Research Paper

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**Introduction**

Today, people are experiencing different events of aggression and violence in the forms of a mass shooting, bombing, etc. on a daily basis. Undoubtedly, the recent development of society can never imagine wthe growing issue of impatience and aggression. The issue of increasing aggression is linked with various forms of consideration and excessive approach of video games is one of them. Different research studies are conducted to indicate the existing connection between the increasing trend of aggression and video games. The growing trend of playing video games makes it essential to figure out the prevailing connection between video games and the aggressive attitude specifically in the case of teenagers. Here the particular focus is to critically examine different research studies to assess that do video games increase aggression in teenagers.

**Discussion**

The business industry of video games is recognized as one of the rapidly growing industries due to the extensive involvement of the young generation. Statistics of the country clearly indicates that 97 percent of 12 to 17 years individuals actively involves playing some forms of video (Ezell & Sciences, 2013). It is also established that adventure and violent based games are characterized as the popular genre of video games when it comes to the selection of video games by teenagers. It is interesting to examine how this increasing movement of playing video games impacts the behavioral perspectives of young people. It is one intense phenomenon to identify whether there is a role of video games in the increasing rate of shooting and other violent actions adopted by youngsters. There is a need for investigating both sides of the controversy whether there is an active role of video games in the aggressive behavior of young people.

There are different research studies that indicate that the active involvement of teenagers in video games greatly expand their chances of indulging in various aggressive activities. Critical observation of the routine of the video games player identifies that violent video games have the tendency to increase aggressive thoughts, behaviors, and the feelings of the players. On the other hand, observing excessive violence in the form of video games makes people less sensitized to the issues and the concerns of the other people. Lacking in prosocial behavioral perspectives such as considering the feeling of others ultimately leads to different social concerns. Social isolation is another psychological feature that expands the risk of aggressive approach when young individuals spend more hours playing violent video games as compared to social interaction (Lachlan, Smith, & Tamborini, 2005). Developing a proper balance between the imaginative world of video games and the reality is difficult for young individuals. Failure in this particular case instigates teenagers to behave inappropriately.

It is pivotal to mention that the controversy is still not over to identify the connection between the playing video games and the aggressive behavior of teenagers. There are many research studies that clearly established that constant playing of video games increases chances for teenagers to indulge in aggressive behavioral domains. The hostile behavioral domain is the increasing form that appeared in the case of today’s youth. It is established that long-term playing of violent games triggers young individuals to react aggressively to various life situations. Different aggressive elements used in video games eventually motivate young individuals to apply them in real-life in different forms. The theoretical ground of social learning theory is considered by the researchers to identify the existing connection between the issue of aggressive behavior in teenagers and the increasing trend of playing video games.

Comprehensive consideration of the social learning theory is one suitable approach to better understand the anticipated connection between playing video games and aggressive behavioral approach of teenagers. The social learning theory of aggression is a suitable platform to effectively figure out the impact of playing video games on the behavioral prospects of teenagers. The social learning theory of aggression illustrates that different forms of the aggressive reactions can better be learned through the different forms that are identified as experience, observation of the behavior of others in real life or through the platform of the media. This form of consideration provides necessary assistance to establish how active involvement in the content of violent video games can promote people towards the adaptability of the same attitude. The outcomes of different research studies endorse the idea of the social learning theory that comes up with the focus that violent video games have the tendency to affect the paradigm of cognition and further create aggressive scripts that appeared in the form of aggressive behavior of teenagers.

There is a need for examining the other side of the argument to ensure the consideration of the rational approach when it comes to identifying the association between playing video games and the aggressive behavior of the teenagers. A longitudinal study conducted by Ferguson, San Miguel, Garza, and Jerabeck (2012). The results of this particular study are opposite to the statement that playing video games ultimately enhance the chances of aggressive behavior in teenagers. The survey conducted by the researchers that come up with the focus to explore the impact of violent video game play, negative life events, and the issue of depression. The results of this survey are unexpected that it is established that playing violent video games have no connection with the issue of aggression specifically in case of behavioral domains of the young individuals (Ferguson, San Miguel, Garza, & Jerabeck, 2012). It is concluded by the researchers playing violent games can never establish as the main predictors when it comes to the exploration of the teenagers’ tendency to adopt aggressive behavior.

It is interesting to examine why the literature on the aggressive form of video games appears as controversial. There are different factors that play a critical role in the case of exploring the connection between the playing video games and aggressive behavioral approach of the teenagers. The major reason for this particular controversy is that playing video games is one popular trend that makes it difficult for people to accept that playing video games can be a source of increasing aggressive behavioral approach. Undoubtedly, the effects of both prosocial and aggressive games are the reality that appeared in different forms. Differentiation between prosocial and aggressive video games is essential to find out the actual association between the increasing form of playing video games and aggressive behavior of the teenagers. Both forms of games differently impact the psychological domains of the teenagers that ultimately appeared in the form of their behavior. The field of research is still never able to find the consensus when it comes to finding out the actual relationship exists between the approach of playing different types of video games and the aggressive behavior of the teenagers. Many research studies come with the conclusion that it is essential to find out alternative factors that play a major role in the increasing form of aggressive behavior in the case of young individuals. The adverse social environment is the major predictor that encourage them to adopt aggressive actions in real-life as compare to their approach of playing video games.

There are some research studies that find an existing connection between these prospects on the basis of social learning theory. On the other hand, there is also the presence of research studies that find no evidence of this relationship. It is critical to indicate that some researchers come up with the approach that there is need of examining this anticipated association by considering alternative theories other than the platform of social learning theory. There is a need to considering more research work to build the consensus in case of assessing the influence of the playing video games in case of aggressive behavior of the teenagers (Scelsa, 2014). Consideration of the distinct forms of video games is a helpful approach to determine the actual impact of the increasing trend of playing video games on the behavioral perspective of teenagers. Comparison of the impacts of prosocial and aggressive video games can be effective to determine the actual impact of video games.

**Conclusion**

To conclude the discussion about the estimated relationship between playing video games and the violent behavior of the teenagers, it is important to articulate that there is a need for encompassing different forms of video games. It is also crucial to indicate that excessive use of any approach is negatively impacting the functioning of the individuals and this is also applied in case of the inappropriate trend of playing violent video games. Natural video games are the major form of video games that also impact the behavioral domain of teenagers in a positive manner. This form of association eventually indicates the positive role of playing video games to develop prosocial and empathetic behavior of young individuals. On the other hand, the risk in case of violent video games can also never ignore considering the theoretical foundation of social learning theory. There is a need for conducting further research studies to identify the complexity of the prevailing connection between the trend of playing video games and aggressive behavior of teenagers.

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