

# A Comparative Study of Online Violent Games and Non-Violent Games

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## Abstract

The wide spread of online violent and non-violent games in contemporary individuals has led to divergent views concerning its behavioural and psychological outcomes. The study aims the analysis of behavioral effect of individuals classified on regular basis of gender, age and time spent and its impact such as violent and non-violent games and their various psychological effects and its benefits. A total sample size of 152 was taken from people all across Bangalore respective of their age, gender, type of game, distribution of game, time spent and overall behavioral influence. From this study three major factors were brought forward that is to compare the behavioral effects of online violent games with those of non-violent games, to study the impacts of online games on Individuals and to suggest preventive measures and polices to overcome addiction. The descriptive statistic percentage analysis was used to interpretation of responses. The results showed that the male were more affected towards violent games and female were affected towards nonviolent games and mostly younger age were affected by violent games. The overall behavioral response showed that individuals tend to experience higher level of aggression than other factors.

**Keywords:** violent games; non-violent games; behavioural; psychological; influence; individuals; aggression; effects; impacts; responses

## Introduction

According to population present in India with Internet access has developed significantly, with adolescents and young emerging adults including the majority of users. It is essential to understand the frequency, correlates, and impact of online gaming on the psychological well-being of gamers compared to non-gamers in contemporary society. Males are more prone to violent games, while girls are more likely to play non-violent ones. It is also vital to analyze any differences between these two categories of games [1].

The General Aggression Model (GAM), was developed by [17], showing overall theoretical structure explaining how environmental, situational factors including exposure to violent media influences behavior aggression through cognitive and emotional states, which discriminate between enduring distal effects like numbing and reinforced aggressive schemas and temporary priming processes like increased rage and aggressive thoughts right after exposure, violent games have been repeatedly linked to high levels of aggression, hostile attributions and physiological arousal on the other hand, positive behavioural outcomes such as boosted empathy cooperation and helpful tendencies are produced by non-violent or prosocial games. Experimental results portrays that players encountered to such content shows greater prosocial actions across correlational, longitudinal, and cross-cultural paradigms [8].

Launched in 2016–2017, the Blue Whale Challenge consist of an order of activities, the last one being suicide. The game was considered to be the motive for the elevated in suicides among children under-aged of 18, especially in India. In order to prevent this, a constitutional petition was given to the Madras High Court, requesting for the formation of an adequate system to prevent such games. The Madras High Court ordered internet service providers (ISP) to intervene to eliminate all hidden links and hashtags in torrents or other covert websites which are connected to the Blue Whale Challenge, as well as directives to the pertinent Central and State Government authorities to block access to the game. In Russia, judicially authorities confirmed 2 deaths directly linked to game's originator, Phillip Budeikin, who was sentenced for 3 years in prison for inciting those suicides-directly paradoxical to his own claim of taking responsibility for 130 deaths.

In a second case, Sneha Kalita v. Union of India, which was brought before the Hon'ble Supreme Court of India as a Public Interest Litigation (PIL) pertaining to the Blue Whale Challenge, the Supreme Court designated gaming as a national issue. However, the Ministry of Electronics and Information Technology (MeitY).

These games have a negative effect on people of all ages, however they are repeatedly observed in both children and adults. This leads to an addiction that makes a person to lose insight of his environment, society, and his own contributions to it. They become addicted in a way that potrait them to negatively impact their health, such as issuing meals and overplaying, which can lead to tedium, effects the nervous system, and effects on an addict's emotional, behavioural, and psychosocial functioning.

People are influenced by violent video games which teach them how to use weapons and kill people at a young age. They also have a significant impact on committing crimes. If they are restricted from playing these violent games, they may develop deviant behavior, which may lead them to kill themselves or others.

### Laws related to it

Article 19(1) (g) of Constitutional

## The Defence of Violation

For investors, gaming platforms, and business owners, online money games constitute a respectable industry.

Even for skill-based games with stakes, a complete prohibition may be seen as excessive.

Games of skill have been protected from gambling by earlier Supreme Court rulings (e.g., *State of Bombay v. R.M.D. Chamarbaugwala*, 1957 1957 AIR 699).

