

THE IMPACT OF PLAYING VIOLENT VIDEO GAMES ON PHYSIOLOGICAL DESENSITIZATION TO REAL-LIFE VIOLENCE BY YOUNG VIOLENT VIDEO GAME PLAYERS IN COLOMBO DISTRICT

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ABSTRACT

This study investigates the relationship between playing violent video games and physiological desensitization to real-life violence among young violent video game players in Colombo District. The study focused on a sample of 385 participants, utilizing a self-administered questionnaire to collect quantitative data. The primary objective was to determine whether frequent exposure to violent video games correlates with significant physiological desensitization, measured through physiological indicators and self-reported perceptions. A quantitative approach was employed using snowball sampling to gather data. Data were analyzed using descriptive statistics, reliability tests, correlation analysis, and regression analysis to explore the potential impact of violent video game exposure on the emotional and physiological responses of young players. The results indicated a correlation between violent video game exposure and reduced physiological responses to real-life violence, suggesting a desensitization effect. These findings have significant implications for public policy, academic literature, and mental health therapy. By revealing the link between exposure to violent video games and physiological desensitization, this study contributes to a more nuanced discourse on media impact. This supports the development of targeted interventions and educational initiatives for young gamers. Additionally, the findings can aid legislators in formulating evidence-based policies to mitigate the potential effects of violent video games on mental health in Colombo District and beyond.

Keywords: Colombo district, physiological desensitization, real-life violence, violent video games, young gamers