The impact of the excessive use of the violent video games on children behaviour

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الملخص

تستهدف الدراسة التعرف على تأثير كثافة إستخدام ألعاب العنف الإلكترونية على سلوكيات الأطفال، و التعرف على أسباب كثرة التعرض لمثل هذه الأنواع من الألعاب الإلكترونية، طبقت الدراسة على عينة من الجمهور قدرها 200 مفردة من الآباء و الأمهات عن طريق إستخدام أداة الإستبيان كأداة لجمع البيانات، كما إعتمدت الدراسة على أداة المقابلة عن طريق عقد مقابلات مع أخصائيين نفسيين و مدرسيين بمرحلة الإبتدائي، كما إستخدمت الدراسة كلا من النظريات الإعلامية التالية: الإستخدامات والإشباعات، الإعتماد على وسائل الإعلام، و الغرس الثقافى.

توصلت الدراسة إلى عدة نتائج أهمها: أن (34.6%) من عينة الدراسة أطفالهم تستخدم ألعاب العنف و ألعاب الفيديو لمدة ساعتين يوميا، مما قد يؤثر بشكل سلبى على سلوكيات أطفالهم، فقط توصلت كثير من الدراسات أن كثرة إستخدام هذه الألعاب تضر بشكل كبير سلوكيات الأطفال، كما توصلت الدراسة إلى أن (68.6%) من عينة الدراسة يؤكدون أن الأسرة مسئولة بشكل كبير كرقيب لأطفالهم و تلعب دور الوسيط لإقناعهم بأن هذه الألعاب لها ضرر على سلوكهم و أن كل ما يوجد فى عالم الفيديوجيم هو عالم إفتراضى وليس حقيقى.

المفاهيم الإجرائية: العنف، السلوك العدوانى ، الوحدة و الإنعزال

Abstract:

Nowadays, video games became the favorite entertainment and many children spend their time using it, the study aimed to examine to what extend the excessive use of violent video games will affect the children behaviour and whether the existence of family members around the children while he/she is using video games will mediate the negative effect of violent video games on them.

The study depended on the cultivation theory, Uses and Gratification Theory, and Media dependency Theory. Also, the study used the questionnaire/survey on sample size 200 respondents (parents) from both male and female, married with one or two or

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three children, Age from 28 to 45, level of education, University graduates, social class, A ,B. Geographical location, Cairo governorate. Also, the study conducted four interviews with two psychiatrists and another two interviews with two school teachers from different private schools.

* The study concluded that:(34.6%) of children use violent video games for two hours per day, this could affect the children behavior negatively because most of the scientific researches indicate that the child cognitive development will have a harmful effect if children keep watching violent video games regularly per day, also the study concluded that (68.6%) agrees that the family members are responsible to monitoring their children to avoid misusing video games. Parents play a major role in reducing children aggressive behavior through explaining the true consequences of violence, and point out how unrealistic it is for children to get away with violent behavior, and clarify what they see through the violent video games are fiction and don't reflect reality.

Introduction:

Social Networks are one of the fastest growing industries in the World. The 21st century is marked by the great role of the social media in the contribution to the information age. Also, the social media is considered one of the most important entertainment media for all ages and for both gender, male and female, especially for the younger generation.

Nowadays with the rise of the technology that led to the improvement of video games and how it had an impact on the children behaviour is a subject worth examination. PlayStation, Xbox, which are playing a major role in such a change, have been evolving video games that aroused violent among children.

Electronic games had appeared in the market at the early 1980's and since then, it had drawn a huge admiration from the children due to its fascination, and its abilities to entertain them with the graphics and motions animated.

In the past years, they were able to enhance and refine their technological creations to the extent of assembling auditory, graphics, and engine that runs the games and giving the ability to connect graphics with animation leading to the creation of 3D games, which allows the children to live the game as if it is real life.

Even though small corporates are ones who controlled the merchandise worldwide, videos games industry evolved a huge market through gaming consoles. Numerous gaming consoles have been generated between those portable and wired in various sizes, on the basis of this variety, mobile games were invented too in different methods.

As a matter of fact that the first few years of a child's cognitive development are vital, during their first few years, they learn from everything they experience. Hence, what they are exposed to is consider a major factor the shape their characters, and should be monitored intensely to ensure that they are not exposed to content that may harm them or negatively affect their personalities in the future.

