THE EFFECTS OF VIDEO GAMES AND VIOLENT MUSIC ON THE MENTAL STABILITY OF A CHILD AND THEIR BEHAVIOUR

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I am grateful to my professors who have guided me throughout the research so that a robust conclusion is derived from the issue. I am also thankful to my peers for maintaining collaborative culture in the research development. I would also like to give special thanks to my family members for their continuous support in my research journey. Lastly, I am grateful to the Almighty the opportunity for this research.

Abstract

The chapter of introduction consists of data regarding research aim and objectives. A rationale is added to state reasons behind conducting research on impact of video games and violent music on mental health of children. Their behavioural aspects are also affected, which is why this research is significant to identify solutions that may help in overcoming challenges. Scope and background data are also added within the first chapter.

The literature review chapter includes data regarding impact of video games on mental health stability and behaviour of children and some effects of violent music on mental health stability of children and their behaviour with theoretical underpinning of **"*Piaget's Moral Development theory*", "*Social learning theory*"** and the ***"Observational learning theory."***

Research Methodology consists of data regarding procedures and techniques that are followed to collect information on given context. Secondary data collection method is considered and qualitative data is used to identify how violent music and video games are affecting mental health stability of children and their behaviour as well. This research is done with help of descriptive design, positivism philosophy and deductive approach.

Findings and Analysis consists of a number of thematic analysis and themes are developed from overall findings of the research. Qualitative descriptive analysis is done to evaluate themes while incorporating relevant facts and contextual evidence. It has been identified that severe mental and emotional disorders can occur and children's health can get affected poorly. This will affect their educational perspectives and career growth. Family members, parents and medical supervisors should work collaboratively to develop a better situation.

Conclusion and recommendations include an overall overview of the research document. It also links discussion done within this document with objectives to identify whether research objectives are met or not. As per every passing day, usage of video games among young people is increasing and uncontrolled usage of digital gadgets is affecting their minds. Lack of concentration, depression, distress, and anxiety are some most recognisable health issues faced by adolescents. However, limited usage can give it a different direction and ensure positive outcome of using video games. This is why it is necessary for future research work

to focus on this aspect. It is important to collect primary data so that reliability and validity of information and findings can be improved further.

Table of Contents

Chapter 1: Introduction 9

1.1Introduction 9

1.2 Background of Research 9

1.3 Aims and Objectives 10

1.4 Research Questions 10

1.5 Research Rationale 11

1.6 Significance of the Research 14

1.7 Scope of the Research 15

1.8 Structure of the Dissertation 15

1.9 Summary 16

Chapter 2: Literature Review 17

2.1 Overview 17

2.2 Core components of mental health stability giving particular focus to children 17

2.3 Impact of violent music and video games on child behaviour 20

2.4 Piaget's moral theory of child development to understand development of aggressive behaviour in child 22

2.5 Lev Vygotsky and UrieBronfenbrenner's theory of contextual cognition in psychological development of adolescents 24

2.6 Violent video games and music impacting adolescent behaviour through a perspective of Psychoanalytic theory 25

2.7 Impact of Violent Music and Video Games on Mental Health Stability of Children 28

2.8 Challenges faced by Children in Daily Life Due to Poor Mental Health 29

2.9 Development of Mental Health of Children by using Erikson's Psychosocial Developmental Theory 30

2.10 Theoretical Framework 31

2.11 Conceptual Framework 33
2.12 Literature Gap 33
2.13 Summary 34
Chapter 3: Research Methodology 35
3.1 Introduction 35
3.2 Research Onion 35
3.3 Research Philosophy 36
3.4 Research Approach 37
3.5 Research Design 38
3.6 Data Collection Method 38
3.7 Data Analysis Method 39
3.8 Exclusion and Inclusion Criteria 40
3.9 Research Strategy 41
3.10 Ethical Consideration 41
3.11 Reliability and Validity 42
3.12 Research Timeline 42
3.13 Research Limitation 43
3.14 Summary 44
Chapter 4: Findings and Analysis 45
4.1 Introduction 45
4.2 Theme 1: Impact of Video Games on Behaviour and Mental Health Stability of Children 45
4.3 Theme 2: Effectiveness of Violent Music on Mental Health Stability and Behaviour of Children 47
4.4 Theme 3: Challenges faced by Children due to Poor Mental Health and Behavioural Issues 49

4.5 Theme 4: Impact of Mental Health Stability on Education of Children 51

4.6 Theme 5: Influence of Psychoanalytical Theory on Behaviour of Adolescents 52

4.7 Theme 6: Implication of Piaget's Moral Theory to understand Development of Aggressive Behaviour among Children 54

4.8 Theme 7: Involvement of Parents in Counselling Support Programs to Improve Mental Health Stability of Children 57

4.9 Discussion 58

4.10 Summary 65

Chapter 5: Conclusion and Recommendations 67

5.1 Overview 67

5.2 Linking with Objectives 68

5.3 Research Limitations 70

5.4 Recommendations 70

5.5 Future Studies 71

References 72

List of Figures

Figure 1.5.1: Rate of Children Playing Video Games in the UK.....13

Figure 1.5.2: Number of Video Gamers in the World.....14

Figure 1.5.3: Effect of Music on Mind 15

Figure 1.8.1: Structure of Dissertation.....17

Figure 2.2.1: Rate of violence video games impacting on youth violence 21

Figure 2.2.2: Elements fostering aggression in adolescents 22

Figure 2.4.1: Piaget's Moral Development theory 25

Figure 2.6.1: Psychoanalytical theory of adolescent behaviour 28

Figure 2.10.1: Theories related to Mental Health Development and Behavioural Development 35

Figure 2.11.1: Conceptual Framework 36

Figure 3.2.1: Research Onion 38

Figure 4.2.1: Relationship between Violent Game Consumption and Per Capita Youth Violence Victimisation.....50

Figure 4.3.1: Mental Health and Music Engagement 52

Figure 4.4.1: Challenges of having Poor Mental Health and Behavioural Issues 54

Figure 4.5.1: Mental Health and Education.....56

Figure 4.6.1: Effectiveness of Psychodynamic Therapy.....57

Figure 4.7.1: Psychological Development proved by Piagetian Stages.....60

Figure 4.8.1: Impact of Parents' Involvement on Children's Performance 63

Figure 4.9.1: Effects of Family Stress on Mental Health of Children 66

Figure 4.9.2: Sales of Video Games Increases due to Pandemic 67

Figure 4.9.3: Time Spent on Video Gaming or Various Other Non-Academic Computer Use ... 70

Chapter 1: Introduction

1. Introduction

This research paper is conducted on impact of video games and violent music on mental health stability of children. Purpose of this research is to identify how mental health factors of children are interrupted due to listening to violent music and playing video games. Behavioural changes that are witnessed in children due to similar reasons will be evaluated as well. This research would help in developing significant mental and behavioural development plans so that state of children can be improved.

1.2 Background of Research

Background of this research focuses on detecting factors that have a significant effect on mental health stability of children. It has been identified from a survey conducted in 2021 that more than 82% of children between the ages of 12 years to 15 years spend excessive time playing games on online sites, such as Minecraft or Fortnite (Statista, 2021). Playing video games is beneficial to a certain extent as that helps children in developing analytical and critical thinking by solving issues provided during games. However, playing video games excessively is dangerous for mental condition of children. As stated by Statista(2021), in 2019, rate of children playing video games was 67% and reason behind it increasing to this extent is the Covid-19 pandemic. During lockdown use of mobile devices, video games and other technologies has increased among children. This is because they were unable to go outside to get engaged with usual activities and outdoor games. This sort of practice is injurious to mental health stability of children.

Reasons behind children losing control over their actions and thought processes are linked to playing games tremendously and listening to loud music. At times when children stop playing and shut off systems, their brains continue to be functional and highly active. During this time, their brain cells are functional at a higher capacity than required and usual rate. However, due to the sudden drop in the situation, there is a disorganised energy and focus that children are left with. It becomes harder for them to focus on any work or even sleep (Sciencetranslated, 2021). They feel too tired to even eat and sleep as frequency of their thoughts has experienced a sudden drop. The behaviour of children becomes too irritating due

to this and on the other hand, their mental stability is affected to a great extent that they may start throwing things here and there without thinking of their value, shouting, and expressing constant frustration with people around them.

Another aspect is listening to violent music as it also affects mental health and behaviour. Nowadays, children are more attracted to rap songs and loud music and most of them include aggressive lyrics and approaches. This is why practising listening to violent music can cause significant behavioural degradation among children. For instance, their emotional issues can get triggered, suicidal approaches can be created and aggression and substance abuse practices enhance as well (Rodriguez-Aylon*et al.* 2019). Considering all these critical issues, the background of this research paper is centralised on identifying to what extent playing video games and listening to loud music can cause damage to their mental health so that effective solutions can be provided for improvement of situations.

1.3 Aims and Objectives

Aim

Aim of this research is to identify effectiveness of video games and violent music on behaviour and mental health stability of children.

Objectives

- To identify the significance of mental health stability on the educational performances of children
- To analyse impact of video games on behaviour and mental health stability of children
- To examine effectiveness of violent music on mental health well-being and social behaviour of children
- To evaluate challenges that children face due to disturbance in mental health and suggest necessary strategies to overcome them

1.4 Research Questions

1. What is the significance of mental health stability on educational performances of children?

2. How do video games impact on mental health stability and behaviour of children?

3. What are some effects of violent music on mental health stability of children and their behaviour?

4. How can challenges created due to mental disturbance be overcome?

1.5 Research Rationale

There are a number of reasons behind conducting this research specifically on effect of violent music and playing video games on children's behaviour and mental health stability. For instance, it has been identified that children spending time playing video games appear to have less concentration on studies or any activity and they face issues in speaking as well. This is because while they play games for a long hour, their mind is active at a supreme frequency and when they stop playing it takes a lot of time for brain cells to ease and function properly as opined by Zapata and Hargreaves (2018). On the other hand, violent music is created with aggressive music and offensive lyrics, at certain times which put a negative effect on minds of children. It becomes harder to process their thoughts properly due to these issues.

Age	3-4	5-7	8-11	12-15
2015	14%	28%	47%	54%
2018	13%	31%	55%	61%
2019	22%	35%	61%	67%
2020/21	23%	50%	78%	80%
2021	25%	41%	72%	82%

Figure 1.5.1: Rate of Children Playing Video Games in the UK

(Source: Statista, 2021)

Above figure portrays that usage of video games has increased to a great extent in recent years. Between the age of 12 years to 15 years, usage is increasing faster and more than in other age groups. This is because people at this age are vulnerable and they can attempt anything to get their parents and guardians convinced to provide them with things that they want. It is harder to control their actions and reactions as till this age they develop a certain level of understanding and critical thinking to understand tactics that they can use to convince their family members to get something forcibly (Cénat *et al.* 2020). However, it is possible to reduce usage among the age group between 5 years to 7 years and 8 years to 11 years. This is because, during this age group, it is possible to control children and the activities they are involved in. Their knowledge is still in development, which is why there are fewer chances for any argument. As usage of video games is increasing, there is high chance that children will face mental disturbances. This research is undertaken to spread awareness on context so that parents can control usage of video games among children.

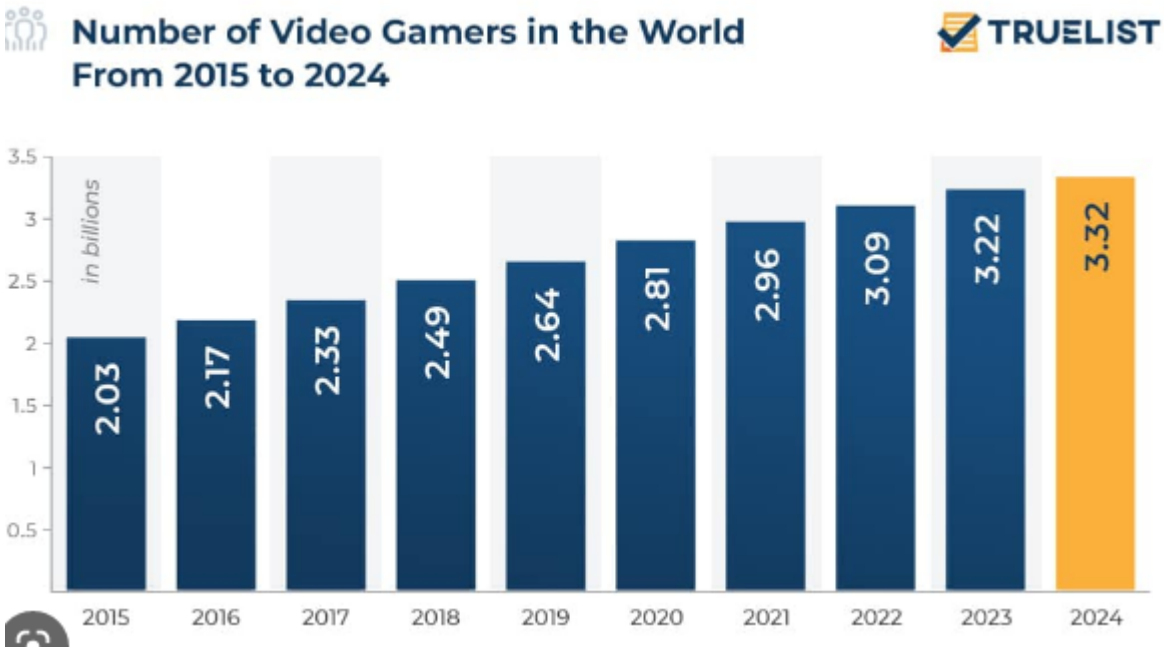


Figure 1.5.2: Number of Video Gamers in the World

(Source: Truelist, 2021)

The above graph portrays that in recent years, number of video gamers has increased and people within this field are achieving success. Children watch stories of these video gamers on social media sites and get inspired. They start dreaming to become the same person, attaining similar activities and getting the equal amount of fame someday in their lives. This perception also leads to increased usage of video games and for the same reasons stated in above section, mental health gets affected by children. Currently, there are 3.09 billion video gamers all over the world which are expected to increase to 3.32 billion in next two years (Truelist, 2021). A sense of competition among children and their friends is created while they play video games together and at certain times, competitive factors lead to pressure, frustration and anxiety (Tgclb, 2018). At times, when children lose, they may get depressed and stop eating, sleeping and doing other usual things adequately. Many of them get angry and start doing stupid things either with themselves or with others. This is how mental health stability of children can get affected due to being engaged in playing video games.

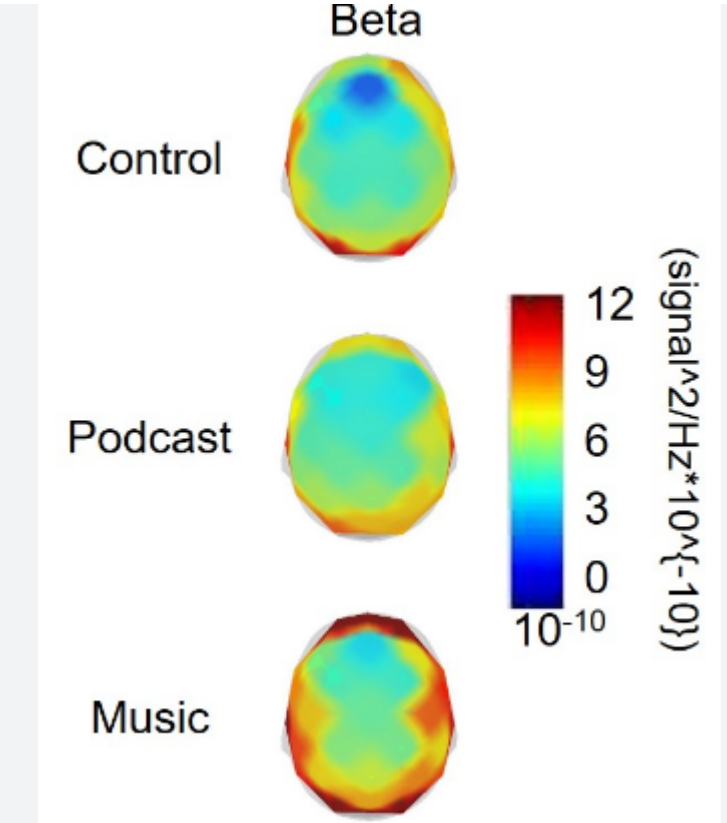


Figure 1.5.3: Effect of Music on Mind

(Source: Brunel, 2018)

This picture portrays that music has the maximum effect on people's minds. Minds of people are delicate and the frequency that they receive from listening to music should be maintained to an optimum level so that they do not feel devastated or numb. Violent music has a high frequency which affects exercises of the mind to a great extent. Children are not able to cope with this effect as their bodily functions are still under development. On the other hand, violent music includes aggressive language which can have an impact on emotional aspects of a child (Drdouglas, 2018). Being exposed to loud and violent music causes behavioural changes in children as music affects emotions and vulnerabilities excessively. Aggressive and loud music put negative effect on minds and this research will include data regarding ways in which this puts effect on children mental health and behaviour.

Considering all these aforementioned data, it is necessary to limit usage of video games and listening to violent music among children. Most people are still not aware of severity of these effects. That is why this research is conducted to spread awareness among parents regarding

the negative impact of violent music and video games on mental health of children. This will help them in taking necessary actions within time or seek effective help from knowledgeable people to improve conditions of their children in case they are suffering from mental illness due to above- stated reasons. It has been detected within this section that mostly adolescents between the age of 12 years and 15 years are more affected by these things. This is why specific focus will be given to their mental health issues, disabilities and their behavioural changes to provide further support for development.

1.6 Significance of the Research

This research primarily puts emphasis on mental health-related issues and behavioural issues that children deal with due to excessive usage of video games and listening to violent music. This research aims to identify how these factors exploit mental stability of children so that considering the challenges effective solutions can be suggested. People have the idea that playing video games for long hours and listening to loud music can cause mental disturbances among children as they are still incapable of controlling their random thoughts and dealing with severe emotions (Krachtet *al.* 2020). However, they are not aware of critical challenges that these things create in lives of their children and that is why this research paper is significant to develop a better sense of awareness among them. Parents whose children are suffering from mental illness due to excessive usage of video games and listening to loud music will be benefitted from this research. This is because they would understand how different neurological and behavioural functions are getting affected by stated reasons.

