



A STUDY ON THE
VIDEO GAMES ON

IMPACT OF
YOUTH

University of Mumbai



A Project Submitted to
University of Mumbai for partial completion of the degree of
Bachelor in Commerce (Accounting & Finance)
Under the Faculty of Commerce

BY:
PRESLEY ARNOLD LOBO

Under the Guidance of
DR. NISHIKANT JHA
Thakur College of Science and Commerce
Kandivli (East)- 400101

March, 2020



Thakur Educational Trust's (Regd.)
THAKUR COLLEGE OF SCIENCE AND COMMERCE 
AUTONOMOUS COLLEGE PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC Accredited Grade 'A' (3rd Cycle) & ISO 9001: 2015 (Certified)

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DECLARATION

I the undersigned **Mr. PRESLEY ARNOLD LOBO** here by, declare that the work embodied in this project work titled, “**A Study on The impact of video games on youth**” forms my own contribution to the research work carried out under the guidance of “**DR. NISHIKANT JHA**” is a result of my own research work and has not been previously submitted to any other University for any other Degree/ Diploma to this or any other University.

Wherever reference has been made to previous works of others, it has been clearly indicated as such and included in the bibliography.

I, here by further declare that all information of this document has been obtained and presented in accordance with academic rules and ethical conduct.

PRESLEY ARNOLD LOBO

Certified by

DR. NISHIKANT JHA

DATE:

PLACE:



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CERTIFICATE

This is to certify that **Mr. PRESLEY ARNOLD LOBO** has worked and duly completed his project work for the degree of Bachelor in Commerce (Accounting and Finance) under the faculty of Commerce and his project is entitled, “**A Study on The impact of video games on youth**” further certify that the entire work has been done by the learner under my guidance and that no part of it has been submitted previously for any Degree or Diploma of any University.

It is her own work and facts reported by his personal findings and investigations.

COORDINATOR

PROJECT GUIDE

PRINCIPAL

INTERNAL EXAMINAR

EXTERNAL EXAMINAR

DATE:

PLACE:



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To list who all have helped me is difficult because they are so numerous and the depth is so enormous.

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Task ID	Task Description	Task Duration in days	Start Date	End Date	02-Feb-20	09-Feb-20	16-Feb-20	23-Feb-20	02-Mar-20	09-Mar-20	16-Mar-20	23-Mar-20	30-Mar-20
1	Chapter No 1: Introduction												
2	Chapter No 2 Research Methodology												
3	Chapter No 3 : Literature Review												
4	Chapter No 4: Data Analysis, Interpretation and Presentation												
5	Chapter No 5 : Conclusion and Suggestion												
6	Biblography, Appendix												
7	First Draft												
8	Second Draft												
9	Final Draft												
Students signature on No.Of Visits with date													

Abstract

This paper studies how video games have an impact on the youth. By youth I mean people from the age of 15-25. Once the impact is studied, we come to conclusions and provide necessary suggestions wherever required.

A descriptive study was done through 50 responses collected which consisted of male and female respondents both equally. It was observed that there is a significant relationship between playing video games and its negative impact on the sleeping pattern of the respondents. There was also a significant relationship between playing video games and the ability to apply those skills used in video games in real life.

This study shows us that all of the respondents have or had played video games at least once in their lifetime. Video games have had a negative impact on the respondents in some scenarios. In some cases, video games have helped the respondents in real life.

This study can help the respondents understand the negative impact of video games and what benefits they get from playing video games.

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CHAPTER 1- INTRODUCTION

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1.1: HISTORICAL BACKGROUND

When we talk about video games it's history goes way back to the beginning of the 1950's when the then computer scientists started crafting simple games for amusement or as a part of their research program. The computer games of the 1950's is divided into 3 types: research programs in areas such as artificial intelligence, exhibit programs intended to entertain or impress the general public & institutional and training programs. At Massachusetts Institute of Technology (MIT) which is a private university located in Cambridge, many professors and students over there started playing games like Tic-tac-toe & Moon landing in the 1960's. Video games did not become popular until the beginning of the 1970's and 1980's, when arcade video games and gaming consoles had buttons and joysticks on the controllers and innovative graphics on the computer screens were brought to the public. The 1970's was also known as the era of mainframe computer games. The golden age of arcade video games was from the beginning of 1978 to 1982. During the 1980's early online gaming, handheld LCD games and gaming computers came into picture.



The 3rd generation of gaming consoles, came into picture from 1983 to 1985. During this period the first consoles released by Japan were Nintendo's Family Computer and Sega's SG-1000. The fourth generation of consoles, which were 16-bit models, came into picture from 1987 to 1999. The 1990s saw the revival and fall of arcades, the movement towards 3D video games, improved handheld games, and PC gaming. The fifth generation of consoles, was from the beginning of 1993 to 2006. During this era, mobile phone gaming came into picture. Mobile phones started becoming video gaming platforms when Nokia introduced the game Snake onto its

line of mobile phones in 1997. As the game began to gain popularity, every major phone brand offered "time killer games" that could be played in short moments such as waiting for a bus or a cab. During the early days, mobile phone games were limited by the modest size of the phone screens, the very limited amount of memory and processing power on phones, and the drain on the battery power.



During the 2000s, the sixth generation of consoles came into picture (1998-2013). During this period, online gaming and mobile games became major aspects of the gaming culture. The seventh generation of consoles was from the period of 2005 to 2012. This period was marked by huge development budgets for many games, with some having pictorial graphics; the launch of the top-selling Wii console, in which the gamer could have a command on the game actions with real-life movement of the controller. The picture below shows some of the well renowned games of the 7th generation.



In 2013, the eighth generation of gaming consoles came into picture, that includes Nintendo's Wii U and Nintendo 3DS, Microsoft's Xbox One, and Sony's PlayStation

4 and PlayStation Vita. PC gaming has been holding a large market share in Asia and Europe for decades and continues to grow due to digital distribution. Since the development and widespread consumer use of smartphones, mobile gaming has been a driving factor for games, as they can reach people formerly uninterested in gaming, and those unable to afford or support expensive dedicated hardware, such as video game consoles.

1.2- DEFINITION OF VIDEO GAMES

Video games are electronic games played on a video screen (normally a television, a built-in screen when played on a handheld machine, or a computer). People can also use computers to play games, which are sometimes called PC games. The older consoles do not have new games developed for them often, although console games are emulated for PCs. This means that new computers can play many old console games along with games made just for new computers. Older games are often more popular emulated than when they were first on sale, because of the ease of download.

People can play portable video games anywhere. Mobile devices (running operating systems such as iOS or Android) also can download games, making them portable game machines. Mobile phones have many games, some of them using a mobile emulator for games from consoles. Not all PC or console Games are on mobile or iPad/ iPod/Tablet.

1.3- BENEFITS AND DRAWBACKS OF PLAYING VIDEO GAMES

Video games are frowned upon by parents as time-wasters, and worse, some education experts think that these games corrupt the brain. Playing violent video games are easily blamed by the media and some experts as the reason why some young people become violent or commit extreme anti-social behavior. But many scientists and psychologists find that video games can actually have many benefits – the main one is making kids smart. Video games may actually teach kids high-level thinking skills that they will need in the future.

“Video games change your brain,” according to University of Wisconsin psychologist C. Shawn Green. Playing video games change the brain’s physical structure the same way as do learning to read, playing the piano, or navigating using a map. Much like

exercise can build muscle, the powerful combination of concentration and rewarding surges of neurotransmitters like dopamine strengthen neural circuits that can build the brain.

BENEFITS OF PLAYING VIDEO GAMES-

The main benefits of playing video games involve enhancing mental skills that include:

1. **Problem solving and logic** – When a child plays a game such as The Incredible Machine, Angry Birds or Cut The Rope, he trains his brain to come up with creative ways to solve puzzles and other problems in short bursts
2. **Hand-eye coordination, fine motor and spatial skills.** In shooting games, the character may be running and shooting at the same time. This requires the real-world player to keep track of the position of the character, where he/she is heading, his speed, where the gun is aiming, if the gunfire is hitting the enemy, and so on. All these factors need to be taken into account, and then the player must then coordinate the brain's interpretation and reaction with the movement in his hands and fingertips. This process requires a great deal of eye-hand coordination and visual-spatial ability to be successful. Research also suggests that people can learn iconic, spatial, and visual attention skills from video games. There have been even studies with adults showing that experience with video games is related to better surgical skills. Also, a reason given by experts as to why fighter pilots of today are more skillful is that this generation's pilots are being weaned on video games.
3. **Planning, resource management and logistics.** The player learns to manage resources that are limited, and decide the best use of resources, the same way as in real life. This skill is honed in strategy games such as SimCity, Age of Empires, and Railroad Tycoon. Notably, The American Planning Association, the trade association of urban planners and Maxis, the game creator, have claimed that SimCity has inspired a lot of its players to take a career in urban planning and architecture.
4. **Multitasking, simultaneous tracking of many shifting variables and managing multiple objectives.** In strategy games, for instance, while

developing a city, an unexpected surprise like an enemy might emerge. This forces the player to be flexible and quickly change tactics. Cognitive researcher Daphne Bavalier talks about how video games can help us learn, focus and, fascinatingly, multitask.

5. **Quick thinking, making fast analysis and decisions.** Sometimes the player does this almost every second of the game giving the brain a real workout. According to researchers at the University of Rochester, led by Daphne Bavelier, a cognitive scientist, games simulating stressful events such as those found in battle or action games could be a training tool for real-world situations. The study suggests that playing action video games primes the brain to make quick decisions. Video games can be used to train soldiers and surgeons, according to the study. Importantly, decisions made by action-packed video game players are no less accurate. According to Bavelier, “Action game players make more correct decisions per unit time. If you are a surgeon or you are in the middle of a battlefield, that can make all the difference.”
6. **Accuracy** – Action games, according to a study, train the player’s brain to make faster decisions without losing accuracy. In today’s world, it is important to move quickly without sacrificing accuracy.
7. **Strategy and anticipation** – Steven Johnson, author of *Everything Bad is Good for You: How Today’s Popular Culture is Actually Making Us Smarter*, calls this “telescoping.” The gamer must deal with immediate problems while keeping his long-term goals on his horizon.
8. **Situational awareness** – Defense News reported that the Army include video games to train soldiers to improve their situational awareness in combat. Many strategy games also require the player to become mindful of sudden situational changes in the game and adapt accordingly.
9. **Developing reading and math skills** – The young gamer reads to get instructions, follow storylines of games, and get information from the game texts. Also, using math skills is important to win in many games that involves quantitative analysis like managing resources.

10. **Perseverance** – In higher levels of a game, the player usually fails the first time around, but he keeps on trying until he succeeds and move on to the next level.
11. **Pattern recognition** – Games have internal logic in them, and the player figures it out by recognizing patterns.
12. **Estimating skills**
13. **Inductive reasoning and hypothesis testing** – James Paul Gee, professor of education at the University of Wisconsin-Madison, says that playing a video game is similar to working through a science problem. Like a student in a laboratory, the gamer must come up with a hypothesis. For example, the gamer must constantly try out combinations of weapons and powers to use to defeat an enemy. If one does not work, he changes hypothesis and try the next one. Video games are goal-driven experiences, says Gee, which are fundamental to learning.
14. **Mapping** – The gamer use in-game maps or build maps on his head to navigate around virtual worlds.
15. **Memory** – Playing first person shooter games such as Call of Duty and Battlefield series enables the player to effectively judge what information should be stored in his working memory and what can be discarded considering the task at hand, according to a study published in the Psychological Research.
16. **Concentration** – A study conducted by the Appalachia Educational Laboratory reveal that children with attention-deficit disorder who played Dance Revolution improve their reading scores by helping them concentrate.
17. **Improved ability to rapidly and accurately recognize visual information** – A study from Beth Israel Medical Center NY, found a direct link between skill at video gaming and skill at keyhole, or laparoscopic, surgery. Doctors who spent at least three hours a week playing video games made about 37 % fewer mistakes in surgery and performed the task 27% faster than non-gaming surgeons. Another study found that people who play video games on a regular basis are better at registering visual data and are therefore quicker visual

learners. They are also more resistant to perceptual interference, and are therefore able to learn for a longer period of time in distracting environments.

18. Reasoned judgments

19. Taking risks – Winning in any game involves a player’s courage to take risks. Most games do not reward players who play safely.

20. How to respond to challenges-

21. How to respond to frustrations

22. How to explore and rethink goals

23. Teamwork and cooperation when played with others – Many multiplayer games such as Team Fortress 2 involve cooperation with other online players in order to win. These games encourage players to make the most of their individual skills to contribute to the team. According to a survey by Joan Ganz Cooney Center, teachers report that their students become better collaborators after using digital games in the classroom.

24. Management – Management simulation games such as Rollercoaster Tycoon and Zoo tycoon teach the player to make management decisions and manage the effective use of finite resources. Other games such as Age of Empires and Civilization even simulate managing the course of a civilization.

25. Simulation, real world skills. The most well known simulations are flight simulators, which attempt to mimic the reality of flying a plane. All of the controls, including airspeed, wing angles, altimeter, and so on, are displayed for the player, as well as a visual representation of the world, and are updated in real time.

26. Non-English speaking players report learning English by playing games.

27. Video games introduce your child to computer technology and the online world. You should recognize that we are now living in a high-tech, sophisticated world. Video games make your child adapt and be comfortable with the concepts of computing. This is particularly important for girls who typically are not as interested in high technology as much as boys.

28. Video games allow you and your child to play together and can be a good bonding activity. Some games are attractive to kids as well as adults, and they could be something that they share in common. When your child knows more than you, he can teach you how to play and this allows you to understand your child's skills and talents.
29. Video games make learning fun. Your kid likes games because of the colors, the animation, the eye candy, as well as the interactivity and the challenge and the rewards of winning. The best way to learn is when the learner is having fun at the same time. That's why video games are natural teachers. Having fun gives your kid motivation to keep on practicing, which is the only way to learn skills. Video games is also capable of making difficult subjects such as math fun.
30. Video games can make your child creative. A study by the Michigan State University's Children and Technology Project found a relation between video game playing and greater creativity, regardless of gender, race or type of video game played. (In contrast, use of cell phones, the Internet and computers other than video games was unrelated to creativity, the study found).
31. Video games can improve your child's decision making speed. People who played action-based video and computer games made decisions 25% faster than others without sacrificing accuracy, according to a study from the University of Rochester. Other studies suggest that most expert gamers can make choices and act on them up to six times a second—four times faster than most people, and can pay attention to more than six things at once without getting confused, compared to only four by the average person. Surprisingly, the violent action games that often worry parents most had the strongest beneficial effect on the brain, according to cognitive neuroscientist Daphne Bavelier, who studies the effect of action games at Switzerland's University of Geneva and the University of Rochester in New York.
32. Video games increase your child's self-confidence and self-esteem as he masters games. In many games, the levels of difficulty are adjustable. As a beginner, your kid begins at the easy level and by constant practicing and slowly building skills, he becomes confident in handling more difficult challenges. Since the cost of failure is lower, he does not fear making

mistakes. He takes more risks and explores more. Your kid can transfer this attitude to real life.

33. Video games give your child a feeling of happiness or well-being, which is a human psychological need, according to Berni Good, a cyberpsychologist. In addition to giving your child a sense of competence or mastery when he progresses through game levels, video gaming also helps him relate to others in a meaningful way when he shares his gaming experiences with others in multiplayer gaming or in social media. It also gives him a feeling of being a master of his own destiny.
34. Games that involve multiple players encourage your child to work cooperatively to achieve his goals. Your kid learns to listen to the ideas of others, formulate plans with other kids, and distribute tasks based on skills. Some online games are even played internationally, and this can introduce your kid to players of different nationalities and cultures. This fosters friendships among different people.
35. Video games that require your child to be active, such as Dance Dance Revolution and Nintendo Wii Boxing, and games that use Kinect, give your kid a good workout. When playing these active games for 10 minutes, your kid spends energy equal to or exceeding that produced by spending the same amount of time on a three miles an hour treadmill walk.
36. Video games make players' visions become more sensitive to slightly different shades of color, according to a University of Rochester study. This is called contrast sensitivity, and observed particularly in first person shooter games players. "When people play action games, they're changing the brain's pathway responsible for visual processing," according to lead researcher Daphne Bavelier. The training might be helping the visual system to make better use of the information it receives.
37. Video games may improve eyesight. Studies have shown that video gaming have better than average eyesight. A study performed by researchers from McMaster University has also found that playing video games could help improve eyesight by teaching the brain to spot small details, follow movements and spot subtle light changes, at least for people with visual

difficulties. Another study by vision scientists at the University of Rochester and Vanderbilt University found that children with poor vision see vast improvement in their peripheral vision after only eight hours of training via kid-friendly video games.

