Video Games – Evaluating Them From a Christian Perspective

Grand Theft Auto

The best-selling video game in America last year was "Grand Theft Auto: San Andreas." The recent controversy over this popular video game is just another reminder of the deception of ratings and the need for parental direction and discernment when it comes to buying video games.

The game in question already has a bad reputation. The National Institute on Media and the Family described it this way: "Raunchy, violent and portraying just about every deviant act that a criminal could think of in full, living 3D graphics. Grand Theft Auto takes the cake again as one of the year's worst games for kids. The premise—restore respect to your neighborhood as you take on equally corrupt San Andreas police."{1}

Ironically what caused the controversy over the game was not its overt violence and sexuality. What caused a national stir was what was hidden within the game. Those playing the game (known as gamers) could download a modification of "Grand Theft Auto" that would allow them to see graphic sex scenes on screen.

Initially the distributor distanced itself from what hackers could do with their product once it was on the market. But that argument fell flat when it was found that the downloaded modification merely unlocked pornographic material already within the game. It now turns out that skilled players can unlock the pornographic content without downloading the key from the Internet. The game initially had a "Mature" rating. The Entertainment Software Ratings Board now requires that it

be labeled “Adults Only.”

“Grand Theft Auto” has already been a lightning rod for controversy because it rewards players for committing crimes and engaging in dangerous and immoral behavior. Gamers can buy and sell drugs, steal cars, run down pedestrians, even feed people into a wood chipper. Nevertheless, the game has sold more than five million copies in the United States.

Who is buying this game? Some are adults buying the game for themselves, but a large percentage of the people buying this game are parents or grandparents buying the game for their kids or grandkids.

Columnist Mona Charen points out that the original concerns about this game surfaced when a Manhattan grandmother bought the game for her fourteen-year-old grandson. Then she was shocked to find out that he could modify the game by downloading material from the Internet. Charen asks, “So, a kindly eighty-five-year-old lady has no qualms about purchasing a gang-glorifying, violence-soaked, sick entertainment for her teenage grandson, but is shocked when it turns out to contain explicit sex? Wasn’t the rest enough?”{2}

In most cases, parents and grandparents are buying these games and need to exercise discernment. Many games are harmless and even can help stimulate the mind. Some are questionable. And others are violent and sexually explicit. We need to use discernment in selecting these games.

Benefits of Video Games

A recent article in *Discover* magazine talked about the perception most people have of video game players. It said this is “the classic stereotype of gamers as attention-deficit-crazed stimulus junkies, easily distracted by flashy graphics and on-screen carnage.”{3} Yet new research shows that gaming can be mentally enriching with such cognitive

benefits as: pattern recognition, system thinking, and even patience.{4}

One of the best-known studies (done by Shawn Green and Daphne Bavelier) found that playing an action video game markedly improved performance on a range of visual skills related to detecting objects in briefly flashed displays. They found that gamers exhibit superior performance relative to non-gamers on a set of benchmark visual tasks.{5}

What they found was the action video gamers tend to be more attuned to their surroundings. While this occurs while performing within the video game, it also transfers to such things as driving down a residential street where they are more likely than a non-gamer to pick out a child running into the street after a ball.

They found that gamers can process visual information more quickly and can track 30 percent more objects than non-gamers. These conclusions came from testing both gamers and non-gamers with a series of three tests.

The first test flashed a small object on a screen for 1/160 of a second and the participant would indicate where it flashed. Gamers tended to notice the object far more often than non-gamers.

The second test flashed a number of small objects on a screen at once. The subjects had to type the number of objects they saw. Gamers saw the correct number more often than non-gamers.

The third test flashed black letters and one white letter on a screen in fast succession. The one white letter was sometimes followed by a black “X.” Gamers were able to pick out the white letter more often than non-gamers and could more accurately say whether it was followed by a black “X.”

The researchers also wanted to know whether the superior performance of gamers was acquired or self-selected. In other

words, do video games actually improve visual attention skills or is it possible that visually attentive people choose to play video games?