It has been identified that people belonging to the age group between 12 to 15 years deal with mental instability issues the most as children of this age desperately try to oppose things told by their parents. During this stage of becoming a teenager, people develop significant knowledge and in case they are bound by anyone to explore certain areas, then it is a common reaction from them to forcibly do that thing. It is harder to control children of this age or to explain to them anything. This is why this research will primarily focus on them and their behavioural changes caused by aforementioned two things. Therefore, this research work is significant in providing guidance regarding maintaining mental health and behavioural aspects of above-mentioned age group.

1.7 Scope of the Research

This research will include data regarding practices that can be followed to minimise usage of video games and listening to violent music among children of specific age groups. Scope of this research is that mental conditions of adolescents can be improved following suggestions that will be added in later chapters of this research paper. It is necessary for parents to consider factors related to maintaining proper mental health stability of their children and in case of any issue, take immediate guidance from medical experts and counsellors. This is to ensure that no matter what good health of children is not compromised at any cost.

1.8 Structure of the Dissertation

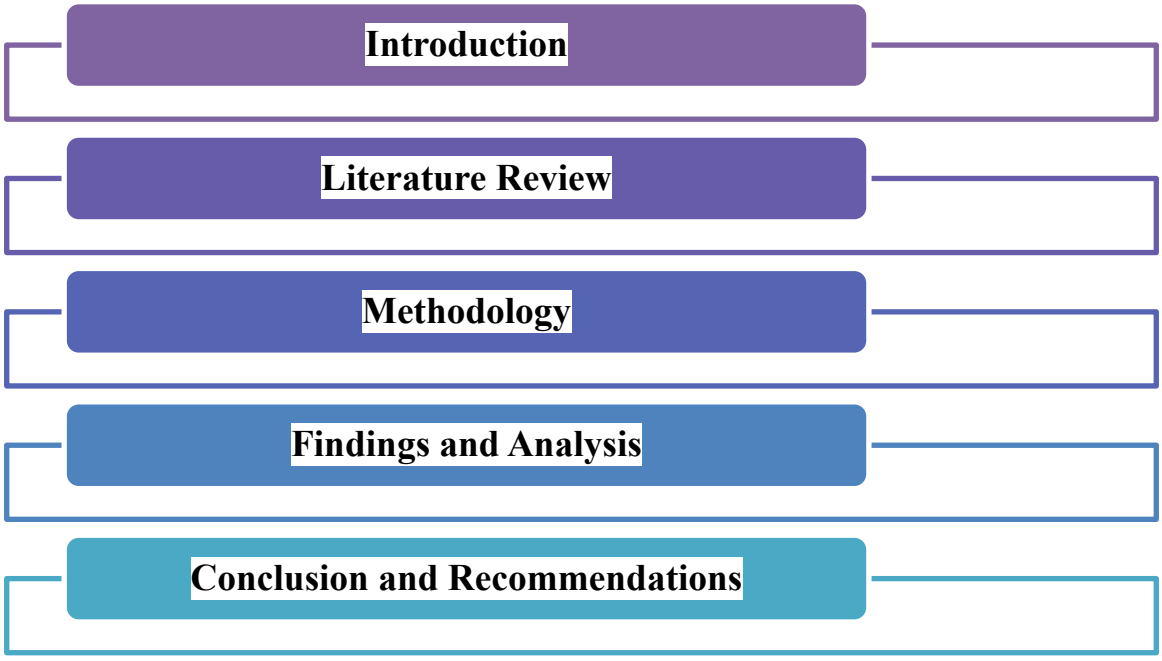


Figure 1.8.1: Structure of Dissertation

(Source: Self-Created)

1.9 Summary

This chapter consists of essential data that proves that violent music and video games have negative effects on mental health and behavioural aspects of children. Considering facts discussed within this chapter, it can be summarised that playing video games too much and listening to violent music cause a misbalance in brain functions of children. They are not able to deal with these certain frequency changes and that is why these practices increase

frustration, anger, emotional turmoil and many other issues among them. People grow to be more confused regarding things happening around them and become unable to respond to them appropriately. On the other hand, it becomes harder for children to do their usual daily activities properly, such as eating, sleeping, outdoor playing and so on. This chapter includes essential data regarding background, significance and scope of this research and reasons behind conducting it have been evaluated as well with evidence.

Chapter 2: Literature Review

2.1 Overview

The following section is aimed at discussing a set of literature revealing the main components of mental health being affected by video games and violent music amongst adolescents aged 12 to 15 years. The chapter discusses how video games impact on mental health stability and behaviour of children and some effects of violent music on mental health stability of children and their behaviour. All of the discussion is backed up by theoretical frameworks and evident from secondary literature. The chapter has further produced a conceptual framework followed by a brief literature gap and a chapter summary.

2.2 Core components of mental health stability giving particular focus to children

As stated by Al-Ali *et al.* (2018), teenagers mature into adults, and the self-regulatory regions of individual brains continue to develop. An early onset of puberty enhances the susceptibility of today's adolescents, making them increasingly inclined to taking risks that have a lasting impact on their mental well-being and development. Hence, development of some habits at this stage if left unchecked can lead up to extremely negative impacts. As per the “media use and attitudes report 2021” by Ofcom, it can be assessed that a third (37%) of primary school-age children between the age of 12 to 15 years regularly listened to violent music for more than 6 hours per day (Ofcom.org.uk, 2021). The availability of virtual and digital media has accentuated at 14% since Covid-19. It was further witnessed that, most children (12-15 yrs. spend their time watching videos on visual streaming platforms like Facebook and Youtube (96%) (Ferrari *et al.* 2019). Surprisingly, more than 63% of the children within the concerned age range were witnessed to have a regular habit of playing violent games including gun violence, slaughtering, shooting, and open combat. Not just video games, violent song lyrics have also been witnessed to increase negative emotions and thoughts that can lead to aggression amongst adolescents within the age of 12 to 15 years. As per the reports of UNICEF (2020), violent movies and music associated with it has been witnessed to be the cause of nightmares and depressive symptoms amongst 84% of European and 71% of Asian adolescents (Koehler, 2020).

As argued by Ferrari *et al.* (2019), in its broadest sense, the term "psychosocial development" describes how an individual's communication relationships and psychosocial behaviour evolve and thus are learned over time in response to their specific social and environmental context. Further argued by Koehler (2020), in light of the fact that the majority of people's brains don't finish developing until they're 25, it stands to reason that adolescents are more impressionable to the messages conveyed in video games. As stated by Al-Ali *et al.* (2018), the phrase "problematic gamers" was coined to characterise those who spend excessive amounts of time playing video games. Research by Zhu, Haegele and Healy (2019) further found that these people, in comparison to their counterparts, suffered from significantly higher rates of internalising disorders, notably despair & anxiety. Also, these kids and teens frequently prioritise gaming time over socialising or fulfilling other responsibilities. However, Anderson (2020) supported that, it is still unclear if gaming serves as a diversion from or a prelude to real-world problems. It's possible that people are turning to video games as a form of stress relief, but if they play too much they risk damaging their mental health rather than improving it. Excessive gaming has also been linked to behavioural issues like impulsivity and hyperactivity. This is on the assumption that kids would develop a taste for constant positive reinforcement as a result of the high rate of play and the abundance of tangible benefits they receive from video games.

Furthermore, as per Anderson (2020), it was discovered that elementary school pupils whose time was consumed by video games perform worse academically. This suggests that playing video games, regardless of genre, can have a negative impact on focus. However, Rodriguez-Aylloné*t al.* (2019) argued that aggressive and violent video video games are regularly found to encourage aggressive behaviours among teenagers and young adolescents, while cooperatively based video games or even violent music have been linked to relatively slight advantages of self-esteem boost. Gaming for long periods of time has also been linked to negative psychological and interpersonal outcomes (Zhu, Haegele and Healy, 2019). Therefore, it will be vital for parents to keep an eye on their children's gaming habits and the games their children are exposed to in order to curb compulsive behaviour and inside struggles.

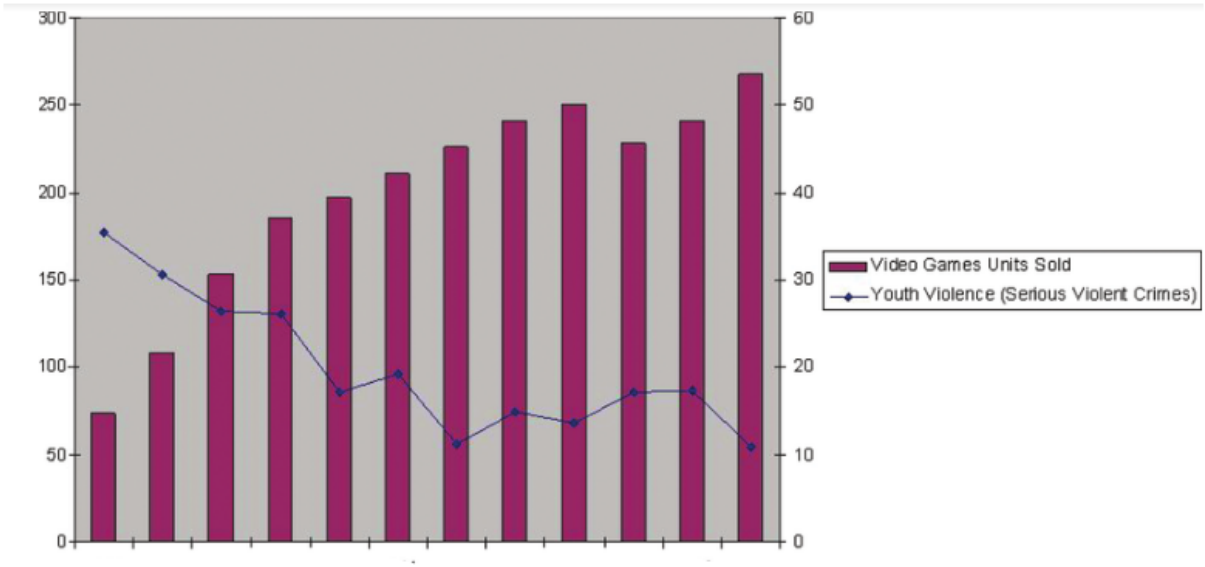


Figure 2.2.1: Rate of violence video games impacting on youth violence

(Source: Koehler, 2020)

Following the above statistics, two types of psychological mechanisms can be identified to provide causal links between child's violence exposure as well as corresponding increase in their aggressive behaviours: some that produce rapid but fleeting relatively brief behavioural changes, and the ones that produce slower but more permanent long-term behavioural transformation (Zhu, Haegele and Healy, 2019). As opined by Coyne *et al.* (2018), it is now well accepted that when children observe others engaging in violent behaviour, they internalise screenplays for aggressive behaviour, cognitive distortions supporting aggressiveness, and emotions boosting aggression, all of which contribute to long-term increases in the child's own aggressive behaviour. For this type of learning to take place, it is necessary to repeatedly observe violent behaviour. However, Rodriguez-Ayllon*et al.* (2019) argued that three other psychological mechanisms account for the temporary uptick in adolescents' aggressive behaviour after witnessing violence. To this Groves, Prot and Anderson (2020) supported that, priming pre-existing "violent behavioural scripts, aggressive cognitions, or furious emotional reactions". Apart from that, some of them include mimicry of hostile behavioural storylines; and alterations in emotional arousal caused by the observation of violence are all examples of such processes.

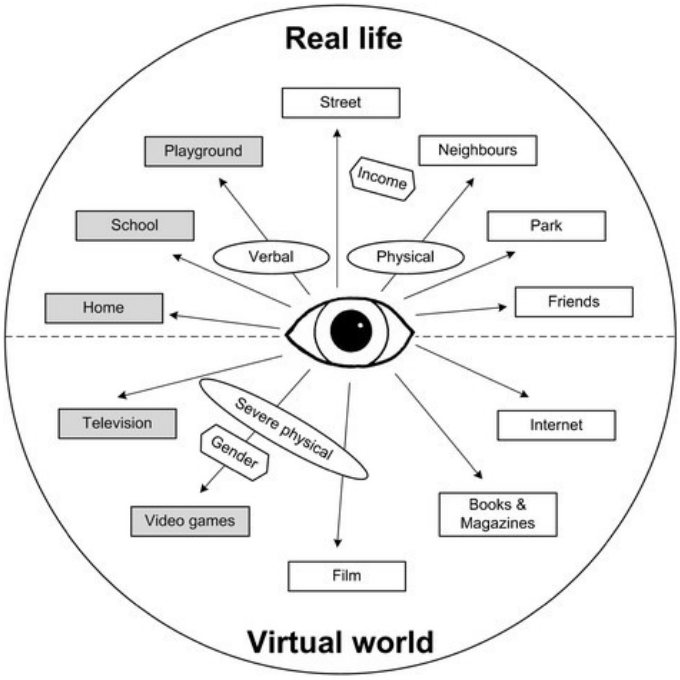


Figure 2.2.2: Elements fostering aggression in adolescents

(Source: Zhu, Haegele and Healy, 2019)

As argued by Zhu, Haegele and Healy (2019), psychologists and neuroscientists agree that adolescents' minds operate like an associative network, wherein thoughts are primed (or partially activated) by inputs with which they are associated. Singh *et al.* (2020) further added to this by stating that a stimulus's measured activation ripples through the network, bringing seemingly unrelated ideas closer to the threshold of effect. As a result, without the person's conscious awareness, the mere exposure to an event or item might prime related thoughts, ideas, and emotions in their memory. The mere sight of a weapon, for instance, is enough to trigger aggressive thoughts and actions. Inspiring aggressive thoughts and actions, witnessing a fight might trigger ingrained behavioural patterns (Coyne *et al*. 2020). Within milliseconds of witnessing a violent sight, the observer's mind will trigger any thoughts, actions, or feelings previously associated with that scene.

2.3 Impact of violent music and video games on child behaviour

A recent report of Deloitte witnessed that with increment of timelines spent per day on playing violin video games nearly 73% of school going adolescents between the a range of 12 to 15 had 3 times less academic performance than usual (Singh, 2019). This has been further

supported by the “media use and attitudes report 2021”, that states above two-thirds of parents surveyed have reported increased aggression, adamant attitude and lack of focus and appetite in their child within two weeks of playing such violent video games. Additionally, the tendency to repeatedly stream violent music or music that relates to any violent scenes from the movie has been witnessed to increase 4 times more in children having family conflict issues or getting subjected to bullying in schools(OfCom.or.uk, 2021). On the contrary, 33% of adolescents studied by the “media use and attitudes report 2021” statuses that listening to violent music increased the tendency of being a bully themselves in their adolescence (Teng*et al.* 2021). They could be suffering from issues like excessive cell phone use, sadness, anxiousness, shyness, violence, and so on. As stated by OfCom.or.uk(2021), adolescents with ADHD (attention deficit hyperactivity disorder) might be more susceptible. Teens cannot function when they do not listen to or play their favourite violent video games or listen to their favourite violent music (Michael *et al.* 2020). One of the signs of gaming addiction is an insatiable want for more gaming and an inability to limit or stop playing, as well as a loss of interest in previously enjoyable activities.

As per Altintas*et al.* (2019), plasticity, the brain's capacity to evolve in reaction to continuously generating stimulation, is vital during adolescence since it enables children to grow as well as adapt; it contains in an "elaboration and stabilisation" of a neuronal architecture composed as a consequent component of the learning process, however also tends to increase adolescents' susceptibility to make unhealthy choices. Apart from that, Pontes (2018) argues that at this stage adolescents have a natural inclination to mimic characters in the external environment. Researchers in the field of neuroscience have uncovered "mirror neurons" in monkeys that facilitate this type of processing. Therefore, youngsters between the ages of 12 and 15 are more likely to engage in aggressive behaviour themselves if they see it modelled in the media or even in their immediate environment (Michael *et al*. 2020). Adolescents can have long-term impacts from exposure to violence, including the consequent programming of emotional reactions to media depicting or promoting violence. Furthermore, as put forth by Shao and Wang (2019), fear and anger can be associated with particular stimuli after just a few encounters, according to the theory of "classical conditioning." Through stimulus generalisation, these feelings can affect people's actions in social contexts that are unrelated to the media source. If a youngster sees anything

in the media that is similar to a circumstance they have never encountered before, the child may respond with inappropriate anxiety or anger.

Based on the above, it can be evident that when adolescents within the age group of 12 to 15 years constantly consume material that triggers strong feelings, they can develop a habit of acting on those feelings automatically (Coyne *et al*. 2020). In this regard, reduced physiological sensitivity to media depictions of violence is typically attributed to this phenomenon, known as "desensitisation". Brief media exposure to violence might lessen physiological responses to extreme violence, and violent situations grow less enticing over time.

2.4 Piaget's moral theory of child development to understand development of aggressive behaviour in child

As per ***Piaget's Moral Development theory*** in children, child cognition is essential for the maintenance of violent habits (Kral*et al.* 2018). Although as per Paulus *et al.* (2018), aggressive behaviour is first motivated by a number of causes, it grows steadier and more persistent as a child's brain matures and grows increasingly resistant to change.As assessed by heightened heart rate, cardiovascular disease risk and other physiological metrics of arousal, observed violence through violent video games or violent and loud music, frequently involves high-action episodes that are extremely stimulating for adolescents. Insofar as media violence evokes the observer to a great degree, aggressive behaviour might increase in the near term for two reasons. Accordingly, Singh (2019) argued that as witnessed in the second phase of a child's moral development according to Piaget is "heteronomous morality". The stage concerns moral development wherein an adolescent reveres and accepts the laws of authoritative figures. Coyne *et al*. (2020) further add to this view, stating the youngsters recognise the distinction amongst moral and socially predictable misbehaviour at this age. First, the increased arousal induced by exposure to violence increases the likelihood that any dominating reaction tendency will be executed in the short term. Consequently, the hostile child's behaviour becomes even more aggressive (Singh *et al*. 2020). Second, whenever a child is highly stimulated from visualising violent media, a mild precise emotion, mostly mild frustration or anger, experienced may be felt more intensely, causing intense and fostered

anger. This is mainly because a portion of the "emotional response stimulated by the violent media presentation" is incorrectly credited to the incitement, causing "excitation transfer".