## Online Gaming Act of 2025

E-sports are recognised as competitive sports, while social and educational games promote recreation and creativity. However, playing money games online is strictly prohibited, leading to fines of up to ₹1 crore or a possible 3-year prison recognised for those who promote such games. Financial institutions cannot process transactions related to money-gaming. A new Authority on Online Gaming will be responsible for registering platforms, categorising games, and ensuring compliance, with powers for search, seizure, and blocking platforms. Bail is not applicable for cognizable crimes [9].

## Section 5B in the Cinematograph Act, 1952

This provision allows for the limitation of a film's certification if it violates certain standards, including morality and decency. If a video game violates societal norms of morality and decency, this can be utilised as a censorship weapon. Online games constitute a component of cinematography and films, even though there is no ruling or legislation in India stating as much. An online game could fall under this Act's jurisdiction in light of the previously cited ruling, and censorship might be used appropriately [10].

## Section 67A of the Information Technology Act, 2000

A video game may be prohibited under this section if it contains sexually explicit content that is not classified as obscenity. This clause stipulates that a first conviction has a maximum sentence of five years in jail and a fine of Rs. 10 lakhs, while a second conviction brings a maximum sentence of seven years in prison and a fine of Rs. 10 lakhs.

Section 294 of the Bharathiya Naya Sanhita (BNS) makes it illegal to sell, import, export, advertise, or display pornographic materials, including electronic content (such as online games), if it is sexually explicit and has a definition of obscenity that is similar to the previous IPC provision but specifically applies to digital content. While obscenity is covered by BNS, certain online gaming and gambling may fall under other BNS provisions or the IT Act, which focuses on illegal gambling or material rather than merely obscenity

## Review of literature

[12] The moderation effect of internal factors and social dynamics on the aggressive behavior, and the fascinating role of individual differential attributes. They enrolled 547 undergraduates (48.45% male) from Chinese universities. This study used non-probability cluster sampling technology to enroll 855 college students from five universities in China as respondents, based on the availability. They restored 757 surveys, and in that there was 547 responses. The concluding sample contained 265 males and 282 females. The participants' age ranges from 16 to 26 years.

To test Hypothesis 1 and Hypothesis 2 that ethical disengagement, anger, and hostility would intervene the association between VVGE and aggression, they performed the PROCESS macro Model 4 of SPSS [2] with data normalized. A ethical disengage-

ment, anger, and resentment accounted for the association across VVGE and aggression with 71.43% of the total effect. To test Hypothesis 3 that loss of restraint would influence the relationship between VVGE and aggression, they carried out the PROCESS macro Model 1 of SPSS with loss of restraint as a moderator, VVGE as the determinant, aggressive behavior as the response variable, gender as a covariate (Hayes, 2013). These obtained results support GAM and indicate that ethical disengagement, anger, and hostility may contribute to an increase the risk of an increased level of aggression following repeated exposure to violent video games.

[13] Investigation of aggression level through neutral game offline, neutral game online and violent game online and violent game offline with presuming violent games generating increased level of aggression resulting from competing against each other (human opponents). One hundred and one students (64 men and 37 women); ages range from 18 to 44 from a UK University engaged in the research in compensation of course credits examination of statistical variation (ANOVA) on the aggression measure demonstrated a significant effect of type of video game, responses who had played the violent video game were highly aggressive than respondents who had played the neutral video game. This was done using ANOVA. Their current study investigated the impact of playing a violent video game online and the effect of player experience comprising impression of difficulty, satisfaction and multilevel effects of behavioural aggression. In validating prior research, this research found that engaging in playing a violent video game in differentiation to a neutral video game significantly increased levels of aggression. Nevertheless, this effect was not especially evident when the game was played digital. That is, both playing the violent video game online and offline with respect to playing a neutral video game higher levels of aggression. In conclusion this research has detected that high level of aggression are not more evident when playing a violent video game online in comparison to playing a neutral video game online. This is a differentiation critical finding in with respect to the growing online society and popularity of violent video games, FPSs, and the possible for enhances in aggression.

