

## A SYSTEMATIC LITERATURE REVIEW ON THE EFFECTS OF VIDEO GAMES: BANE OR BOON?

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### ABSTRACT

*Video games, a dominant form of digital entertainment, elicit a spectrum of effects on players, encompassing both detrimental and advantageous outcomes. This systematic literature review explored the dual nature of gaming's influence, examining the well-documented negative consequences such as addictive behaviors, increased aggression, and potential social isolation, and addresses the positive impacts, including enhanced cognitive functions, improved spatial reasoning, and the development of online social communities. The review attained five essential themes: Enhanced Cognitive Flexibility and Skill Development, Boosted Psychological and Emotional Well-being, Improved Collaboration and Prosocial Behavior, Increased Aggression and Reduced Sensitivity to Real-world Violence, and Disrupted Social and Psychological Development. This paper underscored the need for balanced perspectives and informed approaches to video game consumption. To maximize benefits and minimize risks, gamers, parents, and educators should be aware of these effects. Adopting a balanced gaming habit involves setting limits, engaging in physical activities, and prioritizing social interactions. By being mindful of gaming's effects, gamers can enjoy benefits while maintaining a healthy lifestyle.*

**Keywords:** Video games, Cognitive skills, Online communities, Philippines, Review

## INTRODUCTION

Commercial video games and serious games have been more popular in child and adolescent psychiatry within the last ten years. If the efficacy of these games is adequately demonstrated, they could develop into important substitutes or supplements to conventional psychotherapy. Commercial and serious video games can be a good starting point for child and adolescent psychiatry treatment. However, not many long-term studies evaluate these games' long-term consequences, and there are no guidelines for accurately assessing their efficacy (Zayeni, 2020).

The consequences of playing video games on relationships have been the subject of hundreds of research studies in the United States of America. The relationship between violent and prosocial video gaming and social conduct is briefly reviewed in this article. Whereas several research produced conflicting findings, meta-analyses revealed that playing violent video games makes people more aggressive and less prosocial, whereas playing prosocial video games has the opposite effect. According to certain data, playing video games may have an impact on a player's social network in addition to the player. Cognitive and affective factors can explain the impact of playing video games on behavioral responses as mediating mechanisms. Ultimately, the substance of video games greatly influences whether they have a positive or harmful impact on other people (Greitemeyer, 2022) and must deal with many challenges (Genelza, 2022).

In the Philippines, 59 junior high and senior high school students from a private institution in Quezon City, Metro Manila, the Philippines, participated in a descriptive quantitative study to examine the effects of teenage gaming activities on their mental health and behavioral state. Accordingly, the study discovered that playing violent video games online improved the adolescents' mood. Adolescents who felt lonely used violent digital gaming as a coping strategy because it gave them a feeling of community and allowed them to engage in social interactions that helped them deal with stress, anger, and negative emotions. Meanwhile, participants were observed to be hostile when their gameplay was interrupted (Llabore, Reyes, Garcia, Pero, Parajas, Merced, Lopez, Nicolas, Marquez, Lim, 2023).

This study is anchored on Piaget's Cognitive Development Theory (1952), which posits that individuals pass through different stages of cognitive development. Video games, especially those that require problem-solving, memory, and strategic thinking, can influence students' cognitive growth by promoting complex decision-making and spatial awareness. Research indicates that certain video games can enhance skills like attention, memory, and problem-solving, which are important for academic success.

Moreover, the study is grounded on Bandura's Social Learning Theory (1963), asserting that people learn behaviors, attitudes, and emotions through observing and imitating others. Video games, especially those involving social interaction or narrative-driven elements, can affect students' social behaviors and

attitudes. Multiplayer games, in particular, influence communication skills, teamwork, and conflict resolution. However, games with violent content might reinforce negative behaviors, as indicated by some studies.

Additionally, this study is anchored on the Uses and Gratifications Theory by Blumler and Katz (1974), which focuses on how individuals actively seek media content to satisfy specific needs or desires. When applied to video games, it suggests that students engage with them to fulfill needs such as entertainment, stress relief, social interaction, or achievement. This theory is crucial for understanding why students engage with video games and the potential effects these habits may have on their academic performance, behavior, and psychological well-being.