	HETERONOMOUS (5–10 YEARS)	AUTONOMOUS (10 YEARS AND UP)
Rules	Come from authority; "eternal and unchangeable." Rules are mystical	Co-constructed with others. Rules are rational
Point of view	Centered on one perspective	Decentered; able to consider multiple perspectives
Intention	Motivation for action not considered	Motivation for action considered
Consequences	Focus on behavior outcomes	Does not focus on behavior outcomes
Concept of justice	Confuses natural misfortune with punishment for moral misdeed	Does not confuse natural misfortune with punishment
Punishment	Expiatory punishment; punishment for the sake of punishment	Reciprocal punishment; the punishment should fit the crime

Figure 2.4.1: Piaget's Moral Development theory

(Source: Singh *et al.* 2020)

Similarly, Kral*et al.* (2018) argued that via repeated observation of real-life aggressive models as well as media-portrayed aggressive models, youngsters acquire strong presumption that aggressiveness is acceptable and forms self-induced social protocols on how they should engage aggressively. On the contrary, Groves, Prot and Anderson (2020) argued that long-term experiential learning usually involves repeated exposures, whereas relatively brief mimicry just requires a single exposure to observable behaviours. Fewer repetitions are required the more intensely the child's focus is concentrated on the observed behaviour. Nonetheless, the quantity of learning is influenced by a variety of other variables than attention. The present understanding of this process is the result of the merging of ***"social learning theory***" and the theoretical framework of ***"social information processing"*** (Rodriguez-Aylon*et al.* 2019). The stronger the scripts were coded, it is highly likely that more general ideas regarding these behaviours would be retrieved & encoded, the greater the child connects with the experienced people and the more observed screenplays for conduct are rewarded and presented as suitable as per the adolescents.

Coyne *et al.* (2019) have presented the theory of ***"observational learning"*** in this regard, which can refer to the encoding of such children's "world schemas, and normative ideas and behavioural scripts" as a result of the youngster being a consumer of violent media. Using logical inference & generalisation to integrate a course of iterations, observational learning is a potent augmentation of imitation. Zhu, Haegele and Healy (2019) further supported this by stating that extensive exposure to violence, for instance, biased "world schemas toward hostility", assign more animosity to the behaviours of others, therefore elevating the likelihood of children engaging in aggressive behaviour.

2.5 Lev Vygotsky and Urie Bronfenbrenner's theory of contextual cognition in psychological development of adolescents

The contextual viewpoint takes into account how people are affected by their surroundings, including their surroundings in terms of their bodies, minds, and social networks. López, Luque and Piña-Watson (2021) further argue that the effects of the environment and society are also analysed. The theoretical perspectives are frequently categorised as developmental theories due to their emphasis on qualitative behavioural changes through time as attempts to explain intangible processes of the maturation of cognition as per Lozada*et al.* (2021). According to Weimer *et al.* (2021), the hypothesis states how young people between the ages of 10 and 15 are particularly susceptible to cultural conditioning, during which they learn to think, feel, and act in accordance with accepted norms. There is a significant role played by the process of intentionally comprehending the cultural tools learned socially at home or school, including languages as well as other "symbolic notation systems". Therefore as supported by Moon (2021), the theory is concerned not only with how an individual's physiological, intellectual, or psychosocial state orientates, in addition to how well the "person-in-context" functions, taking into account the external environment. The study analysed the trends in violent video game play as well as discovered three distinct groups: relatively high conflicts (individuals who played violent games as children but decreased their performance over time), moderates (individuals whose proximity to violent games had been reasonable but coherent all through adolescence), as well as low-increasers (individuals who played aggressive or violent games or listened to violent music as children but continued to increase their play gradually and those who started with low exposure to violent games, as

well as help in increment of the exposure with such times (Zac*et al.* 2021). Most of the kids were low-increasers, and the ones who started out with greater levels of depression were just more likely to exhibit violent tendencies. The moderates' youngsters had a higher rate of aggression than any of the other 2 categories put together.

In addition, Saltari and Welch (2021) have argued that the theory seeks to characterise risk-taking as a behaviour whose significance is grounded in interpersonal relationships. In addition, scholars agree, arguing that risky behaviour seems to have symbolic value because it helps people build and keep important relationships and a healthy sense of who they are. This is consistent with the "social neuroscience perspective" of risk taking, which emphasises how the spectacular remodelling of the "brain's dopaminergic system" around puberty causes an increase in incentive compensation, particularly when in the presence of peers. While most teens in those age ranges have been seen playing violent video games online, this could be another explanation. Adolescents between the ages of 12 and 15 are particularly susceptible to the persuasive power of their contemporaries. Almost 45 percent of kids and teens were observed engaging in hostile and violent behaviour just before they started playing violent video games. Children who listen to violent music for even more than eight hours a day have been found to exhibit similar symptoms. The majority of the children, estimated to be between 14 and 15 years old, were either bullied or themselves were a bully to others on a regular basis. In addition, Ye *et al.* (2021) stated that over 64% of children in this age range are reported to have suffered or be going through significant trauma in early life. Anxiety and heightened arousal after a traumatic event are two factors that should be considered in explaining a propensity toward listening to or engaging in such violent music or media. Additionally, it has been noticed that adolescents transforming to adults show less risk-taking due to various improvements in their ability to self-regulate brought on by changes in the brain's intellectual control system.

2.6 Violent video games and music impacting adolescent behaviour through a perspective of Psychoanalytic theory

The psychoanalytic theory, the hormonal shifts that accompany puberty make adolescence an inherently turbulent time. Puberty's hormonal shifts, in Freud's view, throw off the psychological equilibrium of the latency stage of sexual development. McKeering and

Hwang (2019) further argued that according to Freud, the mental anguish of puberty and adulthood is caused by unresolved frustrations about unmet desires from one's youth. Participants self-reported overall violent video games exposure, living environment, normative ideas about violence, hostility and aggressive behaviour in order to evaluate the moderated mediation effect of these factors on proximity to violent video games as well as overall adolescent hostility. The findings revealed by Ye *et al.* (2021) further directs towards a positive correlation between playing violent video games and aggressive behaviour in adolescents; normative beliefs regarding aggression mediated the relationship between playing these games and aggressive behaviour in adolescents; as well as the family dynamic moderated the first stage of this mediation process (Zac*et al*. 2021). Those who grew up in supportive homes saw only an immediate impact from playing violent video games; those whose families were less stable saw both immediate and indirect effects, the latter mediated by changes in their normative beliefs about what constitutes appropriate levels of aggressiveness.

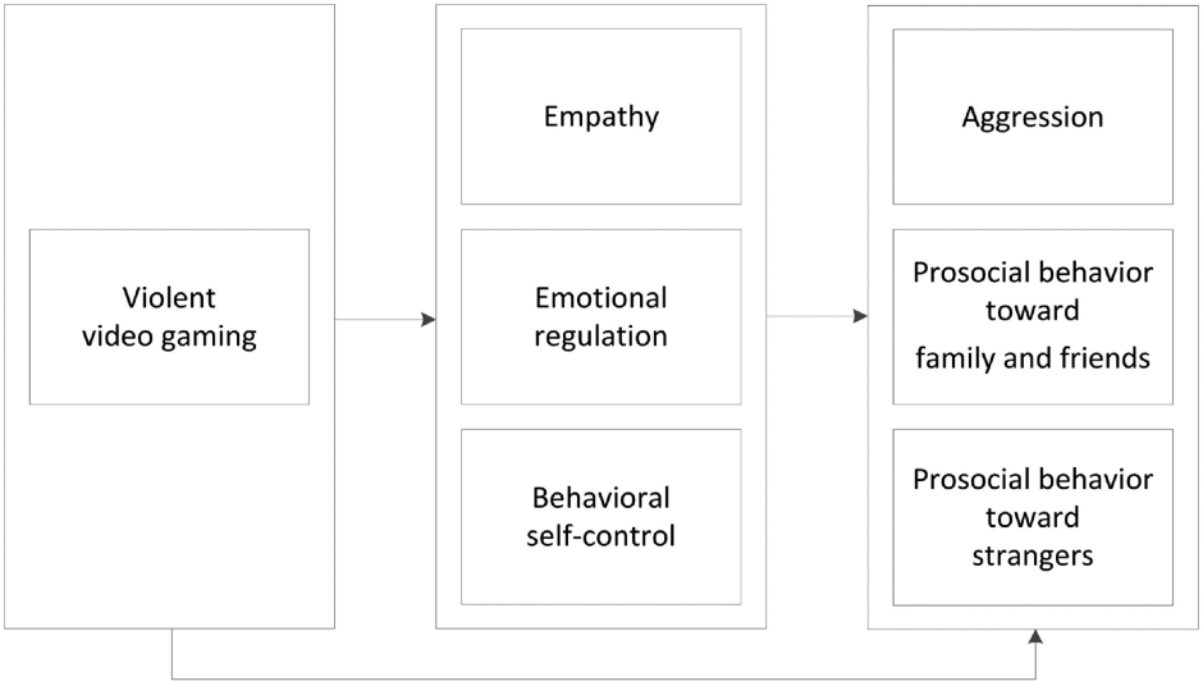


Figure 2.6.1: Psychoanalytical theory of adolescent behaviour

(Source: McKeering and Hwang, 2019)

In addition, McKeering and Hwang(2019) identify how Freud defines fixation as the regressive employment of gratification or nervousness behaviours from an earlier developmental stage. Due to the impossibility of fulfilling every desire at every point in one's life, healthy growth depends on the individual's capacity for sublimation, or the transformation of undesirable emotions and impulses into more positive and socially acceptable forms of expression. Sainio *et al.* (2019) further argues that mechanisms of impulsive manifestation, concentration, and "sublimation crystallise" into a differentiated learning during adolescence and young adulthood. Through cyclical events of involvement, conflict, and impulsive pleasure or frustration, the content, the superego's regulatory functions and goals, and the ego and self-executive functions remodel the difficulties of adolescence. Professor of communication and psychiatry at Ohio State University Brad Bushman says, "Over 130 studies have been completed on over 130,000 people around the world," making the connection between videogames and violent behaviour abundantly evident (Moon, 2021). According to Bushman, these findings show that playing violent video games might enhance "aggressive thoughts, furious sentiments, physical sensations, including higher pulse rate, and aggressive behaviour." Furthermore, they reduce pro-social actions and empathy. Seventy-nine per cent of parents who took part in the study agreed that their children are being conditioned to develop PTSD. It's true that this can happen when kids aged 12-15 are exposed to actual war and violence, but it can also happen when they play violent video games. Children's violent behaviour can also be influenced by factors such as their mental health and their family background.

Moon (2021) further argued that the lyrics of violent songs have a harmful impact on young listeners. Listening to music with violent lyrics has long been associated to negative outcomes in mental health, including violence, substance addiction, dangerous sexual practises, and even suicide. As per Sainio *et al.* (2019), aggression, substance misuse, questionable sexual activities, and even suicide have all been related to listening to music with explicit violence. Even more graphic details of violence can be found in other well-known songs. Especially for impressionable young brains, this media normalises aggressive and violent behaviour. In addition it is identified ways in which the listener's worldview, attitudes, and tolerance for violence and misogyny are influenced by nearly 56% of the destructively lyrical songs. People's musical tastes are shaped by their personalities,

perceptions of themselves, and mental capacities. If a youngster under such influence is having problems, one solution is to make sure they are hearing more upbeat music and less violent music overall. However, Zac*et al*. (2021) argued that it's not impossible that repeated exposure to such music would desensitise its listeners to actual physical violence. Streaming services give young people practically unrestricted access to today's most popular songs, many of which feature sexually explicit lyrics or themes. Many of these platforms either don't provide any kind of parental control or have poor filtering options.

When youngsters hear profanity in songs, they internalise those words as fact. Because of this, they might begin to mimic the actions they see modelled in music videos or songs. Adolescents with an obsession for video music might not always appreciate the words being sung to them. However, Zac*et al*. (2021) argued that young people are influenced by the violent activities depicted in music videos to accept non-factual ideas. Young people's values, beliefs, and ways of thinking are often shaped by the kinds of things they hear and see, particularly in the realm of music. Whatever the case may be, many young people look up to the violent rock, classical, and pop musicians who inspire them by their lifestyle choices. One sad reality is when young people often equate the drug use and partying of popular musicians with success and celebrity, clouding their ability to make sound decisions in life. In addition, young people nowadays expect to be highly responsive to the lyrics they hear and to make significant contributions to the proper implementation of those lyrics. As a result of the fact that every single song in violent music features some form of abuse or disruptive behaviour, listening to such music can have a devastating effect on a young person's development and outlook.

2.7 Impact of Violent Music and Video Games on Mental Health Stability of Children

It is usual for children to have a PlayStation Plus account or online software application downloaded so that they can play different kinds of games on mobile devices, tablets, or computer systems. Nowadays, most parents give video games to their children so that they can be occupied with something for a long period and they can work amicably without any disturbances. Some of these video games consist of violent activities, like war, battle, murder, and other related things. As stated by Ncbi (2019), these things lead to overstimulation of the

brains and minds of children who are trained to deal with false threats in reality and are outside of online or video games. They may also start assuming things around them that are unreal and it becomes harder with every passing day to differentiate between real and non-real things as involvement with game increases. Another significant damage that playing video games can cause is that it can activate certain functions within nervous system of brain and this is called “fight to fight" response (Sciencetranslated, 2021). This function increases blood pressure level and heart rate to a great extent and that causes several other parts of brain to shut down. Increased heart rate and blood pressure are not good for physical health of children.

There are two specific chemicals that release from the brain, such as adrenaline and dopamine. Adrenaline creates a rush sensation in body, whereas dopamine is a chemical that makes people feel good and happy (Coyne *et al.* 2018). This is to ensure that focus is stuck on one thing so that current mood of people can be elevated. During playing video games, brains of children work at a comparatively higher capacity than normal times and all their energy is given to the one particular game that they are playing. There is no focus given to on outside world and that is why even after turning off games, they feel a sensation of rush and mind is still working at a high capacity which leads to disorganisation of energy and focus. According to Quwaider *et al.* (2019), this causes behavioural changes in children and they lose concentration, get frustrated and angry easily. Brain requires a specific amount of time to go back to a normal state and the time in between is too difficult. At times, it becomes hard to control or bear actions of children during this stage and as children within age of 12 to 15 years are more vulnerable, they are hardest to deal with.

Other factor is listening to violent music which disturbs emotional aspects of children. Violent music has a high tempo and even too much of it is not good for brains of adults. Children and their minds get affected poorly due to listening to violent music due to inclusion of aggressive approaches. Children become reckless and there is a high possibility that they would attain wrong things by getting manipulated by the abusive lyrics of some violent songs (Oliveira *et al.* 2020). This can cause disciplinary issues with a person and that leads to performing badly in school. Educational performance goes down and it becomes harder for

them to maintain good grades. This not only affects their behaviour, however; future too as poor grades would not get them admission to a reputed institution.

2.8 Challenges faced by Children in Daily Life Due to Poor Mental Health

Behavioural changes caused by obsession with video games and violent music create many difficulties in lives of children. For instance, they start misbehaving at educational institutions and violate rules. This means that they become undisciplined and create issues with institutional administrations. This decreases performance and grades of children and at times, it can lead to suspension and rustication. It becomes harder for children to focus on particular activities as they lose concentration due to disorganised brain functions. Children are affected by Attention Deficit Hyperactivity Disorder (ADHD) which makes them vulnerable (Hygen *et al.* 2020). The most affected part is the neural system of children and that makes them weak to respond to communication or resolve issues efficiently.

It becomes harder for children to understand simple things and differentiate between real and on-real incidents. Without having any proper realisation of real and unreal situations, a sense of confusion grows in them, which can lead to dangerous incidents. As stated by Lau *et al.* (2018), listening to violent music makes one reckless, whereas playing video games that include wars and battles creates an aggressive nature. It is possible for them to commit something wrong or do something harmful out of hallucination. They can cause harm either to themselves or to the people around them. This is why parents, friends, and other family members require ensuring that at any cost they are not instigated or provoked. Otherwise, there are high chances that they would end up doing something utterly stupid and cause severe injury to people around them.

They lose the power to remember things as memory is weakened, which is why they forget things they are learning within educational programs. Moreover, it can be stated that the lives of children become an utter mess as they involve themselves in playing video games and listening to violent music. Parents of subjects and their family members face a challenging time dealing with this kind of situation. Aggression, frustration, recklessness, and frequent mood swings are some of the most significant effects that children experience during behavioural changes as opined by Coyne *et al.* (2018). Due to poor mental health, their

physical health also gets affected. Children can frequently get affected by diseases and fever, flu, and headache are some common health problems. Lives of children and their families become miserable due to all aforementioned things.

2.9 Development of Mental Health of Children by using Erikson's Psychosocial Developmental Theory

Development of children is defined by eight specific stages considering the psychosocial developmental theory composed by Erik Erikson (Oliveira *et al.* 2020). First stage is to develop trust among children so that they can listen to their closest people and follow their directions while growing up. Children who are brought up in a non-caring environment are unable to trust people as they grow older and it creates a sense of fear, incompleteness, insecurity and frustration among them. Second stage is developing a sense of independence and responsibility among them so that whatever they do, they can do it with sensibility. Each stage is for making developments at a certain age so that children can be brought up with proper care and essential knowledge of different kinds of behavioural aspects. Children understand that they have the power to control certain things and take active initiatives as they grow up and start playing outside or on mobile devices. Incorporation of this theory in child development helps in ensuring that they are provided with a proper direction regarding taking positive initiatives that can be beneficial for them and others as opined by Sun and Sun (2021). During playing war games, and listening to violent music, a sense of repulsiveness is created among children and they may end up attaining things that are harmful to others or themselves. This is why this third stage is to create a proper sense among them and explain the differences between different kinds of initiatives so that they do not suffer from guilt later.

