Research on the Psychological Impacts of Violence Games and Solutions

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Abstract: Violent behavior is one of the influencing factors in the development of physical and mental health in individuals and has a great degree of influence on family and social harmony. This research was conducted in order to understand the influence of violent games and violent or criminal film and television on the psychology of adolescents and what they have done. The results were obtained through a literature search, an opinion survey, and a questionnaire. "In the rapidly developing Internet era, works containing violent and crime elements may lead some adolescents who are not well guided to the path of crime, but not attribute to society simply because evil things are bound to happen in society," according to the research findings of this paper. In addition to this, the crime should not be imputed to violent works, leading to a lack of certain education on the subject of violence in adulthood, so that they do not understand how to solve the relevant incidents when they encounter them. This paper suggest that the correct approach should be to first limit the time that minors are exposed to violent works to avoid creating shadows then to be properly guided by parents.

Keywords: Violent games, Crime television works, Adolescents, parents, Education

1.   Introduction

A lot of research has been done on the effects of cyber-violent games and TV works with criminal elements on the psychological situation of adolescents, basically using scales to test a certain group of students and conclude that games and TV works with violent and criminal elements are indeed having a bad effect on adolescents. The proposed solutions are still superficial and do not interdict the harmful effects of these games and movies on young people in depth. This paper aims to do some research on the psychology of adolescents by playing games and watching TV programs containing violence and crime. This paper will continue to conduct a questionnaire survey on the influence of online violent games and crime-influenced TV works on adolescents, using a sample of students from a middle school in Chongqing, and search for published articles so far on this subject to draw a conclusion, and eventually propose solutions. As a result, this research will provide the specific impacts and reason of alteration in psychology of teenagers and the practical solutions eventually.

2.   Literature Review

In this era of rapid development of the Internet, human beings are inextricably linked with the Internet. However, it is well known that there are two sides to everything, so while we enjoy the convenience

of the Internet era, we can also be affected by its negative side. Especially when the majority of people nowadays are already living in a material affluence, they begin to seek spiritual enrichment by playing games and watching movies to satisfy the spiritual world. The violent game as a branch of the game has also a lot of users addicted to it, but when it comes to violent games, the public generally think of teenagers addicted to the Internet due to game addiction and other negative news. September 16, 2017, in a poor county in China's Hunan Province, a 15-year-old boy was addicted to explosive violent video game "Grand Theft Auto," in which players play the role of gangsters and go around killing people. The boy found it so exciting to kill people that he already had the idea of killing people in the real world when he was in 8th grade. On September 16, the boy went to the 23-year-old female neighbor's house to borrow a computer to smash her head, flood her, choke her hardly, and other cruel ways to kill her in the end. According to the public security investigation, not only is there no bitterness between them, but the boy showed no remorse when interrogated. Cases like this happen from time to time in any country. On April 21, 2022, China's white paper "Chinese Youth in the New Era" was released . The data shows that by the end of 2020, China's Internet users among minors aged 6 to 18 had reached 180 million, and the Internet penetration rate among minors was as high as 94.9%[1]. Adolescents have poor self-control and unstable emotions, and are easily influenced by the environment. Their ability to discern external information is weak, and they blindly choose to follow the behavior of bad online games, which has a negative impact on the formation and development of their character and morality.
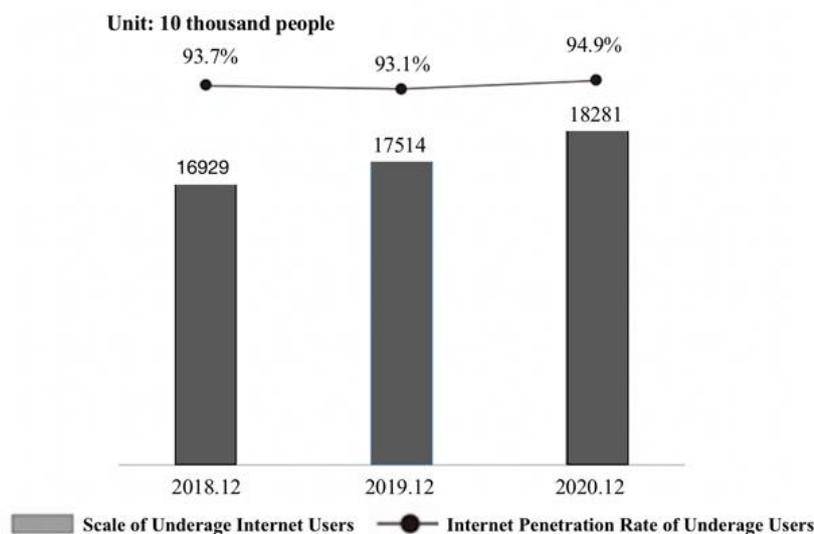

