

**RESEARCH PAPER****Exploring Effects of Video Games that Tends to Violence in Pakistani Youth****¹Awais Akram*, ²Dr. Nadia Nasir and ³Dr. Bilal Majid**

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***Corresponding Author** awaischaudhary95@gmail.com**ABSTRACT**

The present study was aimed to explore the effect of Video Games that Tends to Violence in Pakistani Youth. An increased popularity of online video games and to make players indulge is ability, the turnout of players to play video games, as result, the video game industry has gone from being purely entertainment to being involved in almost every aspect of society. The sample of the current study was 14 young adults of age range 18-35 who are the constant game users taken by random sampling technique. Research design of the study was qualitative exploratory and data was collected through semi-structured interview. The analysis of the data was computed by Nvivo 12. The results indicated that the constant use of online video gaming has remarkable positive and negative impact on behavior. It was concluded that addiction of online video games has tendencies to instigate the violence among youths of Pakistan.

Keywords: Addiction, Aggressive, Emotions, Video Games, Violence**Introduction**

Playing is essential, especially for youngsters, because it can shape their future. Children learn not only future adult skills through play, but also gender identification, courage, friendship, and cooperation. But excessive Internet video gaming can have major detrimental effects on individuals including aggressive and violent behavior, depression, anxiety, stress, psychosocial problems, and lower psychological well-being and consequently deserves recognition and further examination. According to a recent survey, only 21% of gamers were under 18 years old. While gaming can be a fun distraction or hobby and is even becoming a competitive sport on many college campuses, there are health risks that come from too much gaming. The WHO described gaming disorder as manifesting by impaired control over gaming, increasing priority given to gaming, and continuation of gaming despite its negative consequence (Kircaburun, 2020)

The concerns about using these games have grown as a result of the constant demands for improvement in computer games and their methods. Similarly, the majority of gamers are children or teenagers (Berger, P., 2008), As a result, the perception of video games as merely amusing or time-consuming is changing. Video games can have an impact on the development of certain human behaviors, whether they are positive or negative. As a result, many experts in the domains of software engineering, brain research, education, and youth studies have looked into computer Video games. These studies also look into whether computer games alter player behaviors and sentiments while they are playing the game or after they have finished it, for a short or lengthy period of time (King, Delfabbro, & Griffiths, 2011).

One of the most crucial criteria for recognizing gaming addiction is the amount of time spent playing. The time of 41 hours per week was established as a criterion for addiction in a study (Griffiths, 2010). Online gaming is very popular in Pakistan as in all other countries of the world. Every city has gaming zones that are open 24 hours a day and packed with players. Every day, the number of people who know about it grows. According to Game tracker website Almost 2000 Pakistanis participate in each online gaming database. For various online games, there are around 200 hundred Pakistani online gaming servers.

According to Van Den Brink, (2017) problematic online gaming will be investigated in the gaming population in this study, as well as whether or not this phenomenon exists in Pakistan. After consulting with specialists throughout the world and analyzing relevant evidence, the WHO defined gaming disorder as a mental condition in the 11th Revision of the International Classification of Diseases (ICD-11). while Statista estimates that roughly 2.5 billion people play video games worldwide, accounting for close to 30% of the total population, the illness is thought to be rather rare, affecting only 3% of all gamers.

Groos (1908) and Piaget (1969) as said that people use play to ready their adult's life. As per Anthropological research done by Gosso, play is path way for human to learn about their world and culture. Play is also used by people to identify their reality, according to Hall. Playing game in a gathering additionally make youngsters aware about their physical strength, ability, predominance, rank, collaboration advantage, initiative abilities and compassion sympathy. Traditional games, which typically use homemade equipment, can help to enhance young people's brain inventiveness. Young's ingenuity can be seen in the usage of a wooden pole to play hit the ball, banana stems as swimming buoys, and tires as swimming buoys are some examples of young's creativity (Hall, 1916).

Literature Review

Computer Video games allow players to enter virtual environments, either 2D or 3D, that are described by specific rules and conditions that vary from game to game. Computer Video games, like any other kind of media, can be divided into categories. This classification is based on a variety of factors, including how to play the game and game play collaboration. Each computer Video game differs from the others in a number of ways, making some of them more well-known than others. Many different types of computer games are played around the world, including activity, experience, battling, stage, dashing, pretending, shooter, reproduction, sports, and procedure (Allen, Porter, & McFarland, 2006).

Investigators, on the other hand, those who believe in video games' influence on players can back up their assertions by doing research on gamers. They find that there are no changes in the players' skills or behaviors during or after the video games as a result of these tests (Bogost, & Poremba, 2008). Currently, all studies examining the relationship between video games and player behavior rely on information gathered from the players themselves. In this research, data is gathered in a variety of methods. The most popular method was self-reported data. Data is gathered through interviews. Self-reported data is mixed with games in this unique experiment approach, with the participant reporting his data while playing the game (Brewer, & Potenza, 2008).