It is necessary to acknowledge the achievements of children and encourage them to continue further on. In case they experience too much criticism at home or within the outside world, a negative impact creates a sense of inferiority among them. This is the fourth stage where their accomplishments should be celebrated to put a positive impact on their behaviour and mental health. The fifth stage is for identifying development and coming out of existential crisis aspects. Parents are supposed to support their children in establishing a significant identity so that they are not required to deal with a sense of existential crisis in the society. This is because it confuses them and depresses them to move forward in life. Due to lack of self-

confidence, they may end up performing stupid things. Rest three stages are for adults and that is why there is no need to incorporate them while focusing only on child's mental health development and behavioural improvements. First stage is to make developments in children between 1 to 1.5 years, second is for children between 1.5 years to 3 years and third stage is dedicated to children between 3 to 5 years. Fourth stage is for making developments among children between the age of 5 to 12 years and the fifth stage is for the 12 to 18 years age group (Samsanovich, 2021). It is necessary for parents to understand situational requirements of children and guide them accordingly. This theory provides them with a direction to deal with different factors that have an impact on children's mental health and behaviour during upbringing. By getting a proper idea, parents can support their children in mental health development and behavioural improvements accordingly.

2.10 Theoretical Framework

According to ***Erikson's Psychosocial Developmental Theory***, there are eight specific stages that people go through while growing up. The ways in which individuals adjust themselves in each stage put an impact on their overall personality, mental stability, emotional condition and physical health. The first five stages are supposed to be considered on a serious note by parents whose children belong to the age group between 12 to 15 years. Incorporation of this theory helps in significant development of children at an early age (Fisher*et al.* 2020). This developmental theory helps in developing essential qualities in children, such as trust, sense of independence, power of taking initiative, identity and so on (Côté, 2018). This development starts from an early age, however; the attributes that are grown in them put an impact on their personality and actions in later years of their lives. It is necessary for parents to ensure that children are brought up in a positive atmosphere where they are encouraged to explore new aspects as per their liking. However, there must be boundaries as well to limit them from doing any misconduct.

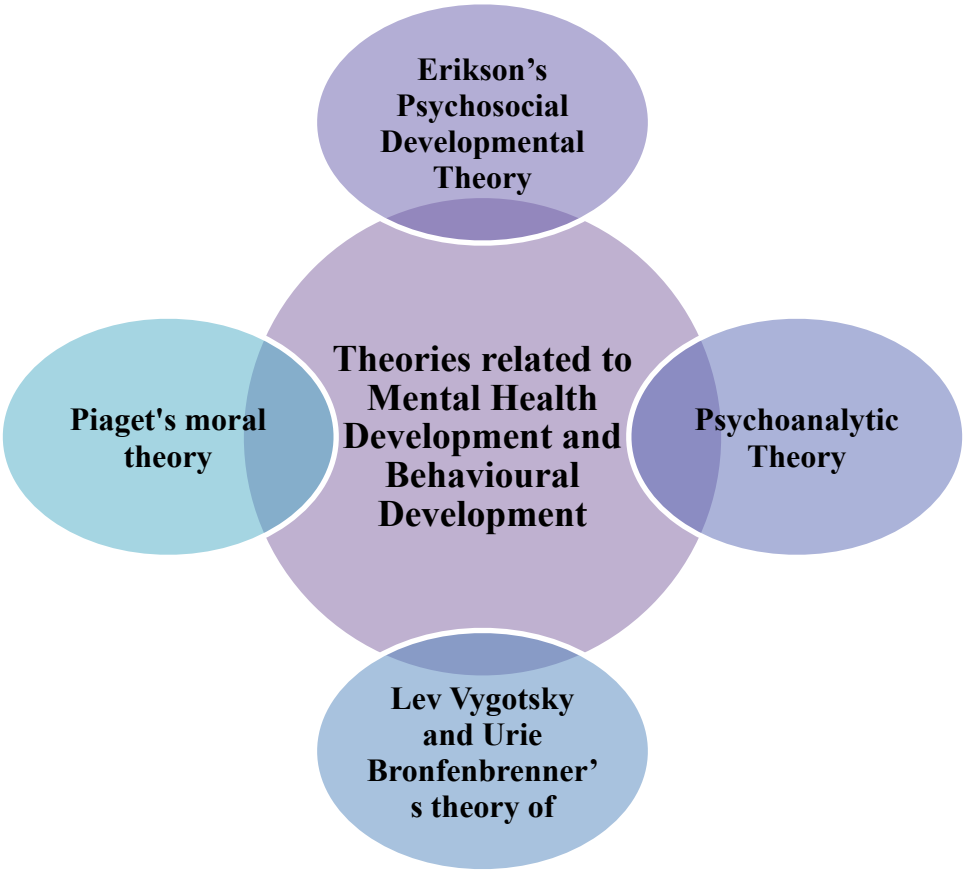


Figure 2.10.1: Theories related to Mental Health Development and Behavioural Development

(Source: Self-Created)

As per ***Psychoanalytic Theory***, behaviour of children is affected by their unconscious desires and childhood experiences. Personalities of children are influenced by instincts, beliefs, memories, urges and other emotions that are stored in the unconscious part of the mind (Solms, 2018). At the time of playing video games, and listening to violent music, war and battlefield scenes, aggressive music, improper lyrics, etc. put an impact on the unconscious part of the mind. They are unaware of this effect however; it slowly changes their behaviour and their thoughts get affected as well. It is confusing for them to understand frequent changes and that leads to frustration. Children are witnessed to develop impulsive behaviour and they get irritated by small aspects very easily. It is difficult to help them stabilise their mental and emotional rush as they are unable to understand aspects going on with them (Sandler and Sandler, 2018). Parents are required to handle this kind of situation very delicately and consult counsellors immediately to seek medical assistance.

2.11 Conceptual Framework

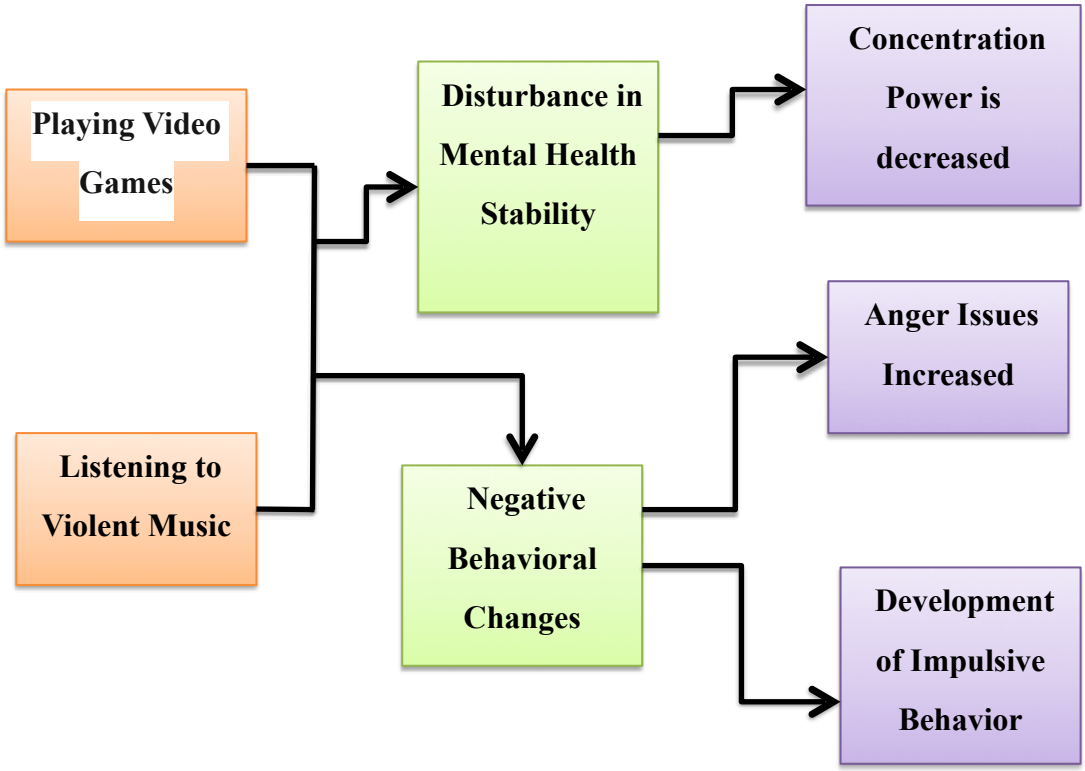


Figure 2.11.1: Conceptual Framework

(Source: Self-Created)

2.12 Literature Gap

Previous literary works that have been selected to discuss the context within this chapter lack providing quantitative information regarding effectiveness of video games and violent music on mental health stability of children. Most of the journal articles gathered on the impact of video games on children's mental health stability consists of qualitative and descriptive data. There is limited data available regarding ways in which violent music causes behavioural changes in children. There is very limited data regarding ways in which music changes brain functions and puts an effect mental stability. These are a number of gaps identified within existing literary works that effect video games and violent music on the mental health stability of children. This research work intends to overcome this gap in further chapters of the research work.

2.13 Summary

It has been identified that usage of video games is increasing to a great extent, especially among young people. As per the review, it is detected that children between the age of 12 to 15 years intend to spend time playing video games the most. They are at a developmental stage and during this time they develop different kinds of interests, among which listening to violent music is a significant one. However, this disturbs mental stability of children due to high temp and frequency of loud music. On the other hand, bad behavioural changes are also detected due to aforementioned factors. There are a number of developmental theories, such as psychoanalytic theory, psychosocial and psychological developmental theories and so on. All these are beneficial to make developments in children and help them in improving mental health stability.

Chapter 3: Research Methodology

3.1 Introduction

Research methodology defines a set of processes and techniques that are used to detect essential sources select them as per requirements of research, process and analyse information on a particular domain. Research methodology helps in evaluating validity and reliability of a research work. This research paper is conducted with help of secondary qualitative data and during gathering of data from secondary sources ethical terms have been maintained. Maintaining ethical aspects is a significant part of research methodology as it helps in increasing value of the research document. Methodology also helps in setting an outline for the research and allocating specific time for each activity, which is beneficial to ensure timely delivery of research work.

3.2 Research Onion

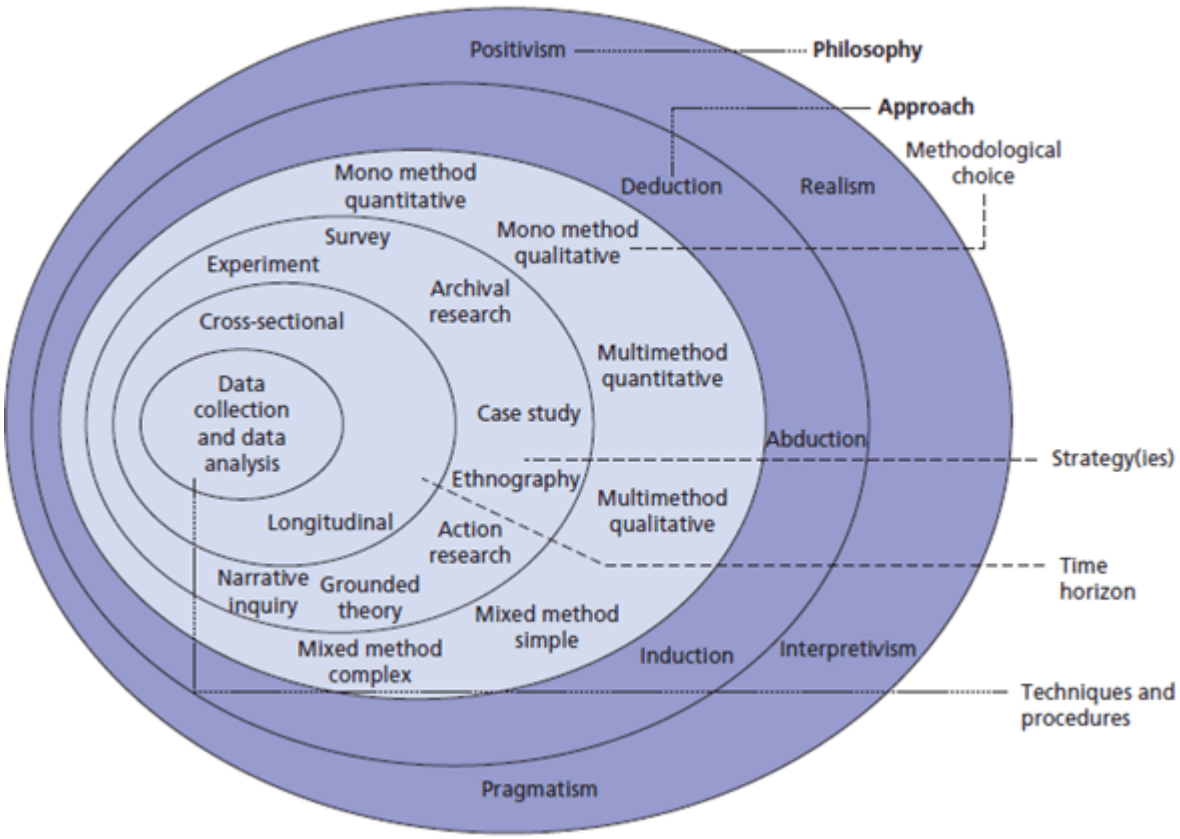


Figure 3.2.1: Research Onion

(Source: Saunders, 2015)

Research onion gives a direction to researchers in making specific decisions regarding using research methods and undergoing different procedures. Research onion helps in maintaining a systematic approach while selecting specific approaches, design, and analytical tools for data collection and analysis. It becomes easier to conduct research with a clear vision with help of a research onion structure. It is also beneficial to explain to fellow researchers the methods that are to be used within a particular research work. On the other hand, it helps in defining in-between connections between different research approaches, designs, data collection and analysis methods, research philosophies and so on (Saunders, 2015). Developing research strategy and creating time horizons become easier with help of a structured research onion.

3.3 Research Philosophy

There are four kinds of research philosophy, such as interpretivism, positivism, pragmatism and realism. As per interpretivism type of philosophy, social world is portrayed in a subjective manner. Here the focus is on ways in which different people experience social world. Considering this philosophy, researchers make observations on the social world to make judgments within research work. Positivism philosophy helps in understanding the world in an objective manner, which is why it is completely different from positivism philosophy (Alharahsheh and Pius, 2020). Pragmatism considers practical testimonials and facts for evaluation. This is based on current matters rather than subjectifying or objectifying anything. Realism is based on assumptions made by observing both subjective and objective manners of the world. This research work is supported by ***positivist research philosophy*** and reason behind choosing it is justified in the section below.

Justification

A number of terminologies that are associated with positivism research philosophy are reductionism, regulatory, determination, experimental, correlating factors and so on. Positivism research philosophy helps in supporting qualitative data analysis as it is baked in the objective manner of the real world. Factors are developed in terms of observations made in the real world. Positivism research philosophy does not include subjective interpretation based on concise and clear discussion (Ryan, 2018). A number of concepts and theories that have been used within the research study are objectified to develop final findings. Personal

values and priorities do not impact researchers' perspectives and work is done on an independent ground. Moreover, it can be stated that it is beneficial to use positivism research philosophy while reflecting on theories and concepts gathered from qualitative research materials. It is easier to develop unbiased judgments and provide overall findings effectively in real-world circumstances. This research work is on identifying impact of violent music and video games on mental health stability and behaviour of children. Using positivism philosophy would be beneficial to elaborate factual data in relation to effectiveness of video games and violent music on behaviour and mental state of children.

3.4 Research Approach

There are three kinds of research approaches, such as inductive, deductive and abductive. The inductive research approach helps in answering specific context-based questions as the research is done. On the other hand, deductive research approaches are utilised to extract data from theories and concepts. It is based on observations and considering affirmation of facts, further data is analysed (Pearse, 2019). Abductive approach is used so that observations that are incomplete can be completed. This research is conducted with the help of deductive research approach so that considering primary facts, a major amount of information can be deduced to relevant facts.

Justification

Secondary qualitative resources consist of a lot of descriptive data and that is why it is difficult to identify appropriate data to add to the research work. Using a deductive method helps in specifying data to core concepts from verse generalised information. This approach is used to evaluate propositions that are linked to research context (Ruggiano and Perry, 2019). Effectiveness of video games and violent music on behavioural aspects and mental health stability of children is a broad area to be researched. There are many psychoanalytic and psychosocial theories to be considered while discussing this specific area and that is why using deductive approach to develop facts from information is appropriate. This would help in understanding ways in which brain functions are affected by both reasons and emotional dimensions are changed among children considering their age and growing up environment. It is necessary to state that children seem to develop an anxious and confusing mental state which leads to depression. These causes and effects, severity of risks, challenges faced by

children of different age groups, and other related factors can be explained adequately with the help of a deductive approach. This is because it would help in conceptualising information to specific factors. There are different theories that are linked to mental health development and usage of deductive approaches would help in discussing utility of them.

3.5 Research Design

There are four types of research designs such as descriptive, correlational, causal-comparative and experimental research. Descriptive design is used to elaborate current circumstances of identified variables and this is to deliver systematic data on context. Correlational design is applied to identify connections between multiple variables with the help of statistical information. A causal-comparative design is to create a cause-effect connection between different variables that are linked to a specific research area (Atmowardoyo, 2018). Experimental research design is similar to causal-comparative design to a certain extent; however, it uses scientific methods to develop cause-effect connections.

Justification

This research work is supported with a descriptive type of research design so that current challenges that children are facing due to playing video games excessively and listening to violent music can be explained elaborately. It has been identified that children between the age of 12 years to 15 years are growing an aggressive nature and suffering from concentration issues due to spending much time playing video games. Their mental stability is disturbed due to the high frequency of violent music that consists of inappropriate lyrics for children. Listening to this kind of music affects one's emotional stability and suppressed emotions are triggered. Children appear to be more aggressive and their thoughts are provoked in a negative way too. All these facts and related matters can be elaborated appropriately with the help of descriptive design (Sovacool*et al.* 2018). This design helps in particular selection of sources considering core research areas and addressed questions so that data regarding current situations can be gathered accordingly. This is beneficial to ensure that irrelevant data are excluded, while in-contextual relatable facts are only considered.

3.6 Data Collection Method

There are two types of data collection methods primarily, such as primary and secondary. Another data collection method is also here that is a combination of both primary and secondary and it is signified as a mixed method. In a way to gather data following the primary method, interviews and surveys are conducted. A specific group of people are selected using sampling techniques so that they can either be interviewed or provided with a survey questionnaire to answer (Lester *et al.* 2020). Random sampling technique is also used so that data can be collected from a wide range of populations. Secondary data collection method is used to gather data from existing research works in a similar context. Journal articles, newspaper reports, websites and other related sources are used to gather data following a secondary method. Using the mixed method requires both, conducting interviews and surveys and gathering data from previous works.

