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.

Conclusion

- Video games can benefit us through interactiveness 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


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

<table>
<thead>
<tr>
<th>Variable</th>
<th>Male</th>
<th>Female</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>21.56</td>
<td>21.25</td>
<td>21.36</td>
</tr>
<tr>
<td>ACT score</td>
<td>23</td>
<td>22.88</td>
<td>23.00</td>
</tr>
<tr>
<td>High school GPA</td>
<td>3.56</td>
<td>3.54</td>
<td>3.55</td>
</tr>
<tr>
<td>College GPA</td>
<td>3.24</td>
<td>3.16</td>
<td>3.20</td>
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<tr>
<td>Homework</td>
<td>2.25</td>
<td>1.62</td>
<td>2.06</td>
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<tr>
<td>Video games played per week</td>
<td>3.52</td>
<td>3.56</td>
<td>3.54</td>
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<tr>
<td>Video games watched per week</td>
<td>2.94</td>
<td>2.94</td>
<td>2.94</td>
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<tr>
<td>Age first played video games</td>
<td>2.93</td>
<td>2.94</td>
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</tbody>
</table>

Note: GPA is on a scale of 1 to 5, with 1 being strongly disagree and 5 being strongly agree.