Kim, Namkoong and Kim, (2008) suggesting that certain psychological characteristics such as aggression, self-control, and narcissistic personality traits may predispose some individuals to become addicted to online games. The study has presented a complete investigation on the assumption of a relationship between video games and the actions and emotions of players in two dimensions in this paper. First, we'll look at the impact of video games on player behavior to see if this link can help players better their abilities or habits, or if it can lead to an increase in behavioral issues or unpleasant emotional states. The second side is rejecting any possible link between video game influence and player behavior. Furthermore, whether self-reported data methods or data obtained from

in-game data, all methods used to collect data on players will be examined. Finally, each video game will be examined to see if it has the potential to influence specific behaviors or emotions.

Material and Methods

Design

In the current study, the qualitative exploratory research method was used. As stated in the preceding sections, there is a scarcity of exploratory research in the field of video gaming, for which this study was planned from qualitative point of view. By examining unearthed or loosely studied out insights and pushing forward the informal interaction, this type of research frequently adds a deep-seated support of the event or cases under observation and study. When nothing is thought about the commitments made, subjective exploration is respected huge for figuring and scattering speculations that help the examination study. (Sharma & Choubey, 2021). Henceforth, the methodology used for the analysis was a semi-structured interview from the young people from Lahore, who are well players of online video games. All respondents belong to different field of work.

Data Collection Tools

The current research employed an exploratory research design, with data gathered through interviews with 14 different addicted young adults from different areas of Lahore. All the respondents were from the age 18-35 and all are having good knowledge and user of online video games. Random sampling was used to select used to collect required data, who were then interviewed using a semi structured questionnaire method. Out of 14, 9 interviews were considered acceptable and qualified for the transcriptions and coding purposes.

Research Process

The selected respondents responded to the semi-structured interview questions with their knowledge and expertise, assisting in the collecting of crucial points and in-depth understanding of many aspects of online video gaming from the Lahore. The interview was properly recorded and written down. The interview lasted 35 minutes on average, ranging from 25 to 90 minutes. Face-to-face interviews were done to organize the data, and each interview was categorized into categories including the most relevant study headings. (as previously explained). This occurrence focused attention to different points of view and distinguished them from widely held ideas.

The interview was coded in two cycles, with the most important aspects of the findings assigned to the major categories of Online gaming practices of adults of Pakistanis. Following that, as it was a private investigation of an exclusive interview, the extensive interview material was immersed. The goal of this technique was to highlight emerging trends and to examine the behavior and its effects on youth and reinforce them all with appropriate justifications.

Analysis of Data

The data of current research was analyzed by using NVivo software and reviewed under the theme matching with open-ended questions. After transferring textual data into software, a 'Word Frequency' analysis was performed to determine the frequency of words or terms used in the textual data and to organize ideas by Concept Maps.

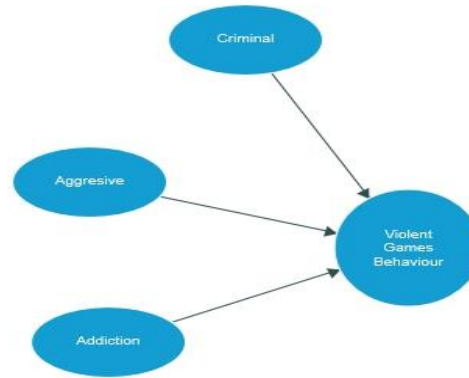


Figure 3: Concept Map

Discussion,

The current Study tested and presented the effects of online video gaming and change in behavior. Moreover, this research also investigated the violent behavior occurred while having addiction of online video gaming and its negative and positive effects.

This paper reviews the nature of online games and what makes them addictive among some players. As computers are relied upon with greater frequency, detecting and diagnosing online gaming addiction may be difficult for clinicians, especially as symptoms of a possible problem may be masked by legitimate use of the Internet (Young, 2009). For adolescents gaming addiction exist and that addiction develops to spend more time to win, the game must not be too difficult or too simple. Player's dislike easy games because they believe they are pointless to play. However, if the game is too difficult, players will become frustrated and abandon it. There are also certain strategies that are employed to keep players interested. Giving game aid is one of them. When players find difficulties in finishing the game mission, the designer provides assistance in the form of a monetary bonus or a prize that can be used to purchase additional weapons or vehicles (Kuss, & Griffiths, 2012).