Justification

This research paper is prepared with help of secondary data and data is collected from peer-reviewed journal articles and websites. Google Scholar and ProQuest are two main sources that have been considered for collection of secondary data. Secondary data signifies those works that are previously done by other authors, writers and researchers. It is necessary to have appropriate authentication rights for sites so that sources can be downloaded properly (Lowe *et al.* 2018). This research is based on identifying impact of video games and violent music on mental health stability and behaviour of children. Specific keywords have been used to search for an adequate database from sources. Primary data collection is a time-taking process and it requires more funding to conduct interviews and surveys. On the other hand, secondary data does not require much financial support nor is it a lengthy process (Raskind*et al.* 2019). This is why it is considered for this research paper so that delivery of the work can be done within a stipulated timeline.

3.7 Data Analysis Method

There are primarily two types of data analysis methods, such as qualitative data analysis method and quantitative data analysis method. Qualitative type of data analysis method is a procedure used for organising, analysing, and interpreting conceptual and non-numeric data (Sherif, 2018). In a way to develop themes, explain patterns, and provide elaborative answers

to research questions, this is an appropriate data analysis method. On the other hand, quantitative data consists of numerical information. Statistical data is considered while quantitative data collection method is considered. According to Schuurman (2020), graphs, numerical charts, financial reports and other relevant testimonials that include essential numerical information are considered to be in the category of quantitative data.

Justification

This research paper consists of qualitative data as most of the information collected on effectiveness of video games on mental health of children consists of elaborative information. It has been identified that children spending time on video games are unable to concentrate on other activities and studies due to a lack of concentration. This is because when children play video games their mind works at a higher frequency than usual level and when they stop playing it is difficult to stabilise the frequency level (Buljac-Samardzic*et al.* 2020). Their mind still functions too fast and at that moment it is not possible to calm them down. Children appear to be feeling irritated and anger issues increase. Listening to violent music enhances the level of aggression among children and they can act impulsively. All these data are collected from qualitative sources and this makes it easier to discuss concepts related to a given topic. It is easier to develop an adequate understanding of a given context with help of qualitative analysis as quantitative analysis is more complicated and requires support of various elements, like graphs, charts and so on (Roh*et al.* 2019). It is also beneficial to explain ways in which mental health stability and behaviour of children can be improved by taking necessary actions and things that parents should do to support their children.

3.8 Exclusion and Inclusion Criteria

Inclusion Criteria

Inclusion criteria refer to all the essentials and data that must be added to a work. In a way to identify which sources are to be included in this work, specific keywords have been used to search for data. Sources that include data regarding how playing video games excessively has an effect on mental health stability of children and their behaviour too should be included. On the other hand, it is also important to identify how violent music puts an impact on behavioural aspects of children and reasons behind this impact. ProQuest and Google Scholar

have many reliable journal articles that are peer-reviewed and cited by many researchers (Pietiläet *al.* 2019). These sources should be included considering they consist of aforementioned factors. It becomes easier to understand whether information is eligible to be included or not by searching for keywords related to the given context. This is the main process of inclusion criteria and data is extracted from sources following a similar process.

Exclusion Criteria

Sources that do not include essential information regarding the given context should be put under the criteria of exclusion (Macke and Genari, 2019). There are sources that discuss different other aspects that put an impact on the mental health stability of children and change their behaviour. However, this research is specific to detecting why listening to violent music and playing video games are affecting mental stability of children and how. There are behavioural changes among children, especially between those who are between 12 to 15 years. Sources that do not help in identifying how this age group is affected by playing video games and listening to violent music should be in exclusion criteria. Any source without data in this aforementioned context should be considered ineligible to be added to this research paper. This is how inclusion and exclusion criteria work within a research work and it is necessary to search particularly using keywords so that it becomes easier to understand whether data is relevant or not.

3.9 Research Strategy

This research is done with the help of a secondary qualitative research method as data are collected from scholarly sources, websites, newspaper reports and other related sources. Positivism type of research philosophy has been considered to gather factual information on context. Deductive approach is undertaken so that theoretical explanations can be done properly. During searching for relevant sources that can be included, keywords have been used to search for documents that consist of essential data regarding mental health stability of children and factors that are affecting them (Ruggiano and Perry, 2019). Two primarily considered factors affecting mental health stability of children are playing video games and listening to violent music. The ways in which behavioural aspects of children are changed due to these two factors and mental issues that they face are centre of discussion. Qualitative data that contain mostly elaborative explanations are considered to discuss concepts and meet

research objectives. Descriptive design is considered and evaluation of overall findings is done following thematic analysis. Considering core findings that are identified via reviewing existing literary works and searching for context, themes will be developed. Descriptive design is followed to discuss each theme elaborately and provide clear knowledge regarding the research area.

3.10 Ethical Consideration

This research paper is particularly prepared for academic purposes, and no commercial usage should be entertained. In case, it is quintessential to be used for commercial reasons, then appropriate authentication rights should be approved by the authority that has primary power over this research document. ***Data Protection Act 2018*** is implicated so that data that are specifically collected and saved in systems for this research work cannot be misused or manipulated by any third party (Legislation, 2018). All people who have access to data are provided with specific user IDs and passwords so that only specific ones can have access to information.

Journal articles, websites and newspaper reports are all kinds of sources that are used to extract data gathered from reliable sources. Sites that do not have authentication rights have not entered forcibly. On the other hand, files that should be purchased with money have not been considered for this research. In-text citations have been done throughout the research work and a reference list is added at the end of the document to acknowledge contributions of sources that are considered for extracting essential information. All these things are required to conduct this research under ethical terms and conditions and ensure that no academic misconduct is performed. ***Privacy Act 1988*** is considered to keep personal information of researchers non-disclosed to readers so that no one can harm them from any perspective.

3.11 Reliability and Validity

It is quintessential to identify whether sources considered for collection of data are authentic or not. This is to ensure reliability of data and their validity. Validity is portrayed as accuracy of a measurement, whereas reliability is consistency of such measure (Fuller *et al.* 2020). A source and data extracted from it that is to be included in the research paper must be verified on these two measures. Reliability checks have been done so that accuracy of data can be

ensured. Validity check is done to reassure that collected sources are appropriate to identify how video games and violent music are changing personalities of children and affecting their mental health. Data that are ineligible in proving that video games and violent music put a negative effect on mental health stability of children and change their behaviour as well are not reliable. Only authentic research articles have been considered in this study to maintain the validity. Keywords should be used to identify whether a research document includes reliable data considering the context or not. Keywords like video games, violent music, mental health stability and behavioural changes are searched. Databases like Google scholars are used here.

3.12 Research Timeline

Main activities	Week 1	Week 2 3	Week 4-5	Week 6-7	Week 8-10	Week 11	Week 12
Selection of the topic							
Collection of data							
Planning oflayout							
Reviewing literary works							
Research plan development							
Selection of research techniques							
Collectionofsecondary information							
Interpretation of the findings							
Development of Conclusion							
Draft work presentation							
Final submission							

Table 3.12.1: Research Timeline

(Source: Self-Created)

3.13 Research Limitation

Due to lack of time and funding, a secondary data collection method is undertaken and qualitative data is considered. This is because primary data collection requires conducting interviews, and surveys, which are time-taking procedures. People may be required to be provided with a certain amount of remuneration for their participation, permits and consents

are required as well. Due to all these complications, secondary data collection is considered instead of primary data collection method. Quantitative data is critical and harder to understand as it includes graphs and charts. This is why qualitative data is considered as it helps in understanding concepts easily and clarifying ideas adequately. However, due to following this method, this research paper includes limited numerical data which reduces overall reliability and validity of the research work.

3.14 Summary

Secondary data is collected from Google Scholar, ProQuest, newspaper reports and relevant websites so that reliable data can be extracted. Due to the lack of quantitative information, it is difficult to identify the exact number of children who are currently facing mental health issues due to playing video games and listening to violent music. However, qualitative data has helped in identifying challenges that children face in maintaining their mental stability and adequate behaviour due to excessive use of video games and listening to violent music.

Chapter 4: Findings and Analysis

4.1 Introduction

The impact that video games and violent music put on mental health stability and behavioural aspects of a child is dangerous. However, this is a slow process and that is why most parents do not notice that their children are changing due to these aforementioned practices. At an early age, children lack in having logical sense and that is why things that they see, and do put a direct effect on their overall personality development. Violent music that includes rash lyrics and video games consisting of battles and wars put a negative impact on their mind. As their thinking process changes, their behaviour starts to get affected as well. Elaborative analysis of all these aspects will be added in the following section.

4.2 Theme 1: Impact of Video Games on Behaviour and Mental Health Stability of Children

It has been identified that issues created by video games on mental health stability of children and their behaviour are a significant concern of parents from all over the world. Usage of technology has increased to a great extent and that is why, at present, children get access to advanced devices from a young age. They may require it for studies or entertainment; irrespective of the reason the moral of this story is that they know how to operate such devices. This is why it is difficult to keep video games sort of things away from them. As per findings, it can be stated that most parents believe that whatever depression and anxiety their children are dealing with are caused by excessive usage of video games (Ferguson and Colwell, 2020). Considering the practical and normal consensus, it can be stated that children who play video games the most intend to reflect symptoms of depression more likely than those who spend less time on video games. In the year 2018, the World Health Organisation (WHO) declared that having an addiction to playing video games is generally a mental disease. It requires appropriate medication and sincere medical support to be cured and this process of recovery is a difficult one for both the affected child and their parents. As per the definition provided by WHO, gaming addiction is seen as a pattern of gaming behaviour and it signifies impaired control of children over gaming.

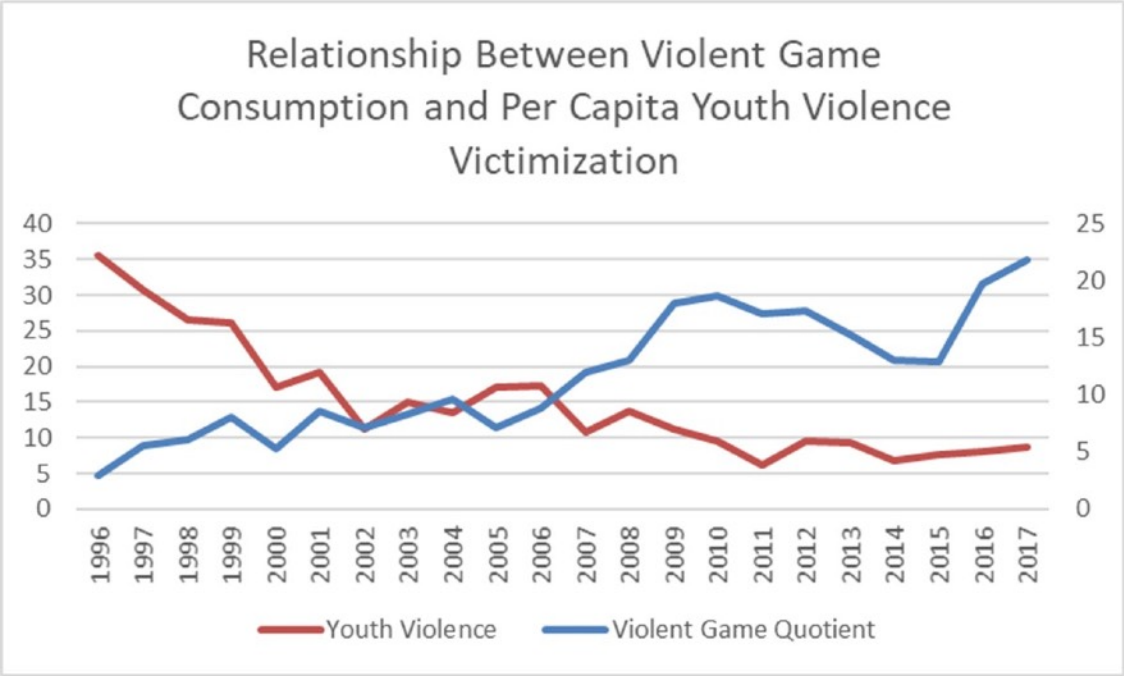


Figure 4.2.1: Relationship between Violent Game Consumption and Per Capita Youth Violence Victimisation

(Source: Inquirer, 2018)

At times, when a child is affected by gaming addiction, it is difficult for him or her to put concentration on other activities as their priority increases on gaming activities than other ones. Children start losing interest in usual activities in their daily lives and then continue playing games while neglecting negative effects that are occurring (De Pasquale *et al.* 2021). This gaming disorder can be marked as a disease only when it is a persistent thing for a year or more than that. Children who are starting to lose their ability to deal with everyday activities and engage in normal aspects of social life are considered to be in the category of affected ones. It is also identified that children who are coping with gaming addiction, are unable to concentrate on their studies and their academic grades are becoming poorer with every passing day. This is because they are frequently dealing with symptoms of anxiety and depression (Lau *et al.* 2018). Considering this effectiveness, children start to behave more aggressively and they cannot gain control over their actions and reactions. One of the most significant issues that are created by playing video games is that children cannot think properly. It is only the games that are in their mind and scenarios of them. Anything else other than that makes them angry and frustrated. It becomes harder for parents to deal with

their children during this stage. This is because they may start hallucinating hypothetical incidents and end up doing something wrong. The behaviours and sleep patterns of the children are also affected by the video gaming (Cheng*et al.* 2021). Considering this it is important for parents to control usage of video games among their children so that they do not face any of these aforementioned severe issues as they grow up.

4.3 Theme 2: Effectiveness of Violent Music on Mental Health Stability and Behaviour of Children

Music puts a significant effect on the minds of people, however; whether it will be good or bad depends on nature of the music. Heavy metal music that contains aggressive themes is detected to be a potential risk for behavioural changes among children. It can affect internalising behaviours such as anxiety and depression. As stated by Stenseng *et al.* (2020), externalising behaviour aspects are also triggered by it, such as antisocial and aggressive behaviour. Due to listening to violent music, children may develop unhealthy behavioural attributes, for example, they may start taking harmful substances and drugs. They can even start doing things that may cause self-harm. However, it is identified via this research work that violent music comparatively causes less damage to mental health stability of children than video games. Lack of evidence is there that proves that children have dealt with certain persistent issues due to listening to violent music. It is not addictive, however; it can cause damage for a certain period and is curable without taking any major actions.

Instead of all aforementioned factors, as there is a possibility that violent music can cause negative behavioural changes among children, a few music groups are even banned for creating aggressive music. Music censorship is an important thing to be considered in this context that is subject to approval by political and legal authorities. It is essential to increase awareness regarding the way listeners function with music in their daily life. It has been identified that music puts a significant influence on the emotional and social well-being of children. Listening to music that contains aggressive themes can trigger negative emotions among children (Sun*et al.* 2019). These effects may influence them unconsciously and that is why most of the time, parents cannot detect the reasons behind issues that their children are facing in maintaining mental health. It is also necessary to state that all violent music is not injurious to mental health as some of them address really social, political, religious and

global issues. Some violent songs are made to address global discrimination, power imbalance and inequality factors (McKeering and Hwang, 2019). However, young children and adolescents may be unable to understand such heavy content. This is why the best decision is to keep them away from such genres of music till a certain age.

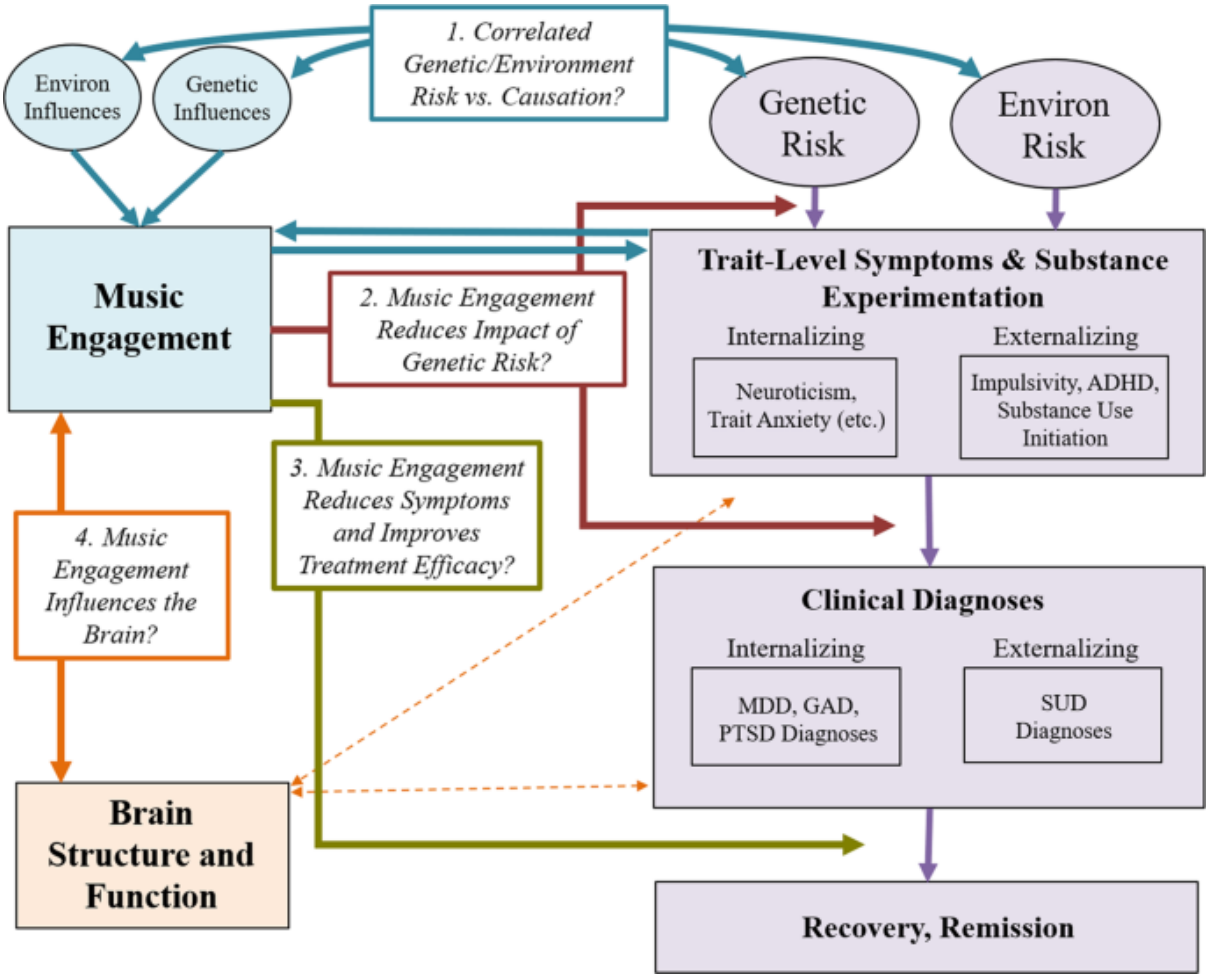


Figure 4.3.1: Mental Health and Music Engagement

(Source: Nature, 2021)

As per research, it is identified that nowadays, doctors, mental health researchers and professionals, policymakers and every other person related to this field are more concerned about the mental issues that violent music can cause than ever before. This is because, in recent times, rate of people affected by this issue has increased significantly. It is important to increase awareness regarding this factor so that parents can control the activity and support

their children accordingly. Suicide cases increased due to this which has made it a more serious issue and policymakers make decisions as on these circumstantial aspects (Mesurado *et al.* 2019). Music has the power to manage a person's mood and trigger their extreme emotions and that is why its genre must be judged skeptically. There are a number of theories that help in getting an insight into mechanisms that are connected to responses to violent music, such as Mood Management theory and Self Determination Theory. In addition, it is seen that the COVID-19 also left negative impact on the mental health of children because of the excessive use of social media uses (Singh *et al.* 2020). These theories help in identifying the extent to which violent media causes mental damage to children and changes their behavioural aspects.

