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Impact of Video Games on Children and Young Adults

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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
Descriptives for demographics and video game experience

Variable	OVERALL (N = 671)			(N = 200)			FEMALES (N = 391)		
	Mean	SD	Range	Mean	SD	Range	Mean	SD	Range
Age	21.56	2.53	18-30	21.94	2.58	18-30	21.29	2.47	18-30
ACT score	23	3.89	13-35	23.16	4.05	15-35	22.87	3.76	13-35
High school GPA	3.59	0.43	1.6-4.0	3.49	0.45	2.0-4.0	3.66	0.4	1.6-4.0
College GPA	3.24	0.54	0.5-4.0	3.16	0.56	1.0-4.0	3.3	0.52	0.5-4.0
Homework ^a	2.25	1.62	1-6	2.96	1.75	1-6	1.76	1.31	1-6
Video games played week (hours)	3.93	8.23	0.0-100	7.10	9.52	0-75	1.67	6.25	0-100
Video games watched week (hours)	2.04	4.94	0.0-87	2.10	3.67	0-35	2.00	5.67	3.0-22
Age first played video games	9.26	3.85	2-24	9.18	3.89	2-24	9.34	3.83	3-22

a: I often play video games instead of doing homework. Rating on scale of 1 (strongly disagree) to 6 (strongly agree)

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?

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