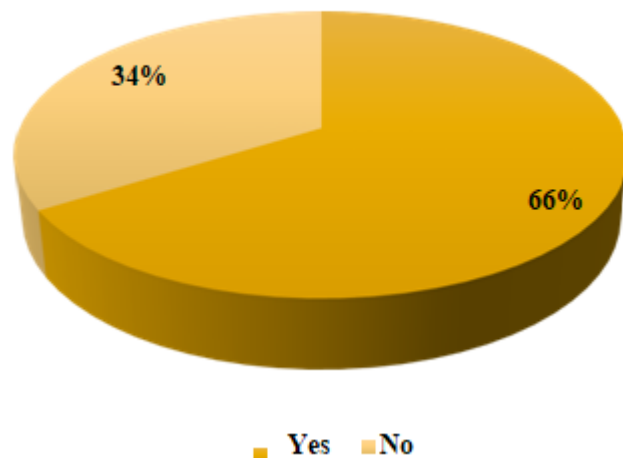
## Reduction in Productivity



Interpretation:

- 56% of the respondents that is 28 out of 50 people feel that playing of video game leads to reduction of productivity level in the player.
  - 24% of the population under study think that productivity level is not reduced due to playing of video games.
  - 20% of the respondents have no idea about the change in productivity due to video games.
8. Does playing of video games lead to health issues such as stress, anxiety, sleeplessness?

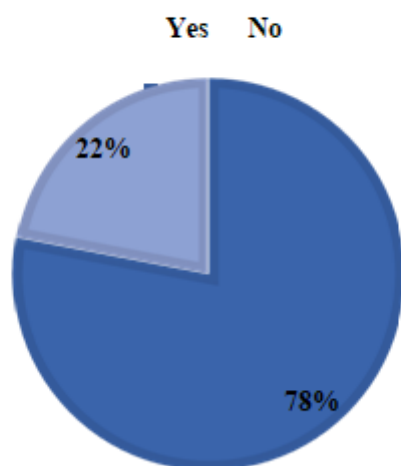
### Health Issues



Interpretation:

- 66% of the respondents under study, that is 33 out of 50 people are of the view that playing video games leads to health issues.
  - 34% of the population under consideration are of the view that playing video games does not lead to any health issues.
9. Do you think, playing video games help the players to develop various skills such as multi-tasking, hand-eye coordination, analysis and decision-making skills, etc.?

### VIDEO GAMES HELP DEVELOP VARIOUS SKILLS



Interpretation:

- 78% of the population under study, that is 39 out of 50 people, think that video games help to develop various skills.
- On the contrary, 22% of the respondents under consideration think that video games do not help to develop any skills.

## **FINDINGS**

- 1) More than 90% of the population under study play video games either themselves or their children or both.
- 2) Almost 84% of the respondents under consideration play video games on a regular basis that is daily or weekly.
- 3) More than 40% of the respondents under consideration, either themselves or their children play video games for entertainment purpose. 12% of the respondents under study either themselves or their children play video games in order to relieve their stress. 26% of the population under consideration play video games either themselves or their children to pass freetime. While the remaining 20% of the population under study play video games either themselves or their children to compete with friends.
- 4) Around 48% of the population under consideration, either they or their children prefer action games and very few, that is, 16% prefer puzzle games or strategy games.
- 5) 40% of the population are of the view that video games have a negative impact on the players while 22% are of the view that video games have a positive impact on the players.
- 6) Over 70% of the population under study are of the view that video games lead to aggressive and violent behavior.
- 7) About 56% of the respondents under consideration feel that video games lead to loss of productivity among the players, while 20% are unaware about any changes in the productivity level due to videogaming.
- 8) Over 65% of the population under study think that video games lead to health issues.
- 9) 78% of the population under study, think that video games help to develop various skills

## **CONCLUSION**

It is clear from the survey that the effect of video games on the children is both constructive and destructive. Video games can definitely lead to adverse effects on academic performance and health. It is significant to recognize the encouraging and damaging aspects of video games. Playing games by children communally as part of their balanced lifestyle generally provides positive effects. Whereas, playing ferocious games is directly connected to several negative problems. Some research has also shown that video games can also be helpful in terms of engaging students more in the learning process. This seems particularly factual in areas involving critical skills. They can contribute additional way of learning along with many other pedagogical methods which are presently popular.

Students and educators must be aware of the dangers of extreme gaming. It can have academic, societal, and transcendental consequences. Students have been known to completely disconnect from their friends and surroundings when playing games. As was shown by several statistics presented earlier a small percentage of children, spend a huge amount of time playing video games. Balance needs to be emphasized as an important part of the healthy lifestyle, and video games are no exception.

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