38. In addition, one neuroscience research suggests that expert players of action real-time strategy games like League of Legends become better at allocating brain resources between visual stimuli that compete for attention. The study shows that these players have faster information processing, allocate more cognitive power to individual visual stimuli and allocate limited resources between successive stimuli more effectively through time. Moreover, the effect seems to have a long-term effect on the brain, and the study's author concludes that these games can be a powerful tool for cognitive training.
39. Video games help children with dyslexia read faster and with better accuracy, according to a study by the journal *Current Biology*. In addition, spatial and temporal attention also improved during action video game training. Attentional improvement can directly translate into better reading abilities. Another study suggests that just one hour of gaming can improve visual selective attention, which is how scientists refer to the brain's ability to focus while simultaneously disregarding less relevant information.
40. Dr. Adam Gazzaley, a neuroscientist at the University of California states that playing first person shooter games such as *Call of Duty* have shown to have a "benefit on high cognitive abilities" including focusing for long periods and multi-tasking. He even suggests that these games can be prescribed to children who are struggling to focus in class.
41. Kids are not necessarily drawn to video games because of their violence. The attraction lies in their being rewarded by awesome displays of explosions, fireworks, and yes, blood splattering. Also, violent games have the most emotional appeal for kids. But these factors are only secondary to what kids actually enjoy in these games – the opportunity to develop and master skills and have the freedom to make choices in the game universe.
42. Violent video games may act as a release of pent-up aggression and frustration of your kid. When your kid vents his frustration and anger in his game, this

diffuses his stress. Games can provide a positive aggression outlet the same way as football and other violent sports. A research suggests that the outlet provided by violent games may make gamers with violent tendencies less likely to commit real world crimes

43. Playing video games is safer than having your teens do drugs, alcohol and street racing in the real world.
44. A study done by researchers at North Carolina State University, York University and the University of Ontario Institute of Technology concluded that playing online games do not replace offline social lives, but is expanding it. Loners are the outliers in gaming, not the norm.
45. A 2013 study by the Berlin's Max Planck Institute for Human Development and St. Hedwig-Hospital found a significant gray matter increase in the right hippocampus, the right prefrontal cortex and the cerebellum of those who played Super Mario 64 for 30 minutes a day over two months. These regions of the brain are crucial for spatial navigation, strategic planning, working memory and motor performance. Indeed, the increased gray matter in these parts of the brain is positively correlated with better memory. Decreased gray matter is correlated with bipolar disorder and dementia. What's also striking is that those who enjoyed playing the game has a more pronounced gain in gray matter volume. The study suggests that video game training could be used to counteract known risk factors for smaller hippocampus and prefrontal cortex volume in, for example, post-traumatic stress disorder, schizophrenia and neurodegenerative disease.
46. Other studies found that playing video games change the structure of the brain. Brain regions involved in attention were more efficient in gamers, and regions related to visuospatial skills that were both bigger and more efficient.
47. Another study published in Scientific Reports have found that Action Video Gamers have more gray matter and better integration of brain networks associated with attention and sensorimotor function.
48. A Bristol University research shows that the "gamification" of learning can reduce the activity of a particular brain network which is responsible for mind

wandering. When designed and developed properly, computer-based games can have a beneficial effect on learning.

49. A number of research, including the one done in Ruhr-University Bochum show that video gamers have an advantage at learning compared to non-gamers. In their test, video gamers performed significantly better than non-gamers in a learning competition, and gamers showed an increased activity in the brain areas relevant for learning. According to the lead author Sabrina Schenk, “Our study shows that gamers are better in analyzing a situation quickly, to generate new knowledge and to categorize facts — especially in situations with high uncertainties.”
50. A study published in the journal *Social Psychiatry and Psychiatric Epidemiology* in 2016 suggests that “video game use is not associated with an increased risk of mental health problems. On the contrary, the data presented here suggest that video games are a protective factor, especially regarding peer relationship problems for the children who are the most involved in video games. Finally, video games seem to be linked to better intellectual functioning and academic achievement.”
51. Another study suggests that playing some video games may even overcome the cognitive skills affected by poverty like focus, self-control, and memory, and may help reduce the achievement gaps related to poverty that are seen in school.
52. Video games can stimulate your child’s interest in technology, and can be gateway to learn technological skills such as coding or programming.
53. Also, video games may actually help your child find a job in the future. Employers from various industries are actually find résumés that include backgrounds in making or playing videogames a positive because they think video gamers have online collaboration, problem solving and other critical workplace skills.
54. Finally, according to a study, gamers actually tend to be more social, more successful and more educated than people who make fun of them.

55. Considering all these, be reminded again that the type of genre affects the brain differently, and one should not generalize that all video games have the same effect or benefit. For example, the researchers of a study hypothesize that playing strategy games result in improving memory tasks, while playing action games that stimulate the limbic area and elicit emotional arousal might be beneficial to those with mood disorders.

56. Experts believe that parents playing video games with their kids can boost better communication between them.

DRAWBACKS OF PLAYING VIDEO GAMES-

1. Health Issues

Spending a lot of time playing video games instead of indulging in physical activities can be detrimental to a child's health in several ways. A child's cognitive development may get affected if he doesn't get out and socialise in the real world. Constantly sitting in one place and playing video games at length can increase the chances of obesity, weaken the muscles and joints, make hands and fingers numb due to over-exertion, and multiple studies suggest that it can even weaken the eyesight. One of the severe disadvantages of video games is related to the health of the child. An individual with continuous exposure to games may become obese and get affected with life threatening disease over a period of time. Obesity is a modern day scourge for the people and causes In order to ward off the problem, plan a schedule to play the video game but do not extend the time. Make sure that it doesn't impact your daily life or else all the advantages can go down the drain resulting in tremendous problems.

2. Academic Issues

The fun that video games provide is in stark contrast to a typical day in school. This can cause kids to prefer video games over anything else, thus pushing them to not pay attention to school work. Even outside school, they may skip homework or studying for tests and choose video games instead. This can result in poor performance and affect their emotional intelligence.

3. Exposure to Wrong Values

Many video games in the market contain excessive violence, over-the-top sexuality, profanity, racism, and many other things that cannot be perceived by kids in the right manner. They may fail to take these depictions with a pinch of salt and may end up trying to emulate the same behavior as portrayed in the games. Their brain architecture is still developing and they won't be able to differentiate right from wrong, until being exposed in the real world.

4. Makes Them Socially Disconnected

Even though multiplayer games exist, most kids end up playing them by themselves in their own rooms. This severely limits their interpersonal skills in real life, and they may prefer being by themselves and interact digitally. Too much video game playing makes your kid socially isolated. Also, he may spend less time in other activities such as doing homework, reading, sports, and interacting with the family and friends. In fact, among gamers, being a loner is not the norm. Such kids fail to strike up conversations and feel bored and out of place at social gatherings. And as a result, chances of adjustment disorder, depression, anxiety, stress gets high in their working as well as personal life.

5. Aggressive Behavior

The violent content in video games and the instant gratification that they provide can cause the kids to be impatient and aggressive in their behavior. When things fail to go as planned or any restrictions are laid on them, they may lash out or start harbouring aggressive thoughts that can manifest in troublesome behavior.

6. Game-related Expenses

The child may ask for money to be spent on upgrading the game, to buy various items related to the game, or he may even end up stealing from you to fuel the habit.

7. Disinterest in Other Aspects of Life

The world of video games may take over the child's life to such an extent that friends and family may start to seem boring. Neglecting other activities like studying, connecting with classmates, and disorientation often results in poor academic performance. Some children fail to maintain basic hygiene as well – skipping baths for days on end and spending most of their time playing video games can be some of the habits they may develop.

8. Uncontrolled Gaming Times

The child may promise you that he will play only for 10 minutes or until he finishes a particular level, but he may not be able to follow through and end up playing for longer hours. He may do so without realising it!

9. Unable to Process Failure

The child may exhibit aggressive behaviour in situations where he loses the game or fails to complete the level. He may become unreasonably angry and frustrated, unable to understand that it is merely a game.

10. Hiding and Playing

If you end up scolding or prohibiting your child from playing, the child will try to find ways to play the game in secret without letting you find out. He might start lying or making up excuses to play the game just for a few minutes.

11. Constantly Preoccupied

Even when away from the video game, the child will appear distracted and lost in thought, usually thinking about something related to the game or constantly talking about it. Any mention of the gaming habit could end up irritating him.

12 Wrong interpretation of messages

Some video games teach kids the wrong values. Violent behavior, vengeance and aggression are rewarded. Negotiating and other nonviolent solutions are often not options. Women are often portrayed as weaker characters that are helpless or sexually provocative. On the other hand, a study suggests that violence and bad behavior played in the virtual world may be contributing to better behavior in the real world. Gamers who play violent games may feel guilty about their behavior in the virtual world and this may make them be more sensitive to the moral issues they violated during game play.

13. Academic grades can be negatively affected

Academic achievement may be negatively related to over-all time spent playing video games. Studies have shown that the more time a kid spends playing video games, the poorer is his performance in school. (Anderson & Dill, 2000; Gentile, Lynch & Walsh, 2004). A study by Argosy University's Minnesota School on Professional Psychology found that video game addicts argue a lot with their teachers, fight a lot with their friends, and score lower grades than others who play video games less often. Other studies show that many game players routinely skip their homework to play games, and many students admitted that their video game habits are often responsible for poor school grades.

14. Bad language

When playing online, your kid can pick up bad language and behavior from other people, and may make your kid vulnerable to online dangers. Often posing as children, sexual predators and other bad actors are meeting kids online through multiplayer video games and chat apps.

15. Impulsive behavior

Kids spending too much time playing video games may exhibit impulsive behavior and have attention problems. This is according to a new study published in the February 2012 issue of the Journal of Psychology and Popular Media Culture. For the study, attention problems were defined as difficulty engaging in or sustaining behavior to reach a goal.

16. Bad addiction

Kids can be addicted to video gaming. The World Health Organization in June 2018 declared gaming addiction as a mental health disorder. A study by the Minneapolis-based National Institute for Media and the Family suggests that video games can be addictive for kids, and that the kids' addiction to video games increases their depression and anxiety levels. Addicted kids also exhibit social phobias. Not surprisingly, kids addicted to video games see their school performance suffer. MRI scans reveal that addictive video games can have a similar effect on kids' brains as drugs and alcohol. A series of studies by California State University found that the impulsive part of the brain, known as the amygdala-striatal system was more sensitive and smaller in excessive game players. According to Professor Ofir Turel, heavy

game players between 13 and 15 whose self-control system is not yet well-developed can have increased susceptibility to other forms of addiction and can be more predisposed to impulsive and risky behaviors later in life.

17. Some games can harm the brain

A 2017 study from the University of Montréal suggests that playing action video games like Call of Duty may actually harm the brain. Most study participants mainly use an area of the brain called the caudate nucleus. These players navigate through the game terrain using in-system navigation tools or on-screen GPS, relying on navigational “habit” instead of active learning. It appears that this causes an increase in the amount of gray matter in their caudate nucleus, while it decreases in the hippocampus. Reduced gray matter in the hippocampus has previously been linked to higher risks of brain illnesses, including depression, schizophrenia, PTSD, and Alzheimer’s disease. However, players who play games that requires players to navigate using spatial strategies like the 3D Super Mario games have increased grey matter in the hippocampus.

18. Sleeping pattern

Video games can delay a person's sleep, especially adolescents. A study conducted by Flinders University found that increased physiological arousal and cognitive alertness make it harder for adolescents to fall asleep after playing video games at night. The studies by the researchers at Flinders University also found that there "might be" a connection with the amount of REM sleep a teen gets after playing video games, but the research is still ongoing. As most experts suggest, playing in moderation can help alleviate any potential issues. Use of video games before bed does make it difficult for many children to get a good night's sleep. 18% of parents in a recent study cited sleep issues with their children who played video games at night. Experts recommend limiting video game or even media time (TV) to the daytime hours to avoid the risk of sleep issues at night. Playing video games may not make you tired while you play them—they may actually have the opposite result. But what they can do is interfere with the quality of sleep that you get.

If you don't get a good night's sleep because your brain couldn't shut down after being ramped up from video games, you'll feel the effects the next day. Even if you get 8 hours of sleep, you may feel tired, irritable, and unable to focus because of the lack of good sleep.

19. Accidents and Deaths

Video games can also cause unexpected deaths and accidents. The players are pre-occupied in their game content which sometimes leads to self-destruction causing harm to the others also in the surroundings. A very recent example of such a game is “Pokemon Go” which resulted in so many deaths and car accidents.

1.4- NEED OF THE STUDY

There has been a revolutionary change since the earlier times. The then youth would go out and physically play, engage in physical activities & socialize with one another. In today's world, the youth spend a lot of time in closed rooms gaming on consoles like XBOX, Play-station, Computer games or playing mobile games. Most of them (My friends and me included) prefer being at home casually lying on the couch or sitting in front of the computer or TV screens playing online or offline video games rather than actually going out to play physically and interact with other people. A large number of youth, knowingly and unknowingly have got seriously very addicted playing video games for hours together on a daily basis. The debate whether video games has done more harm than good and vice versa has been going on for the past previous years.

One of the many reasons the youth love playing video games is because it gives them a sense of relief or an escape from their somewhat monotonous and boring lives. It's like a stressbuster. Another reason why the youth are so much into video games is because it gives them a sense of accomplishment. The feeling you get when you finish a good video game or when you keep progressing to higher levels. They feel they have done something important or something right. And in the process of chasing this feeling they start getting addicted to it.

When they start playing video games there are certain consequences to them and to the environment surrounding them.

There are various pros and cons to playing video games. The youth need to understand the various benefits they get from playing video games and also the

drawbacks of it. The main aim of this study is to find out the impact of video games on youth and how the youth can be made aware of the pros and cons of it.

CHAPTER 2- RESEARCH METHODOLOGY

Methodology is a research strategy that forms the structure of the project to be undertaken and also helps in identifying the method to be used. Methodology and method are 2 different concepts. Methodology is a systematic and theoretical analysis of the methods being used in the survey. Whereas, Methods are the tools or techniques that are used in the form of surveys, interviews, etc. Methods and methodology are not interchangeable with each other. They are very 2 different concepts.

Methodology explains how a research should be carried out, how to find information and how it is to be interpreted. Generally, methodology means branch of knowledge which forms the base of any research.

2.1- OBJECTIVES OF THE STUDY

The objectives of the topic were framed keeping in mind the kind of impact video games have on youth. The objectives give a brief idea about the areas to be studied and what will be achieved from the study.

1. To identify the positive aspects that video games have on them.
2. To identify the negative aspects that video games have on them.
3. To give constructive suggestions on how to curtail their negative aspects that video games have on them.

2.2 HYPOTHESIS OF THE STUDY

A hypothesis is a proposed explanation of the problem to be discussed. The hypothesis is framed in such a way that the objective of the study is satisfied. Framing of hypothesis is an integral part of the research project as on the basis of hypothesis research problem is designed and the research is carried on. Two types of hypothesis can be framed i.e. null and alternative hypothesis. Null hypothesis states that there is no variation between 2 variables that is studied and Alternative hypothesis states that there is a relation between both the variables.

The hypothesis is designed in such a way that it helps us in finding out if there is any relationship between the variables being studied i.e. whether the variables affect each other or not. We can also say that the following hypothesis was framed to find out if the variables are correlated or not. The study of the topic is based on following 4 hypothesis :

HYPOTHESIS 1: -

Ho: There is no significant relationship between playing video games and its impact on eyesight.

H1: There is a significant relationship between playing video games and its impact on eyesight.

HYPOTHESIS 2: -

Ho: There is no significant relationship between playing video games and its impact on the gamers behavior.