Despite global and national studies that have explored the intricacies of video games and their effects, there remains a significant gap in studies about the impacts of video games on mental health in the Philippines, specifically in the local setting. Hence, this gap is critical to address due to the increasing number of video game players and the growing concerns of the people.

Generally, it would be fine to assume that video games have cons and pros. However, it is also important to weigh both sides to see which one is heavier so that people can have an informed opinion regarding its effects. Thus, this study aimed to address the effects of video games due to their constantly rising fame in the modern world.

This study aligns with the United Nations' Sustainable Development Goal (SDG) 3 – which aims to ensure healthy lives and well-being for all people of all ages.

## **METHOD**

### **Resign Design**

The effects of video games on people were examined in this study using a systematic literature review (SLR), a qualitative methodology. A systematic literature review is a methodical and comprehensive strategy to locate, evaluate, and summarize earlier research relevant to a topic or investigation. A comprehensive search was carried out across various databases, academic journals, books, and other sources to find all pertinent research on the topic of interest. In addition to precisely outlining the plan or technique of the systematic review, the criteria should be fully stated before the study begins. This comprehensive and transparent search can be replicated by other scholars using a range of databases and grey literature sources; hence, this means planning a thorough search approach (Dewey & Drahota, 2016).

## RESULTS AND DISCUSSION

Based on the results drawn from the selected papers, the following statements and credible information should be emphasized in this paper, as shown in Table 1.

This review attained five thematic points about the effects of video games: *Enhanced Cognitive Flexibility and Skill Development*, *Boosted Psychological and Emotional Well-being*, *Improved Collaboration and Prosocial Behavior*, *Increased Aggression and Reduced Sensitivity to Real-world Violence*, and *Disrupted Social and Psychological Development*. Exploring the effects of video games thoroughly is critical in all aspects of a healthy environment and personal well-being. Most video game players seemingly disregard the potential negative effects due to the equally beneficial effects they give to the individual. Furthermore, with more people accessing video games, understanding the cognitive effects and assessing behavioral impacts is crucial for research findings informing parents, educators, and policymakers about responsible gaming practices and potential risks. This promotes a well-informed and responsible gaming community.

### ***Enhanced Cognitive Flexibility and Skill Development***

The first theme generated during the data collection is enhanced cognitive flexibility and skill development. Playing might enhance people's cognitive abilities and support their skill development. Video games pave the way for gamers to develop cognitive flexibility and skill development.

Furthermore, this was supported by Florence (2024) stated that well-designed digital games can give gamers a sense of control, freedom of choice, mastery, and accomplishment, as well as the ability to experience and control emotions, feel connected to others, and manage those connections, imagine, act on original ideas, create, and explore, construct, and express aspects of both themselves and others.

In addition, Heidt, Rogers, and Pinchbeck (2023) stated that over time, video games as a language input source for foreign language learners have grown due to technological improvements. Therefore, positive impacts from video games, like improved cognitive flexibility, developed skills, and social connection, are crucial to recognize because they contribute to overall well-being and development. Recognizing these benefits helps shift the perception of gaming from a purely negative activity to one with the potential for positive outcomes. Acknowledging these positive aspects allows for a more balanced and informed approach to gaming's societal role.

### ***Boosted Psychological and Emotional Well-being***

The second theme discovered during the data collection is boosted psychological and emotional well-being. This means it can improve an individual's cognitive and emotional well-being but may also degrade their psychological well-being if not maintained properly.

Moreover, Pallavicini (2018) supported this by mentioning that the review highlights the potential benefits of video games on well-being, suggesting that games can be a valuable tool for promoting cognitive, emotional, and social well-being and can be beneficial to students as well (Genelza, 2024).

Likewise, Lapteva (2025) stated that video games can positively and negatively affect gamers' emotional and psychological states. Thus, video games can have both positive and negative effects on mental health. They can improve cognitive skills, emotional regulation, and social connections but also lead to addiction, emotional arousal, and decreased well-being. A balanced gaming habit is key to maximizing benefits and minimizing risks.

