

Brian Luna

Professor Jessica Duffy

FIQWS 10115: Composition for the U.S. Experience

10 December 2025

Do Video Games Produce Violence?

People in my life when I was young repeatedly told me that playing video games would lead me to become violent. Adults consistently warned me that playing Call of Duty and Grand Theft Auto would transform my behavior and lead to aggressive conduct in actual situations. These beliefs gained acceptance through repeated exposure in news reports and political arguments and community conversations. Some Mexican government officials support new video game taxes because they believe violent games lead to criminal conduct and social problems. The perspective fails to understand human conduct because it reduces gaming activities to basic actions while dismissing the actual ways people use video games to unwind and build relationships and manage their emotions and develop their minds. The analysis of scientific research together with psychological studies and international crime data and media narratives shows that violent video games do not lead to actual violence in society. Violent conduct emerges from multiple elements which include social elements and psychological aspects and structural components that exceed what games actually show.

The connection between video games and aggressive behavior depends on unproven assumptions instead of scientific research findings. People who discuss media through their discussions focus on immediate emotional responses which include frustration and excitement to demonstrate that games create negative effects. Research conducted over many years has proven that this notion is incorrect. The Frontiers in Psychology journal conducted a longitudinal study which tracked Czech Republic

young players throughout multiple years to prove violent video games do not cause aggression or empathy loss or violent conduct (Havelka et al.). The research holds special value because it monitors human conduct throughout different periods instead of studying brief emotional states. The research shows that video games operate as managed spaces which let players experience competition and face challenges while expressing emotions without leading to actual harm in reality.

Research studies show that gaming provides emotional and psychological advantages to players while proving that games do not lead to violent behavior. Video games serve as coping tools which help numerous individuals deal with their stress and anxiety and their academic-related pressure. Players can concentrate their minds while playing games which provide organized spaces that help them forget their everyday problems and achieve emotional equilibrium. The gaming platform serves as a mental health resource which students and young adults can use because they do not have access to professional mental health services. The game experience allows players to release their stress after tough days while it helps them control their emotions better than it would make them more aggressive.

Online gaming environments create spaces for players to develop their communication abilities while building their social self-assurance. Players in cooperative and team-based games need to develop strategic thinking while maintaining open communication to achieve common objectives. People who experience social anxiety or feel isolated during face-to-face interactions can use online games to establish connections with others in a more comfortable setting. Players establish enduring friendships through their multiplayer game activities and their participation in guilds and online social groups. These areas create support networks for students who experience social rejection during their time at school and in their family environment. Through gaming players develop social bonds which unite them across

different cultural backgrounds and language differences and distant locations.

Research conducted internationally proves that video games do not lead people to become violent. The video game industry generates billions of dollars in revenue for Japan and South Korea while these countries maintain low gun violence rates despite having large gamer populations (Statista). The United States faces higher rates of gun violence than other countries even though its gaming population matches theirs. The comparison shows that violent crime rates depend more on firearm availability and social economic disparities and mental health service accessibility than they do on video game play. The evidence contradicts the claim that video games lead to violent behavior because nations with the biggest gaming sectors do not display elevated criminal statistics.

People use video game blame as a way to avoid solving actual social problems. The process of targeting entertainment media becomes more accessible for politicians and media organizations because they avoid dealing with fundamental issues which include poverty and insufficient funding for education and mental health services. New media formats which emerged throughout history have faced accusations about their ability to corrupt young people through comic books and rock music and television. Video games have become the newest focus of this ongoing moral panic which repeats itself. The public's growing understanding of gaming has made these concerns less believable because scientific studies keep showing they are incorrect.

Video games provide players with emotional and social advantages while simultaneously improving their cognitive abilities. Research conducted in educational settings demonstrates that numerous games enhance problem-solving abilities and strategic thinking and adaptability through their complex decision-based gameplay. These skills have become more important for success in both academic work and professional environments. The games

promote teamwork and leadership skills which prove that video games help people develop positively instead of causing any harm.

Research evidence consistently shows that video games do not lead to violent behavior yet media outlets tend to concentrate on isolated violent events which occur infrequently. The Times publishes articles about violent incidents which occur after Fortnite players experience defeat in their games. The cases function as individual instances which differ from standard patterns. People who participate in violent activities usually show warning indicators which include their mental health issues and their past traumas and their unstable home situations. Media stories about gaming fail to recognize essential elements which result in false information about the subject.

The government makes policy choices which strengthen these false beliefs about the situation. The Mexican proposal to tax violent video games does not solve the fundamental reasons which lead to violent behavior. These measures create unfair impacts on both young athletes and their families while they damage an industry which supports creative development and technological progress and generates economic expansion. The video game industry creates employment for millions of people across the globe while establishing itself as a leading economic and cultural power. The implementation of Targeting games fails to decrease violent behavior because it redirects public focus from actual solutions to the games themselves.

Video games present real-life elements through their competitive and cooperative gameplay which helps players develop emotional strength and decision-making abilities in protected virtual spaces. The Last of Us and Life Is Strange along with other narrative-driven games use their stories to develop empathy and moral understanding and emotional complexity which forces players to solve problems through thought instead of physical aggression. Games that contain violent content show these elements through

fictional storylines and strategic game mechanics instead of promoting actual violence in real life.

