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Impact of Video Games on Children and Young Adults

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Abstract

Video games can benefit us or harm us in many ways. Video games have been portrayed as a negative and counterproductive activity, but this is far from the truth. This research shows how video games can become either useful tools or meaningless recreation.

Key Points

- Gateway to children's learning as video games catch their attention.
- Offers life skills such as money management and critical thinking.
- Multiplayer strategic games offer communication skills to those who play them.
- Academic performance decreased and violent aggression increased while playing video game.

Table 1

<table>
<thead>
<tr>
<th>Variable</th>
<th>OVERALL (N = 67)</th>
<th>(N = 37)</th>
<th>FEMALE (N = 30)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>21.56±2.53</td>
<td>21.64</td>
<td>21.29±2.47</td>
</tr>
<tr>
<td>ACT score</td>
<td>23.56±9.32</td>
<td>23.16</td>
<td>23.67±9.35</td>
</tr>
<tr>
<td>High school GPA</td>
<td>3.56±0.43</td>
<td>3.49</td>
<td>3.56±0.42</td>
</tr>
<tr>
<td>College GPA</td>
<td>3.24±0.54</td>
<td>3.16</td>
<td>3.13±0.55</td>
</tr>
<tr>
<td>Homework</td>
<td>2.25±1.62</td>
<td>2.06</td>
<td>1.96±1.21</td>
</tr>
<tr>
<td>Video games played (hours)</td>
<td>3.12±0.23</td>
<td>3.10</td>
<td>3.17±0.23</td>
</tr>
<tr>
<td>Video games watched (hrs)</td>
<td>2.04±1.62</td>
<td>2.01</td>
<td>2.00±1.54</td>
</tr>
</tbody>
</table>

The following table by Stephen Burgess displays the academic performance of video game players. Note the change in GPA from high school to college.

Conclusion

- Video games can benefit us through inter-activeness or harm us by playing too much.
- There is no certainty that video games will perform exactly how we want.

Future Research

- Does playing video games affect the brain development rate of children and young adults?
- Do video games affect children more than young adults?

Works Cited