[14] The research is to examine the impacts of prolonged violent video gameplay using a greater battery of tests through questionnaires, behavioural assessments of aggression, sexist attitudes, emotional understanding and interpersonal competencies, sensation seeking, boredom proneness, depressively, anxiety and executive functioning, prior and following 2 months of gameplay. Ninety healthy participants, age = 28 years, range: 18–45, 48 females) were selected by way of flyers and digital advertisements. The participants were college students and of participants from the general society. They adopted classical frequent statistics running a repeated assessments using ANOVA.

Sex distribution in the research did not contrast around the groups. Nevertheless, due to that contrast between males and females have been detected in terms of aggression and empathy, they tend to show examinations controlling for sex. The findings of the research portraits that an prolonged game intervention over the time of 2 months did not show any significant changes in aggression, empathy, interpersonal competencies, impulsivity-related constructs, depressively, anxiety or executive control functions; Nor in contrast to an active control group that engaged in playing a non-violent video game neither to a passive control group. The evaluation gave substantial evidence against the talked about negative effects of playing violent video games. This debate has mainly been briefed by studies portraits short-term effects of violent video games when tests were examined rightly after a short playtime of a few minutes; effects that may in large be caused by temporary priming influence that disappear after minutes.

[15] To examine the potential relationship between violent video gaming effects and the distribution of unfavorable behavior traits such as interpersonal-affective deficits and disinhibition. The data is collected is of 203 participants using an online-questionnaire battery shared through digital platform. Age of 16 and 24 years and well known of the English language, were examined for long term video game exposure divergences as well as for modern exposure effects on unfavorable behavior traits. This was calculated using IBM SPSS 24. ANCOVA tests were applied to assess extent of the psychopathy scores varied among the different video game use groups when regulating for potential confounding effects including gender, age, educational level,

drug use, psychological problems, physical exercise, and violent movie exposure. ANCOVA examines were used rather than of a MANCOVA due to explorative nature of this examination. There was a substantial variation in years of exposure among the NVG group and all video gaming groups mostly causing to the breach of the aforementioned assumption. These effects revealed that only participants, who have never been disclosed to video games, scored substantially less. In contrast there were no variation in medium to long-term exposure groups. Therefore, the observed impact may not necessarily be explained by degrees of exposure time line, but more likely by the recent use or non-use of video games, which was already conceptualized in the video game groups in the main analyses below.

[16] To investigate the correlation between video gaming and cognitive performance in children using responses obtained from the Adolescent Brain Cognitive Development (ABCD).cognitive functioning and blood oxygen level-dependent (BOLD) signal were distinguished in between video gamers (VGs) and non-video gamers (NVGs) during response modulation and working memory using task-based functional magnetic resonance imaging (fMRI) in a large data set of 9- and 10-year-old children with respect to the ABCD study. A sample from the baseline assessment of the ABCD 2.0.1 release in 2019 was largely recruited across 21 sites in the US through public, private, and charter elementary schools using a population neuroscience approach aiming to mirror demographic variation in the US population. . Particularly exclusions involved MRI restrictions, history of significant neurologic disorders, and history of traumatic brain injury. Analysis based on one time data collection of 2217 children showed very small levels of enhanced cognitive performance measured on impulsive control and working tasks in children who played video games vs. with those who hadn't, also the video gamers had significantly higher attention problems, depression, and attention-deficit/hyperactivity disorder scores examined with the those who did not play video games. Functional MRI showed clear blood oxygen level-dependent signal variation were also co related with video gaming in task-specific brain regions during inhibition control and working memory. In this study distinguished with NVGs, VGs were found to portray faster reaction times in approaches of cognitive performance involving response inhibition and working memory and variations in fMRI BOLD signals in important regions of the cortex responsible for visual, attention, and memory processing. The differences in reaction times fails clinical relevance but were stable with a possible correlation varying videogaming and cognitive performance that involve response inhibition and working memory and the underlying cortical pathways [16].