Figure1： Size and penetration rate of underage Internet users in China, 2018 to 2020

The study of this essay was conducted through a literature search of minors aged 12-17 and opinion survey. Internet age was most pronounced at the level of violence approval. For literature research, almost all the studies published in the past time have shown that violent games must be affecting the behavior and psychology of teenagers to some extent and are in favor of banning teenagers from playing games anymore. For instance, one of a finding suggested that as exposure to violent online games grows, adolescents' approval of violence increases and they are more likely to develop violent emotions. After playing violent games, adolescents will develop emotions such as anger, revenge, and aggression, and will develop violent tendencies[2]. Moreover, findings in controlled laboratory settings do suggest that playing violent video game may increase the chance of an individual behaving aggressively if the opportunity arose shortly after exposure to the game[3]. In addition, take the relationship between level of identification with the game character and level of moral dilemma into account. It shows that the higher the level of identification with the game character, the lower the

level of moral dilemma experienced by the individual in the game, which in turn leads to a higher level of aggressiveness exhibited after playing the game. On the contrary, a low level of role identification will cause individuals to have a stronger moral impulse toward aggression in the game, i.e., a higher level of moral dilemma and finally a lower level of aggression[4]. Some of the other researchers get correlation results by doing questionnaire. One of them illustrated that there was a significant positive correlation between cyber-violent games and cyber-bullying behavior; there is a significant negative correlation between online cyber-violent game preferences and cyber-violent attitudes [5].

Table1: Study of relationship of cyber-violence game preference, cyber-violence attitude and cyber-bullying behavior

Project	M	SD	Cyber-violent game preferences	Cyber-violent game attitudes	Cyber-violent game behaviors
Cyber-violent game preferences	2.600	0.906	1		
Cyber-violent game attitudes	2.188	0.744	-0.249**	1	
Cyber-violent game behaviors	1.245	0.508	0.114**	0.473*	1
*P<0.05,**P<0.01					

As stated above, plenty of individuals are ascertain that violent games or TV programs do great percentage of disadvantages and cause teenagers engaged in committing crimes. Nevertheless, The Italian criminologist, psychiatrist, and founder of the criminal anthropology school, Lombroso, had at the core of his criminal law thinking the theory of the natural born criminal, believing that "crime is a natural phenomenon; in the theory of some philosophers, it is as inevitable as birth, death, and pregnancy"[6].

3. Methodology

A total of 234 adolescents were selected for the study and 234 valid questionnaires were obtained, including 144 boys and 90 girls, with a total of 37 adolescents aged 12-13, 30 adolescents aged 13-14, 60 adolescents aged 14-15, 40 adolescents aged 15-16, 54 adolescents aged 16-17, and 13 adolescents aged 17-18. The questionnaire consisted of three parts: first, whether they had played violent games like GTA and rated the level of violence, their own addiction and whether violent games should be banned, and those who had not played such games were classified as non-gamers; second, whether they had seen movies and TV shows with elements of violence and crime and rated the level of imitation and banning of crime themed movies and TV shows, and those who had not seen such movies and TV shows were classified as non-viewers; third, whether people who talked about real-world imitation of games and movies were their own problems or external problems. Considering about the data analysis, the results were processed and analyzed using SPSS PRO statistical software.