H1: There is a significant relationship between playing video games and its impact on the gamers behavior.

HYPOTHESIS 3: -

Ho: There is no significant relationship between playing video games and its impact on the academic grades of a gamer.

H1: There is a significant relationship between playing video games and its impact on the academic grades of a gamer.

HYPOTHESIS 4: -

Ho: There is no significant relationship between a gamer's in-game skills and the ability to apply those skills in real life practically.

H1: There is a significant relationship between a gamer's in-game skills and the ability to apply those skills in real life practically.

2.3- RESEARCH GAP

When it is said that “We attempt to bridge the gap between 2 issues” it means efforts are to be taken to solve the problem being faced. Similarly, research gap means knowing the problem and trying to solve it by giving a conclusion which has not been previously found.

In this research the gap is closed down by including video games which are played on the mobile like PUB-G. In previous researches games played on a mobile are not included.

2.4- SIGNIFICANCE

This research is studied from the perspective of the gamer. The following research studies the impact video games have on the gamer’s life. This research shows in what way video games have an impact on the gamer’s life. The advantages derived by playing video games depends upon what type of games a gamer plays and the number of hours he plays it. The disadvantages that a gamer has also depends upon the number of hours a gamer plays the video game and what kind of a video game he is playing. These advantages and disadvantages sometimes not only affect the gamer, but also the people in his surroundings. Parents can also be made aware of the impact that video games have had on their child and they can learn how add to those positive impacts and curtail on the negative ones.

2.5- TYPES OF RESEARCH METHODS



The research method used in project varies upon the topic that is being studied. The research topic and the research method go hand in hand. Some of the types of research methods are:

Quantitative Research–

Quantitative research is applied to solve problems using numbers. This research puts an emphasis on solving problems through collection of numeric data, interpreting the data and drawing conclusions from them.

Qualitative Research–

Qualitative research is applied using words, emotions, non-numeric data which is not actually quantifiable. The data and information used in qualitative research cannot be interpreted using mathematical equations and formula.

Exploratory Research-

Exploratory research is the research that is conducted for the first time. To study this research there is no ROL and is purely based on primary data collection. This

research is applied when some topic is being studied for the first time. It is loosely structured and there is no need for the testing of hypothesis.

Experimental Research-

Experimental research is the type of research that is done on a continuous basis. This is to find something new in the field being researched. This research takes place in fields such as that of I.T., Medicine, Construction, Agricultural, Science etc. This is to find a solution to the never ending problems and also to upgrade and update the existing sectors.

Applied Research-

Applied research is the research that is based on existing applications. This research is used to check the validity of existing applications. It helps in eliminating the theory by adding the basics of principles. It works on the assumption that there is no change in variables. It is also known as action research.

Analytical Research–

Analytical research is the research where the researcher uses the pre-defined facts and information and analyses them in order to draw critical conclusions of the research.

Descriptive Research–

Descriptive research is the in-depth study of the topic being researched. It is studied by taking “Review of Literature” as a base to see what has already been studied and what conclusions have already been derived from them. The method is usually used to study the characteristics of the topic being researched. Descriptive method is most commonly seen in research related to social science, finance etc.

Our research is also based on Descriptive Method. It helps us to know the qualitative and quantitative aspect of the study. It studies the impact video games have on the gamer. However, my research also studies Review of Literature which acts as a base for Descriptive Study.

2.6- SAMPLE SIZE

Sample size determination is the process of choosing the number of respondents/observation included in a statistical sample. It is an important feature of research study because on the basis of sample size data is collected and interpreted to give accurate and appropriate results.

The correct and appropriate sample size is said to give more accurate results. For example, in a census, data is collected from entire population. Therefore, the sample size is equal to population of the country. Keeping in mind the rate of non-response and non-availability of the respondents, the sample size was taken between 25-50 gamers. Due to the sample size being small there may be slight inaccuracy of data that can be rectified with further study.

2.7- SAMPLE DESIGN

The sample design used to represent the survey data is in the form of pie charts and bar charts based on the 50 respondents of the survey. Probability sampling was used to collect responses.

2.8- DATA COLLECTION METHOD

➤ Primary Source of Data Collection –

Primary source of data collection consisted of survey method. The Survey method was collected through a Structured Questionnaire. The questionnaire was prepared keeping in mind the objectives of the study and factors that were to be considered for the study. Questionnaire was prepared in such a manner that it could be easily understood by the respondents, the questionnaire being structured was in single format to save time of the respondents.

The questions were close ended, so that the respondents could easily select one given alternative while answering the questionnaire. The questionnaire mainly consisted of the gender of the respondents and their opinions on how video games have had an impact on their lives.

➤ Secondary Source of Data Collection –

The secondary source of data collection is assessed to gain information and knowledge about our research problem that may be previously discussed by some other researcher.

The secondary is referred to know what has already been discussed and what more scope can be there for research.

The secondary data is taken from selective websites and from e-newspapers. The secondary data was useful for the study of Review of Literature, we could get to know about the views of different researchers which gave us an idea about the factors being previously discussed and also the conclusions drawn from them. It gave us an idea what all things can we could be studied to solve the research problem.

2.9- LIMITATIONS OF THE STUDY

Limitations of a research project arise when there are uncontrollable variables which are harder to be brought in control. This reduces the accuracy of the results.

1. This research was carried out in a short period of time which was also limited to geographical locations.
2. The sample size was small i.e. 50 respondents. By increasing the number of respondents the study would have been more accurate.
3. The scope of discussion was limited as a very in depth study was needed in the field of video games. This helps in finding an accurate solution.
4. The interpretation of this study is based on the assumptions that the respondents have given answers very accurately and honestly.
5. Gamers being reluctant to answer the survey can affect the validity of the research.

CHAPTER 3- REVIEW OF LITERATURE

1. According to Cyril Rebetez, Mirelle Betran Court, Department of Psychology & Educational Sciences, Geneva University-

They conducted a research on cognitive impact of playing video games. In this study, 3 different fields were reviewed: abilities and skills, attitudes and motivation, knowledge and content learning. In summary, they were able to find out that video games are considered as promising new materials or tasks that can foster knowledge of the dimension under proper investigation. They also concluded saying that they do not consider video games as scientific objects of interest and consequently, they do not intend to contribute to the general understanding of the cognitive impact of video games at large.

2. According to Isabela Granic, Adam Lobel, Radboud University Nijmegen-

They conducted a research on the benefits of playing video games focusing on 4 main domains- cognitive, motivational, emotional and social. They found out that video games can include competitive and cooperative objectives, players immerse them in pretend worlds that are safe contexts in which negative emotions can be worked out, and games allow a sense of control with just enough unpredictability to feel deep satisfaction and intense pride when formidable goals are reached.

3. According to Rong Shao, Nanjing Normal University, Nanjing, China

They conducted a research to find out adolescent aggression because of video games. A total of 648 Chinese middle school students participated in this study. They found out that exposure to violent video games is positively related to adolescent aggression.

4. According to K. Przybylski & Netta Weinstein, The Royal Society Publishing

In their study, they investigated the extent to which adolescents who spent time playing violent video games exhibit higher levels of aggressive behavior when compared with those who do not. A large sample of British adolescent participants age 14 and 15 years and an equal number of carriers were interviewed. They used survey method and they found out that there was no relation between playing violent video games and its impact on aggressive behavior.

5. According to Simone Kuhn, Dimitrij Tycho Kugler, Molecular Psychiatry,

They conducted a research on whether video games promote aggression or reduce empathy in its players. The research was conducted on 90 healthy participants consisting of college students & participants of the general community. The video games provided were GTA 5 and SIMS 3. The experiment was conducted for 2 months were the players played both the

games for 2 months. They found that there was almost no relation or minimal relation between those 2 video games and their change in behavior.

6. According to Muhammad Quvaider, Abdullah Albed & Rehab Diwari, Jordan university of Science and Technology, Jordan.

They conducted a research on how video games affect the behavior and emotions of the player and whether it had a positive or a negative impact. They collected data in 2 ways. The first was based on collecting the data by the player using questionnaires, surveys and interviews before, during or after playing the video games. The second way is called in-game data collection where the data was collected directly from the player through the video game by using the Five-factor test model. They found out that there was a relationship between video games and a person's behavior. They supported their claim in 2 aspects. The first one is on the game type and the second one is that the time the player has spent.

7. According to Lisa Bowen, American Psychological Association,

She conducted a research on whether video games provide learning health and social benefits. She found out that video games help children in their pattern recognition and problem solving skills, promote relaxation and ward off anxiety if video games are played within proper time limits. If those time limits are crossed, there are negative aspects to it like aggression and even

violent behavior sometimes. She found out that these changes in behavior are directly related to the number of gaming hours.

8. According to Holly B, Tired, Michigan State University Extension

The conducted a research on how video games have a positive or a negative impact on the children. They had selected a bunch of teenagers between 13-19 years for their research. They found out that video games have a positive and a negative impact. On the positive side they found out that the child's hand-eye coordination and computer skills had improved. On the downside they noted, that the more time teens spend playing violent video games, the more likely they are to display aggressive behavior.

9. According to Nichlolas St Fleur, UK Household Longitudinal study,

He conducted a research based on the survey responses of 5000 students. This study looked at both the positives and negatives of video games. He found out that when the children played one hour or less of video games per day the children were more happier and satisfied than those who didn't play video games at all. He also found out that children who play in excess of 3 hours

daily were less satisfied with their lives and had more difficulties both socially and personally than non gamers.

10. According to Mark Griffiths, Director of International Gaming Research Unit, Professors of Gambling studies at Nottingham Trent University,

They conducted a series of experiments on a small number of gamers (10 to 14 in each study). They reported that gamers with previous experience of playing such action video games were better at perceptual tasks such as pattern discrimination than gamers with less experience. In the other experiment they trained gamers who had little previous experience of playing such action games hence they got 50 hours of practice. It was shown that these gamers performed much better on perceptual tasks than they had prior to their training. They concluded saying “ The enhanced learning of the regularity and the structure of the environments may act as a chore mechanism by which action video game play influences performance in perception, attention and cognition.

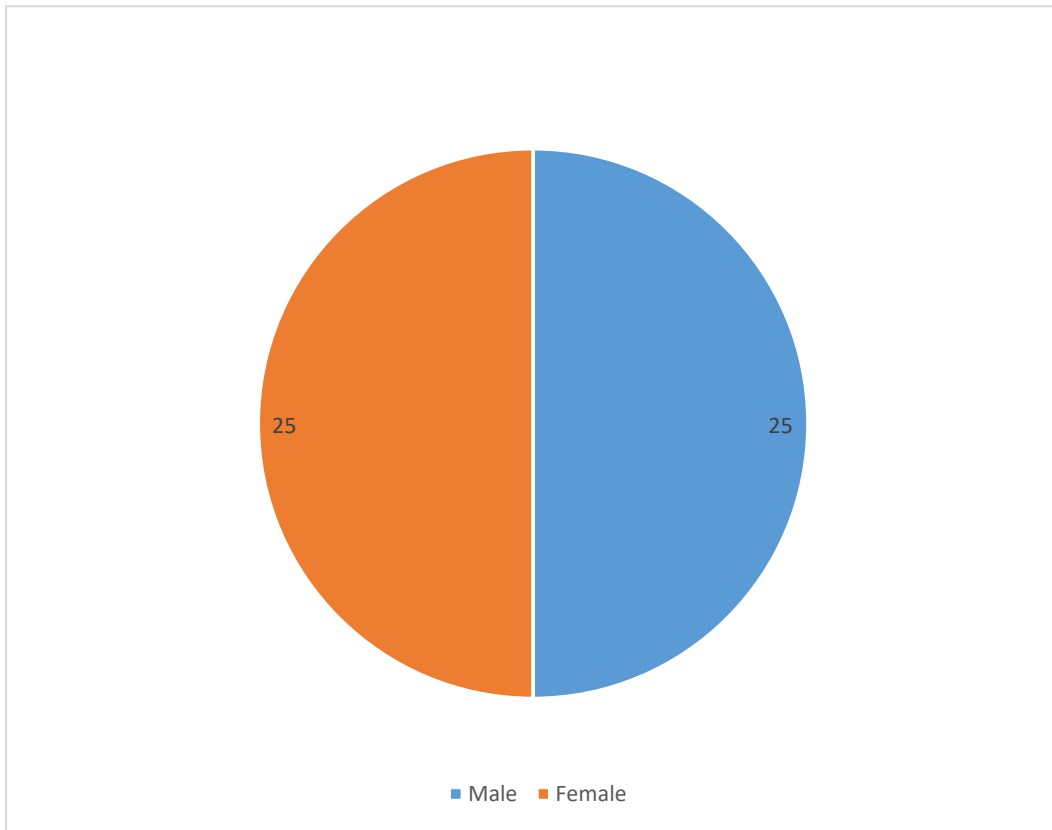
Chapter 4: DATA ANALYSIS, INTERPRETATION AND PRESENTATION

A primary research was conducted on 50 people ranging between the age group of 18-25 who are active gamers.

The questions were asked based on how video games are affecting them or benefiting them in their real life.

The data was analysed using Pie-charts, 3D pie charts and Clustered column charts. Pie charts showed the overall difference of opinion in %. Clustered column charts

showed the difference of opinion between male and female respondents.



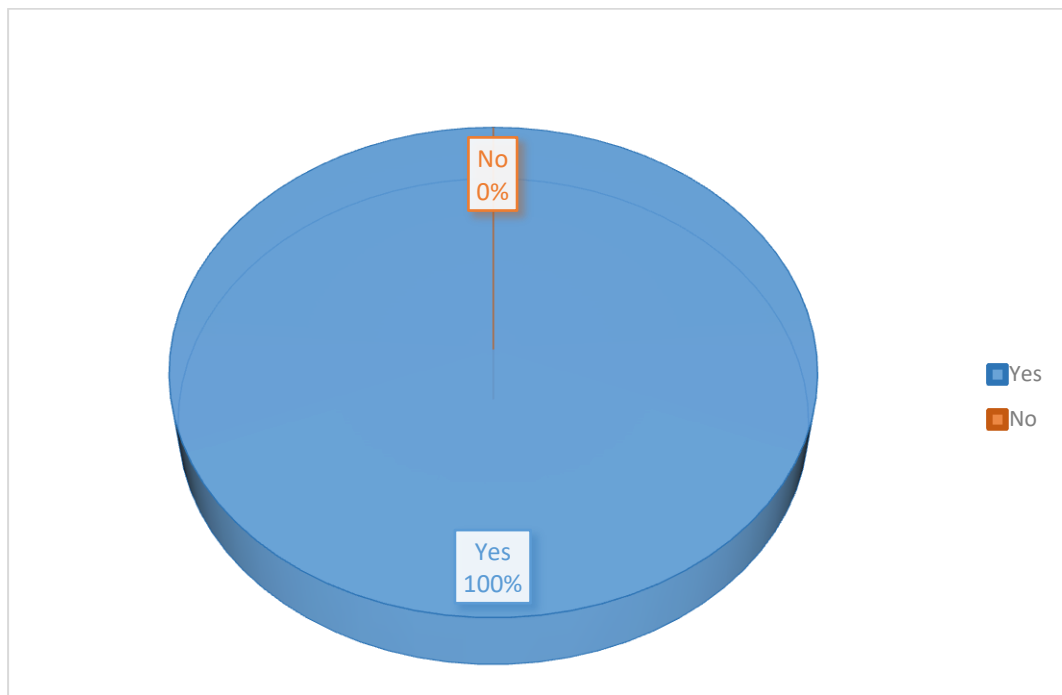
The survey was answered by 50 respondents wherein 25 were male and 25 were female.

Q.1 Do you or have you ever played video games?