4.4 Theme 3: Challenges faced by Children due to Poor Mental Health and Behavioural Issues

There are ample challenges that children face due to poor mental health and behavioural issues. For instance, it becomes harder for children suffering from mental or behavioural issues to blend into the social world appropriately. Due to reduced concentration power children cannot focus on their studies which results in poor academic grades. It is difficult for children to learn things and memorise them when their focus is disturbed. As per findings, it can be stated children who are suffering from mental disorders and behavioural challenges are unable to communicate effectively, which is why they cannot communicate with people within the social world. Violent music develops an aggressive nature among children and in possession of such strong emotion; they can do impulsive things to harm themselves or others around them as opined by Agnafors *et al.* (2019). This sort of behaviour is not acceptable in academic institutions and that is why detention and suspension are two common consequences that they have to face. It is difficult for parents to see their children in this kind of situation, however; if they try to do anything too forcibly then they may end up frustrating their children. This can lead to worse situations and that is why it is important to manage these cases delicately.

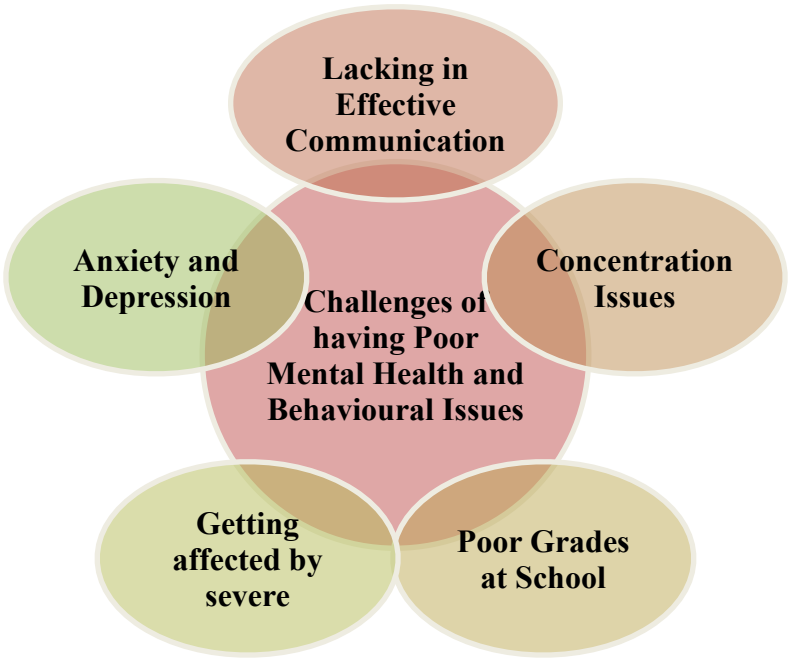


Figure 4.4.1: Challenges of having Poor Mental Health and Behavioural Issues

(Source: Self-Created)

Children dealing with poor mental health do not intend to listen to their parents and that is why it becomes harder for parents to communicate with them adequately to understand their issues. According to Howard and Khalifeh (2020), behavioural issues develop an emotional barrier among children as they appear to be less empathetic to the people around them. These may not seem like challenges, however; as time passes, these things turn a child into an impulsive and arrogant person who is challenging to live a happy life and maintain significant identity within the social world. Children start to bully fellow classmates or their friends who are inferior to them and start reflecting on other sadistic behaviours. A number of significant emotional and mental health disorders that children deal with are anxiety, conduct disorder (CD), oppositional defiant disorder (ODD), attention deficit hyperactivity disorder (ADHD), emotional obsessive-compulsive disorder (OCD) and so on (Ogundele, 2018). These can cause significant changes in children that make it harder for them to blend into the social world adequately.

A sense of insecurity develops among children and some develops inner fear. Mental and emotional disorders change people in two ways, either it become too aggressive and dominant, they bully and create pressure on everyone around them or they start fearing

everything. Some appear to be having a lack of confidence that they fear to do anything and self-doubt increases. It is harder for them to live in a competitive environment. Children who are affected in this way cannot survive within this social world for a longer period without integral support from their families. On the other hand, those who develop a dominant behaviour appear to be having a frustrated and irritated behaviour all the time. They intend to blame others for everything bad that they are experiencing in their lives (Ghandour*et al.* 2019). A low level of self-esteem is detected and it is easier for them to disrespect anyone around them without considering their position and power. Children who are transformed in this way cannot live within a respectable environment as they have a tendency to ruin things and create chaos. These behavioural changes are caused by unconscious negative effects that violent music and video games have left on their minds. These children show frequent tantrums and their temper is fluctuating as well.

4.5 Theme 4: Impact of Mental Health Stability on Education of Children

It has been mentioned previously that children suffering from mental disorders cannot be attentive to studies due to a lack of concentration. However, this is not the only thing that is affected within the academic part. Classroom learning becomes harder for them and maintaining a significant level of attendance is not possible at all. Adjusting to the academic atmosphere of an educational institution is difficult for them. Children dealing with mental issues cannot integrate themselves into the society, which is why they are unable to make friends as stated by Reiss *et al.* (2019). Frequent behavioural changes are here that confuse teachers, classmates and any other person around them within an educational institution. It is important for children to be attentive, have prominent attendance, and have quality social and learning skills to become an efficient student (Ugwuanyi*et al.* 2021). Mental health instability does not let them maintain all these aspects, which is why it is not possible for them to pursue academic courses persistently.

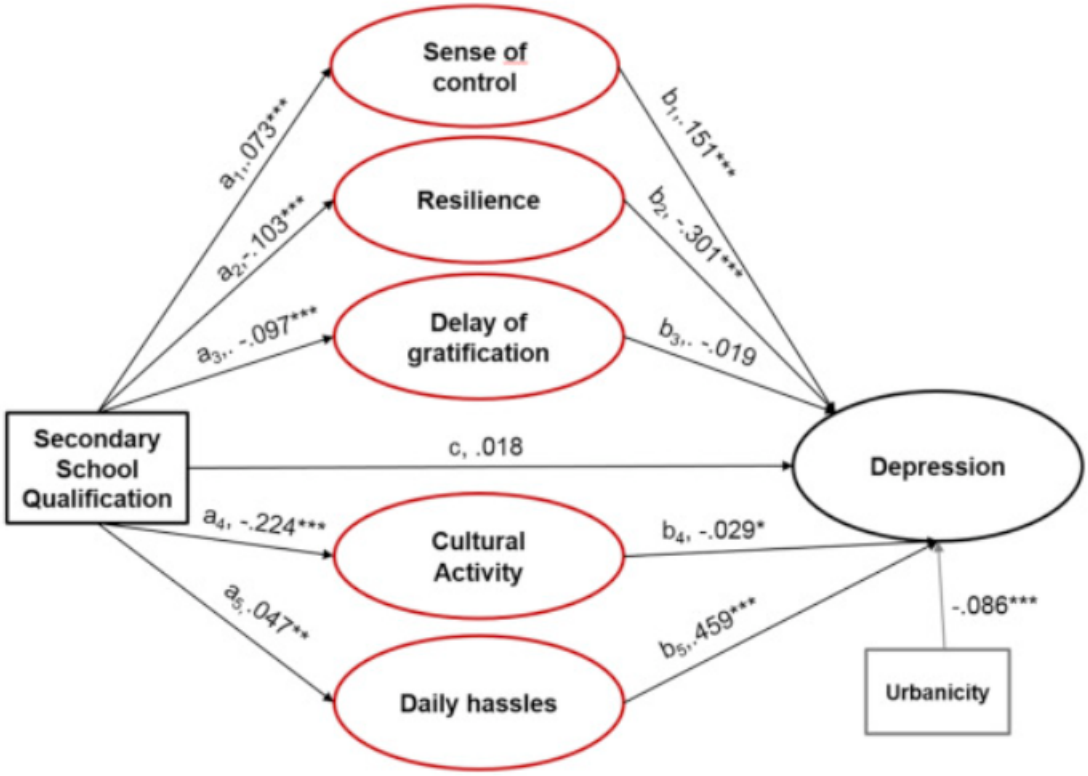


Figure 4.5.1: Mental Health and Education

(Source: Sciencedirect, 2019)

Poor performance at a young age can affect the future of children and many of them will be unable to achieve their dreams even after having the prominent level of potential. There are adolescents who intend to focus on studying and try to overcome their mental illness-related barriers. However, as mental disorders are treated with medicines of heavy dosage, it is difficult for them to maintain a balance. As opined by Biddle *et al.* (2019), their behaviour, emotions and thoughts keep on fluctuating and these can be affected very easily by minor to major things. Children may require visiting medical counsellors for assistance in making developments in their educational performances. Parents require supporting their children exceptionally and talking with their teachers regarding these issues so that they can provide essential support as well. Moreover, educational performance is decreased which puts a direct impact on future career and life of every child.

4.6 Theme 5: Influence of Psychoanalytical Theory on Behaviour of Adolescents

Psychoanalytic theory is developed by Sigmund Freud and as per his personality theory there are three elements that structure the psyche of a person. These elements are the id or tripartite, ego and superego. All these elements grow at different stages in life and they are not defined as parts of the brain, however; as systems that influence personality traits of a person. This personality theory is used to treat psychopathology and it is assisted by relevant clinical methods. Hormonal changes within the human body at different ages create a significant effect on their behaviours. People change as per passing time by experiencing different kinds of incidents. Factors that people witness at a time puts affect the conscious and unconscious parts of the mind. Facts that they are able to feel primary and talk about freely portray effects that are on conscious mind. However, they are unable to understand the effects that a few incidents left on their unconscious mind and it is a matter of time before their behaviour starts transforming due to these effects (Gatta *et al.* 2019). These are not under control of anyone as a basic instinctual impulse is developed among people that are driven by unconscious desires. In the case of children, it is harder to detect these facts as they lack capability of rational thinking, mature behaviour and analytical analysis.

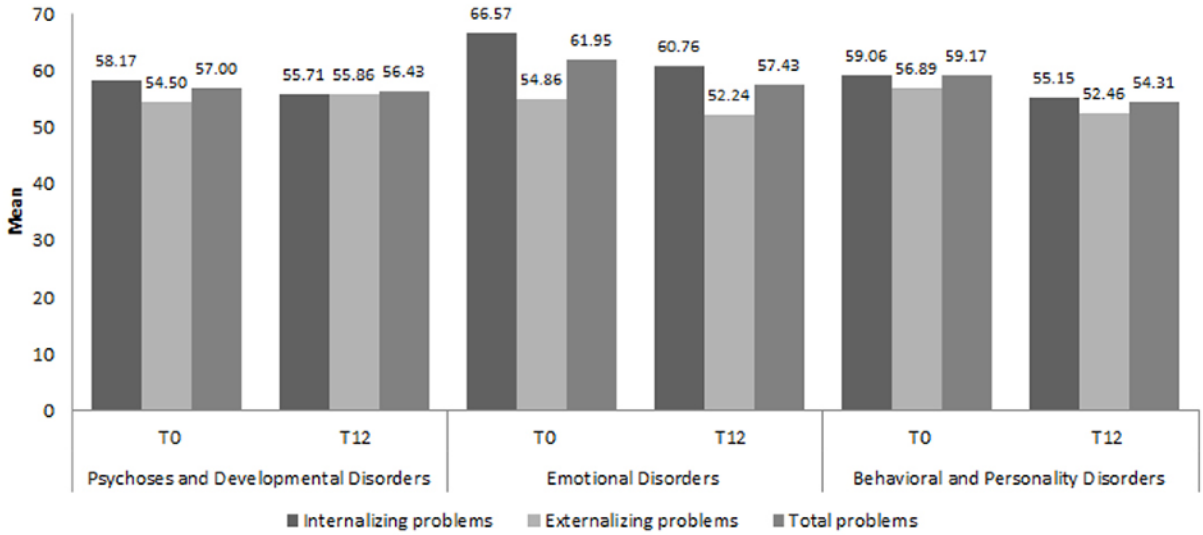


Figure 4.6.1: Effectiveness of Psychodynamic Therapy

(Source: Frontiersin, 2019)

The above figure portrays ways in which psychodynamic therapy can help in improving various circumstances of children and adolescents. Among the three elements mentioned in last paragraph, the id signifies the unconscious source of dependency, primitive sexual desires and aggressive impulses. Ego defines that there is a sense of identity present among subjects and their behaviour suffers from psychic desires, reality and conflicts. Superego defines the societal mores added by people subconsciously. Psychoanalytic-related concepts help in identifying ways in which pain frustrates aggressive dissipation of negative feelings, mainly aggressive ones. This also defines a sense of satisfaction felt due to dependency or fulfillment of certain wishes (Sciencedirect, 2019). However, due to lack of ability to express emotions outwardly, inner turmoil develops among children. Children intend to outburst their aggression through passive-aggressive behaviours. However, it puts pressure on their mind as they are at a young age and still incapable of understanding rational factors.

Considering factors discussed in context of psychoanalytic theory, any negative incident or extreme condition can significantly trigger repressed and unconscious wishes of children. Playing video games works as an amplification of these emotions which can make children lose their self-control. It also affects their emotional regulation and empathetic emotions that they carry. This can lead to aggression, bad behaviour toward family and friends, violent attitudes to strangers and other similar facts. All are dangerous for the health of adolescents as they are at a growing age where their emotions are still in transitional process. Theoretical implication may help in understanding ways in which regular incidents put impact on mental and behavioural development of children, however; it also complicates relations between parents and children. Treating children in a methodical manner following clinical instructions makes them feel like a subject of testing. They may end up feeling insecure regarding their safety, identity and validity in the family (Moheghi *et al.* 2020). This can lead to more frustration which is opposite of stabilising mental health and ensuring behavioural growth. Therefore, it is necessary to try to keep children in a positive atmosphere as much as possible from an early stage of their lives. This is because incidents that parents think are not affecting their children due to their lack of experience and knowledge end up leaving a mark on the unconscious part of their minds. Due to all these reasons, even theoretical incorporation to develop better health of children should be done sensitively and in as familiar a manner as possible.

4.7 Theme 6: Implication of Piaget's Moral Theory to understand Development of Aggressive Behaviour among Children

There is a common nature of helping among children and this attribute appears from the age of 14 months. This is defined as instrumental helping and during the second year of life, children start to express empathetic helping. When children turn 30 months, they start to reflect altruistic helping and considering its attributes, children start to distribute and share their resources with friends and family members (Ncbi, 2018). These developments portray that a child is developing emotional perspectives in him or her. They are starting to express feelings, understand their surroundings and gain knowledge regarding others' emotions. It depends on their surroundings to identify whether they would grow up to be polite and sophisticated people or aggressive ones. For instance, if a child is playing with marbles and there are rules to play this game, then he or she would get to learn the rules via playing. This would develop a sense of discipline among them and they would be stricter and behaviourally disciplined in life. On the other hand, in case a child has grown up playing violent games, then he or she would lack empathy and a sense of discipline. This is because violent games include murders, crimes, aggressive actions, violating incidents and so on. This would lead them to develop comparatively aggressive behaviour where they will not show empathy to anyone around them. They will not intend to help or share anything even with their family members.