### ***Improved Collaboration and Prosocial Behavior***

The third theme gathered during the data collection is improved collaboration and prosocial behavior. This means that video games can instill lessons in people. It can also be used as a tool for social interactions or keeping in touch with friends while promoting teamwork and collaboration.

In addition, Bhatnagar (2024) supported this, stating that modern research shows that recent research challenges the stereotype that video games promote aggression, instead highlighting the benefits of prosocial games. Unlike earlier studies focused on violent behavior, new findings suggest that these games can foster empathy, prosocial behavior, and positive youth development. By examining their impact on children, adolescents, and young adults, the study reveals that prosocial games enhance emotional regulation, encourage social interaction, increase cooperation, and reduce in-group bias. Ultimately, the research supports that these games can decrease aggression and promote helpful behavior.

Also, Wang (2024) stated that research suggests that prosocial video games can positively impact adolescents by encouraging empathy, prosocial behavior, and better social skills through cooperative and helpful interactions in virtual environments.

Hence, the researchers can conclude that video games help and teach lessons to children and adults alike. It can improve mood and be a stress reliever. It can also be a tool to help children learn lessons; with certain games like educational games, they can learn educationally. With games promoting cooperation and teamwork, players are bound to work and develop strategies to create a healthy and fun environment.

### ***Increased Aggression and Reduced Sensitivity to Real-world Violence***

The fourth theme collected during the data gathering is increased aggression and reduced sensitivity to real-world violence. This means that video games that focus on gore and violence tend to impact the players heavily, typically making the players feel numb to it, resulting in numbness to real life seeing gore while also increasing aggression.

Backing up the theme mentioned, Ahmed, Abdalla, Mohamed, and Shamma (2022) said that children who spend more than 6 hours on video games have resulted in worse sleep, while children who play for an hour or two get better sleep. Video games are linked to causing children to sleep problems, alexithymia, and emotion dysregulation, which could potentially result in increasing aggression toward other people. Lack of sleep from gaming can increase stress levels, potentially increasing violence.

Richard, Marchika, Ivoska, and Derevensky (2021) also added that bullying from video games resulted in teens getting mental health issues. Focusing on bullying, bullying will increase the victim's stress issues and many more. This can result in the passing down of toxicity and create an aggressive community.

With this, it can be concluded that video games negatively affect a person and potentially endanger the people around them. It shows that violence is a serious problem that players, especially children, need to be well guided upon.

### ***Disrupted Social and Psychological Development***

The fifth theme generated during the data collection is the social impact of video games. This means that certain effects of video games have an impact on a person's social well-being as well as on society.

Lyu (2024) supported the theme that negative outcomes from video games, like addiction and social isolation, outweigh the positives, like prosocial behavior, without proper guidance on responsible consumption of video games. The use of technology can be detrimental to an individual's behavior (Genelza, 2024).

Also, [Filipović](#) (2024) stated that the increasing popularity of video games has given rise to a virtual culture domain, with people from all across the globe being able to merge their cultures into a platform, creating a united community with diverse people.

Thus, video games are important in society as they foster community and connection, offering spaces for interaction and shared experience. These interactions can combat isolation and build valuable social skills while still acknowledging the potential risks of addiction to a person's social well-being.





