**Video games and aggressive or violent behavior**

**Name**

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The idea that video games cause aggressive or violent conduct is widespread. Video games are a sort of entertainment that individuals of all ages love. There is accumulating evidence that video games can have beneficial effects on gamers. For instance, video games can increase the hand-eye coordination, problem-solving, and spatial awareness of players. There is no evidence to support the assertion that video games cause aggressive or violent conduct, despite the fact that some individuals hold this belief. In reality, research indicates that playing video games has a good effect on conduct. One study indicated, for instance, that youngsters who played violent video games were no more likely to be aggressive than those who did not. This paper refutes the notion that violent video games increase violent or aggressive behavior. It will explain on why the present research on the positive link between aggressive or violent conduct and video games is inconclusive and why there is no clear proof that video games generate hostility or violence.

According to one study, playing video games can actually lessen stress and anxiety. This study demonstrated that video games can improve people's mental health. Playing video games can help individuals relax and de-stress, leading to greater mental health overall. There is no evidence to imply that playing violent or aggressive video games increases aggression or violence in real life. There is no proof from scientific studies that violent video game play increases aggression or violence in real life. Numerous investigations have been conducted on this subject, and the results of those investigations have been, at best, inconclusive. In addition to genetics, a person's upbringing, environment, and mental state can all play a role in determining whether or not they exhibit aggressive or violent behavior (Griffiths, 1999). Simply, video games do not constitute a big factor. Additionally, it should be recognized that many video game players do not demonstrate aggressive or violent conduct. This question has no conclusive answer because it is very dependant on the individual. After playing certain types of video games, some people may become more aggressive or violent, while others may not see any change in behavior. Note that not all video games are made equal. Some games are meant to be more violent than others, and this may influence whether or not they lead to aggressive or violent behavior. However, there is no strong evidence that violent or aggressive conduct is directly caused by video games. There are other additional aspects that can contribute to this, including a person's upbringing, environment, and personal experiences.

Furthermore, playing violent or aggressive video games may give an outlet for such actions. There is no evidence that playing violent or aggressive video games causes aggressive or violent behavior; nevertheless, there is evidence that playing these games might facilitate aggressive or violent behavior (Przybylski & Weinstein, 2019). A large number of people play video games because it allows them to vent their frustrations in a safe and under their control environment. They may have been more likely to act out in real life if they had not had access to this outlet.

Additionally, playing violent video games is not the only factor that may lead to aggressive or violent behavior toward others. Video games are only one of many factors that can contribute to people acquiring aggressive or violent inclinations, but they are a factor nonetheless. Other factors include a person's upbringing, their surroundings, and their mental condition. Therefore, playing video games is not the only factor that might contribute to aggressive or violent behavior.

When considering whether or not video games might lead to aggressive or violent conduct, it is essential to take into account the variety of accessible titles. There are numerous non-violent video games available, and not all video games have violent content. In fact, research has demonstrated that playing specific forms of video games can reduce hostility and violence. One study revealed that playing Super Mario decreased hostility and violence, whilst another found that playing first-person shooter games did not necessarily increase aggression (Ferguson, 2007). This shows that it is not necessarily the video games themselves that cause aggressive or violent conduct, but rather the specific game and how it is played.

Some contend that video games may encourage aggressive or violent conduct in gamers. This is because games frequently require players to compete against one another, and in some situations, players have the ability to actually damage or kill other players (Willoughby, 2012). As a result, gamers may become more aggressive and violent as they develop accustomed to resolving conflicts with violence. In addition, many video games include characters that utilize violence to solve issues, which can desensitize gamers to actual violence. This can increase the likelihood that players will turn to violence in their own lives, as they no longer view it as a last resort.

In conclusion, one counterargument to the allegation that video games cause aggressive or violent behavior is the fact that many games need players to cooperate in order to advance. This encourages players to collaborate and interact with one another, which might result in players feeling more connected and less hostile. In addition, several games portray characters that succumb to violence as a last resort, demonstrating to players that violence is not always the best choice. This can reduce the likelihood that players will turn to violence in their own lives, as they will view it as a last resort. There is a substantial association between violent video games and violent behavior, but correlation does not necessarily imply causation. There is no conclusive evidence that violent video games generate violence, although it is evident that the two are related. Therefore, it may be inferred that video games do not inevitably cause aggressive or violent conduct.

**Reference**

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