

ARE VIOLENT VIDEO GAMES HARMFUL TO CHILDREN? UNDERSTANDING THE LINK BETWEEN GAMING AND AGGRESSION

Jumayeva Baxtigul

Bachelor Student at Uzbekistan State World Languages University
shaymardonovna@gmail.com

Supervisor: Jabborova Dildora Zokirjanovna (PhD)
Senior Teacher, Department of English Language Theoretical Aspects
Uzbekistan State World Languages University
dilyacity89@gmail.com

Annotation. Video games have become an indispensable part of kids' everyday life in recent years. However, parents and scholars are concerned about the growing amount of violent content in video games. This article investigates the connection between children's aggressive conduct and their exposure to violent video games. This study looks at psychological, social, and environmental elements that affect kids' behavior rather than only placing the blame on games. The results imply that while playing violent video games may make people more aggressive in the short term, there are other factors that contribute to aggressive behavior. Other elements, like the environment and parental direction, are important.

Keywords: Video Games, Aggression, Children, Behavior, Psychology, Media Influence

Introduction

Video games are among the most popular types of entertainment for kids in today's digital environment. Every day, kids spend a lot of time playing games, whether they are on smartphones or sophisticated consoles. However, there are a lot of violent sequences in these games, such as shooting, fighting, and destruction.

The question of whether playing video games makes kids more aggressive has been raised by this circumstance. While some contend that violent video games only serve as amusement and don't actually hurt kids, others think they have a direct impact on kids' behavior. This study's primary research question is: What connection exists between children's aggressive conduct and their exposure to violent video games? This study is to investigate the impact of games as well as the involvement of outside variables including social influences and family environments.

Methods

A qualitative research approach was employed to look at this problem. A number of scholarly publications, psychological research, and reports from associations like the American Psychological Association (APA) were examined.

Children between the ages of six and sixteen were the main focus of the study. Both experimental and observational methodologies were used in the investigations. While some studies examined long-term behavioral patterns, others looked at how kids behaved right after playing violent video games.

This study also contrasted kids who regularly play violent games with kids who don't. This made it easier to spot behavioral and emotional variations.

Results

The study's findings demonstrate that playing violent video games might affect kids' behavior, particularly in the short term. Children who played violent video games had higher levels of aggression, including rage, impatience, and physical outbursts, according to numerous research. The long-term consequences, however, weren't always reliable. Some kids didn't exhibit any persistent hostility. This implies that major behavioral issues cannot be caused by video games alone.

The importance of children's surroundings is another significant result. Negative effects are less likely to occur in those who get appropriate supervision from parents and educators. However, youngsters who are unsupervised can be more susceptible to the influence of violent content.

Discussion

The results of this study show that children's aggressive conduct is not solely caused by violent video games. Rather, a variety of factors, such as personality, upbringing, and social environment, influence aggression.

It's also critical to recognize that, particularly in their early years, children may not always be able to tell the difference between virtual and real-world content. Therefore, some children may normalize aggressive conduct if they are exposed to violent scenes on a regular basis.

But outright prohibiting electronic games is not a workable approach. Rather, a well-rounded strategy is required. Parents should set screen time limits and keep an eye on the games their kids play. As alternatives, nonviolent and educational games might also be promoted.

Conclusion

In conclusion, youngsters who play violent video games may become more aggressive, especially in the near term. They do not, however, constitute the primary source of aggression. These games' effects are influenced by a number of variables, including as environment, personality, and parental supervision.

Establishing a healthy gaming environment is crucial to minimizing harmful consequences. Video games can be played safely without seriously harming kids if they are utilized with knowledge and control. Playing video games is not always risky. Depending on how they are utilized, they can be both beneficial and detrimental. Video games can enhance children's creativity, problem-solving abilities, and relaxation if they are played appropriately and under parental supervision.

However, young children who are not fully aware of the distinction between games and reality may suffer from excessive exposure to violent video games. Thus, in my opinion, the most crucial elements are balance and control. Video games don't always pose a threat. Depending on how they are applied, they can be both beneficial and detrimental. Video games can enhance children's creativity, problem-solving abilities, and relaxation if they are played sensibly and under parental supervision. However, young children who are not fully aware of the distinction between games and reality may suffer from excessive exposure to violent video games. Thus, in my opinion, the most crucial elements are balance and control.

References

1. Anderson, C. A. (2010). Violent Video Game Effects on Children
2. American Psychological Association (APA) Reports
3. Recent studies in child psychology and media influence