To maintain the video game seeming realistic, any in-game assistance must be hidden so that the players are unaware of it. By this strategy, Klimnt et also. (2008) said Completing a single objective in a video game can make a person feel valuable and proud of themselves. As a result, they believe it is appropriate to continue playing the game. Another enticing feature of online video games for most students is the economic structure that runs within them. Cain (2008) demonstrates that many gamers are interested in playing online video games as a result of the current economic system. There is a virtual currency known as "coin" that circulates in online video games. When players complete a quest, they are rewarded with coins. Coins earned from online video games can be used to purchase virtual equipment that will aid in the completion of the game. The exchange of virtual items in an online game provides an opportunity to profit from the game (Hellman, et al., 2012). As a result, it's not unexpected that many gamers are prepared to put in a lot of effort in order to find money.

According to Marshall, online video games allow players to interact with virtual bodies (characters) known as "avatars." "Players can choose an avatar in the online video game based on their preferences for taste and experience, as well as the image they wish to project (Marshall 2008). An overweight, short, and black player can choose a tall, white, and athletic avatar in an online video game. Men can also choose a female avatar, depending on how much experience they wish to gain during the game.

Human behavior is influenced by their previous experiences. The risk of online video games will emerge if the virtual world experience has an impact on real life. Herbs says that

many of the experiences gained while watching online videos cannot be implemented in real life. For example, death in real life is a final event of a person (Herbst 2008). Contrary, in video games there are no limit how many deaths player can experience. If an avatar dies, gamers can bring it back to life indefinitely to keep playing. Of course, if this experience is used in real life, it will become dangerous. Violence games are one type of video game that might pose a serious threat to youth (Olson, 2010).

On-line video games give children a place to interact with one another. Dyson proposes another favorable aspect of online video game. People are alienated from one another in the hectic lives of urban towns. In a densely populated urban area where crime is prevalent, playing online video games indoors at home or in an internet cafe is far safer than allowing kids to play outside. Children will be protected from the dangers of traffic, the heat of the sun, and air pollution by playing indoors. Children are also safe from criminality, kidnappings, harassment, and bullying by older children who are bigger and stronger than they are (Dyson 2008).

Positive and Negative Behavior

By gathering informant opinion, it has been established that the positive side is that it can be utilize as media for the refreshness of brain. Players often feels exhausted and frustrated because of daily activities and tasks. "This situation makes them a need of online video game to get themselves engaged and entertainment. I always play online game because I feel frustrated from Office activities and daily tasks" (Interview with R1, August 26, 2021) "Usually I play as I don't have too many friends in this field, in childhood I used to play games in gaming zone. But now, I only play in my home, even with sometime with my son" (interview with R3, 9, August 29, 2021) "With less games, which can effect on our brain and it could hurt our behavior. In video games are good activities which is just to play just for mind freshness" (interview with R2, 9, August 29, 2021).

When pupils play the online video game too much, it has a negative influence. Realistic image and sound are used in online video games to challenge and delight players. This frequently leads to adults' addiction, making it difficult to stop playing. The disadvantage of online games is that they have an effect on me that makes it tough to stop playing. "Person got irritated on minor thing due to aggression that is enhanced by the playing violent game" (interview with R4, Lahore, 29 August 2021).

Respondents may experience hallucinations if they spend too much time playing internet games. One person stated that he has received comments from his parents as a result of daydreaming while using the mouse and keyboard. He occasionally has lancinations as a result of online video games, such as seeing monsters that do not exist. I am addicted to the game because he said that I was odd. "We must try to avoid games which can effect on our brain and it could hurt our behavior. In video games are good activities to spend our time, and it have some positive effects as well" (Interview with R4, Lahore 29, August 2021). "it can damage the pore of brains, it also has very strong on your memory, due to his there is an aggression into behavior" (interview with R5, Lahore, August 29 2021). Too much playing online video game make adult' physically exhausted. They experience dizzy and back pain because too much sitting and watching computer screen. Negative side of online game is its impact of making my body feel tired.

"Potentially problematic video gaming was found to be associated with positive affect and social relationships while playing but also with psychological symptoms, maladaptive coping strategies, negative affectivity, low self-esteem, a preference for solitude, and poor school performance (interview with R3, Lahore, August 26, 2021). "When I play too much and there are dreams, I thought that I am still playing game in reality, some time I used to make some noise while sleeping and try to hit someone and my hand swelled due to a hit into wall" (interview with R7, Lahore, August 26, 2021). "There are no such

mood swings in video games. it it makes a person comfortable to lake he saw. In television, and we only concentrate towards a single situation (interview with R6, Lahore, August 29, 2021).

“We can control by using less video games, we, must fresh our self after sometimes, it would be difficult to leave if a person is addicted but this is good for your health” (Interview with R2, 9, August 29, 2021). “There can be lot of consequences, with the access of this game, it can put some effect on mental. It can effect on memories; it can weaken our brain” (interview with R1, August 26, 2021). “I just hear lot of effects due to paying of excessive games, some of them used to fight, some involve in social unethical behavior. But I do not feel any change in behavior in” (interview with R1, August 26, 2021). “Increased aggression, which could indicate young’s learning violence from gaming. Change in behavior such as Irritability, difficulty sleeping, increased social isolation or a decline in educational grades.” (Interview with R4, Lahore 29, August 2021) “Potentially problematic video gaming was found to be associated with positive affect and social relationships while playing but also with psychological symptoms, maladaptive coping strategies, negative affectivity, low self-esteem, a preference for solitude, and poor performance” (interview with R3, 9, August 29, 2021).

