



: Video Juegos y sus consecuencias

Videojuegos agresivos y no violentos: Efectos psicológicos y cardiovasculares a corto plazo en jugadores habituales.

El propósito de este estudio fue evaluar los efectos a corto plazo sobre varios índices fisiológicos (presión arterial y ritmo cardíaco) y psicológicos (ansiedad y agresividad) de jugar videojuegos violentos y no-violentos en adultos jóvenes.

El estudio fue realizado en una muestra de 22 participantes masculinos. Los sujetos invitados a participar en el estudio fueron reclutados de una sala de videojuegos. Antes y durante el juego en cada juego de ordenador violento o no-violento, la presión arterial y el ritmo cardíaco fueron medidos. Antes y después de la sesión de juego, los sujetos completaron el Inventario del Estado de la Ansiedad (STAI-Y) y el Inventario de la Hostilidad de Buss-Durkee.

Los resultados del estudio mostraron una gama de efectos a corto plazo de jugar videojuegos violentos y no-violentos en la presión arterial y en el estado de ansiedad de los sujetos, pero no en las medidas de hostilidad. Más específicamente, el grupo que jugó los videojuegos violentos mostró un aumento significativo en los marcadores del estado de la ansiedad al final del juego, comparado a la autoevaluación pre-juego, y un aumento en la presión arterial sistólica mientras que los sujetos jugaban respecto a valores pre y post-juego. También se encontró una disminución de la presión arterial diastólica después de jugar cualquier juego.

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Bruno Baldaro, et al.

Abstract

The purpose of this study is to evaluate the short-term effects on several physiological (arterial pressure and heart rate) and psychological (anxiety and aggressiveness) indexes of playing violent and non-violent videogames in young adults. The study was carried out on a sample of 22 male participants. Subjects invited to participate in the study were recruited from a videogame leisure club. Before and during playing either a violent or non-violent computer game, blood pressure and heart rate were measured. Before and after the game session, the subjects completed the State-Anxiety Inventory-Y (STAI-Y) and the Buss-Durkee Hostility Inventory.

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Aggressive and non-violent videogames: short-term psychological and cardiovascular effects on habitual players

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Keywords

hostility • anxiety • blood pressure • heart rate • videogames

Abstract

The purpose of this study is to evaluate the short-term effects on several physiological (arterial pressure and heart rate) and psychological (anxiety and aggressiveness) indexes of playing violent and non-violent videogames in young adults. The study was carried out on a sample of 22 male participants. Subjects invited to participate in the study were recruited from a videogame leisure club. Before and during playing either a violent or non-violent computer game, blood pressure and heart rate were measured. Before and after the game session, the subjects completed the State-Anxiety Inventory-Y (STAI-Y) and the Buss-Durkee Hostility Inventory. The results of the study showed a range of short-term effects of playing violent and non-violent videogames on arterial pressure and on the state anxiety of subjects, but not on hostility measurements. More specifically, the group that played the violent videogames showed a significant increase in the state anxiety score at the end of the game, as compared to the pre-game self-evaluation, and an increase in the systolic blood pressure while the subjects were playing as compared to pre- and post-game values. A decrease in diastolic blood pressure after playing any game was also found. Copyright © 2004

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