The content that children are exposed is what teaches them the world around them, especially; they are fragile and venerable to accept what they are exposed to through the video games. So, if they were to watch violent games versus child friendly cartoons it would affect them differently.

Children copy what they see on the video games, and this is the main reasons why they should be monitored at all times, as the content of these games can affect their subconscious, and affect their personality positively, or negatively depending on the content. They will also begin to mimic what is done on the game and use them in their day to day lives, and compare themselves with the characters they see in the video games, and try to imitate them without distinguishing between fiction video games, and reality.

There is different variables that could actually have an impact on the video game users behaviour, when it streams violence scenes like the age, the family's attitude and background, the family environment, and the chid personality, the quality, and nature that the child gets

exposed to in his life, and of course their perception of the real life, all these are very important factors that influence's video games impact on children behaviour. (Johnson. 2000). (1)

The aim and importance of the study

Currently, online video games have become one of the most important entertainment methods for children; it became one of the most media platforms among them as 90% of them play online games.

As according to Saleem &A. Anderson (2012), large growth in mass media in the last 25 years has been the start and rapid development of the online video games industry. Some games teach and support violent to its players such as PUBG, WWE, and Call of Duty. (2)

Such a change in the evolution of the evolution of the new technology of communication and cyber communication that become predominant in children life, as recently, children started using the violent video games extensively as part of their entertainment, they spend many hours using the violent video games on daily basis, this might have a very dangerous impact on children's behaviour and accordingly will negatively shape their future behaviour.

Operational definitions:

- **Excessive use of the social media**

Huge numbers of people use social media, such as nstagram, Facebook, and Snap chat. Some 77% of internet users in the UK have a social media profile, and one recent study estimates that 20% of children and adolescents may use social media for at least five hours every day or more. These levels of exposure to social media have led to considerable concern over whether its excessive use should be considered a distinct form of behavioral addiction, and clinically treated as such.

Some of the available evidence supports this position. Excessive social media use has been linked to symptoms typically associated with substance use disorders and behavioral addictions. For example, it has been shown to coincide with higher levels of social anxiety and depressive symptoms. (Kennedy, K., 2019). (3)

- **Aggressive behaviour**

Aggressive behavior can cause physical or emotional harm to others. It may range from verbal abuse, to physical abuse. It can also involve harming personal property.

- **Bullying**

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behavior that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders.

- **Children Media addiction**

As many parents probably already know, their teenage kids can be absolutely addicted to social media. And with the various websites and array of social media platforms, sometimes teens can spend all day using the social media, without knowing the potential negative impacts that social media can have on them.

- **Isolation:**

Isolation mean the state of one who is alone, apart from his surroundings. Because of the excessive use of the social media the child will be isolated from his family members and friends.

- **Solitude:**

May imply a condition of being apart from all human beings, or of being cut off by wish or circumstances from one's usual associates.

Literature review:

Many researchers and scholars in sociology, and psychology, and mass communication have always been fascinated by the study of human behaviour, and trying to assess the size of effects of mass communication on audience, especially on children.

According to Pusateri, J.S. (2006), (4) in his study entitled: The Effects of video game violence on boys, articulated thoughts of aggressive behaviour intentions.

Due to the continuous growth of violent video games usage especially among the youth, the main goal of this study is to create a far reaching model of how video games affect hostility and aggression behaviour between adolescents.

According to Piotrowski, D. A. (2007), (5) in his study entitled: Factors associated with young children's home video game habits. The main area of focus in this study is to determine whether the exposure to violent and age inappropriate video games on young children can cause an impact on 2 aspects; negative behaviour shift and academic progress. The finding of the study concluded that there was no decisive link between this type of exposure and the violent behaviour of adolescents neither their academic progress.

According to Bucolo, D. (2010). (6) In his study entitled: Violent video game exposure and physical aggression in adolescences: Tests of the general aggression model. The main goal of this study is to determine whether exposure to violent video games can in fact have a direct influence on aggression on a physical level or only promote traits violent.

According to Henderson, B.B. (2015) (7) in his study entitled: Exploring the interactive effects of social learning theory and psychopath on serious juvenile delinquency, the social learning is at very core of the field of criminal psychology. In this study, researchers attempt to establish for the first time a correlation between the definition of the social learning theory and the level of psychopathy of social delinquents, more specially, the juveniles.

According to Farhud (2017), (8) in his study entitled: Negative factors that scholars examined include cyber bulling, suicide and criminal activities.