Table- 4.1

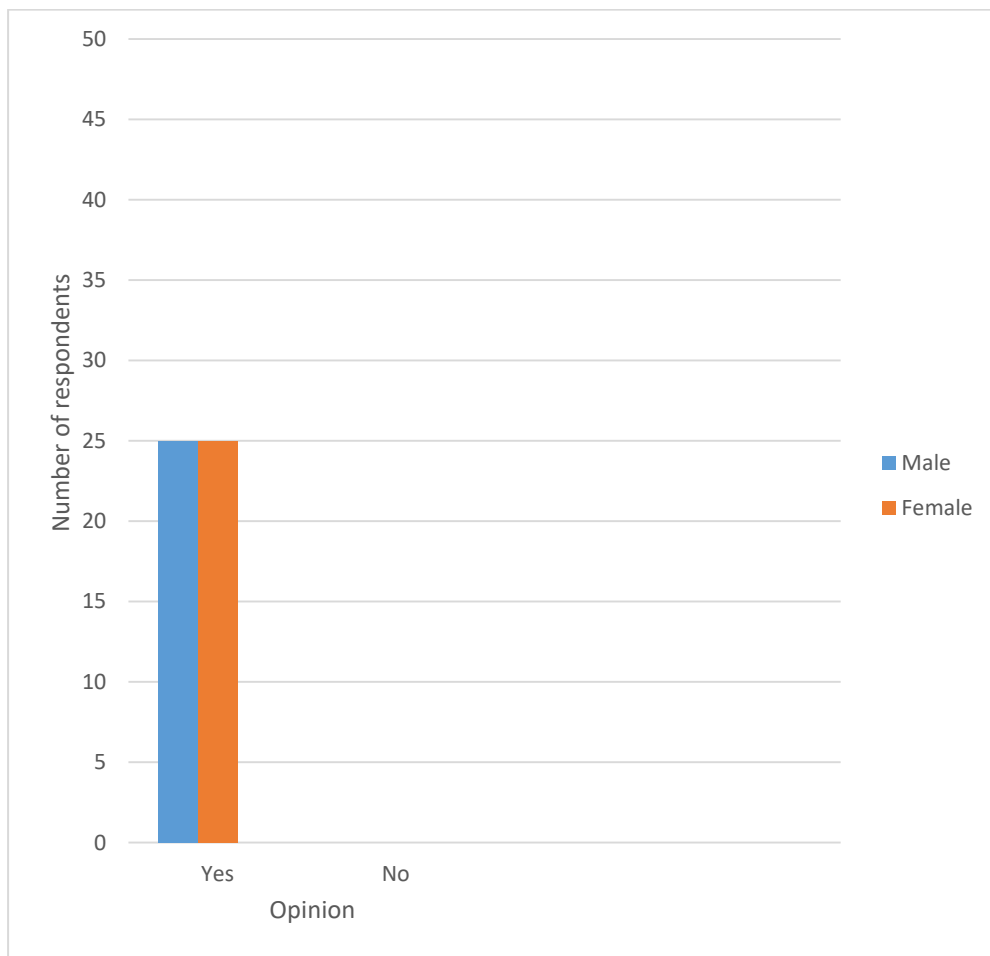
Opinion	Male	Female	Total
Yes	25	25	50
No	0	0	0

The survey was answered by 50 respondents wherein 25 were male and 25 were female.



Interpretation-

The above given diagram is a pie-chart. The pie chart shows us the data as whole and in 100%. This shows us the number of respondents who play or who have played video games. As we can see that all my respondents play or have played video games in their life. This includes both male respondents and female respondents.



The above given chart shows us the difference in opinion in both male and female. The horizontal axis depicts the difference in opinion and the vertical axis depicts the number of respondents.

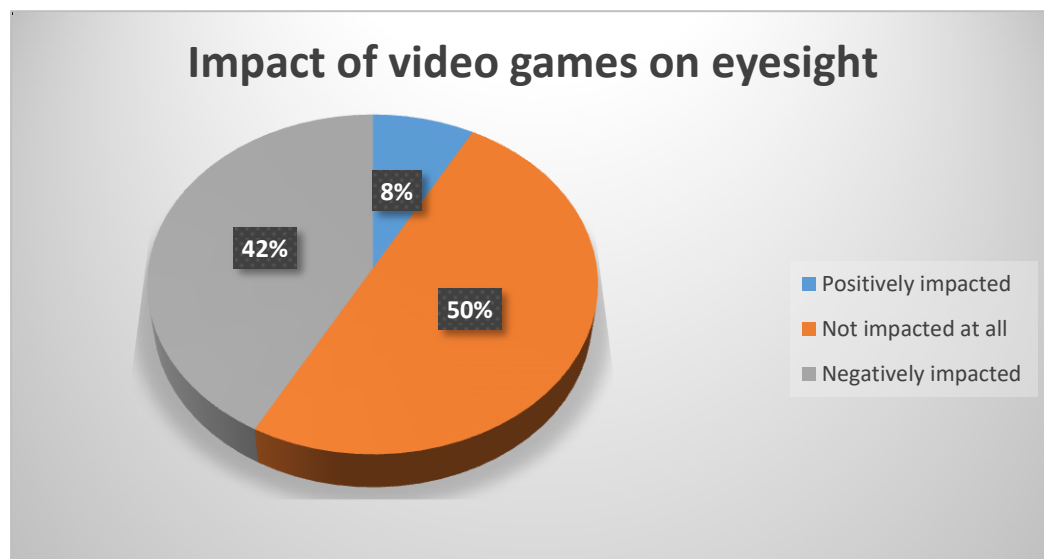
The chart shows that there are equal number of male and female respondents who play or who have played video games. There was no respondent who does not play video games. This shows that in today's generation most of the youth are into playing video games or have played video games.

Q.2 Is your eyesight impacted positively or negatively after playing video games?

Table- 4.2

Opinion	Male	Female	Total
Positively impacted	2	2	4
Not impacted at all	11	14	25
Negatively impacted	12	9	21

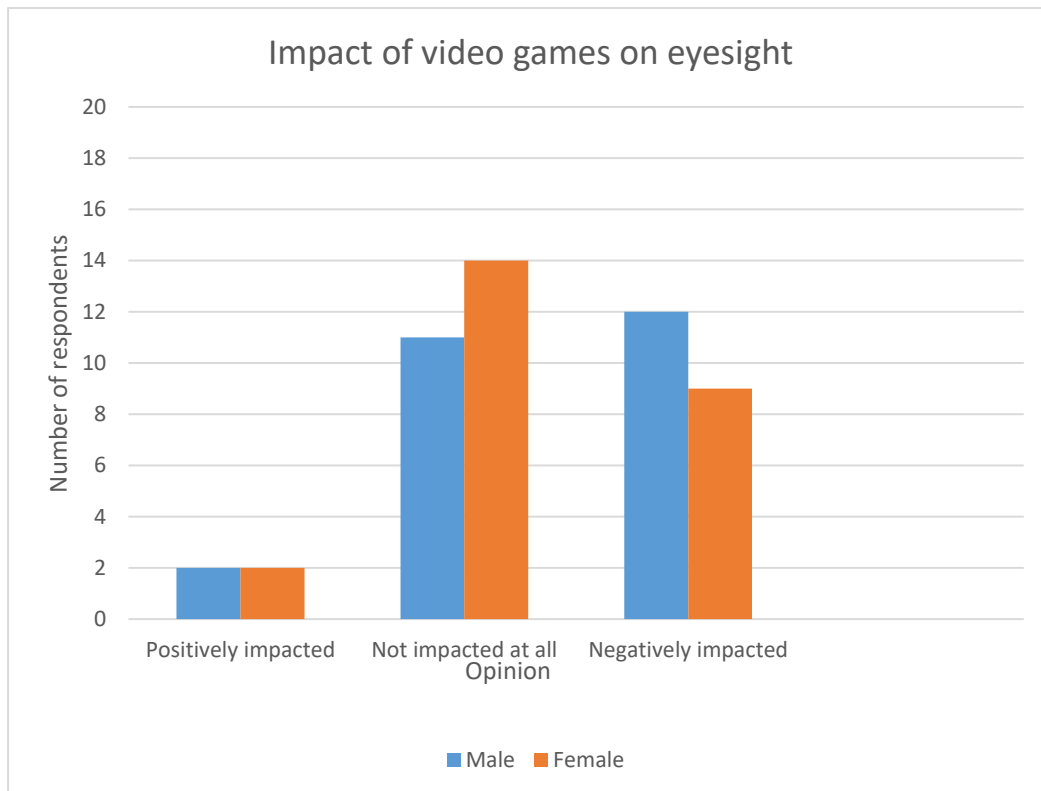
The survey was answered by 50 students wherein 25 were male and 25 were female. They answered the question keeping in mind how video games have impacted their eyesight.



Interpretation-

The above given diagram is a Pie Chart. The above chart shows us data as a whole and in 100%. This shows us the impact video games have had on the gamer's eyesight. This chart shows us that around 50% of the respondent's eyesight is not effected at all due to video games while 42% of the respondents believe that playing video games have had a negative impact on their eyesight. Only around 8% of the respondents believe that video games have improved their eyesight. Those

respondents whose eyesight is effected negatively probably play video games for hours and hours together which causes a strain on their eyes.



The above given chart shows us the difference of opinion between male and female on the impact of video games on eyesight. The horizontal axis depicts the opinion of the respondents and the vertical axis depicts the number of respondents.

This chart shows that there were equal number of male and female respondents who have had a positive impact on their eyesight but it's way less compared to the respondents who have had a negative impact. Video games have had a more negative impact on males than that of females indicating that males spend more time playing video games. However, there is no impact on half of the respondents.

Q.3 Have video games impacted your sleeping pattern negatively?

Table- 4.3

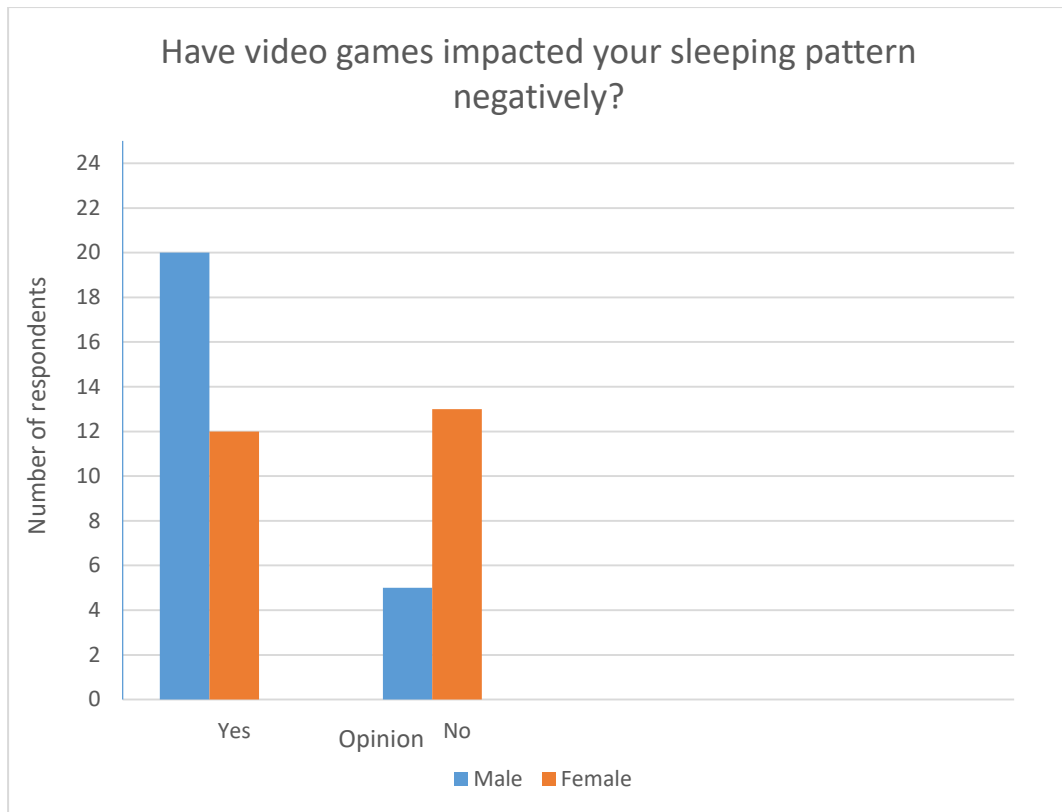
Opinion	Male	Female	Total
Yes	20	12	32
No	5	13	18

The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered the question keeping in mind whether video games have had a negative impact on their sleeping pattern.



Interpretation-

The above given diagram is a pie chart. The above chart shows us data as a whole and in 100%. This shows us the impact video games have had on the sleeping pattern of the respondents. This shows us that 64% of the respondent's sleeping pattern is impacted negatively because of playing video games while only 36% have not had any impact on their sleeping pattern. The respondents whose sleeping pattern is impacted negatively probably stay up late at night to play video games. This causes a strain to the eyes and it not only affects the sleeping pattern but also the eyesight of the gamer.



The above chart shows us the difference of opinion between male and female on the negative impact of video games on their sleeping pattern. On the vertical axis we have the number of respondents while on the horizontal axis we have the opinion of the respondents.

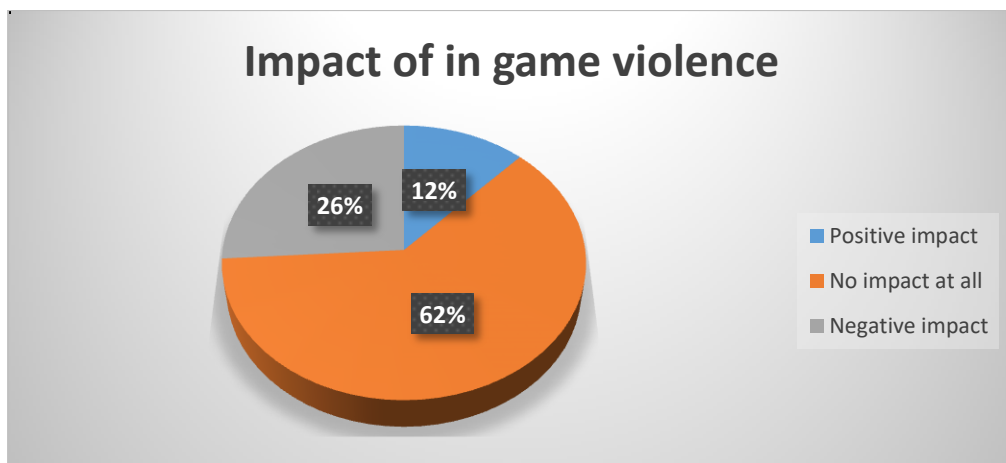
This chart shows us that 20 of the 25 male respondents have had a negative impact on their sleeping pattern while only half of the female respondents have had a negative impact on their sleeping pattern compared to the other half. This shows us that most of the boys stay up at night playing video games because they get engrossed in it and in doing so they do not get enough sleep causing them to wake up feeling tired and drained the very next day. Only 5 of the male respondents feel that their sleeping pattern is not affected negatively due to video games. Half of the female respondents feel that their sleeping pattern is not negatively affected due to video games.

Q.4 Does in game violence have a positive or a negative impact towards your mind?

