

Effects of Violent Video Games on Aggressive Behavior, Helping Behavior, Aggressive Thoughts, Angry Feelings, and Physiological Arousal

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Abstract. Meta-analytic procedures were used to review the results from 85 studies on violent video game effects. Violent video games increase aggressive behavior, aggressive thoughts, angry feelings, and arousal levels, and decrease helpful behaviors. The effects occurred for both children and adults and for both males and females. The more violent the video game, the stronger the effects. Violent video game effects are also increasing over time.

References

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