It has been proven that online bullying has progressively negative long impacts on emotional wellness rather than offline bullying. This is because the victim will continue to be harassed until for whatever length

of time, until the cyberbully has at long last chosen to evacuate the said post them.

According to Deaton (2015) (9) a study was conducted that showed the capability of a human being to illustrate mental images that are based on temporary sensational experiences related to the social learning theory. When it comes to the interaction with social media programs, the study has shown these temporary sensational experiences are boosted and other variety of learning skills are presented in such an interaction. Moreover, social media supplies audio and visual through the use of enhanced graphics and videos and as a result it allows the tactile stimuli to interact with the subsidiaries of electronic input. Thus, as a multi-sensational approach was used to share interactions and information, it leads to enhance a better chance of creating or symbolizing a certain memory.

According to Edinyang David (2016), (10) a research was made that showed the theory of social learning draws attention to changes in learning and behaviour by imitating and observing interactions and behaviours. It's taken into consideration that education implies to shape the behaviour of the kid to deal with values and attitudes throughout life and mostly depends on a certain behaviour in a specific environment. Of course, standards differ from one environment to another and as a result social learnings and behaviours are measured among the human being's direct society that in turn leads to the vital role of the instructor to make sure that the behaviours seen by their students to be appropriate and always give the right impression. Sometimes as idols or role models. As result, kids should be immediately punished for misconduct and rerouted to know the right or proper behaviour in a certain situation.

From the previous studies we can see that most of the studies focused on the ability of the children to, learn imitate and compare themselves to others and the strong impact of the social media on the users in term of heavy users VS light users and the ability of learn from the child observation to what he/ she see through the social media. These studies have guided the researcher to choose the Social Comparison Theory, The Cultivation theory and the Social Learning Theory, the three theories are appropriately related to the present study

of the impact of excessive exposure to violent video games on children behaviour.

Theoretical Framework:

The present research paper tries to assess and evaluate the impact of the excessive use of the violent video games on children behaviour. One main theory will be applied in this context.

- **The Cultivation Theory**

Cultivation theory:

Cultivation Theory was developed to explain the effects of television viewing on people's perceptions, attitudes, and values. The theory came out of a long-term, extensive program of research by George Gerbner and his colleagues they started with the argument that television has become central cultural arm of all societies.

The heavy viewer watches even more. The Gerbner team argues that for heavy viewers, television virtually monopolizes other sources of information, ideas, and consciousness. The effect of all this exposure to the same messages produces what these researchers call cultivation, or the teaching of a common worldview, common roles, and common values.

Across-the board effects of television on all heavy viewers. It now claims that television interacts with other variables such as age for example, in ways such that television viewing will have strong effects on some subgroups of persons and not on others.

In response to the criticisms from many mass media researchers, Gerbner and his associates added two concepts, mainstreaming and resonance, these concepts take account of the fact that heavy television viewing has different outcomes for different social groups.

For instance, heavy television viewers in both low and high income share the view that fear of crime is a very serious personal problem. Light viewers in the two categories do not share the same view. The light viewers who are low in income tend to agree with the heavy viewers in both categories that fear of crime is a serious problem.

Age is an important variable as well as time spent, heavy users VS light users and habit patterns will have a greater effect on the users. Accordingly children who are exposed to violent video games for many hours a day this will have a great impact on them.

This theory suggests that exposure to media, over time, "cultivates" viewers' perceptions of reality, so the study examined if children saw that violence is a normal attitude in reality as they exposed to it heavily while they play this type of games heavily.

The Problem Statement:

Today many parents and professor of psychology became concerned with the impact of excessive use of violent video games on children's behaviour. The present study tries to explore and analyse the impact of excessive use of violent video games on children behaviour.

Hypothesis 1:

There is a significantly positive correlation between exposure to violent video games and children aggressive behaviour.

Hypothesis 2:

There is a significant positive correlation between the peaceful family environment as a mediating factor and reducing the negative impact of excessive use of violent video games on children aggressive behaviour.

Methodology:

The researcher use the questionnaire/survey to assess and analyse the impact of the excessive use of violent video games on children's behaviour. The sample size will be distributed on 200 respondents (parents) from both male and female, Married with one or two or three child, Age from 28 to 45, level of education, University graduates, social class, A , B. Geographical location, Cairo governorate. Also, four interviews with two psychiatrists and another two interviews with two school teachers from different private schools.