Green and Bavelier trained a selection of non-gamers on one of two video games. One group played the World War II action video game "Medal of Honor." The other group served as the control group and played the puzzle game "Tetris." The researchers found that after two weeks, the group trained on the World War II game showed a marked increase in performance over the control group.

The researchers therefore concluded: "By forcing players to simultaneously juggle a number of varied tasks (detect new enemies, track existing enemies and avoid getting hurt, among others), action-video-game playing pushed the limits of three rather different aspects of visual attention."{6}

Video games can also train our brain to be more efficient. In the early 1990s, Richard Haier (University of California at Irving's Department of Psychiatry and Human Behavior), scanned the brains of "Tetris" players. He found that in first-time users, the brain requires lots of energy. In fact, cerebral glucose metabolic rates actually soar. But after a few weeks, these rates sink to normal as performance increases seven-fold.{7} In essence, "Tetris" trains your brain to stop using inefficient gray matter.

Types of Video Games

Let's now focus on the rating of video games and the major video game categories. As we mentioned earlier, the video game industry is self-regulated, so we need to exercise discernment.

EC – Early Childhood (age 3 and older) – These games are appropriate for anyone who can play a video game and contains no inappropriate material.

E – Everyone (age 6 and older) – These games are designed for younger players and are the equivalent of a PG movie.

T – Teen (age 13 and older) – Generally these games are not appropriate for younger ages and are equivalent of a PG-13 movie.

M – Mature (age 17 and older) – These games are not appropriate for children. They may be rated as such because of overt violence, sexual content, and profanity.

AO – Adults Only (ages 18 and older) – These games involve excessive violence, sexual content, and explicit language.

There are a number of different types of video games.

Puzzles – Puzzle games are usually acceptable for all ages and generally are rated "E." These games involve logic and spatial arrangements. The best known puzzle game is "Tetris."

Strategy – These games may be as straightforward as "Chessmaster" or involve the use of tactical moves of troops or players such as "Advanced Wars."

Simulation games – Some games like "SimCity" require creativity and advanced problem-solving skills. Others involve driving or flying simulations that can be relatively tame or highly offensive such as the "Grand Theft Auto" series of video games.

Arcade games – The classic arcade games include such favorites as "Pacman" or "Frogger." However, the newer arcade games may include games like the violent "Street Fighter."

Role playing games – This is a type of game where players assume the roles of via role-playing. Although these games may be less graphic, they often involve fantasy and even the occult.

Action games – These games most often have an "M" rating. Many

of these action games involve point-and-shoot games that are especially dangerous.

Violent Video Games

There is cause for concern about violent video games. According to the American Academy of Pediatrics, playing violent video games increases the likelihood of adolescent violent behavior by as much as 13 percent to 22 percent.{8}

A 2005 meta-analysis of over thirty-five research studies (that included 4000 participants) found that "playing violent video games significantly increases physiological arousal and feelings of anger or hostility, and significantly decreases pro-social helping behavior."{9} Another study has shown a relationship between playing violent video games and being involved in violent acts.{10}

Testimony before the United States Senate documents the following: (1) that violent video games increase violent adolescent behavior, (2) that heavy game players become desensitized to aggression and violence, (3) that nearly 90 percent of all African-American females in these games are victims of violence, and (4) that the most common role for women in violent video games is as prostitutes.{11}

One of the people speaking out against violent video games is Lt. Col. Dave Grossman, whom I have interviewed on a number of occasions. He is a former West Point professor and has written books on the subject of killing.{12} He has also testified that these violent video games are essentially "killing simulators."

Grossman testified on the shooting in Paducah, Kentucky. Michael Carneal, a fourteen-year-old boy who had never fired a handgun before, stole a pistol and fired a few practice shots the night before. The next morning he fired eight shots and had eight hits (four of them head shots, one neck, and three

upper torso). This is unprecedented marksmanship for a boy who only fired a .22 caliber rifle once at a summer camp.

The typical response in firing a gun is to fire at the target until it drops. Carneal instead moved from victim to victim just like he had learned in the violent video games he played.