Table 1: List of Literature on Video Games

AUTHORS	TITLE OF THE STUDY	LOCALE	METHOD	RESULTS AND DISCUSSION	RECOMMENDATIONS	THEMES
Heidt, Rogers, and Pinchbeck, (2023)	The Good Gaming (GG) List: Key Vocabulary in Video Games	USA	Qualitative	The usage of video games as a language input source for foreign language learners has grown due to technological improvements. That is what I think is positive about this research.	By concentrating on the perceptions of your ideas toward video games. They suggest viewing video games as a source of inspiration where individuals can be authentic and show that it is not all negative.	Enhanced Cognitive Flexibility and Skill Development
Chaarani (2022)	Video Gaming May be Associated with Better Cognitive Performance in Children	USA	Qualitative	According to the research, kids who played video games for at least three hours daily did better on cognitive tests than kids who did not. Since practically all children today talk about video games and how they may bring people together, the results of this research presented are very effective.	Allowing children to play with a time constraint may help them develop social and cognitive skills.	
Florence (2024)	Video Games Can Have a Positive Impact on Children – If They are Designed Right, Says New Study.	Italy	Qualitative	According to the study, well-designed digital games can give kids a sense of control, freedom of choice, mastery, and accomplishment, as well as the ability to experience and control emotions, feel connected to others and manage those connections, imagine, act on original ideas, create, and explore, construct, and express aspects of both themselves and others. All of these experiences are beneficial to children's growth and well-being.	It is recommended that children prioritize digital video games that actively foster agency, creativity, and social-emotional development to fully capitalize on the benefits while still retaining the entertainment they get from games.	
Gossett, and Urwin (2024)	The Real Benefits of Video Games	USA	Qualitative	The author's study shows that video games can foster interpersonal relationships because they appear to have a very favorable impact on them. Based on the results, they were fairly certain that it may help people connect and become more positive.	Explore and utilize video games as a potential tool for fostering and strengthening interpersonal relationships, particularly for individuals who may benefit from alternative social interaction methods.	
Mencias (2024)	The Health Benefits of Playing Video Games	UK	Qualitative	Studies showed that video games can improve physical activities, awareness, cognitive activity, and mental health. Video games improved 69% of psychological and 59% of physical therapy outcomes.	Video games can be a valuable tool for improving overall health and well-being.	
Pallavicini (2018)	Video Games for Well-Being: A Systematic Review	Italy	Qualitative	A systematic review of studies found that video games can improve cognitive and emotional well-being, particularly in adults.	Video games can be useful for promoting well-being and should be considered a complementary therapy.	
Lapteva (2025)	The Impact of Video Games on the Emotional State of Gamers: A Review of Modern Research	Russia	Qualitative	Modern research reveals video games' complex and nuanced impact on gamers' emotional states. While some studies highlight potential negative effects like increased aggression or anxiety, particularly with excessive play or violent content, a growing body of evidence emphasizes the positive emotional outcomes. These include stress reduction, enhanced mood, and fostering feelings of accomplishment and social connection. Furthermore, research increasingly suggests that the specific genre, gameplay mechanics, and individual player characteristics significantly mediate these effects. Ultimately, the emotional impact of video games is not universally detrimental or beneficial but rather a multifaceted interaction between the game, the player, and the context of play.	Based on the reviewed research, it is recommended that gamers and parents alike adopt a balanced approach to video game consumption. Prioritize games that promote positive emotional outcomes, such as those emphasizing collaboration, problem-solving, and narrative-driven experiences. Implement mindful gaming practices, including setting time limits and taking regular breaks to mitigate potential negative effects. Encourage open communication about game-related emotions, and consider incorporating physical activity and social interaction outside of gaming to maintain overall well-being. Researchers should continue to explore the nuances of individual differences and game genres to provide more personalized recommendations. Future studies should also focus on longitudinal data to better understand the long-term emotional impact of video games.	Boosted Psychological Emotional Well-being
Park, Patricia, and Trisnadi (2025)	Global Impacts of Video Gaming Behavior on Young Adults' Mental Health During the COVID-19 Pandemic: A Systematic Literature Review	USA	Qualitative	This systematic literature review revealed a complex and varied impact of video gaming behavior on young adults' mental health during the COVID-19 pandemic. While some studies indicated increased gaming correlated with heightened anxiety, depression, and social isolation, particularly in individuals with pre-existing mental health vulnerabilities or those engaging in excessive or problematic gaming, others demonstrated potential benefits. Video games served as a coping mechanism for stress and boredom, fostering social connection and providing a sense of normalcy during unprecedented disruption. However, the review underscored the importance of distinguishing between adaptive and maladaptive gaming behaviors, with excessive gaming often linked to negative mental health outcomes. Ultimately, the pandemic's unique circumstances amplified both the positive and negative aspects of video gaming, highlighting the need for nuanced understanding and targeted interventions to support young adults' mental health.	Given the complex relationship between video gaming and young adults' mental health during the pandemic, several recommendations are warranted. Firstly, mental health professionals should recognize and address both the potential risks and benefits of gaming within their assessments and interventions. Secondly, public health initiatives should promote balanced digital engagement, emphasizing responsible gaming habits and strategies for mitigating excessive use. Educational institutions and parents should facilitate open dialogue about gaming behaviors and their impact on mental well-being, providing resources and support for healthy coping mechanisms. Thirdly, game developers could consider integrating features promoting well-being, such as in-game break reminders or social connection tools. Future research should focus on longitudinal studies to understand the long-term effects of pandemic-era gaming habits and explore targeted interventions for vulnerable populations. Finally, promoting alternative activities and reinforcing social support networks outside of gaming is crucial to ensure young adults maintain a healthy balance and mitigate potential negative impacts on their mental health.	
Zendle, and Cairns (2018)	Video Game Loot Boxes are Linked to Problem Gambling: Results of a Large-scale Survey	UK	Qualitative	The study's findings imply a significant connection between loot box use and problem gambling. Participants spent more money on loot boxes when their problem gambling was more severe. The lowest amount of money was spent on loot boxes by non-problem gamblers (mean = 2.41, Category 2 = \$1 - \$5, Category 3 = \$5-\$10), followed by low-risk gamblers (mean = 3.67, Category 3 = \$5 - \$10, Category 4 = \$10-\$15), moderate-risk gamblers (mean = 4.96, Category 4 = \$10 - \$15, Category 5 = \$15-\$20), and problem gamblers (mean = 6.47, Category 6 = \$20 - \$30, Category 7 = \$30-\$40). This link is not insignificant or weak.	The video game publisher must implement clear odds of disclosure to be transparent about the odds and probabilities for the rewards you get from the said loot boxes. The individual must also enforce spending limits.	Improved Collaboration and Prosocial Behavior
Wang (2024)	The Effect of Prosocial Video Games on Adolescents' Psychological and Behavioral Responses	Canada	Qualitative	Research indicates that prosocial video games can positively influence adolescents' psychological and behavioral responses. By promoting cooperative and helpful actions within virtual environments, these games can foster empathy, prosocial behavior, and improved social skills.	Studies exploring this area suggest consistent exposure to prosocial content within video games can translate to real-world positive behaviors, impacting how adolescents interact with their peers and navigate social situations—emphasizing the potential of prosocial video games as a tool for positive youth development.	
Bhatnagar (2024)	Impact of Prosocial Video Games on Violent and Prosocial Behaviour.	India	Qualitative	Contrary to long-held stereotypes associating video games with aggression and apathy, recent research, particularly focusing on prosocial games, reveals a different narrative. While earlier studies emphasized the modeling of violent behavior, newer investigations highlight the potential for these games to foster empathy, prosocial behavior, and positive youth development. Through secondary research, this paper examines the impact of prosocial video	A shift in perspective is recommended based on the emerging evidence demonstrating the positive impact of prosocial video games. Parents and guardians should reconsider traditional views on video games, recognizing their potential to cultivate positive social behaviors. Educators should explore integrating prosocial games into educational settings to foster empathy, teamwork, and ethical decision-making. Game developers are encouraged to prioritize creating prosocial content, emphasizing cooperative	