Research findings and analysis:

Table (1)

child prefer watching video games than play with his friends	frequency
Yes	43.8%
No	56.2%
Total	100%

Table no (1) shows that (43.8%) of children prefer watching video games than play with their friends, and this may be due to the improvement of video games production using animation ,graphics multimedia tools that attract child's attention, all these tools garb children attention and take them to a virtual world.

Table (2)

child prefer to use video games rather than read a book	frequency
Yes	91.4%
No	8.6%
total	100%

Table (2) shows that (91.4%) of children prefer to use video games rather than read a book, and this may be due to children didn't find enough encouragement from their parents to spend much more time in reading books so they lost interest in reading habits.

Table (3):

child prefer to play video games rather than practice sport	frequency
Yes	50.5%
No	49.5%
total	100%

Table (3) shows that (50.5%) prefer to play video games rather than practice sports, because they became addicted to the exposure to violent video games rather that playing sports.

Table (4)

Children exposure to internet	Frequency
One hour	32.7%
Two hours	34.6%
More than three hours	32.7%
total	100%

Table (4) shows that (34.6%) of children expose to internet for two hours per day, this can affect the child behavior because most of the scientific researches indicates that the child cognitive development will be affected negatively if children keep watching internet regularly per day.

Table (5)

Days of exposure per day	Frequency
One day a week	9.5%
Two days a week	15.2%
Three days a week	18.1%
Seven days in a week	57.1%
total	100%

Table (5) shows that (57.1%) of sample expose to the internet games seven days in a week, this percentage reflects a high rate that will affect negatively school performance, and other social activities.

Table (6)

Pattern of child using video games	Frequency
Alone	57.9%
With friends	42..1%
total	100%

Table (6) shows that (57.9%) prefer using video games alone, because most of the gamed have interactivity and this may lead to social isolation for the child.

Table (7):

Favorite child video games	Frequency
Bup G	9.8%
Roblox	14.7%
crafting	27.5%
fighting	11.8%
fortnite	36.3%
total	100%

Table (7) shows that children prefer the followings: fortnite (36.3%), crafting (27.5%), Roblox (14.7%), fighting (11.8%) and Bup G (9.8%).

8. Table (8)

Parents observation of child performance at school	Frequency
yes	85.7%
No	5.7%
Maybe	8.6%
Total	100%

Table (8) shows that (85.7%) observe their children performance at school regularly, and this indicates that parents are well educated and paying good attention to their kids' education.

Table (9):

Changing on child behavior	Frequency
Yes	22.9%
No	37.1%
May be	40%
Total	100%

Table (9) shows that (40%) of sample believe that there is a change in their children behavior, and this may be due to the excessive exposure to violent video games or imitating their friends at school. For example, a meta-analysis by Sherry (2001) suggested that violent video games have minor influence on adolescent aggression.

Table (10)

Pattern of sleeping and eating	Frequency
Yes	31.7%
No	68.3%
Total	100%

Table (10) shows that (31.7%) of sample reflected that change in child appetite and pattern of sleeping which is considered a negative indication on child health and performance.

Table (11)

A phenomena of child cyber bulling	Frequency
Yes	41%
No	15.2%
May be	43.8%
	total

Table (11) shows that (41%) of sample believe that excessive exposure violent video gamed can contribute to spreading of bulling phenomena among children.

Table (12)

Alternatives proposals to attract child's attention	Frequency
Sports	60%
Reading	3.8%
Family gathering	36.2%
Total	100%

Table (12) shows that (60%) of sample prefer playing sports as an alternative propose to attract child attention from excessive usage of

video games, while (36.2%%) prefer family gathering in order to let the children communicate and socialize with families to avoid social isolation, (3.8%) prefer reading.

Table (13)

School activities as a solution	Frequency
Yes	86.7%
No	13.3%
total	100%

Table (13) shows that (86.7%) agreed that school activities are a better substitution or solution to excessive use of video game.

Table (14):

Child school school performance	Frequency
Yes	40%
No	60%
	100%

Table (14) shows that (40%) of sample reflected a drastic deterioration of school performance as a result of excessive use of violent video gamed\s because the child will spend a great amount of time watching and playing video games instead of studying , and also watching video games will distract child's attention on his/hers study.

Table (15):

Child social isolation	frequency
Yes	43.3%
No	56.7%
total	100%

Table (15) shows that (43.3%) of sample feel that their children isolated from his surrounding and family members because he/ she spends most of their time watching or playing video games , and unfortunately the child addicted to these games.