4.   Results and Findings

In the survey, 43% of people believe that violent games bring more benefits than disadvantages. People who give these ideas think that everything could causes teenagers to imitate because it is their instinct and imitation is a way of learning. Everyone grows by imitate others firstly then finally form their own values. Albert Bandura, a leading American psychologist, also argued that many criminal behaviors are not innate, but are observed and imitated in the environment. The research shows that it is the personal perception and family upbringing of the teenager that are the problem that brings about the imitation of violent games to kill people in real life.
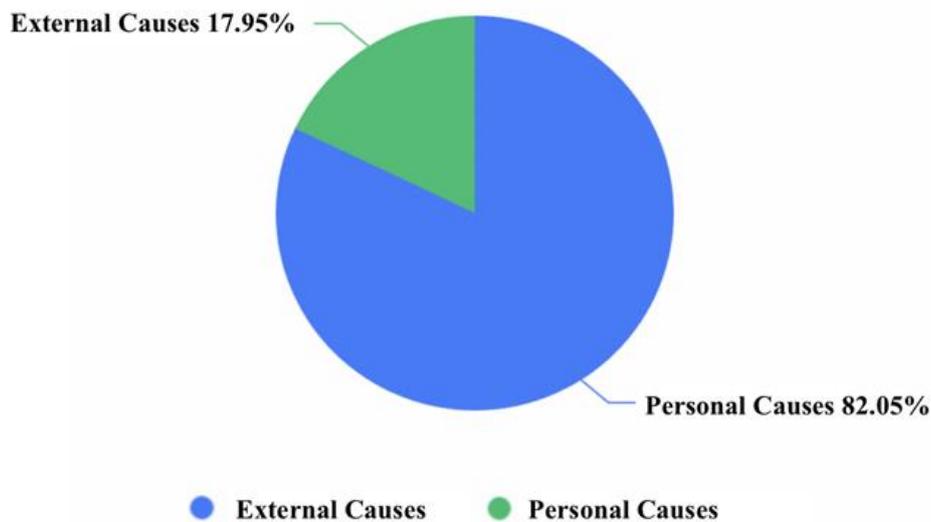

Figure2： Perceptions of the reasons for imitating games or movies to commit crimes in the real world

In fact, the personal causes are actually divided into two areas. The main reason is family education. Perhaps the parents were born before they were ready. It is widely known that what kind of parents will have what kind of children, so their ignorance and inappropriate values in raising their children implicitly raised them to act without thinking about their behavior. For example, if the parents are prone to domestic violence, their children are more likely to hurt people. The rate of psychiatric disorders on the sample was: 34.7% of internalizing disorders and 22.7% of externalizing disorders—at this current episode. In summary, data indicate the presence of significant attention changes in adolescents who are victims of abuse and offer a vision of how these changes may be related to a perpetuation of victimization in these individuals[7].

Table2: Summary of Neuropsychological and Child Global Assessment Scales (GCAS) Measurements

	GC		GMT1		GMT2		p-valor		
	N=38		N=19		N=21		3groups	GMT1	GMT2
	Mean	SD	Mean	SD	Mean	SD	P-value	P-value	P-value
Estimated IQ	101.66	12.73	101.84	12.64	95.90	13.22	0.10	0.81	0.04*
Complete the Figures	10.84	3.33	13.16	2.24	10.38	3.89	0.02*	0.01*	0.65
CGAS measures	55.62	12.99	59.16	13.73	61.24	13.02	0.01*	0.08	0.01*
*=p value less than 0.05,statistically significant									

And such families are often found in less developed areas; more rarely, some children are subjected to varying degrees of terrible traumas in their own childhood. Some children had serious car accidents while they were still mentally immature, and they later attributed the accident to the unfairness of society, which led them to become something like antisocial personalities, vindictive towards society.

Some people in an opinion survey said that games or movies with violence and crime themes bring more science popularization and entertainment. There will certainly be some people addicted to this, but the addiction and the desire to do illegal things can not be attributed to the theme of the games or movies. Also, some stated that whether a person commits a crime depends mainly on the environment in which they grew up or their own character defects. The rest of the survey respondents said they were on the fence. On the one hand, they believe that works with violent elements are educational and that all minors should not be prohibited from playing or watching them just because some minors have committed murder for this reason, and that parents should educate minors in a timely manner so that they do not develop an admiration for crime. And it is also a window for young people to know the world, so we should not close this window just because there is evil in the world, which makes young people's lack of education about violence cause them to not know how to deal with it when it comes to them. On the other hand, the younger teenagers will inevitably be scared by the bloody scenes when watching such works, such as Conan and GTA games. Therefore, the adolescents need an exact fixed age for minors to begin to contact the violent elements of the works.

5.   Conclusion

The key to solving the problem of young people committing crimes by imitating games and movies with violent elements is actually parental education and the limitation of ages. To get to the root of the problem or down to family education. First of all, parents need to give their children a correct direction in time while can not directly prohibit, curiosity will drive the psychology of adolescents more rebellious, from the obvious can learn openly into a sneaky, so that also can not accept the parents of education, then it will lead to tragedy. For example, many parents in China keep their children away from any type of game to protect them and lower the possibility of students immersing themselves in video games. However, it worked in the opposite way, the children learned to log in the games by using their grandparents' ID cards without knowing by parents. Therefor, we can see that, prohibiting without reasons is inadvisable, the right way is to limit the playing time and strengthen the limitation of ages while points the correct direction for children because some games are a kind of masterpieces, we cannot make them disappear just due to some juvenile delinquencies.

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