

# Longer You Play, the More Hostile You Feel: Examination of First Person Shooter Video Games and Aggression ©





multiple players are engaged. A study conducted by Anderson and Morrow [1995] had participants play Super Mario Brothers in either a competitive situation (one player's performance against another's) or a cooperative situation (two players completing the game together as a team) and found that participants playing the video game in a competitive situation (versus a cooperative situation) killed significantly more enemy creatures. The conclusion from this study suggests that the type of interpersonal interaction one has (either competitive or cooperative) influences aggressive behaviors.

Another factor that has been shown to significantly increase aggression levels is frustration, defined as the blocking of a goal [Dill and Anderson, 1995]. Research has shown that when participants are made to feel frustrated, their aggression levels increase [Dill and Anderson, 1995]. Frustration can easily be produced in video games by having the

standard controller for a modern FPSG. This research had two main goals.

The first goal was to show that aggression levels



ensure that the participants did not know the true

certain participants applied too much pressure to the device, which could give them a score of over 200 beats per minute.

The first analysis was conducted on physiological arousal. An overall 3 (game play time)



effects and interactions. The results show a significant main effect for game play time,  $F(2,188) = 11.48$ ,  $P < .001$ ,  $Z^2 = .11$ , power = .99, suggesting that hostility significantly increased from baseline (see Table I). This result is qualified, however, by a significant interaction between time and controller type,  $F(2,188) = 3.87$ ,  $P < .002$ ,  $Z^2 = .06$ , power = .90 (see Table I). This suggests that playing with the interactive light guning3.6275(produce-54266435ore.6275tivng)-306.4(t27)-42-7n54268



The increased aggression using a modern FPSG while using a within-participant within-game design (with the GAM) warrants additional emphasis. To

Anderson CA, Bushman BJ. 2001. Effects of violent video games on aggressive behavior, aggressive cognition, aggressive affect, physiological arousal, and prosocial behavior: A meta-353-359.