The goal in these games is to rack up the "highest score" by moving quickly. Grossman points out that many of the games (such as "House of the Dead" or "Goldeneye" or "Turok") give bonus points for head shots.{13}

Does that mean that anyone who plays these games will be a killer? Of course not. But Grossman says that the kind of training we give to soldiers (operant conditioning, desensitization, etc.) is what we are also giving to our kids through many of these violent video games.

Ironically, the U.S. Marine Corps licensed one of these popular video games ("Doom") to train their combat fire teams in tactics and to rehearse combat actions of killing.{14} The video game manufacturers certainly know these are killing simulators. In fact the advertising for one game ("Quake II" that is produced by the same manufacturer as "Doom"), says: "We took what was killer, and made it mass murder."

Biblical Discernment

If we look back at the list of different types of video games, it is pretty easy to see that it is possible to find acceptable games as well as questionable and even dangerous video games in just about any category. That is why parental direction and discernment are so important.

The latest controversy over "Grand Theft Auto" demonstrates that the video game industry has not been effective at self-regulation. And children cannot be expected to exercise good judgment unless parents use discernment and teach it to their

kids.

Paul tells us in Philippians 4:8, “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” We should focus on what is positive and helpful to our Christian walk.

As Christians, we should develop discernment in our lives. See my article on “Media and Discernment” (www.probe.org/faith-and-culture/culture/media-and-discernment.html) for suggestions on how to develop discernment in your life and the life of your child.

Parents need to determine the possible benefits to playing videos and whether those benefits outweigh the negatives. Many of the games available today raise little or no concern. As one commentator put it, “The majority of video games on the best-seller list contain no more bloodshed than a game of Risk.”{15}

But even good, constructive games played for long periods of time can be detrimental. Over the last few years I have been compiling statistics for my teen talk on media use. The number of hours young people spend watching TV, listening to music, surfing the Internet, going to movies, etc. is huge and increasing every year. Young people spend entirely too much time in front of a screen (TV screen, computer screen, movie screen).

So even good video games can be bad if young people are staying indoors and not going outdoors for exercise. Obesity is already a problem among many young people. And good video games can be bad if they take priority over responsibilities at home and schoolwork.

Parents should understand the potential dangers of video games and make sure they approve of the video games that come into their home. They may conclude that the drawbacks outweigh the

benefits. If their children do play video games, they should also set time limits and monitor attitudes and behaviors that appear. They should also watch for signs of addiction. The dangers of video games are real, and parents need to exercise discernment.

Notes

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3. Steven Johnson, "Your Brain on Video Games," *Discover*, July 2005, 40.
4. Ibid.
5. C. Shawn Green and Daphne Bavelier, "Action video game modifies visual selective attention," *Nature* 423 (2003), 534-537.
6. Ibid., 536.
7. Jeffrey Goldsmith, "This is Your Brain on Tetris," *Wired*, Issue 2.05, May 1994, 2.
8. Lori O'Keefe, "Media Exposure Feeding Children's Violent Acts," *American Academy of Pediatrics News*, January 2002.
9. Henry J. Kaiser Family Foundation, "Generation M: Media in the Lives of 8-18 Year Olds," *A Kaiser Family Foundation Study*, March 2005.
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11. Craig Anderson, "Violent Video Games Increase Aggression and Violence," U.S. Senate Testimony, Hearing on The Impact of Interactive Violence on Children, Committee on Commerce, Science and Transportation, 106th Congress, 1st Session.
12. David Grossman, *On Killing: The Psychological Cost of Learning to Kill in War and Society* (New York: Little, Brown and Co, 1995) and David Grossman and G. DeGaetano, Stop

Teaching Our Kids to Kill: A Call to Action Against TV, Movie and Video Game Violence (New York: Crown Books, 1999).
13. Statement of Lieutenant Colonel Dave Grossman, given before the New York State Legislature, October 1999, www.fradical.com/statement_of_lieutenant_colonel_dave_Grossman.htm.
14. Ibid.
15. Johnson, *Discover*, 41.

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