Table- 4.4

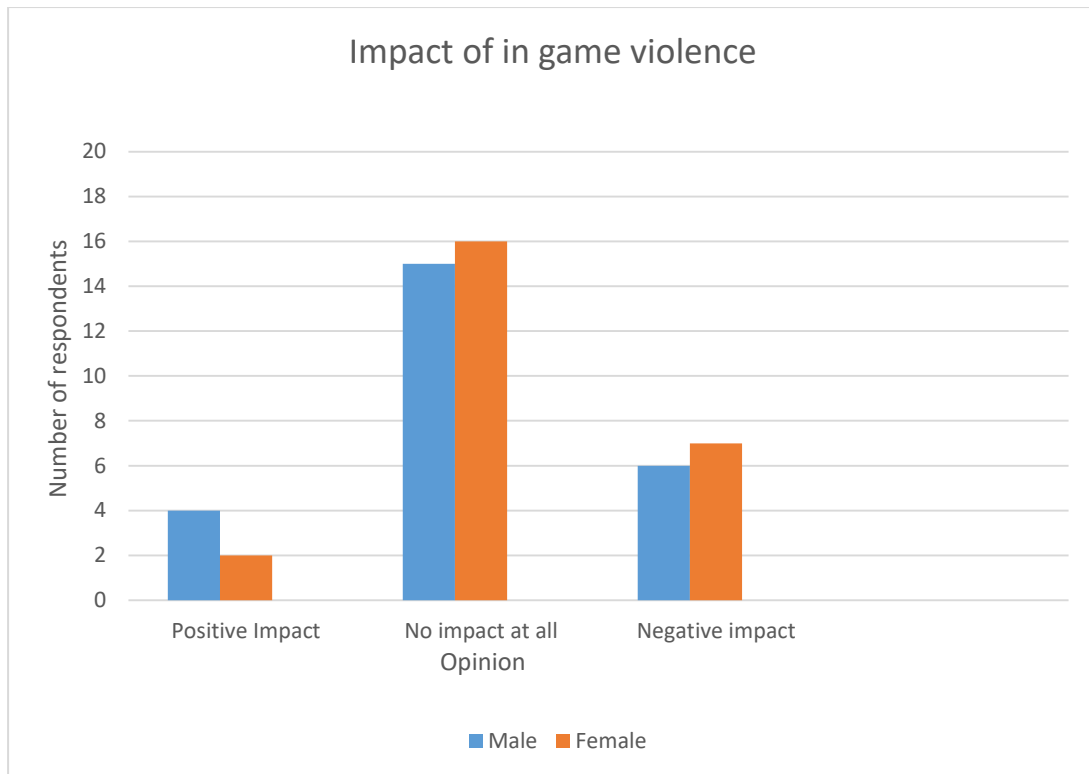
Opinion	Male	Female	total
Positive Impact	4	2	6
No Impact at all	15	16	31
Negative impact	6	7	13

The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered the question keeping in mind the impact in game violence had towards their minds.



Interpretation-

The above diagram is a 3D pie chart. The above chart shows us data as a whole and in 100%. This shows us the impact in game violence has on the respondents. This chart shows that 62% of the respondents feel that there is no impact of in game violence on their minds while 26% of the respondents feel that in game violence has had a negative impact towards their minds. Only 12% of the respondents feel that in game violence has benefitted them in some way. Through this chart we can see that in game violence mostly does not affect the mind of a gamer. However, the ones who have had a positive or a negative impact are the few exceptions.



The above chart shows us the difference of opinion between male and female on the impact in game violence has towards a person’s mind. The vertical axis shows us the number of respondents and the horizontal axis shows us the opinion of the respondents

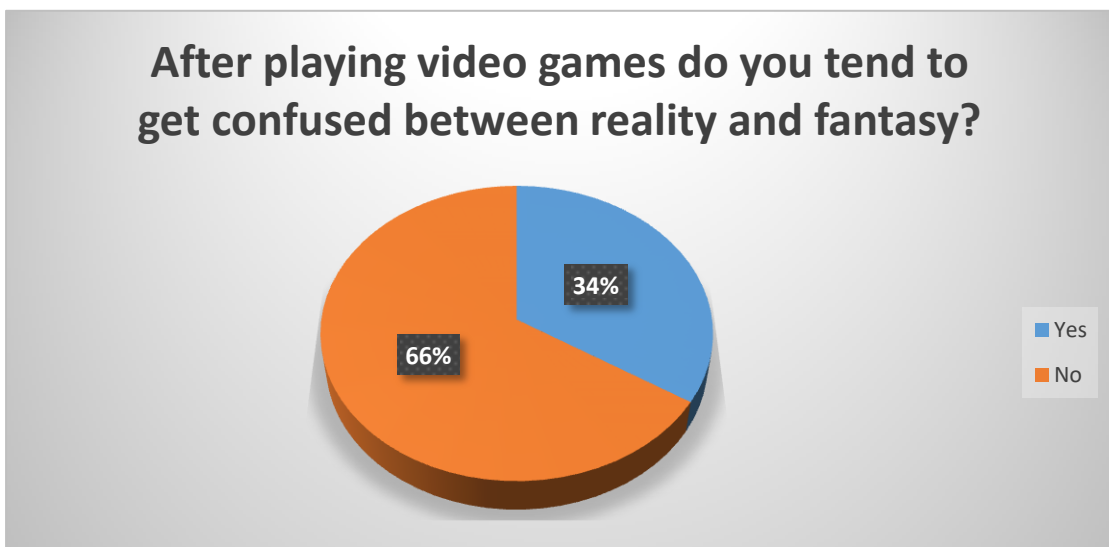
This chart shows us that 15 of the 25 male respondents and 16 of the 25 female respondents feel that in game violence has not impacted them. That’s more than half the respondents that feel that way. Very few of the respondents feel that in game violence has a positive or a negative impact towards their mind. 4 male and 2 female respondents feel that in game violence has benefitted them in a way while 6 male and 7 female respondents feel that in game violence has had a negative impact toward their mind.

Q.5 After playing a session of video games do you tend to get confused between reality and fantasy?

Table- 4.5

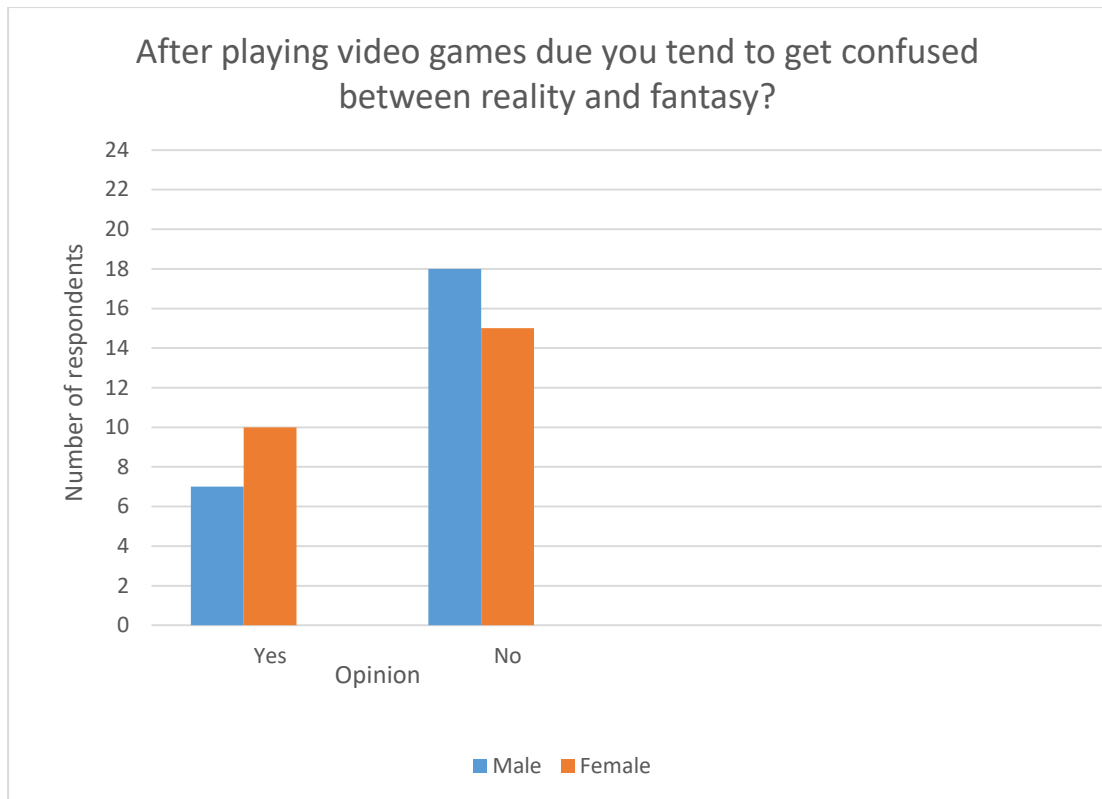
Opinion	Male	Female	Total
Yes	7	10	17
No	18	15	33

The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered the question keeping in mind whether they got confused between reality and fantasy after playing video games.



Interpretation-

The above diagram is a 3D pie chart. The above chart shows us data as whole and in 100%. This shows us the % of respondents that get confused between reality and fantasy after playing video games. This chart shows us that 66% of the respondents feel that they do not get confused between reality and fantasy after playing video games. 34% of the respondents feel that they tend to get confused between reality and fantasy after playing video games. That means they tend to get confused between what's real in life and what is not.



The above chart shows us the difference of opinion between male and female on whether they tend to get confused between reality and fantasy after playing video games. The vertical axis depicts the number of students and the horizontal axis depicts the opinion of the respondents.

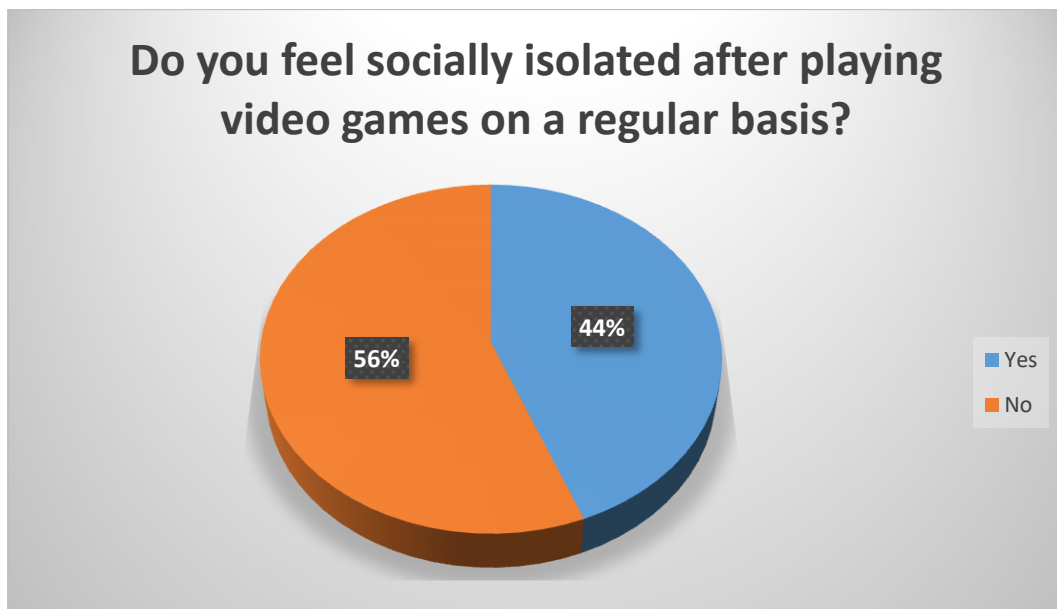
This chart shows us that 18 of the 25 male respondents and 15 of the 25 female respondents feel that they don't get confused between reality and fantasy after playing a session of video games. Few of the respondents feel that they tend to get confused between fantasy and reality after playing video games. 7 male respondents and 10 female respondents tend to get confused between fantasy and reality. That is probably because they spend so much time playing video games that they get confused between what's real and what's not.

Q.6 Do you feel socially isolated when you play video games on a regular basis?

Table- 4.6

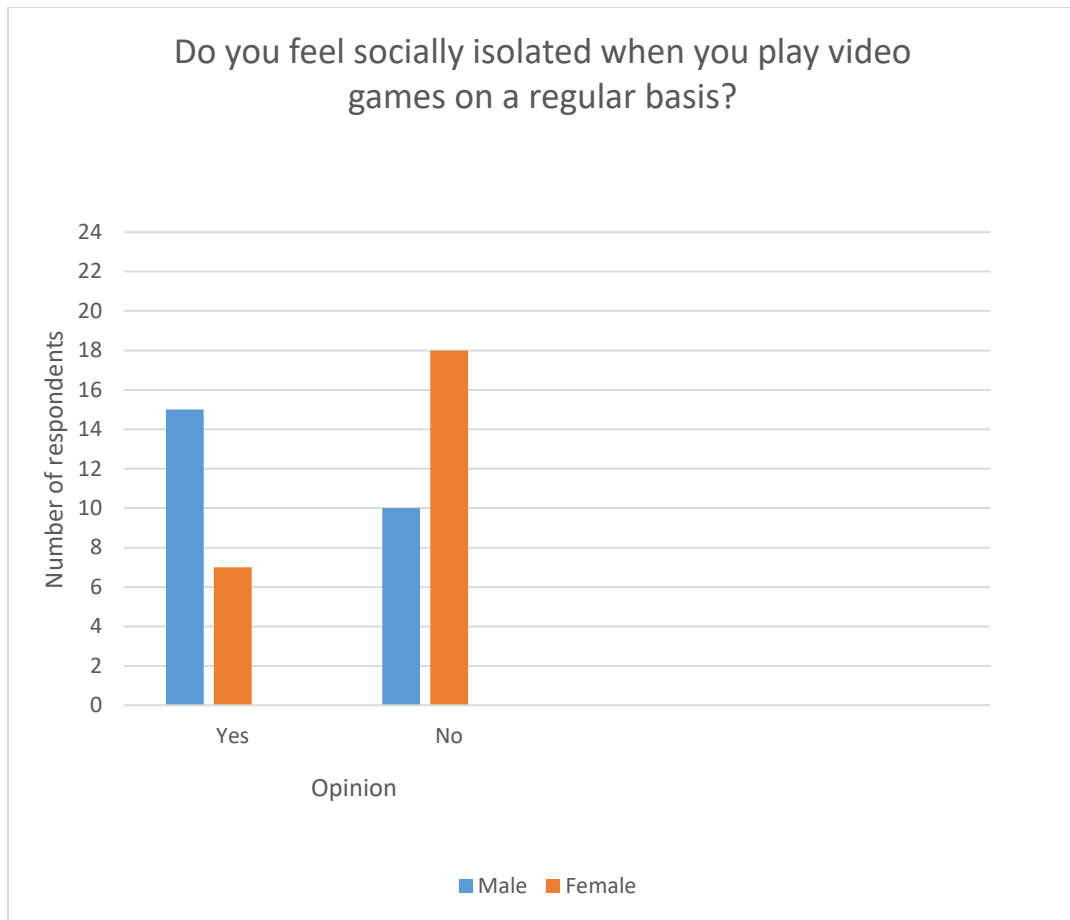
Opinion	Male	Female	Total
Yes	15	7	22
No	10	18	28

The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered the question keeping in mind whether they feel socially isolated or not after playing video games on a regular basis.



Interpretation-

The above diagram is a 3D pie chart. The chart shows us data as a whole and in 100%. This shows us the % of respondents that feel socially isolated after playing video games on a regular basis. This chart depicts that 56% of the respondents do not feel socially isolated while 44% of the respondents feel socially isolated. The 44% who feel socially isolated indulge only in playing video games and that is why don't step out of their houses to meet their friends or any other relatives.



The above chart shows us the difference of opinion between male and female respondents on whether or not they feel socially isolated when they play video games on a regular basis. The vertical axis depicts the number of respondents while the horizontal axis depicts the opinion of the respondents.

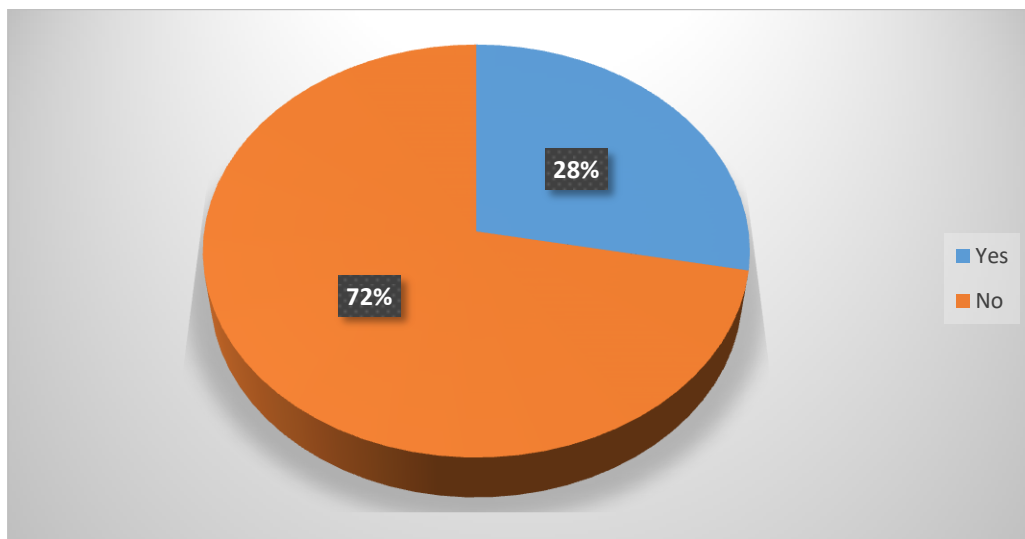
This chart shows that 10 of the 25 male respondents and 18 of the female respondents do not feel socially isolated while 15 males and 7 females feel socially isolated. The number of males feeling socially isolated is quite high which is a concern. This shows that most of the males prefer remaining indoors playing video games over meeting their friends and other relatives. In case of females, the gamers who feel socially isolated is less as compared to males. It could be said that females are more socially active as compared to males.