Table (16)

Family members responsibilities	Frequency
Yes	68.6%
No	10.5%
May be	21%
total	100%

Table (16) shows that (68.6%) agrees that the family members are responsible for the child misuse of the video games, as some of the families members are engaged in other home responsibilities that why they do not pay attention to the harmful consequences of their child excessive use of the violent video games.

Table (17)

consult psychiatrist to control child's misuse violent video games	Frequency
yes	12.4%
No	76.2%
May be	11.4%
	100%

Table (17) shows that (76.2%) refuse to consult psychiatrist or professor of psychology to control child's misuse violent video games, due to lack of awareness and importance of consulting or taking an advice from a specialist.

Table (18)

Taking advice from school teachers	Frequency
Yes	70.5%
No	10.5%
May be	19%
Total	100%

Table (18) shows that (70.5%) agrees that they should seek teachers advices when they feel that their children behavior reflected aggressive acting toward others, as teachers are role model for kids and play a vital role in children building character as they spend a long time with them per school day.

Table (19)

	Frequency
May be	32.7%
Yes	24%
No	43.3%
Total	100%

Table (19) shows that (32.7%) of sample afraid of escalating of aggressive behavior in the future and may be unable to control it. Based on the General Aggression Model (GAM), Anderson et al. suggested that violent video games constitute an antecedent variable of aggressive behavior, i.e., the degree of exposure to violent video games directly

leads to an increase of aggression (Anderson and Bushman, 2001; Bushman and Anderson, 2002; Anderson, 2004; Anderson et al., 2004). Related longitudinal studies (Anderson et al., 2008), meta-analyses (Anderson et al., 2010; Greitemeyer and Mugge, 2014), event-related potential studies (Bailey et al., 2011; Liu et al., 2015), and trials about juvenile delinquents (DeLisi et al., 2013) showed that exposure to violent video games significantly predicts adolescent aggression.

Table (20)

Actions taken by parents to control children misuse violent video games	Frequency
Stop him from watching or using violent video games	75.8%
Consult a psychiatrist and ask for advice	14.3%
Consult his/her teacher at school	9.9%
Total	100%

Table (20) shows that (75.8%) Stop him/her from watching or using violent video games, while (14.3%) consult a psychiatrist and ask for advice, while (9.9%) consult his/her teacher at school, and this indicates that parents want to control and have full authority over their children and this will have a negative consequences because children will seek other alternative of watching video games out of home. Family violence, parenting style, and other family factors have major effects on adolescent aggression. On the one hand, family environment can influence directly on aggression by shaping adolescents' cognition and setting up behavioral models. Many studies have found that family violence and other negative factors are positively related to adolescent aggression (Ferguson et al., 2009, 2012; Ferguson, 2013), while active family environment can reduce the aggressive behavior (Batanova and Loukas, 2014).

Interview results:
Researchers interviewed
Questions of the interview directed to the psychiatrists:
Professor Dr. Khaled El shimy and Dr. Hannah Kamal

1. Do you think that the excessive use of violent video games can have an impact on the child aggressive behaviour?
2. What do you think are the reasons for adopting the aggressive behaviour as a result of the excessive use of violent video games?

3. Which gender do you think mostly gets more affected by the excessive use or watching of the violent video games?

4. Which age do you think mostly affected by the excessive use of violent video games?

5. What do you recommend the family members to do in order to stop using or watching the violent video games?

6. Do you think the positive family environment can mediate the impact about aggression in exposure to violent video games and children aggression?

Questions related to the personal interview with different teachers at school

1) Do you think that the excessive use of the violent video games will affects the child behaviour?

2) Do you think that the excessive use of the violent video games will affect the child performance at school?

3) Do you think the excessive use of violent video games will contribute to the Phenomena of bullying among the children at school?

4) What is the role of the teacher at school in helping to find solutions or alternative activities to help minimizing the excessive use of the violent video games among children?

5) What are some useful recommendations that you can provide for the family members to help them control the excessive use of the violent video games?

6) Do you think the positive family environment can mediate the impact about aggression in exposure to violent video games and children aggressive?

Interviews results of both Psychiatrist, Dr. Khaled El Shamy and DR. Hannah Kamal.

First Dr Khaled El Shamy

The excessive use of violent video games definitely has a negative impact on the child's behaviour because the mind get programmed on things that are based upon what the eyes observe and see as well as its repetition.