				games on players, specifically children, adolescents, and young adults, aiming to challenge prevailing myths and demonstrate their potential benefits. The findings suggest that engaging with prosocial content can enhance emotional regulation, promote social interaction, increase cooperation, and reduce in-group bias, ultimately supporting the hypothesis that these games can decrease aggression and increase helpful behavior.	gameplay and positive social interactions. At the same time, researchers should continue to investigate the long-term effects of these games on youth development. Public awareness campaigns should be implemented to dispel negative stereotypes and highlight the benefits of prosocial gaming, promoting a balanced understanding of video games' role in society. By embracing these recommendations, we can harness the potential of prosocial video games to foster a more compassionate and cooperative generation.	
<b>Molde, Holmoy, Merkesdal, Torsheim, Mentzoni, Hanns, Sagoe, and Pallesan (2018)</b>	Are Videos a Gateway to Gambling? A Longitudinal Study Based on a Norwegian Sample	Norway	Qualitative	Over two years, the study discovered that measures of the same construct stayed constant. When age and sex were taken into consideration, the first wave's considerable correlation between gambling and problematic gaming was reduced, indicating an unstable relationship.	This study's unstable gambling/gaming link necessitates refined research and interventions. Future studies need diverse samples and longitudinal designs. Prevention programs should be tailored to age/sex, and clinicians should monitor gaming risks, even without gambling risks.	
<b>Limone, Ragni, and Toto (2023)</b>	The Epidemiology and Effects of Video Game Addiction: A Systematic Review and Meta-analysis	Italy	Qualitative	According to research findings, there is a pooled prevalence rate of 5.0% (95 % CI, 2.1–8.8%, p-value = 0.000) for gaming addiction. The analysis (N = 28,922) revealed that psychological (loneliness, anxiety, depression, lexicography, neuroticism, psychotropic, and hyperactivity), social (social disengagement and separation from the actual world), and personal (youngsters, maleness) characteristics were associated with video game addiction. Spending more time gaming than normal was a sign of compulsive gaming behavior. A higher degree of emotional and psychological stress, social estrangement, and emotional reliance were some of the characteristics that were predictive of compulsive gaming. Gaming addiction has been linked to negative outcomes like poorer academic performance, anxiety, and depression, as well as a decline in social support, life satisfaction, and self-worth.	From the study, we have already concluded how gaming addiction affects an individual. We can recommend that you moderate your playtime. The best cure is good prevention, meaning not to develop an addiction in the first place. Due to gaming addiction, linking disorders, and many more, we can conclude that if this ever happens, we should spend more time away from our games and participate in stuff like social events, gatherings, or even studying.	
<b>Richard, Marchica, Ivoska, and Derevensky (2021)</b>	Bullying Victimization and Problem Video Gaming: The Mediating Role of Externalizing and Internalizing Problems	USA	Qualitative	Bullying victims in their teens are more prone to suffer from a variety of mental health issues. The connection between bullying victimization and several addictive behaviors has been studied, but little is known about how bullying affects problem video gaming (PVG). Investigating the association between bullying victimization and PVG as internalizing and externalizing issues mediate it is the aim of this study. Methods: 6353 high school students between 12 and 18 provided survey responses. The Internet Gaming Disorder Scale–Short Form is used to measure PVG, internalizing (such as anxiety and depressed symptoms), externalizing (such as violent and delinquent issues), and bullying victimization (physical, verbal, cyber, and indirect).	If someone experiences bullying while playing video games, they should take proactive steps to protect themselves and maintain a positive gaming environment. The first and most effective action is to mute and block the aggressor, preventing further harassment and ensuring that toxic behavior does not escalate. Additionally, utilizing the in-game report system is essential, allowing moderators to address misconduct and contribute to a safer gaming space for all players. Beyond immediate responses, taking breaks from gaming can help alleviate stress and provide time to regain emotional balance. Engaging with supportive communities, playing with trusted friends, and focusing on enjoyable aspects of the game can further counteract negative experiences. It is also beneficial to remember that online interactions should not define one's self-worth, and prioritizing mental well-being is always more important than engaging with toxic individuals.	
