
This is a study that looks at the social outcomes of people playing violent and prosocial video games. The study says that 97% of teens play video games and that half of all adults play video games. Also that violent video games increase aggression variables while decreasing prosocial variables, it is also state that prosocial games have an opposite effect. This will be a very helpful study when writing my paper. This is another study that confirms my assumption that the type of video game one plays can have an effect on them.


This is a study that was done about violent video games. However this study changes some different variables, such as the type of controller and size of the screen being played on. And then it tracked the different forms of aggression such as physical and verbal aggression, anger, and hostility. The study provides evidence that controller type and screen size have a significant psychological impact on gamers’ perceived levels of presence and arousal. This study is very reliable. It will definitely be useful in this paper because of the different variables that were changed.


This is a great short list of some of the benefits and some of the negative effects that video games can have. Some positive aspects are problem solving skills, anticipation strategy, and decision making. The negative aspects are increased depression and anxiety, poor schoolwork, and physical health issues. It concluded by listing a few things that can be done such as limiting gaming time, variety, and more exercise. This will be a very useful list for my paper because it gives two sides of the argument.

This was a study that was done about playing video games with and against others instead of alone. This study showed that when video games are played with someone even if the game is violent that there can be prosocial benefits. The games can be played competitively or cooperatively and the negative effects of violent video games can be lessened. The benefits are even more increased when players work towards a common goal. This study will be very useful because it shows that violent video games don’t always have negative effects.


This article discussed the effects that video games have on one’s brain. It says that vision can change, social skills can change, and also motor skills can change. Brain activity can also change due to planning in the game. I may use this article in my paper. It does not contain a lot of information however the information it does contain is helpful.


This is a brief study that was done about the effects of video games on adults. The study concluded that there was the strong correlation between regular gaming, and increased risk for depression, higher body mass index, and other negative physical and mental health issues. Men are a greater percentage of the adult population who plays video games however women and men both experience the same effects. This study will be very useful to my paper because it talks about adults.

This article was about a study done on mood repair and enjoyment through success in video games. After playing Mario Kart the participants’ positive mood aspects increased and the negative mood aspects decreased. The information in the study seems very reliable. It will also be a useful argument in my paper because it shows that video games can be positive.


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This article is specific to college students. This article analyzes the effects of prosocial, neutral, and nonviolent video games on college students. The study showed that one would have more aggression if they were to play a violent video game than if they were to play a neutral or prosocial game. This article will be very useful to my paper because it is a study that shows that video games can affect a person’s mood. Also it contains many great statistics and graphs which will be very useful in writing the paper.


This article talks about how video games in moderation are not bad. The article also brings up the point that video games can help meta-cognitive skills. Also playing a video game as a family can be beneficial. One should not play more than 3 hours of video games per day. This article seems like it may be a little biased. However the part about meta-cognitive skills will be useful to the paper.


This article has four main parts. The first part provides a list of the positive effects of video games such as following instructions, hand-eye coordination, multitasking, pattern recognition, and many more. The second part is about the negative effects such as being socially isolated, can learn bad values, can be addictive, along with many more. The third part gives recommendations about video games. The main recommendation is moderation. Finally what should be looked for in a video games, some things to look for when choosing a video game are multiplayer games, appropriate ratings, and games that require strategy.
This will be very useful to the paper because it brings up great points on both sides of the argument and also what can be done.