## Methodology

The study aimed to examine the compare the behavioural effects of online violent games with those of non-violent games and to study the impacts of online games on Individuals and to suggest preventive measures and polices to overcome addiction. A purposive sampling technique was used to select population between the age group of 18-40,sampling size consisted of 150 samples.

### Resarch design

Quantitative data were obtained through structured Likert-scale items, while qualitative insights were derived from open-ended responses exploring personal experiences and perceptions.

### Tools of Data Collection

Data were collected using a self-administered questionnaire developed with expert guidance and disseminated via Google Forms.The instrument,The Impact of Violent and Non Violent Online Games, consisted of 29 items categorized under six dimensions.

- Age wise distribution and impact

- Gender wise distribution and individuals
- Type of game
- Overall behaviour influence

Responses for five dimensions were recorded using a five-point Likert scale (Strongly Disagree to Strongly Agree), while the sixth dimension included open-ended qualitative questions.

## Data analysis

The data was concluded as descriptive statistic - percentage analysis.

## Ethical considerations

Ethical approval was obtained from the Review Board of Jain (Deemed-to-be) University. Participants provided informed consent before participation through the Google Form. Confidentiality and anonymity were maintained throughout the data collection and reporting process.

## Measures to stop online violent games

Government should come up with and take actions against online violent games and helps in community engagement. Educating and bringing awareness among the society,also used to form legislation and stronger law Enforcement among these types of games.

## Preventive measures

To stop all the games which have presence of nudity in them.

To stop games who are forcing someone to do life threatening and harming oneself games.

## Extortion and data theft games

To stop games which cannot be regulated as it is very difficult to ban or trace the game creator for considering it a formal app but a social phenomenon where it can spread through particularly links and private messages.

To suppress negative behavioural outcomes and to increase social advantages and cognitive process.

To limit their gameplay duration and and restrict it to 2 hours daily or average level of gameplay.

To stop promoting betting apps and live streaming apps (particularly centering nudity, talking to strangers).

## Lack of strict age verification

Playing of these games in presence of parent compulsorily (particularly for minor)

Live streaming of these games have increased providing negative influence on adolescents and youth

Long term addiction causing distraction in other ways of life

Chronic playing causes many psychological disorders and rebellious when they are restricted to play

Individuals of lesser age tend to obtain the same characteristics as what they tend to watch continuously and act accordingly same for it.

So to prevent this we have to engage and encourage nonviolent games and cognitive games which helps to manage stress and academic purpose learning games and problem solving games.

Providing digital awareness among the gamers and enabling self-awareness among themselves about these to effects can be helpful for negative behavior outcome free society.

Promotion of healthy lifestyles habitat, education interventions can help the society.

### **Data Interpretation and Analysis**

The sample consisted of 150 people between the age group of 17 to 40, respective of their sex and age ,who were selected using purposive sampling technique. The Impact of Violent and Non Violent Online Games was developed with the help of an expert, which consisted of basic demographic details and 25 questions based on different dimensions. The questionnaire was based on Liker scale.

The four major dimensions which were identified that is Age wise distribution and impact, Gender wise distribution and individuals, Type of game, Overall behavior influence.

Each dimension consisted of various questions which would bring out the major extents and factors of violent against nonviolent leading to various aspects of violence, and also help in formulating various individuals opinion towards it .The Impact of Violent and Non Violent Online Games was formed and administered using Google Forms, and data from various age groups were collected.

Each of the question's results were formulated into – “Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree” – Liker scale for about 25 questions in the questionnaire and this consist of 5 dimensions that is Age wise distribution and impact ,Gender wise distribution and individuals, Type of game ,Overall behavior influence.

The data was first checked for reliability and a test for normality was done to check the type of data and what test as be used to analyse the data collected. The data was analysed using descriptive statistic - percentage analysis.