The reasons for adopting the aggressive behaviour as a result of the excessive use of violent video games, is there is no parental guidance can easily be the reason why a child adopt this aggressive behaviour since the child's conscious mind does not differentiate between the positive and negative behaviour. Moreover, children's unconscious mind does not differentiate between the reality and the imaginary, fantasy situations.

Based on my experience, the male gender is the most likely to be more affected by the excessive use or watching of the violent video games; due to male's psychological urge for attention and reveal of personality as males are more likely in younger age want to prove themselves and show off their personalities.

The ages from 7-10 years as well as 11-14 since there are two stages. The first stage includes the age range from 7-10 which can be controlled easier and has less execution of behaviour due to the limited right of action. However, the second stage includes the age range from 11-14 which can be harder to control due to transition from childhood to teenage. This stage which teenagers, especially males, are most likely to be executing not just observing due to their psychological urge to prove their masculinity. Furthermore, males of this age 11-14 are more likely to be impacted by friends more than family.

I recommend that family members should not prohibit their children from video games instantly since this would backfire on children; arise curiosity for children. Therefore, I recommend that parents should lessen the use of video games. Moreover, it's most preferably that the family members engage in the usage of it to assure guidance and avoid negative impact.

Definitely, Positive family environment can definitely make the impact limited on children. On the other hand, negative family environment may be one important factor that drives children to execute violent behaviour since it would be the child's way of expressing how he or she feels regarding this environment.

The second interview with DR. Hannah Kamal a Psychiatrist

Unfortunately the child start to interact with games without separating between virtual reality and real life situation.

Children think that they are fulfilling something great through the violent games as if they are fighting other characters and defeat them they think they are victorious and can kill many characters through the video games.

Males are more interested in playing and using violent video games, because they feel that they are masculine and they are strong and thy imitate the characters they see in the violent video games and this will reflect their masculinity.

The younger the age the more they are affected by the violent video games, because they can't separate between reality and the virtual reality, and psychological feel they can express themselves through the video games and think that they fulfil something great, fighting other characters and kill them.

Children should be away from the internet, twitter and Facebook and, specially, violent video games, and if they will be exposed they should not be more than one hour a day, the maximum.

The family surrounding will play a great role in minimizing the negative impact of exposure to violent video games in order to explain them that what they see in video games are not reality, just a fiction violent. And also the positive family environment will reduce the negative impact of violent video games on children.

Teachers interview results:

The first interview with Yasmin Sherif Omar a school teacher:

Excessive use of violent video games will surely affect child behavior. The excessive use of violent video games will have an effect on the child's performance at school due to the fact that it affects attention levels which will surely affect the child's performance.

the excessive use of violent video games will contribute to the Phenomena of bullying among the children at school contribute to

bullying in a way because it makes a lot of behavior seem more acceptable for the child which makes them express them with more comfort among their friends. Moreover, the child becomes more careless with personal relationships in school and loses the motive to act kindly and exert effort on personal relationships due to the exposure to video games which acts as a substitute to friends.

Teachers should exert effort to continuously and openly talk to children about the negative effects that they are being exposed to. She can engage them in activities that encourage good relationships and making friends in addition to valuing integrity. Making school displays to encourage this can help children be motivated to promote such values. Activities done outside of school to promote such values can also be positively reinforced by the teacher.

Family members that are older can share good memories they had when they weren't so involved with video games. They can also encourage family outings that include physical activities. Guardians should limit the amount of screen exposure and include sports and activities into the child's routine.

A positive family environment will succeed to do so but should give it direct attention and communicate it directly with children. A positive environment will help promote the values of relationships among friends and the importance of social values and activities and all the drawbacks of video gaming.

The second Interview with Nada Ahmed a school teacher:

Excessive use of violent video games has a negative impact on child behavior. Performance in school will be affected as the child starts suffering from temper problems and starts manifesting addiction towards video games which stops him from performing well in school.

Bullying becomes more since the violent video games expose the child to aggression and make it seem more acceptable and does not show the downside of aggression or negative behavior which pushes him to start acting the same way among his friends in school.

Teachers should talk to children about the negative effects. They can also hold workshops for parents to learn more. Having themes in school that encourage positive behavior and competitions to motivate children to learn more about the effects.

Families should not resort to video games as a tool to make their children busy and not to bother them at home. Families should limit screen time and should engage in activities together that reflect social values.