Q7. Do you tend to act aggressively towards the people around you after playing a session of video games?

Table- 4.7

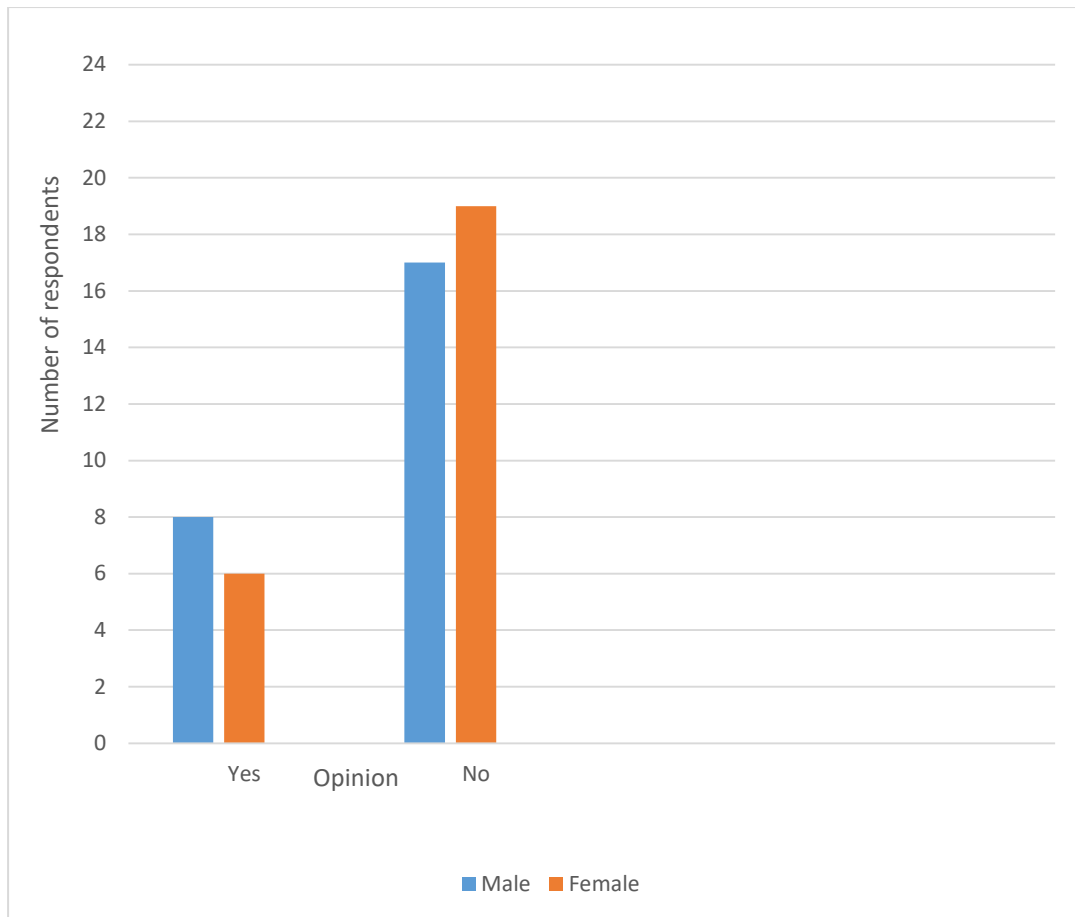
Opinion	Male	Female	Total
Yes	8	6	14
No	17	19	36

The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered the question keeping in mind whether they started to act aggressively towards the people around them after playing a session of video games.



Interpretation-

The above diagram is a 3D pie chart. It shows us the data as a whole and in 100%. This shows us the % of respondents that tend to or do not tend to act aggressively towards the people around them after playing video games. The chart depicts that 72% which is most of the respondents, do not act aggressively towards the people around them while 28% of the respondents feel that they tend to act aggressively or violent towards the people around them. That is because when they keep gaming for hours and hours, they don't get enough sleep which causes them to get irritated, annoyed and act violently.



The above chart shows us the difference of opinion between male and female respondents on whether they tend to act aggressively towards the people around them after playing a session of video games. The vertical axis represents the number of respondents while the horizontal axis represents the opinion of the respondents.

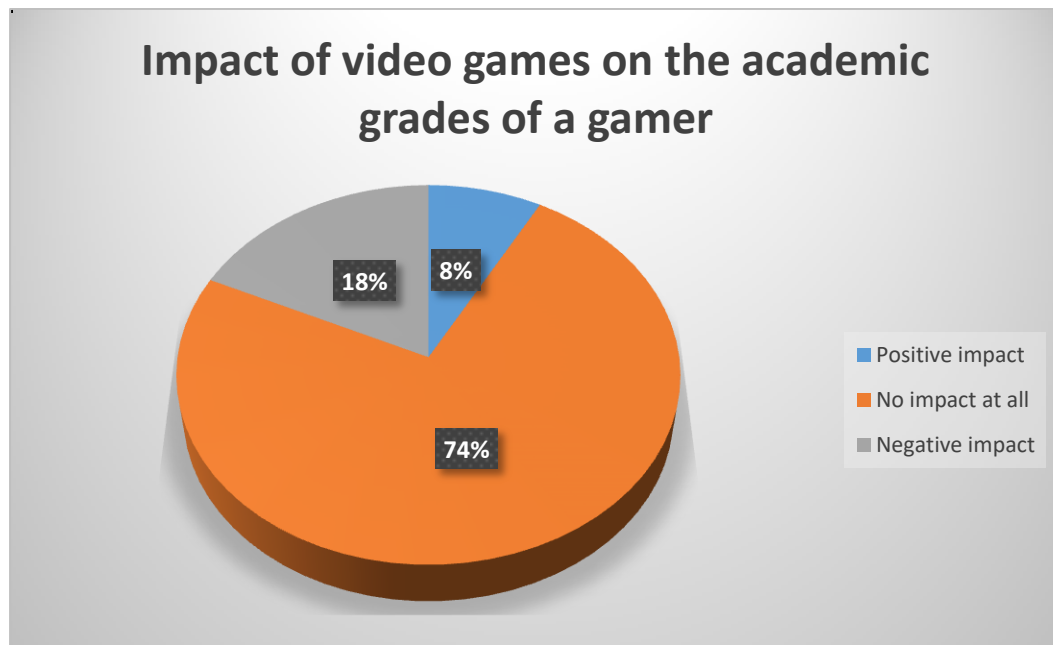
This chart shows that 17 of the 25 male respondents and 19 of the 25 female respondents do not act aggressively towards the people around them after playing a session of video games. 8 male respondents and 6 female respondents tend to act aggressively towards the people around them. It can also be noted that the number of males who act aggressively are more than the number of females.

Q.8 What impact does playing video games have on your academic grades?

Table-4.8

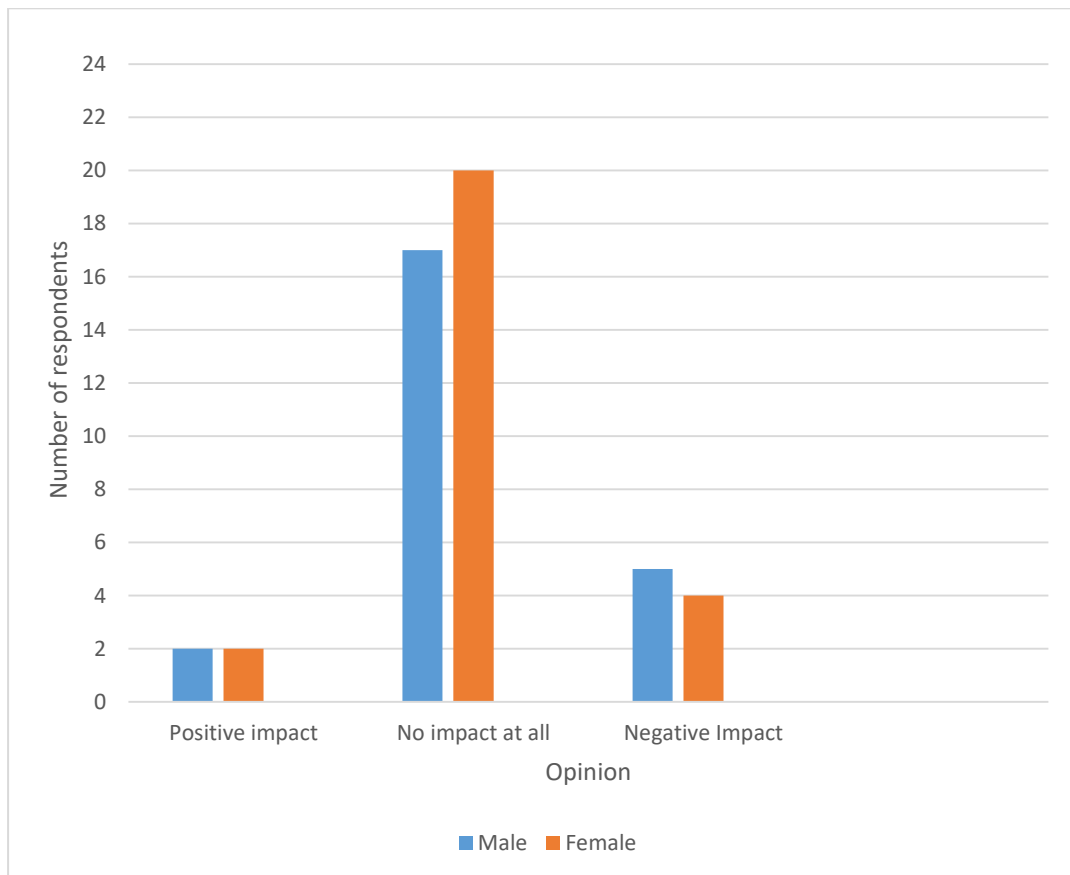
Opinion	Male	Female	Total
Positive impact	2	2	4
No impact at all	17	20	37
Negative impact	5	4	9

The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered this question keeping in mind the impact video games have had on their academic grades.



Interpretation-

The above diagram is a 3D pie chart. The chart shows us data as a whole and in 100%. This shows us the % of respondent's opinion on whether video games have affected their academic grades or not. This chart depicts that video games have had no impact on the academic grades of 74% of the respondents. 18% of the respondent's academic grades are negatively affected while 8% of the respondent's academic grades are positively affected.



The above chart shows us the difference of opinion between male and female respondents on the impact video games have had on their academic grades. The vertical axis depicts the number of respondents and the horizontal axis depicts the opinion of the respondents.

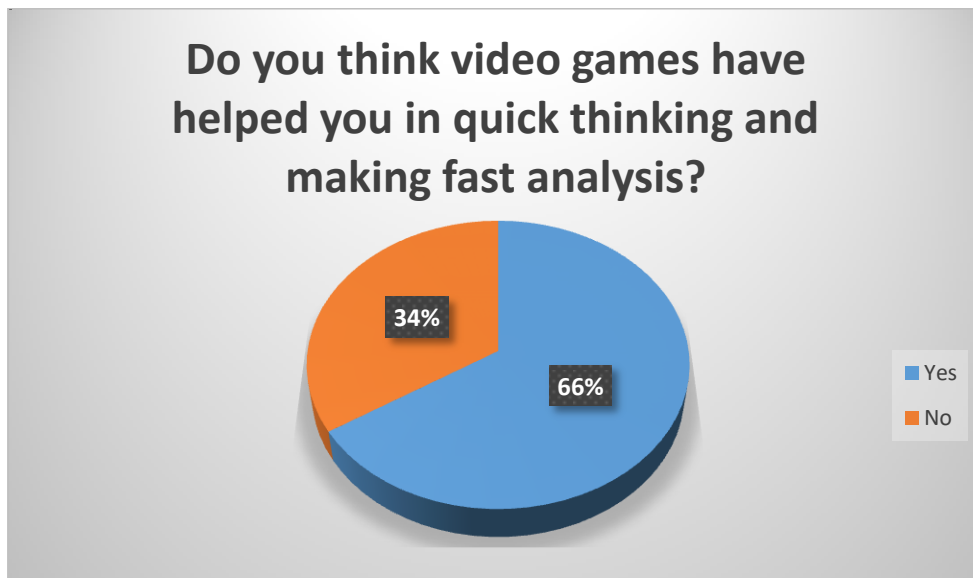
From this chart we can see that 17 of the 25 male respondents and 20 of the 25 female respondents believe that video games have had no impact on their academic grades. Only 2 males and females believe that video games have had a positive impact on their academic grades. 5 males and 4 females believe that video games have had a negative impact on their academic grades. That could probably be due to not managing their gaming time and studying time effectively.

Q.9 Do you think video games have helped you in quick thinking and making fast analysis?

Table- 4.9

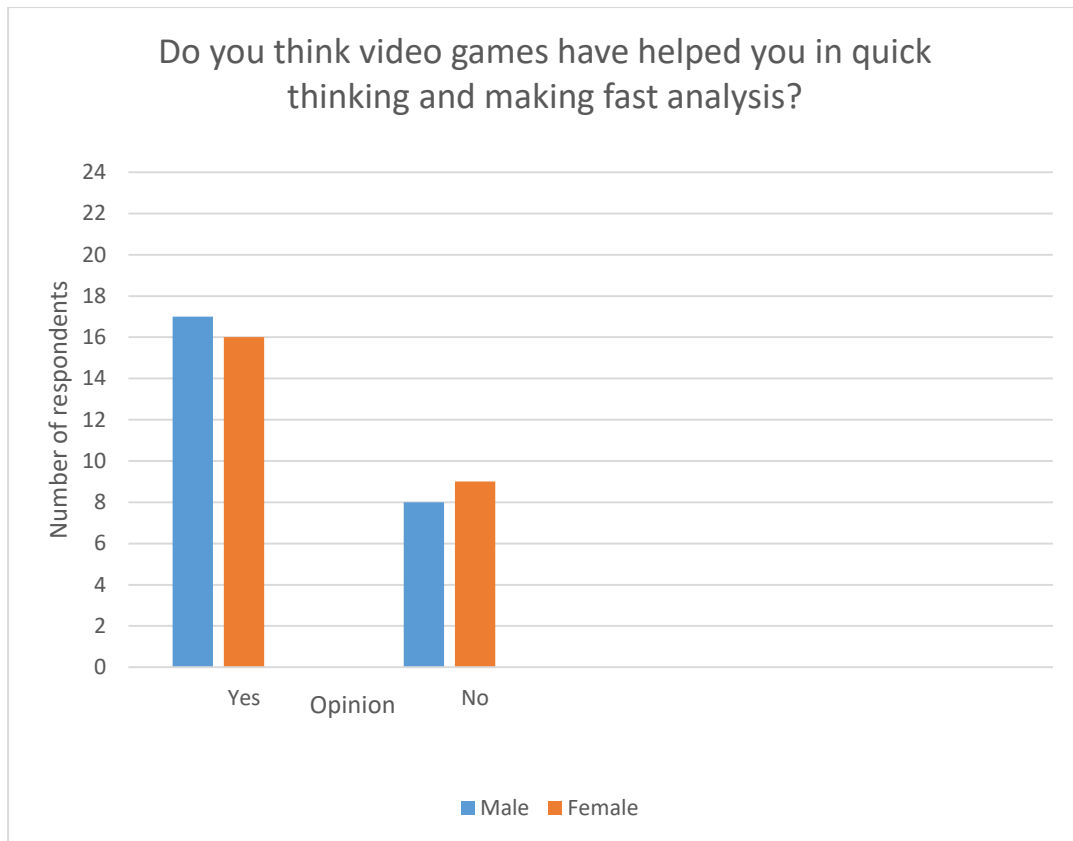
Opinion	Male	Female	Total
Yes	17	16	33
No	8	9	17

The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered this question keeping in mind whether video games helped them in quick thinking and making fast analysis in real life.