<b>Fithria, Wardani, Usman, Maulida, Darmawati, and Husna (2022)</b>	The Adverse Effect of Gaming Disorder on the Family System in the Society	Indonesia	Quantitative	The findings demonstrated a substantial relationship between Internet gaming disorders in teenagers and family functions, including communication functions ( $p = 0.034$ ), affective involvement ( $p = 0.006$ ), and behavioral control ( $p = 0.000$ )—the results of statistical tests that display a value ( $<0.05$ ) support this notion. The general function ( $p = 0.606$ ) and the problem-solving function ( $p = 0.916$ ) both had significant values ( $>0.05$ ), indicating that they were unrelated to Internet gaming disorder.	Adolescent Internet gaming disorders are strongly correlated with household functions. One way to stop teen Internet gaming problems is to maximize family activities.	Increased Aggression and Reduced Sensitivity to Real-world Violence
<b>Ahmed, Abdalla, Mohamed, Mohamed, and Shamaa (2022)</b>	Relationship Between Time Spent Playing Internet Gaming Apps and Behavioral Problems, Sleep Problems, Alexithymia, and Emotion Dysregulation in Children: A Multicentre Study	Egypt	Quantitative	Results of this study show that children who spent more than six hours using online gaming apps showed a larger percentage of aberrant responses on the emotional symptoms and hyperactivity scores than children in other groups. Kids who used online gaming apps for more than six hours slept the worst (75%), while kids who used them for one to two hours slept the best (36.7%). While those who used internet gaming applications for more than six hours had the highest mean scores in the CAM, those who used them for one to two hours had significantly lower mean total scores on the emotional regulation scale and total CAM.	The proper moderation of online gaming should be maintained, as from the study results, we saw how the duration could affect the children's sleep quality. It is also worth noting that proper guidance must be taught to the children to avoid circumstances in which they could be gaming for more than 10 hours and have less than 8 hours of sleep.	
<b>Bushman, Gabbiadini, Greitemeyer, and Krahe (2024)</b>	Violent Video Games and Aggression	USA	Qualitative	The relationship between violent video games and aggression is a subject of ongoing debate and research, with findings that present a nuanced picture. While some studies suggest that exposure to violent video games can increase aggressive thoughts, feelings, and behaviors, particularly in the short term, it is crucial to acknowledge that correlation does not equal causation. Many researchers emphasize that aggression is a complex behavior influenced by various factors, including individual predispositions, social environments, and family dynamics. Furthermore, research outcomes vary, and not all studies find a direct or strong link between violent video game play and real-world aggression. Therefore, it is widely recognized that violent video games are likely one of many potential influences on aggressive behavior rather than a sole determinant.	Decreasing aggression potentially linked to violent video games requires a multifaceted approach. Firstly, promoting media literacy and critical thinking skills empowers individuals to distinguish between virtual and real-world violence, fostering a healthier perspective. Secondly, encouraging balanced gaming habits, including time limits and diverse activities, mitigates overexposure. Thirdly, fostering positive social interactions, both online and offline, strengthens real-world connections and reduces reliance on potentially isolating virtual environments. Fourthly, addressing underlying issues like stress, anxiety, or social isolation through counseling or support groups can significantly reduce aggression triggers. Finally, parents and educators should openly communicate with young people about responsible gaming, emphasizing empathy and conflict-resolution strategies in virtual and real-life situations.	Disrupted Social and Psychological Development
<b>Ewoldsen, Lei, and Liu (2024)</b>	Competition and Cooperation in Video Games	USA	Qualitative	Research has previously demonstrated that cooperation in video games tends to result in increased positive outcomes for players compared to competition. However, in games where competition and cooperation between human players coexist, newly observed phenomena, namely toxic behaviors and antisocial interactions, contradict previous findings. It is evident that we still have a lot to learn about human competition and cooperation in video games. With video game technologies improving and diversifying rapidly, more research is needed to understand players' psychological processes and behaviors in video	The unexpected rise of toxicity in games blending cooperation and competition necessitates in-depth research into the psychological and social drivers behind these negative behaviors. Crucially, game developers should apply findings to create healthier environments through improved moderation, pro-social game design, and player education. Ultimately, these efforts are vital to preserve the positive aspects of cooperative gameplay against evolving video game technologies.	