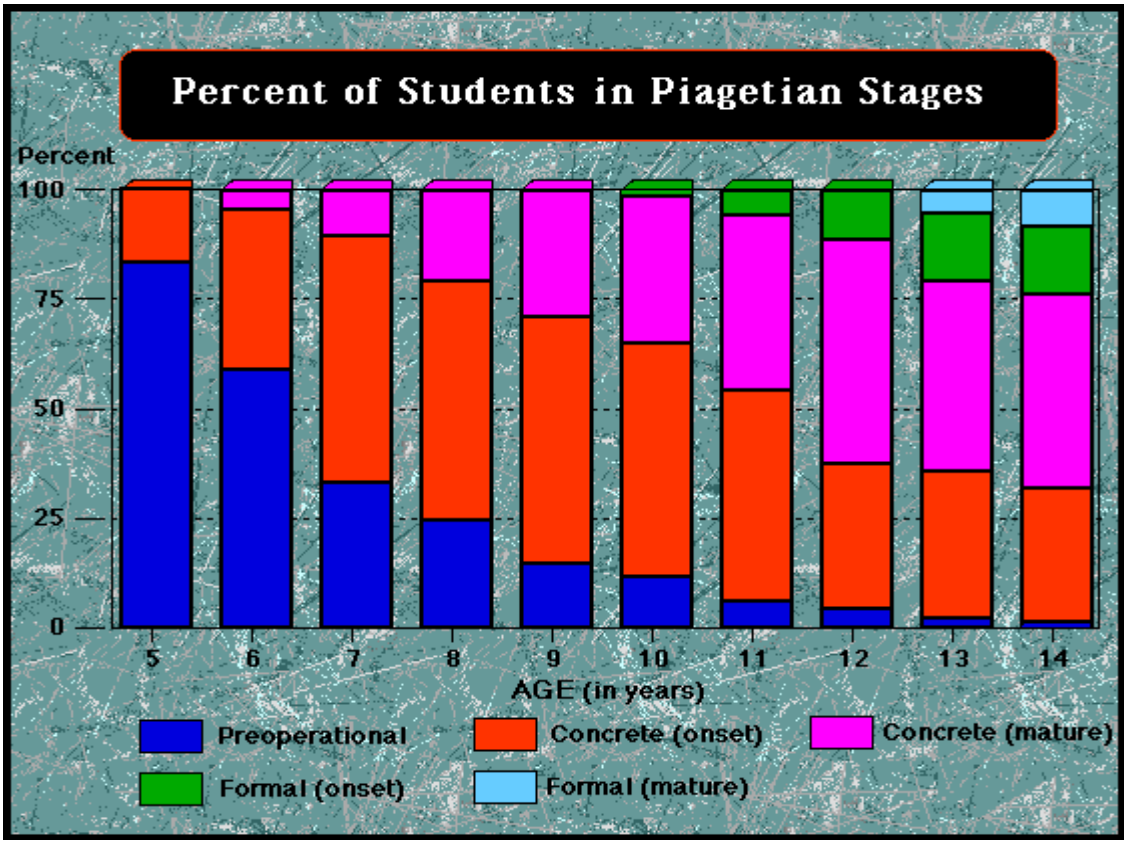


Figure 4.7.1: Psychological Development proved by Piagetian Stages

(Source: edpsycinteractive, 2003)

Considering Piaget's moral theory of development, it can be stated that morality is not an inherited attribute. It is a characteristic developed in school life, home atmosphere and experiences, incidents push development of morality among children. This perspective is broader than it seems as it changes people's lives by making them a certain type of person. The youngster developed a heteronomous understanding of morality where moral standards and norms were unchanging and externally governed through punishment as a result of adults imposing rules unilaterally on them (Oubrahim *et al.* 2019). According to Piaget, peer social interactions, which are marked by a rough equality of power, also introduce children to a different societal structure. As a result, an autonomous concept of morality emerges, allowing for the construction and negotiation of moral laws and standards throughout social interaction.

In a way to understand the development of different behavioural aspects among children in context of Piaget's theory, the example of playing marble games may be used here. As they

grow, kids start to realise that morality and game rules are not set in stone and cannot be altered; rather, they are living, breathing systems that regulate social contact with others and can be bargained and altered. Children must first learn how to play marbles, though, before they can begin to reason and think critically about the game's rules. Similarly, to this, infants must engage in ethically relevant behaviour before they may learn to think about morality. Piaget recognises right away that morality is practised differently from moral consciousness, and, more crucially, that the former develops before the latter (Tatlow−Golden and Montgomery, 2021). This arrangement of positive surroundings helps in creating better emotions among them. On the other hand, brutality of battlefields and war portrayed in violent video games, and aggressive lyrics of violent songs lead to development of negative emotions among children. They appear to be ruder, non-helpful, non-generous and more rigid than they should be.

This part of analysis is primarily focusing on development to help nature among children as it is one of those few characteristics that they develop naturally at an early age. This has a connection with development of aggressive behaviour as a sense of helpfulness makes a person more down-to-earth and humbler than ones who lack in having this knowledge. Any type of negative emotion works as a trigger to aggressive behaviour. Considering all these facts, it is necessary to engage children in activities that would increase positive awareness among them and sense of helpfulness. According to Piaget's action theory, some developmental expectations may explain why some types of assisting are harder for kids than others (Babakr *et al.* 2019). Children can understand interactions, such as someone reaching for a dropped marker well in the early years; only later do they start to be able to understand more abstract parts of assisting, for instance, someone shivering with cold. The foundation of a child's early assistance may come from the kinds of practical tasks to which they are exposed by their parents and culture. Finally, Piaget's theory argues that depending on whether they view this support in the framework of responsibility or mutual respect, children may come to comprehend it in various ways, and with different implications.

4.8 Theme 7: Involvement of Parents in Counselling Support Programs to Improve Mental Health Stability of Children

Students who are dealing with severe mental health issues are advised by doctors to sit with counsellors so that they can get prominent support to improve their circumstances. It is the responsibility of parents to ensure that their children are getting appropriate medical support and counselling assistance. However, one thing that they need to do before this is to communicate with their children effectively to identify their issues, understand their mental exhaustion and reasons for anger or sadness (Cowan and Cowan, 2019). It is identified that children's mental health depends on their parents and their caregivers as they are around them most of the time. Parents are an integral part of a child's life and their caregivers play nearly the similar role. There is a stronger emotional bond that children have with them than others. This is why in case a parent is dealing with his or her mental issues, then that can affect their child as well (Cdc, 2023). This is because when parents themselves are suffering from anxiety, depression, stress and fear, they will not be able to provide prominent care to their child. It is identified that people belonging to low-income status face this issue comparatively more than the ones who are financially stable. This is because people having economic issues are unable to arrange basic resources that they need for daily living. A number of mental issues are shared risks among parents and their children, such as deprivation, societal discrimination, inherited vulnerabilities, spending life in an unsafe atmosphere and so on (Bartlett and Smith, 2019).

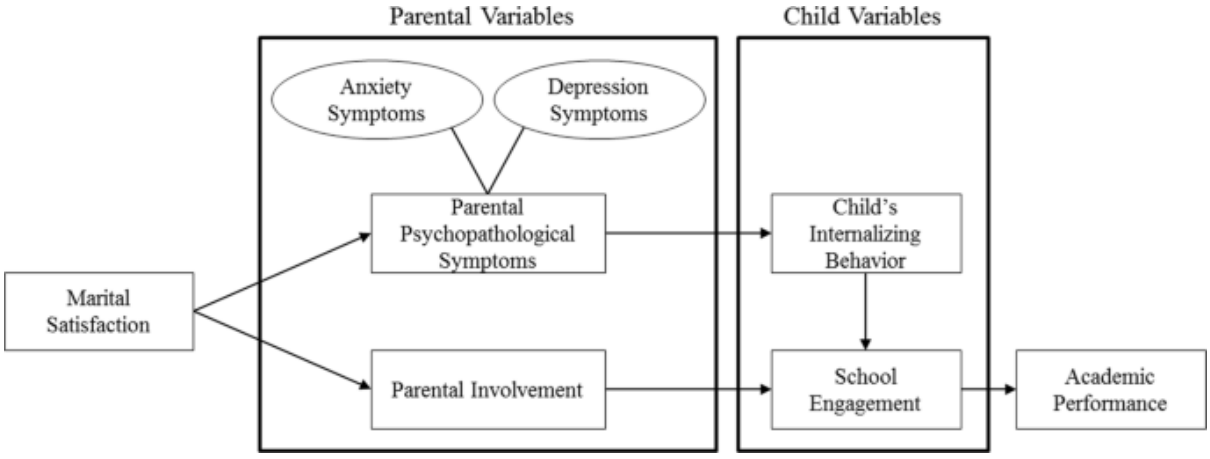


Figure 4.8.1: Impact of Parents' Involvement on Children's Performance

(Source: Springer, 2019)

During counselling, it is important for parents to be involved in support programs. This is because children will require support within their home atmosphere as well. There is a high possibility that children may feel uncomfortable discussing their issues with someone who does not belong to their family. This is why family intervention is required, however; in a few cases children may also feel uncomfortable sharing certain facts in front of their parents (Bauer *et al.* 2021). In such cases, they are not involved in support programs. Considering situational requirements, it is important for medical advisors and counselling support providers to arrange sessions. Objective is to testify to the mental condition of children via effective verbal communication and develop a trustful connection with them. This is important to make them feel safe and they must be assured that anything they are telling to a few people sitting in front of them would not be shared with any outsider without their consent (Calderon *et al.* 2019). This bonding development is quite a difficult task as children can be disheartened even due to small misconduct. This factor should be taken into serious consideration while involving parents in counselling support programs.

4.9 Discussion

Mental health stability and positive behaviour are two important things to live a peaceful life. People dealing with mental sickness cannot live happily with either their family members or close friends. This is because negative attributes always trigger frustration, anger, anxiety and depression among people. It is not possible to live happily or move forward in the right direction without a stable mind and good behaviour. This is why from the beginning of childhood, people are taught to be polite, helpful, and kind. However, it is important for parents to provide their children with a stable childhood and a positive atmosphere so that while growing up they do not obtain any bad practices or get affected subconsciously. These are factors related to home culture and parents' treatment of their children. At present, people are more affected by external activities than internal environments. For instance, it has been identified that playing video games affects children's minds poorly due to their violent war and battlefield scenarios and aggressive content.

Nowadays parents are too busy to deal with professional issues, cope with other family dramas, and they have anxiety, depression and stress as well that most of them fail to provide prominent focus on their children. They give digital tools, mobile devices and other entertainment tools to their children so that they can stay engaged while parents will be able to finish other tasks. However, this practice is bringing severe issues in children's lives, for instance, being involved in video games for a long period is causing a lack of concentration and a disruptive mental state. Engagement with online games and listening to violent music composed with strong language and rhythm cause poor mental health in children. Children belonging to the age group between 12 to 15 years are in a growth situation and this is a vulnerable time they are passing through. Learning wrong facts and developing negative behavioural attributes would make it difficult for them to live in this society. This is because behavioural issues cause problems at high school that can lead to detention and even suspension. Mental sickness does not support one in studying well, which is why educational grades decrease as well. Considering all these facts, it is important to create more awareness among parents and all elderly people regarding the poor effects of video games and violent music. Awareness must be established before starting to take active initiatives to prevent worse circumstances and start building a positive culture.

The Impact of video on the minds of children is not similar to the way the mind gets affected due to listening to violent music. This is because one is incorporated with audio-visual effects, and physical incidents and the other is only audio. Behavioural factors of children get affected more by playing video games than listening to violent music. This is because video games consist of wars, gun fighting, killing, battlefield scenes, bloodshed and other brutal elements which affect children unconsciously. This can develop unconscious desires to attempt crimes or get engaged in wrong deeds which are dangerous. Music has the power to affect emotional aspects of people and listening to violent music triggers feelings in children that they are not aware of consciously. Due to being confused to understand their emotions, they appear to be more frustrated and angry. Visual content actively changes one's behavioural attributes, whereas; audio creates a disturbance in mental functions. Considering these facts, it is necessary for parents to control usage of video games among their children. Audio content that they listen to on online platforms must be controlled so that negative effects can be managed to a certain extent.

While incorporating Piaget's Moral Development theory within this research work, it has been identified that activities contribute significantly to personality and behaviour development of children (Yalçin, 2021). From the very beginning of childhood, children should be provided with a positive atmosphere at home. By overviewing literary works existing in a given context, it is identified that conflicts in family, poor caregiving and ineffective communication with children can grow loneliness and a void in children. They feel a detachment from their family members and parents due to this which led them to spend more time on digital gadgets. By the time parents start to understand these issues, it becomes too late that they need to take medical supervision to improve the mental circumstances of their children. On the other hand, considering findings of this research work, it can be stated that family situations are not the only thing that affects children unconsciously, however; mental condition of their parents also affects their mental stability. In case of parents are suffering from depression, anxiety, stress or any other mental illness, it becomes difficult for them to look after their children. Their mental disturbance and issues in life create insecurities in children and that can also affect their mental health stability. Therefore, there is a minor difference detected between literature review and findings.

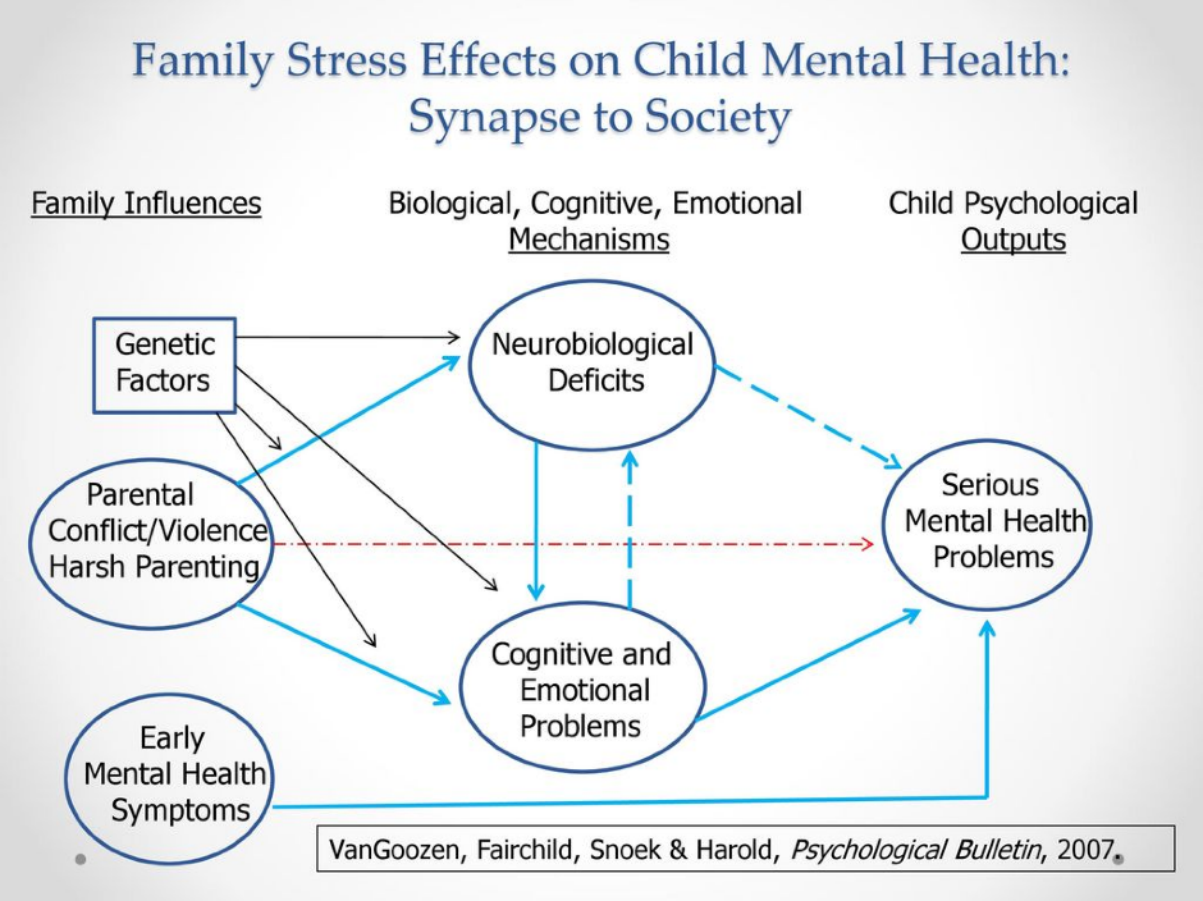


Figure 4.9.1: Effects of Family Stress on Mental Health of Children

(Source: Slideplayer, 2018)

This figure portrays ways in which children's mental health issues are connected to parental conflicts, family issues, and harsh parenting. Harsh parenting affects one's mental conditions and emotional stability as well. This is why parents are required to be more careful regarding their actions when children are at an early age and their mind is still developing. The age group that is targeted for this research work is between 12 to 15 years and children during this

Considering factors retrieved from reviewing literary evidence, it can be stated that the reason behind focusing on the effect of video games on mental health stability of children is their increased usage in the last few years. It has been identified that children have started getting engaged in video games more since the Covid-19 pandemic and lockdown of 1.5 years (Colley *et al.* 2020). Before the pandemic, children spent a normal life, going to school on a daily basis, interacting with friends, teachers, playing on grounds, attending tuition and

so on. However, due to lockdown during the pandemic, they could not go to school nor could play on the ground or interact with friends (Vuorre *et al.* 2021). This is why their engagement on digital devices increased and communicative aspects reduced.

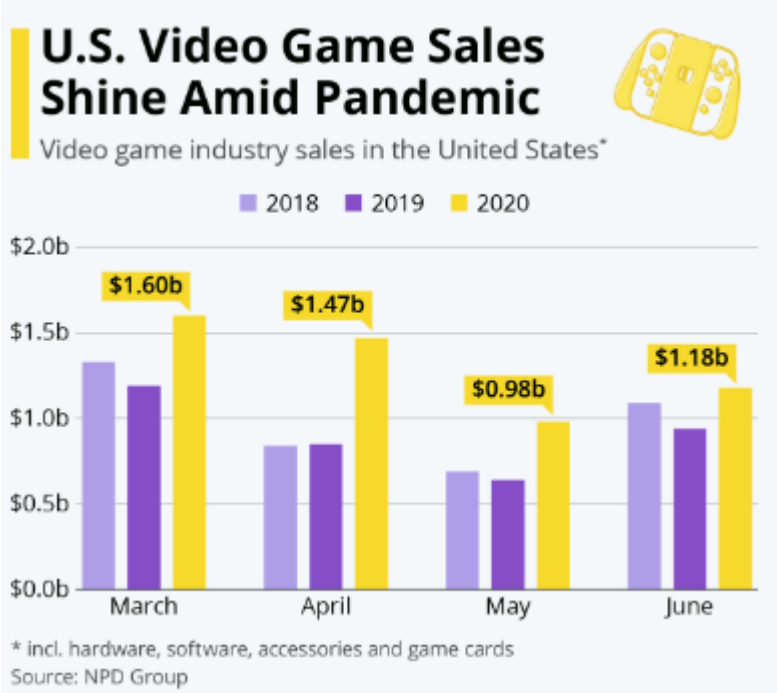


Figure 4.9.2: Sales of Video Games Increases due to Pandemic

(Source: Statista, 2020)

Above figure portrays that sales of video games have increased in the US marketplace due to pandemic situation. The findings section has similar identifications and that is why this perspective is similar in chapters, findings and literature review.