Interpretation-

The above diagram is a 3D pie chart. The chart shows us data as a whole and in 100%. This shows us the % of respondent's opinion on whether video games have helped them in quick thinking and making fast analysis. This chart depicts that video games have helped 66% of the respondents in quick thinking and making fast analysis. 34% of the respondents feel that video games have not helped them in quick thinking and making fast analysis. Video games that require certain tasks to be performed during a certain time frame could have possible helped gamers in making quick decisions.



The above chart shows us the difference of opinion between male and female respondents on whether video games have helped them in quick thinking and making fast analysis. The vertical axis depicts the number of respondents and the horizontal axis depicts the opinion of the respondents.

From this chart we can see that 17 of the 25 male respondents and 16 of the 25 female respondents believe that video games helped them in quick thinking and making fast analysis. The remaining 8 male respondents and 9 female respondents are of the opinion that video games have not helped them in making fast analysis and quick decisions. Most of the video games have certain missions and tasks in them which are required to be performed in a particular manner and in a certain time frame. Most of the respondents feel that they are able to channel those skills of making quick decisions in real life as well.

Q.10 Do you think video games have helped you in your verbal and communicational skills?

Table- 4.10

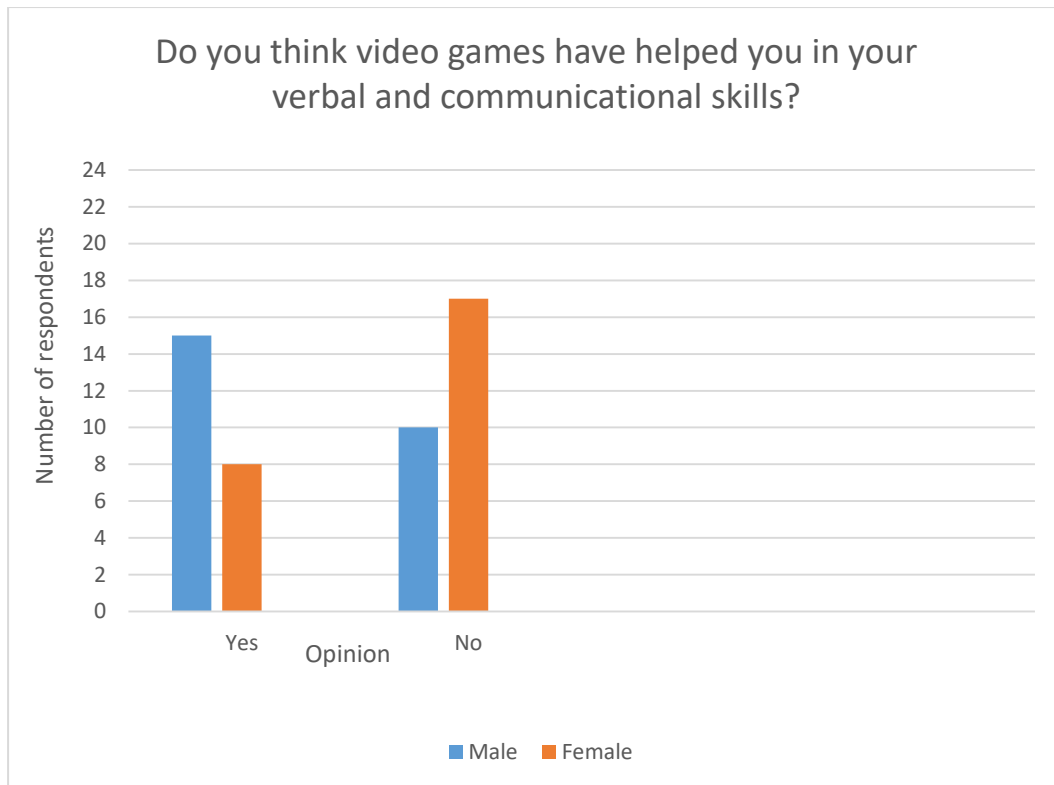
Opinion	Male	Female	Total
Yes	15	8	23
No	10	17	27

The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered this question keeping in mind whether video games helped them in their verbal and communicational skills.



Interpretation-

The above diagram is a 3D pie chart. The chart shows us data as a whole and in 100%. This shows us the % of respondent's opinion on whether video games have helped them in their verbal and communicational skills. This chart depicts that video games have helped 56% of the respondents in their verbal and communicational skills while the remaining 46% feel video games have not helped them in that aspect.



The above chart shows us the difference of opinion between male and female respondents on whether video games have helped them in their verbal and communicational skills. The vertical axis depicts the number of respondents and the horizontal axis depicts the opinion of the respondents.

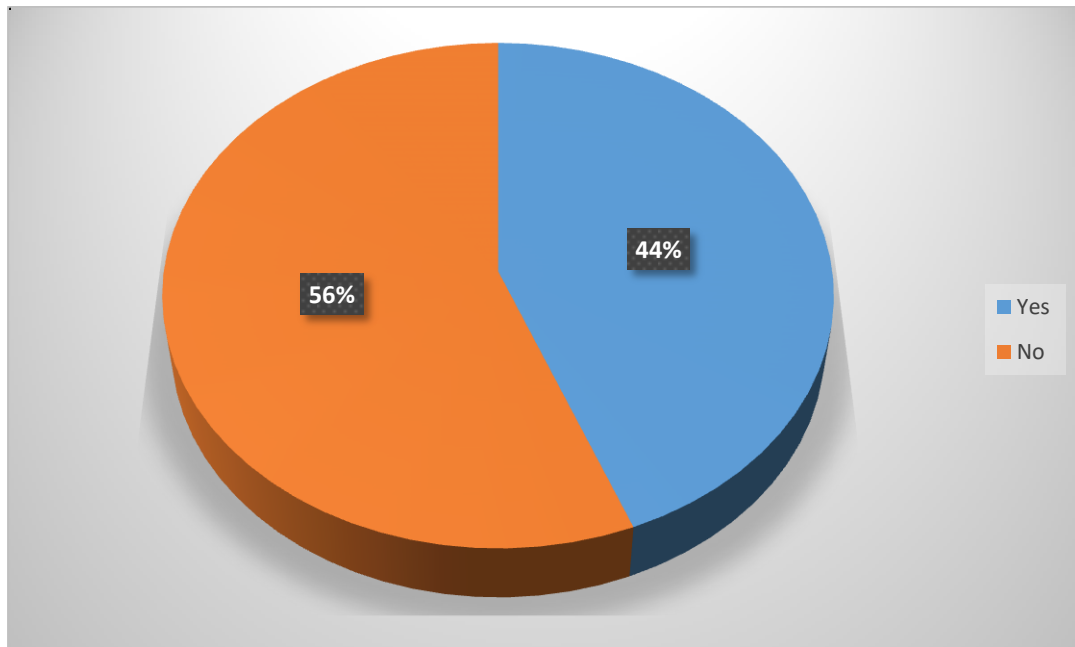
From this chart as we can see, 15 of the 25 male respondents and 8 of the 25 female respondents think that video games have helped them in their verbal and communicational skills. The remaining 10 male respondents and 17 female respondents feel that video games have not benefited or impacted their communicational skills. The type of language used and the amount of verbal communication in the video game can influence a person's verbal skills. As we can see over here, video games have helped the males more in their communicational skills because the male respondents play games like Call of duty, DOTA, which have the use of exemplary language in their game and these games require communication and co-ordination amongst the teammates.

Q.11 Have multiplayer games like PUBG, Call of Duty or DOTA been helpful in improving your skills of co-ordination & teamwork in real life?

Table- 4.11

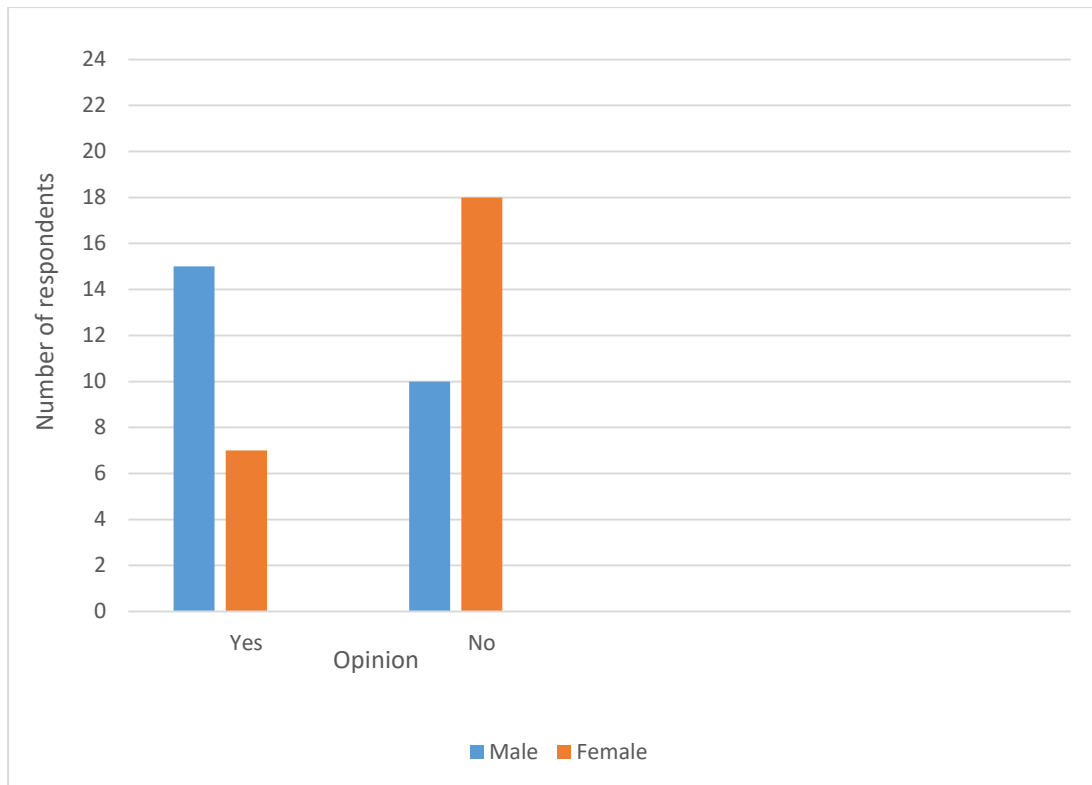
Opinion	Male	Female	Total
Yes	15	7	22
No	10	18	28

The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered this question keeping in mind whether video games like PUBG, Call of Duty or DOTA been helpful in improving their skills of co-ordination and teamwork in real life.



Interpretation-

The above diagram is a 3D pie chart. The chart shows us data as a whole and in 100%. This shows us the % of respondent’s opinion on whether video games like PUBG, etc. have been helpful in improving their skills of co-ordination and teamwork in real life. This chart depicts that video games have been helpful for 56% of the respondents in improving their skills of co-ordination and teamwork in real life. 46% of the respondents are of the opinion that video games have not been helpful or not impacted them in that aspect.



The above chart shows us the difference of opinion between male and female respondents on whether video games like PUBG, have been helpful in improving their skills of co-ordination and teamwork in real life. The vertical axis depicts the number of respondents and the horizontal axis depicts the opinion of the respondents.

From this chart we can see that 15 of the 25 male respondents and 7 of the female respondents feel that video games like PUBG, etc. have been helpful in improving their skills of co-ordination and teamwork in real life. The remaining 10 male respondents and 18 female respondents feel that video games like these have had no impact in that aspect. As we can see over here, there are more male gamers as compared to the female ones who feel video games have been helpful in their skills of coordination and teamwork in real life. That could probably be because such games are mostly played by boys worldwide and hence there is such a big difference in the male to female ratio.

Q.12 Have video games been helpful to you in anticipation and situational awareness?

Table- 4.12

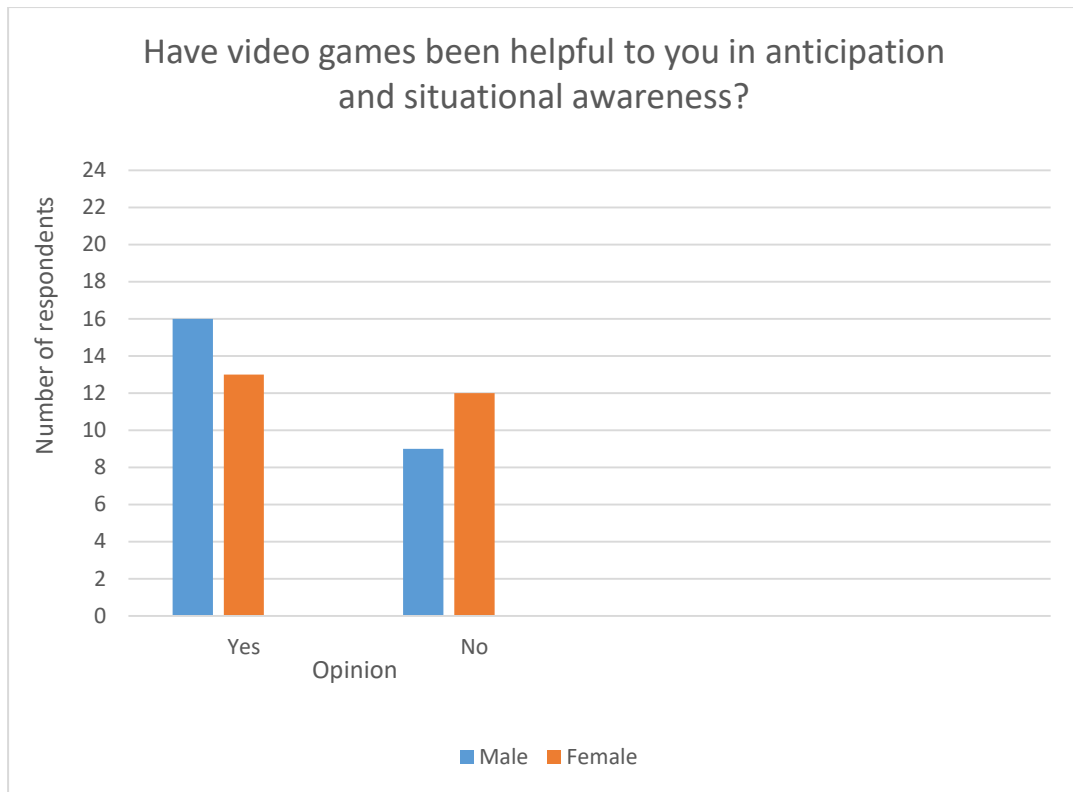
Opinion	Male	Female	Total
Yes	16	13	29
No	9	12	21

The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered this question keeping in mind whether video games have been helpful to them in anticipation and situational awareness.



Interpretation-

The above diagram is a 3D pie chart. The chart shows us data as a whole and in 100%. This shows us the % of respondent's opinion on whether video games have been helpful to them in anticipation and situational awareness. This chart depicts that video games have been helpful to 58% of the respondents in anticipation and situational awareness while 42% are of the opinion that video games have not been helpful to them in that aspect.



The above chart shows us the difference of opinion between male and female respondents on whether video games have been helpful to them in anticipation and situational awareness. The vertical axis depicts the number of respondents and the horizontal axis depicts the opinion of the respondents.