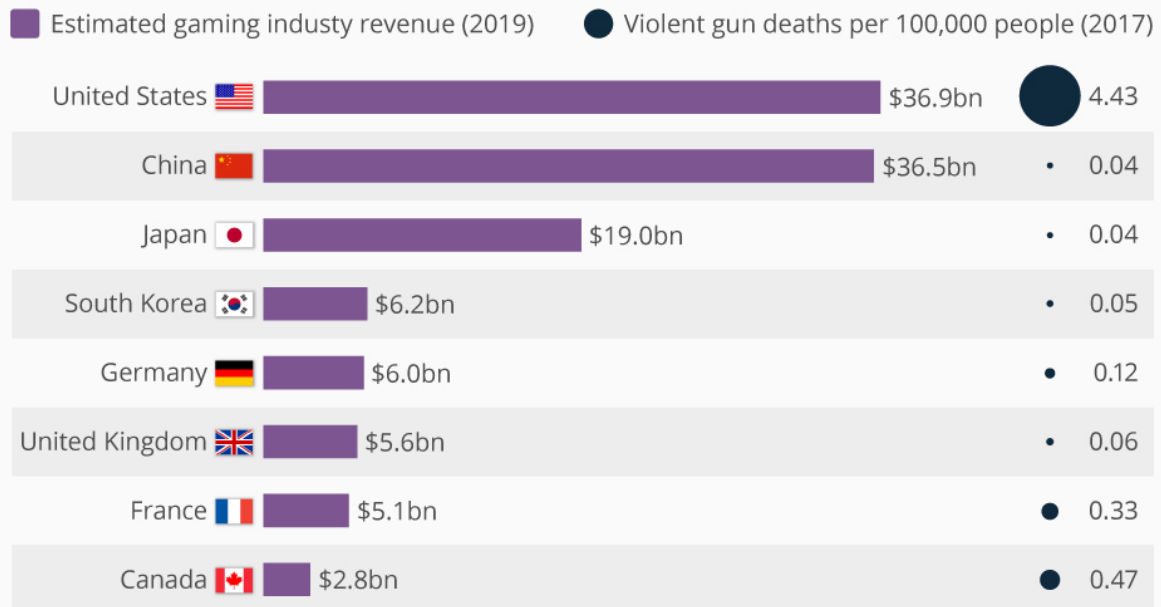
[The video *Violent Video Games: What Does the Research Say?*](#)

This video summarizes scientific research explaining why violent video games do not cause real-world aggression. It supports this argument by presenting expert analysis and scientific findings that demonstrate violent video games do not cause aggressive behavior. The video explains that gaming provides a controlled outlet for emotional expression and problem-solving without translating into real-world violence. Multimedia evidence such as this reinforces the conclusions reached by academic research.

Media outlets often focus on isolated incidents involving gamers while ignoring broader patterns. Reports such as a *Times* article describing a violent incident following a loss in *Fortnite* receive disproportionate attention, despite representing rare cases. Millions of people play video games daily without engaging in violent behavior. These incidents usually involve pre-existing factors such as mental health struggles, family conflict, or trauma, which media coverage often overlooks.

Are Video Games Really Related To Gun Deaths?

Estimated video game industry revenue versus gun deaths per capita



@StatistaCharts

Sources: Newzoo & Institute for Health Metrics and Evaluation

statista

This image highlights the contrast between video game popularity and real-world violence rates across countries.

Overall, research from psychology, education, and global statistics demonstrates that violent video games do not lead to real-world violence. Video games can support cognitive development, emotional regulation, and social connection. Rather than blaming video games, society should address the underlying causes of violence, including economic inequality, mental health access, and education. Video games should be recognized as creative and social spaces that offer meaningful benefits rather than being viewed as dangerous influences.

This image highlights the contrast between video game popularity and real-world violence rates across countries.

In conclusion, scientific studies, international data, psychological research, and media analysis all demonstrate that violent video games do not cause real-world violence. While games may provoke

temporary frustration, they do not create violent individuals. Instead, video games support emotional well-being, cognitive development, and social connection. Rather than blaming games, society should focus on addressing the real causes of violence and encourage informed, responsible engagement with digital media. Gaming is not a source of violence—it is a space for creativity, challenge, and community.

Works Cited

Havelka, Jan, et al. "Is Playing Violent Video Games a Risk Factor for Aggressive Behaviour? Adding Narcissism, Self-Esteem and PEGI Ratings to the Debate." *Frontiers in Psychology*, vol. 14, 2023, <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2023.1155807/full>. Accessed 21 Dec. 2025.

"How Do I Talk to My Kids about Violence on TV and in Movies or Games?" *Common Sense Media*, <https://www.commonsensemedia.org/articles/how-do-i-talk-to-my-kids-about-violence-on-tv-and-in-movies-or-games>. Accessed 21 Dec. 2025.

"Preventing Harassment and Gender-Based Violence in Online Videogames through Education." *Academic OneFile*, Gale, <https://go-gale-com.ccnny-proxy1.lib.ccnny.cuny.edu/ps/retrieve.do?docId=GALE%7CA856788341>. Accessed 21 Dec. 2025.

"Schoolgirl Killer Flew into Rage after Losing at Fortnite." *The Times*, <https://www.thetimes.com/world/europe/article/schoolgirl-killer-flew-into-rage-after-losing-at-fortnite-rfhftvjd6>. Accessed 21 Dec. 2025.

Statista Research Department. "Are Video Games Really Related to Gun Deaths?" *Statista*, <https://www.statista.com/chart/18936/estimated-video-game-industry-revenue-versus-gun-deaths-per-capita/>. Accessed 21 Dec. 2025.

"Violent Video Games: What Does the Research Say?" *YouTube*, uploaded by TED-Ed,

<https://www.youtube.com/watch?v=owxk7LMzUSQ>. Accessed 21 Dec. 2025.