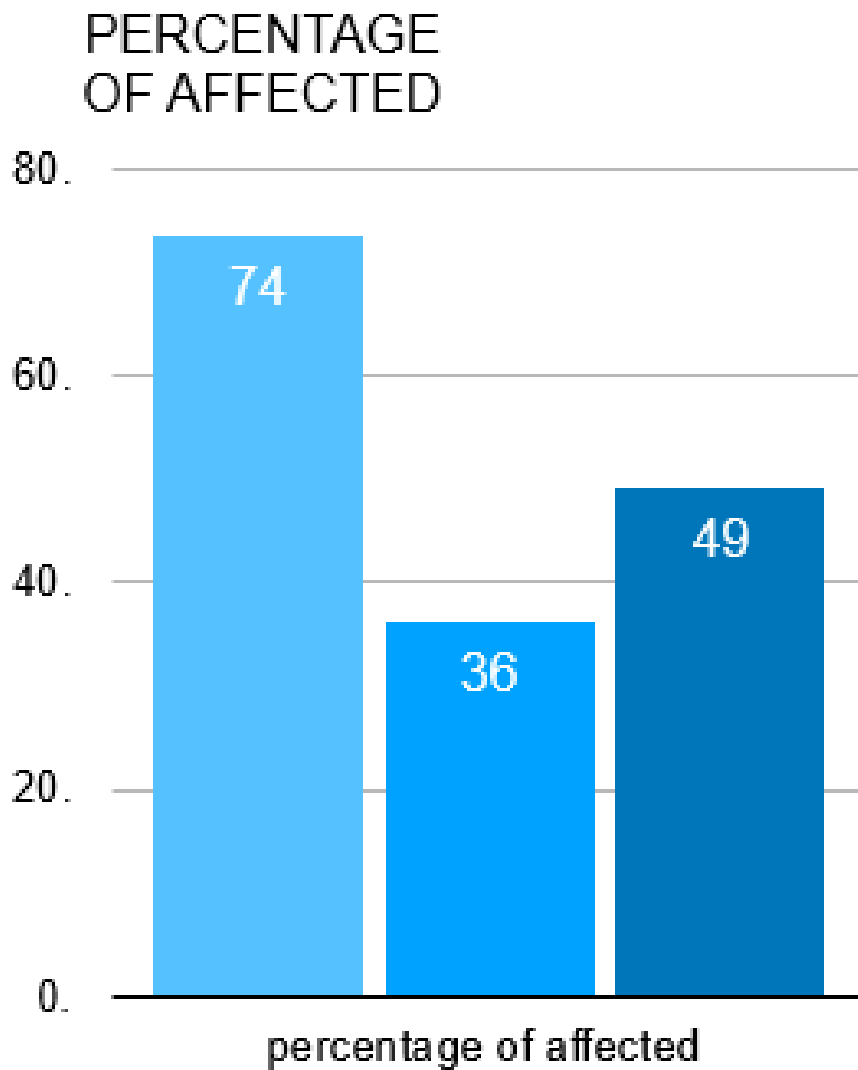
### **Data Analysis and Discussion**

The aim of the study was to study of online violent games and non-violent games in Bangalore. The objectives of the study were to study and compare the behavioural effects of online violent games with those of non-violent and study the impacts of online games on individuals and suggest some measures to prevent hate crimes in Bangalore. The sample consisted of 150 people between the age group of 18-40, Respective of their gender, preference, who were selected using purposive technique. The questionnaire was developed with the help of an expert, which consisted of 25 questions based on different dimensions each dimension consisted of various questions which would bring out major causes and psychological factors leading to online games, and also help in formulating various people opinion and measures to take preventive measures and polices to overcome addiction. The data was analyzed using percentage analysis. Each of the question's results were formulated into - Agree, Disagree, Neutral and Strongly Agree or Disagree and this questionnaire is kind of mixed options like people opinion, psychological effects experienced.

**Table1:** Gender Wise Distribution and Individuals N=150 Affected

GENDER	TOTAL RESPONDENTS	VIOLENT PLAYERS	NON VIOLENT PLAYERS	PERCENTAGE
OF AFFECTED				
MALE	53	39	14	73.60%
FEMALE	97	35	62	36.10%
TOTAL	150	74	76	49.30%

The survey shows that Gender Dimension regards to 73.6% of peoples are male and 36.1% of peoples are female out of where 49.3% of individuals are being affected overall. Gender-based analysis show that males are highly affected than females particularly in the framework of violent online games, where males show consequently high level of impact and male respondents are more exposed to behavioural changes due to online gaming. This can be due to their higher game preference in action and violent games genres among the males and also higher time spent on these games and where non-violent games materialize to be safer and balanced in the area of gender.