It is detected that children find it amusing to play video games that contain different kinds of activities as that gives them engagement for quite a long time. This hooks them into playing video games and that is why they end up spending more time on them. Evidence gathered from reviewing literary works opines that playing video games excessively and listening to violent music cause anxiety and impulsive disorder in children as they are incapable of controlling their minds. During listening to loud music and playing brutal games, their mind works at a higher frequency than usual and that is why when they stop playing and start doing

usual activities, their mind does not stop thinking about such events. This is because the human mind requires a certain amount of time to stabilise after being involved in hyperactivity for a long time (Barr and Copeland-Stewart, 2021). Children themselves are not capable of gaining control over their minds, therefore; they suffer from hyperactivity and anxiety. On the other hand, core findings of this research work state that children can also suffer from emotional disorders along with mental disorders due to this. Emotional obsessive-compulsive disorder, oppositional defiant disorder, attention deficit hyperactivity disorder are some of those health diseases (Bohus *et al.* 2020). Both chapters state that children can get affected by diseases, however; the findings chapter includes comparatively more evaluative data than literature review.

There are a number of psychological development theories that are found to be useful to make developments in mental conditions and behavioural factors of children. For instance, both the findings and literary review state that Piaget's Theory of Moral Development signifies that children are affected by their surroundings to a great extent. In a way to develop positive characteristics among children, like kindness, honesty, discipline and so on, it is necessary to involve them in activities and games that teach rules and cooperation (Tadjuddina *et al.* 2019). This helps in developing positive personality traits among children and their communication skills improve as well. Literature review chapter lacks incorporation of examples, whereas a few examples are added in the findings sections. There is mention of a child playing marble games and learning to follow rules from that. This is beneficial to develop a sense of discipline among children, whereas violent games do not include any such things. It contains killing activities, bloodshed, brutality and violent incidents which are disturbing for the minds of children.

As per findings gathered from literary works, it can be stated that medical supervisors refer parents to get their children into counselling programs so that they can undergo essential treatment to improve their mental situations and behavioural aspects. However, as per later observations detected within findings sections, it can be stated that it is important for parents to be involved in counselling programs so that their children feel safer and more secure (Carr, 2019). There is a contradictory point found within these two chapters in this context. It is necessary for medical assistants to understand specific requirements of every child and

conduct counselling sessions accordingly. There are a few children who do not feel comfortable talking about their emotions in presence of their parents and this is due to a lack of emotional connection between them. On the other hand, a few children prefer their parents to be around them during these sessions as they cannot trust strangers. Children who have good communication skills face fewer issues in this context, however; those who appear to be silent and more introverted are not able to trust strangers so easily. This is why it is important for counsellors and medical assistants to develop a connection of trust with children at first and then proceed to further stages. This is a time-consuming and delicate process as minor misconduct can affect children in a negative manner. Development of a trustful connection with children, especially ones suffering from mental health instability and behavioural issues is a difficult task. As per findings of this research work, it can be stated that there are children who cannot even trust their parents due to their unstable mental circumstances. Playing video games excessively and listening to violent music develop impulsive behaviour aspects and controlling actions and reactions of children become harder than usual (Billieux *et al.* 2019). As per identification via reviewing existing literary works, it can be stated that children can cause harm to themselves due to mental illness caused due to major engagement with violent music racks and video games. They are unable to control the frequency of thoughts which leads to dysfunctional activities in minds. Many children start to hallucinate hypothetical incidents happening around them and it becomes harder for them to distinguish between real and non-real incidents. It has been identified within the findings section that people appear to be less aware of these dangerous facts and outcomes concerned with playing video games and listening to loud music tracks (Zhao and Shute, 2019). This research work is an attempt to create more awareness in the society, especially among parents so that within time, they can take necessary actions for the improvements of their children. One difference between findings within the second chapter and the fourth is that chapter two includes vivid explanation of facts related to given context, whereas chapter four includes analysis of practical circumstances.

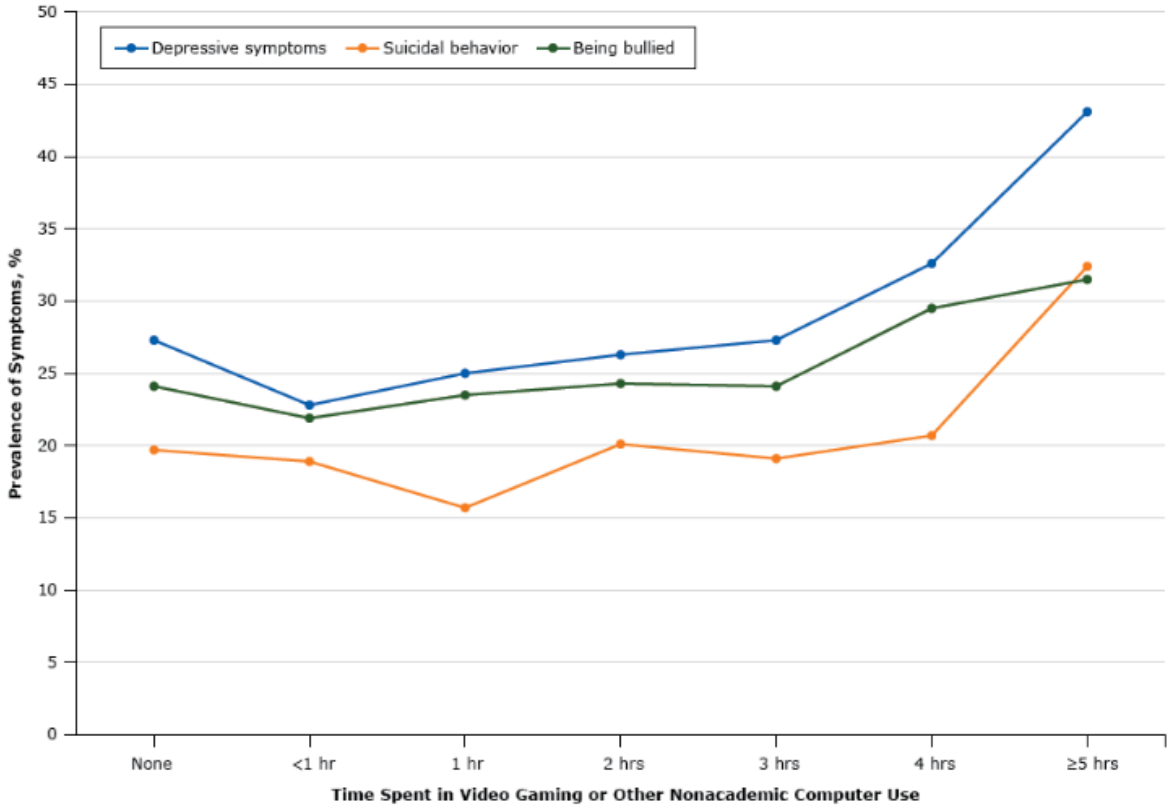


Figure 4.9.3: Time Spent on Video Gaming or Various Other Non-Academic Computer Use

(Source: Cdc, 2017)

The above figure portrays that total time spent by people playing video games or being engaged in other non-academic computer tasks is increasing to a great extent within this era of digitalisation. Rate of female adolescents using video games or attaining other non-academic computer activities within an hour is 33.3%. It increases to 53.8% within 5 hours or more than that (Cdc, 2018). It is not only harmful to children but for older ones as well as being engaged in on-screen activities can cause stress, anxiety and depression in them too. This is because their mind suffers from hyperactivity functions, which make it hard for adults to control overthinking. This creates a miserable state for them as they lack the focus to attain daily activities adequately. On the other hand, overthinking causes more depression, anxiety and sorrow. Adolescents who happen to be spending a lot of time playing these games, communicating over social networking sites and engaging on online platforms are found to

be more frustrated, upset, and depressed. Suicidal behaviour starts developing among children and they suffer from prominent mental and emotional disorders.

As per evaluation of literary works, it is detected that psychosocial theory can be used by parents to support their children's development and growth. There are eight specific stages that this theory developed by Erik Erikson comprises. These stages help in growing prominent characteristics among children at different ages. This theory provides a direction to parents to grow trust, sense of liberty, initiative-taking behaviour, aspiration, and self-awareness among children, adolescents, teenagers, and adults (Estrada-Plana *et al.* 2019). It becomes easier to teach them aspects of personal relationships development, contribution to societal development and reflection of personal skills and special abilities. Findings chapter does not include data regarding this kind of theoretical incorporation. There is another difference detected within chapters two and four. It is quintessential for parents to understand components of this theory to be able to apply it in real life effectively. This will help in improving self-understanding among children. On the other hand, it is also beneficial to develop better connections in the social world which is very important for ensuring mental health improvements. It becomes easier for parents to give meaning to their children and create more confidence in them by establishing a strong identity.

It becomes easier for children to create a significant social recognition and get hold of prominent career opportunities with help of this. Having real connections in the outer world is beneficial for anyone both emotionally and mentally. Spending more time in the real world, communicating with different kinds of people, engaging in numerous diversified activities and fresh air boost one's morale and mood (Ferguson and Colwell, 2020). This is why parents must let their children grow within this kind of atmosphere rather than caging them within four walls with a bunch of digital gadgets. This is because there are parents who intend to stop their children from growing within the outer world and rather consider keeping them indoors. This is not beneficial from any perspective nor does it have a good effect on the mental health of children.

4.10 Summary

This chapter of the research paper consists of primary findings that are extracted from reviewing existing literary works in a given context. Secondary qualitative data has been used to evaluate the concept of mental health stability and behavioural changes in children. Thematic analysis is used to analyse core findings of this research work. It has helped in establishing an argumentative discussion on the impact of playing video games and listening to violent music. Theoretical implications that support understanding mental development and behavioural growth of children have been critically analysed considering their functions and effectiveness in context. Analysis of core findings is done with help of descriptive research design so that final results could be elaborated with clear ideas.

Chapter 5: Conclusion and Recommendations

5.1 Overview

This research has been conducted to identify effectiveness of playing video games and listening to violent music on mental health stability of children. Primary focus is given to the age group between 12 to 15 years old. There are a couple of factors that must be considered in this context, such as excessive engagement with video games causes losing concentration, and listening to violent music trigger negative emotions in people (Blackmore *et al.* 2020). Usage of video games is exceeding to a great extent and as per findings, it can be stated that it is not creating a positive effect on the community. Children and adolescents are intending to spend more time using digital devices and playing video games, that they barely like to socialise or put themselves out there in the real world. It is not possible for human beings to isolate themselves and survive a living without any real connection with the actual world. Considering this, adolescents of this generation are found to be suffering from anxiety, loneliness, sadness, depression, distress and other negative emotions more than any other group of people (Danese*et al.* 2020). Secondary qualitative data has been collected from scholarly sources and internet websites so that evaluation of given context can be done in a narrative manner. Narrative discussion of primary themes associated with the concerned research area helps in discussing findings adequately. Descriptive design, deductive research approach and positivism research philosophy are incorporated within research methodology to attain thematic analysis appropriately.

This entire research has helped in identifying emotional and mental issues that children and adolescents are suffering from due to listening to loud music and playing video games. As per findings, it can be stated that children can get affected by hideous mental diseases, such as ADHD, anxiety and depression disorders and so on due to aforementioned engagements. On the other hand, a few literary works have reflected that older people also suffer from convenience issues with using digital devices to a great extent (Rodriguez-Ayllon*et al.* 2019). On the other hand, there is a high possibility for their mental peace to be affected by violent music as its tempo is high and it triggers unconscious desires of the human mind. Children are affected more as they are unable to control their thoughts or actions mature due to lack of experience and knowledge of such things. It is quintessential to keep children away from

wrong activities and provide them with an optimistic atmosphere at home and educational institutions so that they can develop better skills (Meherali *et al.* 2021). Environmental factors put a prominent effect on their mentality along with their behavioural aspects and that is why in case children are treated with negligence and brought up in a negative atmosphere, then they will appear to be developing more aggressive and irritating behaviour than usual. Theoretical incorporation has been done throughout the research work to make its content richer and guide readers regarding beneficial aspects related to the research area.

5.2 Linking with Objectives

Objective 1: Importance of Mental Health Stability on Educational Performance of Children

It has been identified that in the global context, more than 10 to 20 per cent of children and adolescents are suffering from mental illness. Children suffering from mental issues cannot communicate effectively with the outer world. As per current data 99% of adolescent boys and 94% of adolescent girls spend most of their time playing video games within a day (Cdc, 2018). Focusing on these games for a long period generates high levels frequently in brain functions of users and that is why when stopping playing, it becomes harder for them to manage instant drop of this frequency. It leads to abnormal functionalities of the neural system which leads to losing concentration power, ability to express emotions, talk, anxiety, distress, depression and so on.

Without a stable mental state, it is not possible for students to focus on their studies and that leads to poor educational grades. On the other hand, behavioural issues make it extra hard for adolescents to communicate with peers and treat everyone around them adequately. This leads to poor image development within an educational structure and that can lead to suspension or periodical detention. It is harder for children to move toward a bright future with poor academic grades and career opportunities narrowed down as well (Qian*et al.* 2020). This makes it harder for them to even socialise effectively and creating an identity within the society gets harder as they grow up. Throughout this research, work testimonials are added to prove these aforementioned assertions. Hence, it can be stated that this particular objective

which was to identify the impact of mental instability on educational performance of children has been met successfully.

Objective 2: Effectiveness of Video Games on Behaviour and Mental Health Stability of Children

Video games consist of war scenes, battleground activities, brutal murder scenes, gun fights, and many other cruel actions. Watching these visuals at a young age creates a negative effect on children's minds, especially on the unconscious part of the mind. They develop unconscious desires, dark thoughts and a desire to attain wrong deeds. Constantly playing these kinds of games can trigger emotions and children may end up attaining activities that they are not supposed to (Mitchell *et al.* 2019). There are games that contain usual activities, however; as per research, it is identified that children like to spend more time on war games than usual ones due to their eventfulness and constant engagement. One thing that has been repeatedly mentioned throughout this work is that children cannot handle increased frequency of their thoughts and that leads to poor concentration and lacking understanding of general facts. Suicidal thoughts increase and so as suicide rates and some children are found to be hallucinating factors that are not happening in the real world around them (Koban*et al.* 2022). It becomes harder for them to distinguish between real and non-real events and this causes accidents. Graphs and charts have been used to portray these facts in the literature review and findings section. Considering all these facts, it can be stated that this particular objective is met as well.

Objective 3: Impact of Violent Music on Mental Health Well-Being and Social Behaviour of Children

Playing video games has an impact on mental functions and listening to violent music creates disturbances in emotional aspects. This is because music has the power to trigger one's unconscious emotions. Therefore, listening to violent music that consists of strong rhythm, loud tempo, and vulgar lyrics can affect children in a bad way. Children get disturbed and develop a frustrated nature; on the other hand, they appear to be angry all the time. Children and adolescents who are too involved in listening to music of this genre do not intend to listen to their parents and start treating people around them badly. Socialising becomes harder and that is why children may end up feeling lonely and more frustrated. As per literary review

and findings, it can be stated that listening to violent music puts more impact on one's behavioural aspects by triggering unconscious desires and wishes (De Pasquale *et al.* 2021). Mental health well-being is affected so poorly that it becomes harder for children to attain daily activities adequately. There are comparatively less data available on the effectiveness of violent music on mental health and music than the impact of video games. However, all aforementioned data are gathered from relevant sources and added to this research paper to meet this particular objective.

Objective 4: Challenges faced by Children due to Mental Health Disturbance and Strategies to overcome them

A few challenges faced by children because of poor mental health and behavioural issues have been discussed in previous sections. However, it is necessary to put emphasis on certain challenges that are more convenient than others. Mental disorders limit children and adolescents from being involved in societal structure effectively. Even brightest students become incapable of pursuing proper education and moving toward a bright future in case they happen to be engaged with video games, or any other digital gadgets excessively. It becomes harder to establish an identity and ensure adequate socioeconomic conditions due to this issue. As per findings, it is important for parents to look after children with more care and attention. In case there is even any minor change in their behavioural aspects or mental conditions then medical support should be sought. In case of critical circumstances, counsellors should be contacted so that children can undergo therapy sessions (Fancourt and Finn, 2019). However, the foremost important aspect to be maintained is an optimistic home environment. Parents and other family members should be kind, supportive and friendly to children so that they do not feel alone and can communicate effectively. This will keep them away from using digital devices and these are proven by facts discussed in earlier chapters, therefore; objective is met.

5.3 Research Limitations

Considering there was a lack of time and funding available, secondary qualitative data is collected for this research work. No primary data collection technique could be used which limits reliability and validity of data to a certain extent. There was a lack of participants

involved in this research work which is why it was harder to gather data, implicate facts, theories, choose methodologies, work on findings and draw conclusions than usual. Incorporation of primary data could have helped in understanding the current situation of a focused group and their opinion on the research area. Primary quantitative data is not added to this document which is why it is difficult to detect the rate of people who are suffering from mental and behavioural challenges due to video games and violent music at present. All these limitations are subject to be overcome in future works.

5.4 Recommendations

This research work includes elaborative data regarding impact of violent music and video games on behavioural factors and mental health conditions of children. However, due to lack of numerical data, it is difficult to signify current circumstances. Considering this point, it is recommended for further research works be done following primary data collection methods. Survey would be a more convenient option to be used as that would help in gathering data from a wider size of population. This would increase reliability of data and defining present circumstances would be easier as well.

Parents are recommended to take supervision from medical associates and counsellors in case they are witnessing a drastic change in behavioural attributes of their children and their mental condition. It is true that video games and violent music have a negative impact on the human mind and behaviour, however; there are a few good outcomes of playing video games. People have created new career prospects in this domain and that is why it is recommended to utilise optimal perspectives that are connected to the usefulness of video games (Danese*et al.* 2020). Restricted usage can help in preventing negative effects from emerging, whereas it may also create an opportunity for children to explore a different dimension of the world. Therefore, it is recommended to researchers look at this aspect of the concerned research area as well.

5.5 Future Studies

It is important for researchers to consider aforementioned limitations of this research work and provide recommendations to overcome these limitations. It is quintessential to conduct interviews and surveys so that more people can be reached and better awareness can be

created in society. Social campaigns should be entertained to promote the significance of mental health. Future researchers should focus on identifying positive aspects of playing video games as well, however; interventions required to be implemented during this usage to prevent negative outcomes should be identified as well.

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