A positive family environment can be a tool but the family has to tackle the dangers directly and exert effort to tell the children how it is negatively affecting their behavior. Children forget how to deal with human beings and start dealing with machines better. That causes temper problems and a failure to effectively communicate their needs and wants to their family. They start feeling that nobody understands them and thus they resort to games again. Thus the family has to apply good communication skills and understand the child's needs.

Hypothesis results:

Hypothesis One:

- This study found a significantly positive correlation between exposure to violent video games and children aggressive behaviour. According to the GAM (Bushman and Anderson, 2002; Anderson and Carnagey, 2014), violent video games can make teenagers acquire, repeat, and reinforce aggression-related knowledge structures, including aggressive beliefs and attitude, aggressive perceptual schemata, aggressive expectation schemata, aggressive behavior scripts, and aggression desensitization. Therefore, aggressive personality is promoted, increasing the possibility of aggressive behavior. The Hypothesis 1 of this study was validated and provided evidence for the GAM.

Hypothesis Two:

- This study found that positive Family environment will mediate the impact of the excessive exposure to violent video games on children behaviour.

On the one hand, family education is closely related to adolescent aggression. Then, parents should create a good family atmosphere, publicly show anger and aggression as little as possible, and advocate and practice positive moral values. Parents should adopt authoritative styles, abandoning autocratic and indulgent parenting styles (Casas et al., 2006; Sandstrom, 2007; Underwood et al., 2009; Kawabata et al., 2011) to minimize the negative effect of exposure to violent video games. On the other hand, for teenagers with poor family environment, while reducing exposure to violent video games, it is particularly important to change their normative beliefs about aggression, no longer viewing aggression as an alternative way to solve problems.

Research findings and assessment:

- (68.6%) agrees that the family members are responsible for the child misuse of the video games, as some of the families members are engaged in other home responsibilities that why they do not pay attention to the harmful consequences of their child excessive use of the violent video games.

- (76.2%) refuse to consult psychiatrist or professor of psychology to control child's misuse violent video games, due to lack of awareness and importance of consulting or taking an advice from a specialist.

- (70.5%) agrees that they should seek teachers advices when they feel that their children behavior reflected aggressive acting toward others, as teachers are role model for kids and play a vital role in children building character as they spend a long time with them per school day.

- (32.7%) of sample afraid of escalating of aggressive behavior in the future and may be unable to control it.

- (75.8%) Stop him/her from watching or using violent video games, while (14.3%) consult a psychiatrist and ask for advice, while (9.9%) consult his/her teacher at school, and this indicates that parents want to control and have full authority over their children and this will have a negative consequences because children will seek other alternative of watching video games out of home.

Conclusion and recommendations:

Violence, it's literally everywhere: in video games, movies, books, music videos, and cartoons, on the nightly news and the Web, and even in commercials. And it's becoming harder to avoid. Today, with the explosion of technology and media access, parents should monitor the content that their children are exposed to.

Although experts agree that no single factor can cause nonviolent children to act aggressively, heavy exposure to violent media can be a risk factor for violent behavior. Children who are exposed to multiple risk factors -- including aggression and conflict at home, and negative family environment- are the most likely to behave aggressively.

Heavy exposure to violent media can lead to desensitization, too. And it may actually start with parents. Parent play a major role in managing media violence in the children life. For example Parents should explain the true consequences of violence, and point out how unrealistic it is for children to get away with violent behavior.

For individuals with a good family environment, exposure to violent video games had only a direct effect on aggression; however, for those with poor family environment, it had both direct and indirect effects.

Scientifically, many studies have pointed to the General aggression Model (GAM) and Catalyst Model (CM) that suggest that there are many variables that should be included when studying the impact of excessive violent video games on children which depend on external and internal factors.

In fact, the relation of violent video games to aggression is complicated, because many variables should be included such as family environment and child personality.

Finally, we can conclude that child aggressive behavior cannot be separated from internal and external factors according to the two models (GAM) model and (CM) model, where the GAM uses internal factors to explain the influencing mechanism including aggressive beliefs, and aggressive personalities, (Bushman and Anderson, 2002, Anderson and Carnagey, 2014), While the CM model acknowledges the role of external factors such as violent video games and family violence. These two models reveal the mechanism of aggression from different points of view. It is advisable to explore the effect of video games on aggression from the perspective of combination of internal and external factors

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