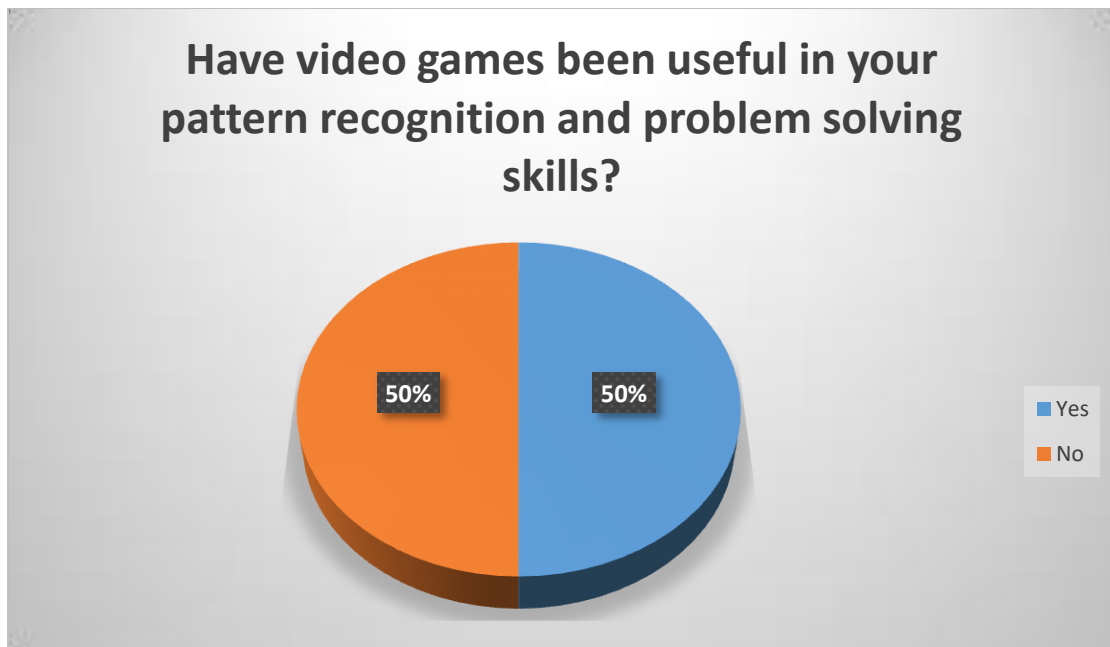
From this chart, we can see that 16 of the 25 male gamers and 13 of 25 female gamers are of the opinion that video games have been helpful to them in anticipation and situation awareness. 9 male gamers and 12 female gamers feel that video games have not helped them in this aspect at all.

Q.13 Have video games been useful in your pattern recognition and problem solving skills?

Table- 4.13

Opinion	Male	Female	Total
Yes	17	18	25
No	8	17	25

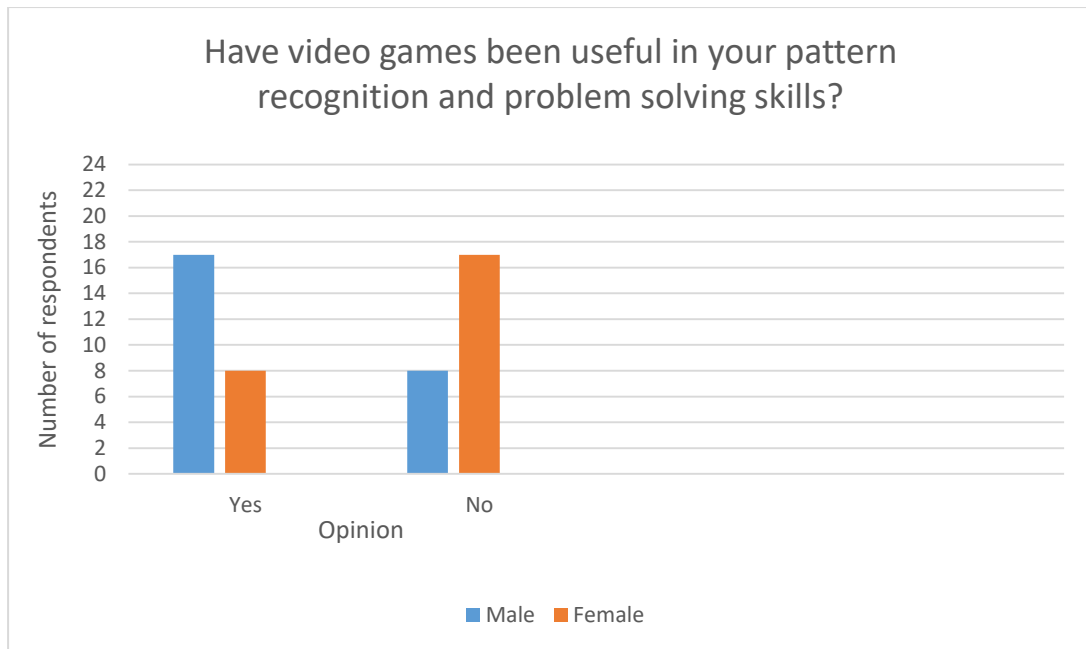
The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered this question keeping in mind whether video games have been helpful to them in their pattern recognition and problem solving skills.



Interpretation-

The above diagram is a 3D pie chart. The chart shows us data as a whole and in 100%. This shows us the % of respondent's opinion on whether video games have been helpful to them in their pattern recognition and problem solving skills.

This chart depicts that 50% of the respondents are of the opinion that video games helped them in their pattern recognition and problem solving skills while the other 50% of the respondents feel otherwise.



The above chart shows us the difference of opinion between male and female respondents on whether video games have been useful to them in their pattern recognition and problem solving skills. The vertical axis depicts the number of respondents and the horizontal axis depicts the opinion of the respondents.

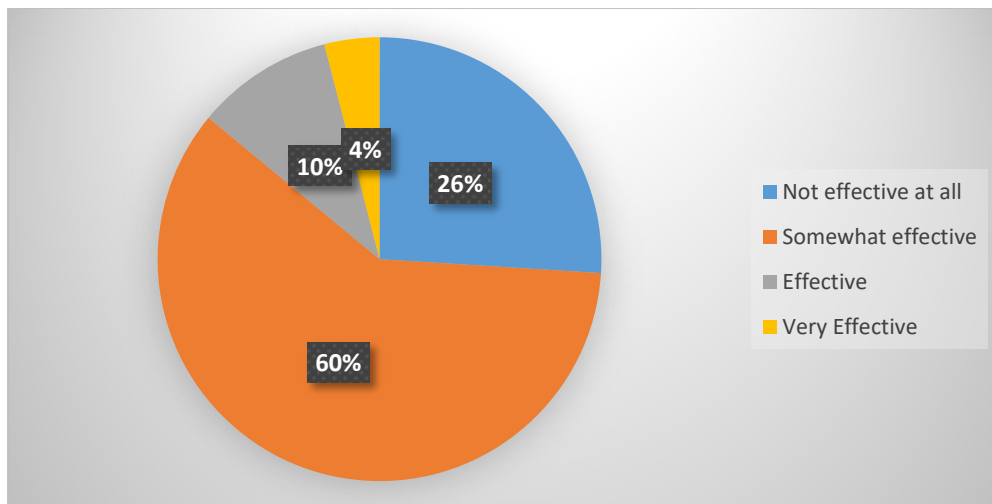
From this chart, we can see that 17 of the 25 male respondents and 8 of the 25 female respondents are of the opinion that video games have helped them in their pattern recognition and problem solving skills. 8 male respondents and 17 female respondents feel otherwise.

Q.14 How effective a tool are video games to you in order to help others in planning & resource management?

Table-4.14

Opinion	Male	Female	Total
Not effective at all	5	8	13
Somewhat effective	15	15	30
Effective	4	1	5
Very Effective	1	1	2

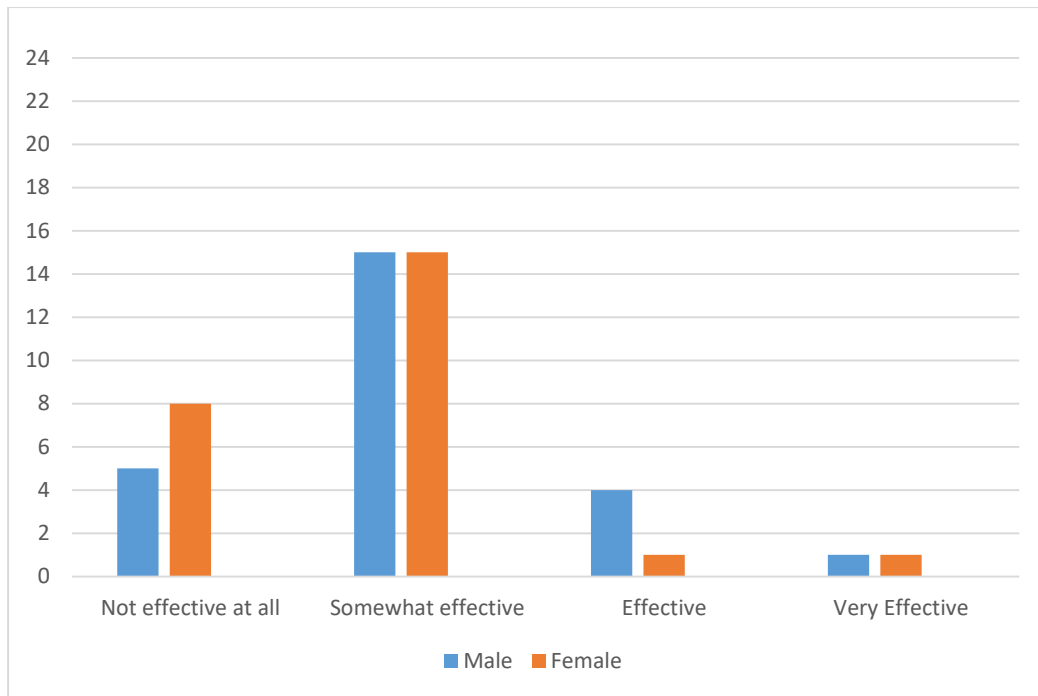
The survey was answered by 50 respondents wherein 25 were male and 25 were female. They answered this question keeping in mind how effective they find video games in helping others in planning and resource management.



Interpretation-

The above diagram is a 3D pie chart. The chart shows us data as a whole and in 100%. This shows us the % of respondent’s opinion on how effective they find video games in order to help others in planning and resource management.

This chart depicts that 60% of the respondents are of the opinion that it’s somewhat effective, 10% of the respondents feel that it’s effective, 4% of the respondents feel it’s very effective while 26% don’t find it effective at all in this aspect.



The above chart shows us the difference of opinion between male and female respondents on how effective they find video games in order to help others in planning and resource management. The vertical axis depicts the number of respondents and the horizontal axis depicts the opinion of the respondents.

From this chart, we can see that 15 male and female respondents feel that video games have somewhat helped them in this aspect. 4 males and 1 female respondent feel that it has been effective to them. 1 male and a female believe that video games have been very effective to them in this aspect while 5 male respondents and 8 female respondent believe that video games have not helped them at all in this aspect.

CHAPTER 5 - FINDINGS

1. Both male and female respondents have played or are playing video games in their lives.
2. Around 42% of the respondents feel that video games have had a negative impact on their eyesight. 8% of the respondents feel that it has had a positive impact. The respondents whose eyesight is negatively impacted probably play video games for long hours which causes strain on their eyes. It can also be noted that video games have had a more negative impact on males than on females.
3. 64% of the respondents feel that video games have impacted their sleeping pattern negatively. It can be noted here too that male respondents have had a more negative impact as compared to the female respondents. As seen in the earlier point, as the eyesight of the male respondents is impacted negatively they have problems in sleeping on time too. The female respondents whose eyesight is impacted negatively is almost 50% of the total female respondents.
4. In the 4th question, 62% of the respondents feel that in game violence has had no impact towards their mind which means a direct correlation cannot be established between in game violence and the behavior and sleeping pattern of the respondents.
5. 66% of the respondents do not tend to get confused between reality and fantasy after playing a long session of video games while 34% of the respondents do tend to get confused.
6. 44% of the respondents feel socially isolated after playing video games on a regular basis. It can be noted that it's most of the male respondents who feel this way. That is because the male respondents spend more time playing video games. The female respondents are socially well to do.

7. 28% of the respondents feel that tend to act aggressively to the people around them after playing video games. But most of the respondents do not do so which means there could be other factors to why those respondents act aggressively.
8. Most of the respondents also feel that video games have not impacted their academic grades in any way. Only a few of the respondents feel that video games have impacted their academic grades in a positive or a negative way.
9. 66% of the respondents are of the opinion that video games have helped them in quick thinking and making fast analysis. This means there is a positive correlation between video games and quick thinking analysis.
10. 54% of the respondents feel that video games have not helped them in their verbal and communicational skills while 46% of the respondents believe that it has helped them.
11. 44% of the respondents feel that video games have helped them in their skills or coordination and teamwork in real life. It can be noted that 15 of the 25 male respondents feel this way. That is because most of the males indulge in these type of action games.
12. 58% of the respondents feel that video games have helped them in anticipation and situational awareness.

13. 50% of the respondents feel that video games have helped them in their pattern recognition and their problem solving skills while the remaining 50% do not feel the same way.

14. 60% of the respondents feel that video games have helped them in a way in resource management and planning while 26% of the respondents feel that it has not helped them at all in that sense.

CHAPTER 6- CONCLUSION

Video games can be a boon or a curse to the gamer and the people around the gamer depending upon the game he plays and the number of hours the gamer spends on playing video games.

Since guys spend more time playing video games as compared to girls, the ill effects and the positive aspects are seen on them more evidently as compared to girls. Guys get addicted to games like GTA 5, Call of Duty, PUBG because of their story modes and sometimes when they play continuously for hours and hours of those violent video games, they tend to act aggressive to their loved and dear ones. In doing so, they are socially affected as a person in a negative way. When PUBG is played for long hours on the mobile phone, it affects the eyesight of the gamer and the sleeping pattern of the gamer in a negative way. When a gamer doesn't get proper sleep he cannot perform his tasks properly the next day and this can spoil the whole routine of the gamer. When a student doesn't get enough sleep he won't be able to focus on his studies which can end up impacting his grades.

On the positive side, it can be noted that video games help in quick thinking and making fast analysis. Games like Fruit Ninja and Temple Run help the gamer in making on the spot quick decisions in real life. It played within a proper time constraint, it can help the teenagers in releasing dopamine, promote relaxation and reduce anxiety. Real life skills like coordination and team management also get improved by playing online games like PUBG because it requires in game communication.

In short, video games can help the youth in their real life skills if they can learn to play it wisely and if not it can cause social and health problems for the gamer in the future.

CHAPTER 7- SUGGESTIONS

1. For those gamers who have had a negative impact on their eyesight, they should reduce the number of hours they play video games.
2. Since their sleeping pattern is affected negatively, the parents must be strict with them on their gaming hours and should possibly try avoid playing video games in the night.
3. Although there is no direct correlation between long gaming hours and aggressive behavior, it is advisable that violent video games must only be played under parental guidance.
4. Since most of the male respondents feel socially isolated after playing video games for long hours, it can be suggested to them to reduce their virtual gaming hours and spend more time with their friends playing video games.
5. Even though there are other factors involved in aggressive behavior, it can be advised that violent video games can be played as less as possible because it can impact the mind of the gamer sometimes.
6. Try maintaining a balance between your studies or work and playing video games. This can help improve your grades or help you in doing in your work better.

7. Since games like Fruit Ninja and Temple run help in quick thinking and making fast analysis, the youth can be encouraged to play these types of games more often than the other games.

8. Patter recognition and problem solving skills should also be encouraged to be played more often.

9. Games which can help the youth in increasing their anticipation and situational awareness skills should also be encouraged to be played.

CHAPTER 8- REFERENCE

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12. <https://www.npr.org/sections/health-shots/2017/08/09/542215646/video-games-may-affect-the-brain-differently-depending-on-what-you-play>

ANNEXURE

The questionnaire for the survey was as follows:

Gender

Male Female

1. Do you or have you ever played video games?
2. Is your eyesight impacted positively or negatively after playing video games?
3. Have video games impacted your sleeping pattern negatively?
4. Does in-game violence have a positive or a negative impact towards your mind?
5. After playing a session of video games, do you tend to get confused between reality and fantasy/
6. Do you feel socially isolated when you play video games on a regular basis?
7. Do you tend to act aggressively towards the people around you after playing a session of video games?
8. What impact does playing video games have on your academic grades?

9. Do you think video games have helped you in quick thinking and making fast analysis?
10. Do you think video games have helped you in your verbal and communicational skills?
11. Have multiplayer games like PUBG, COD or DOTA been helpful in improving your skills of coordination & teamwork in real life?
12. Have video games been helpful to you in anticipation and situational awareness?
13. Have video games been useful in your pattern recognition and problem solving skills?
14. How effective a tool are video games to you in order to help others in planning and resource management?