				game settings.	
<a href="#">Filipović (2024)</a>	Phenomenological Aspects of Video Games	Serbia	Qualitative	The rapid expansion of digital technologies and globalization has fundamentally altered the landscape of data and knowledge, with video games emerging as a particularly potent cultural force. These games, transcending mere entertainment, have become a significant virtual cultural domain, actively reshaping perceptions of creativity and personal identity. However, this evolution raises critical ethical questions that demand careful consideration. The current scientific understanding of these phenomena remains insufficient, highlighting the necessity for a philosophical inquiry into the ontology and epistemology of video games. Such an exploration is vital to fully comprehend their essential nature and establish their appropriate place within the contemporary world.	Digitalization and globalization have explored data and knowledge, deeply impacting culture, especially through video games. These games, now a dominant virtual culture, redefine creativity and identity but also raise ethical concerns. Scientific understanding lags, requiring philosophical exploration of their nature and place in the modern world.
<a href="#">Lyu (2024)</a>	Guiding Teenagers to Use Video Games Properly	USA	Qualitative	Video games' impact on youth is debated, with both positive and negative effects. Research shows more negative outcomes, like addiction and social isolation, outweighing positives, like prosocial behavior. Therefore, collaborative guidance from parents, schools, and governments is crucial to minimize risks and maximize the benefits of the usage of video games.	To curb negative video game impacts on youth, parents, schools, and governments must collaborate by monitoring, educating, and regulating while also promoting healthy alternatives that are crucial to counteract the isolating effects of excessive gaming; by implementing these collaborative strategies, we can cultivate a healthier gaming environment for young people, mitigating risks and promoting positive outcomes.

