

W: I THINK IT'S MORE JUST ABOUT.. LIKE IN SKYRIM IS AN OPEN WORLD RPG SO

C: WILLIAM STERGAR A CARMEL HIGH SCHOOL STUDENT AND A GAMER

W: AND YOU COULD LOOK AT ALL THE SCENERY AND LOOK AT ALL THE TREES AND ALL OF WHAT THE WORLD HAS TO OFFER.

T: CAN'T YOU JUST WALK OUTSIDE?

W: YEAH YOU CAN DO THAT TOO. BUT I FEEL LIKE SHE WANTS TO EXPERIENCE BOTH WORLDS. BOTH THE VIRTUAL AND THE REAL ONE. I FEEL LIKE YOU CAN EXPERIENCE DIFFERENT THINGS THAT YOU COULDN'T EXPERIENCE IN YOUR OWN WORLD. SO IT'S JUST LIKE A DIFFERENT WAY OF LOOKING AT THINGS.

T: VIDEO GAMES ARE A HUGE PART OF POP CULTURE, ESPECIALLY THE VIOLENT ONES. THE MORE VIOLENT IT IS THE MORE POPULAR, LIKE GRAND THEFT AUTO AND HALO. I'M THEA NIKOLAOU

C: AND I'M CAROLINE HEYL. YOU'RE LISTENING TO I AM.

IT'S REALLY BEEN PUT INTO QUESTION IN THE NEWS LATELY, IF THESE VIOLENT MARKETED VIDEO GAMES ARE AFFECTING THE DEVELOPING BRAIN OF THE TEENAGER. DONALD TRUMP SAID THAT VIDEO GAMES COULD HAVE BEEN ONE OF THE RESPONSIBILITIES FOR SOME OF THE VIOLENCE THAT HAS HAPPENED RECENTLY.

D: THERE'S A LOT OF BAD THINGS HAPPENING TO YOUNG KID AND YOUNG MINDS AND THEIR MINDS ARE BEING FORMED. AND WE HAVE TO DO SOMETHING ABOUT MAYBE WHAT THEY'RE SAYING AND HOW THEY'RE SAYING IT. AND ALSO VIDEO GAMES. I'M HEARING MORE AND MORE PEOPLE SAYING

THE LEVEL OF VIOLENCE IN VIDEO GAMES IS REALLY SHAPING YOUNG PEOPLE'S THOUGHTS.

W: I DON'T THINK IT'S A DIRECT CORRELATION, LIKE VIDEO GAMES CAN CAUSE THAT. BUT IT CAN DEFINITELY EXPEDITE AND MOVE THINGS ALONG

T: AS A GAMER, DISAGREES WITH TRUMP. EVEN THOUGH HE RECOGNIZES THAT VIDEO GAMES CAN CONTRIBUTE TO VIOLENCE. THEY'RE NOT THE SOLE CAUSE.

W: I'VE PLAYED SOME VIOLENT GAMES IN THE PAST BUT IT'S NEVER BEEN BECAUSE I LIKE VIOLENCE. AND IT NEVER MADE ME WANT TO DO VIOLENT THINGS.

H: IN ANY INCIDENT OF VIOLENCE THERE ARE A MULTITUDE OF CAUSES: FAM ENVIRONMENT, GENETICS, PERSONALITY, CULTURAL IMPACT.

C: DR. TOM HUMMER, A RESEARCH PROFESSOR IN THE DEPARTMENT OF PSYCHIATRY AT THE SCHOOL OF MEDICINE AT IU, WITH A FOCUS ON ADOLESCENT BRAIN DEVELOPMENT AND MEDIA USE

H: I WOULD HATE TO SAY YOU KNOW VIOLENT VIDEO GAMES ARE CAUSING SCHOOL SHOOTINGS. BECAUSE THERE'S OBVIOUSLY A LOT OF PEOPLE WHO PLAY VIOLENT GAMES AND YOU KNOW THE VAST MAJORITY DON'T EVER SHOOT ANYBODY.

C: IN 2007, A STUDY PERFORMED BY THE AMERICAN ACADEMY OF PEDIATRICS STATED THAT ONLY 10-30% OF VIOLENCE COULD BE ATTRIBUTED TO VIOLENCE IN MEDIA, SUPPORTING DR. HUMMER'S POINT.

