Violent Video Media Has a Negative Impact on Children

In the last forty years, the degree of concern about the harmful effect of violent video media has increased greatly. Many psychologies all over the world study this topic, and they have controversial ideas regarding the effect of cruel media on the adolescent. A part of the researchers says, that there is no or a little effect on children, while the other part claims that violent media negatively influence a child’s reactions, compassion, and promote aggressive behavior. I agree that watching savage videos or play forceful video games is harmful to children’s mental and physical health.

It is a physiological feature that a young person’s mental condition is formed not completely and, thus, is easily vulnerable. Obviously, the surrounding, types of hobbies, and the way a person spends his or her free time influences the behavior. According to the estimations, children in the United States, with age from 8-18 years, spend nearly 15 hours per week playing video games (Kimmig, Andringa, & Derntl, 2018). A big percentage of such games have scenes of violence, fights, injuries, and many other unpleasant things. If watching aggressive videos by the computer for a long time, a child can get used to see it, and in real life will perceive it as something normal. Moreover, a person, who spends a lot of time watching violent scenes, is very likely to show aggressive behavior in his or her daily life. In fact, violent video game exposure may cause interpersonal-affective deficits, such as pathological lying, lack of impulse control, lack of planning, manipulative behavior, and immediate reward requesting (Kimmig et al., 2018). As for the physical disadvantages that appear while watching cruel scenes, it is possible to mention an increase of cardiac contraction and diastolic blood pressure (Carnagey, Anderson, & Bushman, 2007). It is scientifically proved, that an individual who spends too much time
watching violent videos or playing forceful games, has problems in communication with peers and relatives (McLean, & Griffiths, 2013). Really, if to compare spending time outside with friends playing various sports games, and sitting passively by the computer, it is obvious, that the first option will bring more health benefits than the second one.

In conclusion, violent video media negatively influence children’s mental and physical health. Spending too much time watching aggressive scenes may cause an increase of cardiac contraction, which is very dangerous for the young organism. Such a hobby as playing violent video games may bring problems in communication for that person, and, thus, make him feel lonely and isolated.
References