Thus, this study highlights the dual nature of video games, whether bane or boon, emphasizing the need for a balanced and responsible gaming habit. While video games offer cognitive, emotional, and social benefits, excessive gaming can lead to negative consequences like addiction, social isolation, and health risks.

Gamers, parents, and educators should know these findings to maximize benefits and minimize risks. Adopting a balanced gaming habit involves setting limits, engaging in physical activity, and prioritizing social interactions. By being mindful of gaming's effects, gamers can enjoy benefits while maintaining a healthy lifestyle.

## CONCLUSION

Video Games have become an integral part of modern life, offering many benefits that can enrich our lives. On the one hand, they provide an outlet for stress and anxiety, allowing us to escape from the pressures of everyday life temporarily. They also foster creativity, problem-solving skills, and critical thinking, making them valuable cognitive development tools. Moreover, video games offer a platform for social connection, enabling us to connect with others across the globe and build communities around common interests. Whether we are exploring new worlds, solving puzzles, or competing with friends, video games have the power to inspire, educate, and entertain.

However, it is also important to acknowledge the potential downsides of video games. Excessive gaming can lead to addiction, social isolation, and decreased physical activity, all of which can have negative impacts on our mental and physical health. Moreover, some video games contain violent or explicit content that can be harmful to children and adolescents. As with any technology, using video games responsibly and in moderation is essential, being mindful of the potential risks and taking steps to

mitigate them. By being aware of both the benefits and drawbacks of video games, we can harness their power to enhance our lives while minimizing their negative effects.

## **RECOMMENDATIONS**

Since gaming started, it has had a bad reputation among the older generation. Video games have built communities and are played among the millions while retaining the same bad reputation. Video games' capacity to tell interactive and captivating stories that resonate with the players can stick and possibly impact a player's view on many stuff. Video games can also educate players about various things, from the stories they tell to the gameplay they hold. Video games are marveled at among their fans, but of course, there are downsides to games that have a bad reputation.

Moreover, the cause of this bad reputation is due to the effects it can have on a player. Many studies have shown that video games can get a player addicted to them with varying effects from mild to extreme. When looking at the effects this addiction causes, there is none to desire. With an addiction to the video game, depending on the video game they play, they could develop an addiction to gambling from monetary ways from a game like loot boxes. Loot boxes are just another form of gambling with varying chances of acquiring a desired item within the game.

With the negatives highlighted in this study, there are also positives. Video games, as stated, can tell captivating stories that can resonate with players. Video games are also art that developers can pour their soul into, resulting in a game that embodies their passion. This art form can also help economically as it gives jobs to talented people who want to put their knowledge and creativity to use. With the number of video games released today, many companies are looking for new hires or even going the indie route. Video games also build community among players and are sometimes the bridge that keeps people and friends close. It is a tool for mindless gaming, socializing, and keeping in touch with people.

Studies are always published focusing on video games, whether on the study's good, bad, or even both effects. The bad effects should not be undermined, that is true, but public opinion should not bash video games. Just like everything, playing video games should be consumed moderately. A rate that is healthy for players.

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