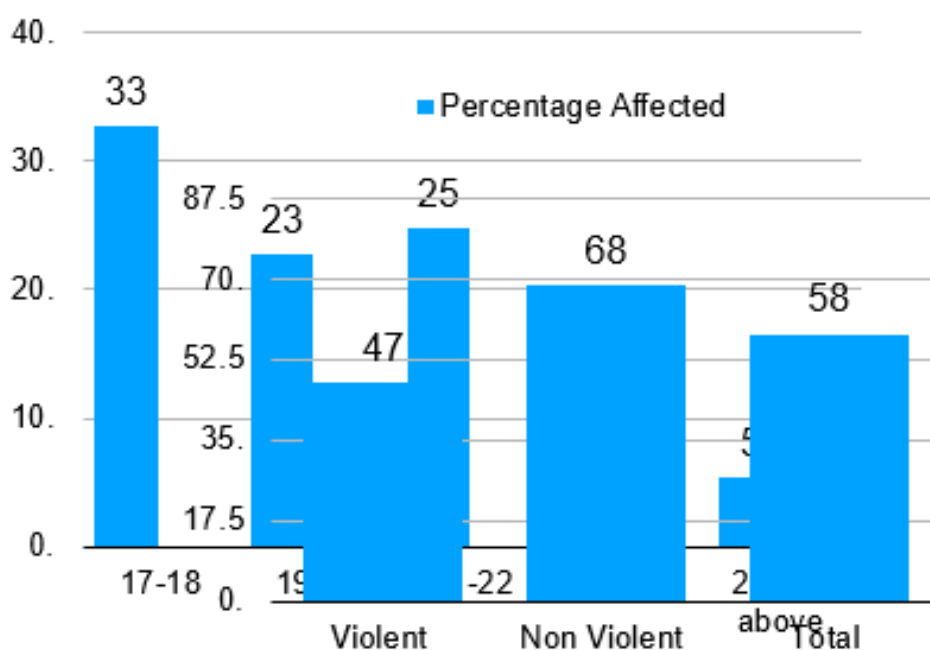
**Table 2:** Age Wise Distribution and Impact N=150

Age Group	Total	Violent	Non Violent	Percentage of Affected
17-18	49	5	44	32.70%
19-20	34	3	31	22.70%
21-22	37	3	34	24.70%
23-25	22	1	21	14.70%
26 and Above	8	0	8	5.30%

The Age wise distribution and impact analysis show amount the 150 respondents majority of the affected respondents belong to 17-18 age with showing vulnerability of 32.7% and group followed by 19-20, 21-22 show moderate level of impact which is 22.7%, 24.7% and 23-25 group showing 14.7% and 26 and Above showing lowest level of impact of 5.3%. This suggest that individuals who are in transition stage tend to show higher levels and susceptible to higher behavioural changes due to online games as they are early college stages of their life and also increased exposure can be one of the cause for it and also peer influence and psychological shifts also occur. As there is increase in age, the level of impact decreases due to stronger emotional maturity and better self-control and increased focus on career academics and personal responsibilities.

**Table 3:** type of Game N=150

GAME TYPE	TOTAL PLAYERS	AFFECTED	
INDIVIDUALS	PERCENTAGE OF		
AFFECTED			
VIOLENT	74	35	47.30%
NON VIOLENT	76	52	68.40%
TOTAL	150	87	58%



Among the 150 respondents 74 individuals tend to play and 35 are affected by violent games and indicating a percentage of 47.3% and followed by 76 individuals tend to play and 52 are affected by non-violent games and indicating a percentage of 68.4% and this was calculated by using likert scale based on positive and negative scores where individuals greater than 3 were classified as affected. It provides a clear behavioural disparity based on the content of gaming in preference for activity of gaming alone.