T: WHILE VIOLENT VIDEO GAMES MAY NOT AFFECT VIOLENCE, THEY DO AFFECT TEENAGERS' BRAINS.

H: THERE ARE AREAS OF THE BRAIN THAT RESPOND TO REWARDS. SO THESE AREAS ARE ALMOST MORE PRIMITIVE REGIONS. THEY RESPOND TO ANY REWARD, SAY MONEY OR DRUGS OR SOCIAL SUPPORT OR SOCIAL REWARD AND THEY CAN RESPOND TO VIDEO GAMES. SO WHAT PEOPLE HAVE FOUND IS THAT IN PEOPLE WHO HAVE ALMOST LIKE THIS VIDEO GAME ADDICTION THEY HAVE THIS DECREASED ABILITY IN THE PREFRONTAL CORTEX TO REGULATE THEIR BEHAVIORS AND THEY ALSO HAVE A CHANGED SENSITIVITY IN THE REWARD REGIONS WHERE THEY NEED MORE AND MORE TO SATISFY THE SAME LEVEL OF REWARD.

T: THE ADDICTION TO VIDEO GAMES THAT DR. HUMMER JUST DESCRIBED IS USUALLY WHAT WE THINK OF WHEN WE HEAR ABOUT A GAMER. BUT THAT'S NOT THE CASE FOR EVERYONE.

W:, AS A FIRST IMPRESSION PEOPLE WOULD THINK I SIT BEHIND A COMPUTER OR A SCREEN ALL DAY. BUT REALLY THAT'S NOT THE CASE. I ENJOY IT BUT IT DOESN'T CONSUME MY LIFE. BECAUSE YOU CAN BE A GAMER AND PLAY SOMETIMES THROUGHOUT THE WEEK OR YOU CAN BE A GAMER THAT PLAYS FOR HOURS MULTIPLE DAYS. WELL MY LITTLE BROTHER IS BASICALLY ON UNTIL DINNER TIME, AND THEN HE GETS BACK ON AFTER DINNER. MY PARENTS DON'T LIKE IT BECAUSE HE'S CONSTANTLY ON IT, HE DOESN'T COME OUT TO SOCIALIZE.

T: JUST LIKE WILL'S BROTHER, A LOT OF GAMERS SOMETIMES GET SO IMMersed IN THE VIRTUAL WORLD THAT THEY FORGET ABOUT THEIR BASIC HEALTH NEEDS

C: THERE HAVE BEEN MANY INSTANCES WHERE PEOPLE WHO HAD PLAYED FOR MORE THAN 10 (CONSECUTIVE) HOURS, HAVE FORMED BLOOD CLOTS OR HAD TO BE

HOSPITALIZED FOR DEHYDRATION, WHICH SUPPORTS STUDIES THAT SHOW PLAYING EXCESSIVELY CAN HAVE SERIOUS HEALTH IMPLICATIONS.

T: BOTH DR. HUMMER AND WILL RECOGNIZED THAT THERE NEEDS TO BE A LIMIT.

W: EVERYTHING IN MODERATION. YOU COULD BE A GAMER AND GAME EXCESSIVELY OR A GAMER AND GAME MODERATELY, JUST LIKE EVERYTHING.

H: MAKE SURE YOU HAVE THE SELF MANAGEMENT SKILLS TO STOP YOURSELF WHEN YOU NEED TO STOP AND KNOW WHEN TOO MUCH IS TOO MUCH. BEING ABLE TO MANAGE THOSE THINGS ON YOUR OWN IS KEY TO HEALTHY USE OF VIDEO GAMES.

C: DESPITE THE POSSIBLE HEALTH PROBLEMS, MOST PEOPLE CAN FIND A BALANCE IN WHICH THEY CAN MAKE GAMING A FUN AND ENTERTAINING ACTIVITY.

W: I USUALLY USE VIDEO GAMES AS A STRESS RELIEVER. YOU CAN KIND OF IMMERSE YOURSELF IN A DIFFERENT WORLD OR A DIFFERENT PLACE AND YOU DON'T HAVE TO FOCUS ON SOME TEST TOMORROW OR A BIG PAPER DUE NEXT WEEK. YOU CAN JUST RELAX A LITTLE BIT.

C: THIS HAS BEEN I AM. FOR MORE PODCASTS LIKE THIS YOU CAN VISIT WHJE.COM