Addiction

This study reveals that the main factor underlies online video games played among youth is pressure and time pass. Adults know and then are interested to play online video games because of frustration and hectic daily routine. Adults who do not know about online video games will be difficult to get friends. They will be regarded as outdated and outmoded. They person will also be considered coward if they do not respond to the challenge of friend to play online video game. Hectic routine urges adults for creating new account and then to learn to play online video games. Students tend to quit conventional games after becoming accustomed to internet video games.

The reasons underlie these phenomena are:

1. In Online video game is practical. It is very easy as it can be played from home and internet cafes. They do not need to collect friends to play internet games because there must be other people who are willing to play with them.
2. Online video game Because it may be played without running or screaming, it does not deplete stamina.
3. Online video game is exciting Because of the realistic visual and music, an online video game is thrilling.
4. On line video game has various type and not monotonous because it is always engaged.
5. Online video game Considered modern, chatting allows users to engage with people all over the world.
6. Online video game is popular as it relaxes after a hectic daily routine.
7. Online video game is being played as adults used to spend time rather than any physical activity.

This research also revealed that adults prefer online video games because they allow them to compete against more experienced players.

For adults, beating older players is crucial. According to Orpen and King, receiving comments or praise from someone who is more experienced or superior is extremely satisfying since it can boost a person's confidence. (Orpen & King 1989). Adults play online video games to pass the time while in offices or doing daily tasks. Online video games have a positive side at this time. When students play online video games excessively, they run out of energy and time to study and do their daily tasks (Mehroof, & Griffiths, 2010). As a result, adults office performance in offices has declined. adults play online video games excessively because they are enamored with the form, sounds, and visualization available in these games. Many expert researches have concluded that online video games are purposefully designed to pique players' interest and keep them hooked.

"In childhood, there was no such activity and I had lot of time to use myself in some activity, and I had a great passion to play games to win different stages, different levels" (interview with R1, August 26, 2021). "It gives me immense pleasure while playing games. It is just to spend my time and play games, it is my passion also to make fights in games" (interview with R2, 9, August 29, 2021). "People have spare time from their studies, form their offices, and they want to play with some ease. There is no energy required to play video games. So, they used to get more involve on internet" (interview with R2, 9, August 29, 2021) "Some people used to spend time by playing games and even they spent their whole day in playing games, in such behavior the addicted their self towards screen" (interview with R3, 9, August 29, 2021). "Such as Dopamine addiction, Reduction in Motivation, Alexithymia and emotional suppression, Repetitive stress injuries and other health risks, Poor mental health, Relationship issues, Social disconnection, Exposure to toxic gaming environments, Poor academic or professional performance and Escapism and getting stuck in life. ". (Interview with R2, 9, August 29, 2021)

Excessive online video game play can be classified as process addiction because it causes a person to become reliant on it. They desired to play online games in excess of their actual requirements in order to relieve worry (Schaef 1988). we are addicted to video games due to general psychological behavior. it is hard to say that addiction is not possible. (Interview with R4, Lahore 29, August 2021). yes of course video game addiction is compulsive or uncontrolled use of video games, in a way that causes problems in other areas of the person's life. (interview with R3, 9, August 29, 2021) "To play video games is my passion, I love to spend my time while playing games. And this is addiction. This is quite difficult not to my spend time while playing games. (Interview with R7, Lahore, August 26, 2021).

Conclusion

The Current study concluded that credence and empirically supported the main, mediating, and moderating effects in a Pakistani youth context. In doing so, it will lay the groundwork for future researchers' addiction of online video gaming and utilizing leisure time after a hectic routine. Online video game is practical. It is very easy as it can be played from home and internet cafes. They do not need to collect friends to play internet games because there must be other people who are willing to play with them. Our findings have implications for modern gaming behavior as our research unveils how and when a person becomes addicted and by using for a log run how behavior changed into violent and aggressive behavior. Our study's findings provide a unique opportunity for Government in Pakistani to utilize our research model links which show that to see the behavior of our youth and their interest as well as for the game developers.

Recommendation

The present of study offered many significant findings however there are some limitations which have been identified during the research process and need to be improved for further research studies.

These are following main limitations and recommendations:

1. First and foremost, recommendation is that the sample replicated with a larger sample size in order to make more valid and reliable generalization.
2. Demographic variables may be considered separately for further research studies.
3. The confounding variables must be controlled for the further studies.

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