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## Effects of Video Games on Youth Development: Using Media Effects Theories to Uncover the Truth

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**Abstract** — *In this presentation, we explore the advantageous and harmful effects that video games have on today's youth through media desensitization and the social cognitive theory. We examine these using both the GAM and PENS model. We will discuss how violent video games consumed over a long period of time can desensitize a viewer, and even cause aggressive behavioral changes. As well as the positive impact that video games can make in education and child development, through various virtual style learning programs.*

**Keywords** – *Video Games, children, learning, violence*

### I. Introduction

We researched various case studies on children to have been observed before and after playing violent video games. Studies show that violent games increase heart rate and anxiety levels. We also researched the positive impacts video games can provide through rewarded learning styles, keeping children engaged and incentivized. We researched various case studies on children to have been observed before and after playing violent video games. Studies show that violent games increase heart rate and anxiety levels. We also researched the positive impacts video games can provide through rewarded learning styles, keeping children engaged and incentivized.

### II. Findings

- Violent video games show to be more negatively influential in youth development
- The consumption of violent video games leads to media desensitization
- Video game style learning can engage students on higher levels
- Video games can create mnemonic devices, making learning material more efficient and successful
- Video games also contain strategy and problem solving practice

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