Whereas in the aspect of non-violent game players suggest that it is influenced by usage related factor and gameplay duration pattern and reward system attention present in the game, this can cause low interpersonal interaction and cognitive fatigue.

**Table 4:** Overall Behavior Influence N=150

Behavior Category	Aspect of Behavior	Dominant Behavioural Outcomes	Percentage %
Negative Behavior Impact	Increase of Aggression	60	39.50%
	Stress/Anxiety	27	18%
Positive Behavior Impact	Improved Focus	51	34.00%
	Social Interaction	12	8.00%
Total	150	100%	

The behavioural dissemination portrays a distinct superiority of negative psychological responses associated with online gaming. This was considered on the basis of Liker scale analysis, where responses were considered on basis of positive (focus and social interaction) and negative (aggression, stress /anxiety) effects, respectively. Aggression is the most frequently reported outcome , which shows 39.5% members are dominant towards it, especially when exposed to certain gaming milieu and individuals tend play or will be more engaged in playing aggressive scripts such as killing shooting exposure of nudity and short term aggressive behavior such as verbal aggression and physical aggression immediately. This where individual tend to learn all these cognitive approach and tend to behave the same way. It may tend to even use these kind of approach in their daily life causes less academic performance and indulging in unnecessary fights and continuously using of profanity and taboo language which they have observed in these violent online games. This may even tend to turn to an addiction and cause individual be more prone to aggressive outburst. Individual’s shows that gaming causes prolonged strain and it can be both physical and mental symptoms such as muscle pain, fatigue and difficulty in concentrating and are easily irritable.

## Conclusions

The study provides systematic investigations of behavioural impact of online games amid a sample size of 150 respondents, using descriptive statistic - percentage analysis to explicate impact of psychometric and social dimensions. The findings indicate that online games function as multidimensional behavioural response synthesis functional and dysfunctional outcomes based on the nature and intensity of engagement. A border predominance of negative behavioural responses portrays increased aggression stress and anxiety by suggesting that chronic exposure and sustained exposure to particular gaming environment especially classified into competitive pressure, high level interaction and violent content and nudity maximize emotional reactivity and outburst psychological strain. These findings shows that online gaming, when played for long hours, centering gaming over school and inability to stop negative consequences and reinforcing mechanism ( brain training to adapt to these games as they offer rewards which releases dopamine and craves more immediate rewards leading to addictive behavior. These gamers strive to control their actions instead of thinking through it and heightened sensitive to external stimuli. They result in poor academic performance, poor sleep and social withdrawal.

Exposure to nudity at a younger age causes many complication in society. There is free availability of these games everywhere

even after certain age restrictions. The behavioural distribution portraits that most reported outcome was aggression this was caused due to individuals highly engaged in playing action genre such as shooting, killing harming and violation of nature in these games exposure of nudity and short term aggressive behavior such as verbal aggression and physical aggression immediately. They may tend to even use these kind of approach in their daily life causing less academic performance and indulging in unnecessary fights and continuously using of profanity and taboo language which tend to learn while playing these games. They may turn into addiction and cause prolonged stress and strain to both body and mind.

## Study Limitations

When interpreting the findings. Several inherent limitations should be taken into account. Unbalanced Sample Size: The most significant limitation was the unequal distribution of participants across age groups. The younger group (ages 18-21) had a significantly higher number of participants compared to the older group (ages 22-25). This disparity likely impacted the statistical power of the analysis, making it more difficult to detect true effects, if they were present.

**Self-Reported Data:** The study relied on an online self-reported questionnaire (using Google Forms), which introduces the possibility of social desirability bias.

## Scope of the Study

It will be helpful for game developers for guiding them minimize aggressive /hostility triggers restricting violent and nudity content.

To provide time constraints in each game of minim 1 hour of playing games and further extended to add a lock to it.

Helps psychologists to understand these gaming impacts and help to evaluate the mood and social interaction issues and relevant to client.

To increase positive outcome and decrease negative outcome from every games.

To stop self-harming games (both physically and mentally).

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