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Angry Birds and Anger Management – A Study on the Psychological Impact of the Game Angry Birds

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Abstract:

Games have become a part of our lives from the early stages. As years passed, it just transformed into many forms. Games have been more dear to us and when video games originated they became more influential knowingly and unknowingly. This study will explain the situation of anger management by playing the most popular video game Angry Birds produced by Rovio entertainment. The ultimate objective of the study is to find out whether the video game angry birds which is one of the most popular and most played game helps in anger management (stress, excitement, blood pressure) in a person. This study shows that the game creates a psychological impact in a human mind. The research has been done by surveying 100 samples belonging to different age groups.

1. Introduction

Games have been a part of one's daily life from ages, for physical and mental enhancement and relaxation, games have a unique way of relaxing the mind and the body. As time passed and technology developed, indoor games became popular and outdoor games started to get endangered. Video games are one among the indoor games that became dearest to people belonging to all age group. It is more convenient and can be learned quickly. The past of video games had started from the early 1950's, when academics began developing simple games and reproduction as the part of their research in computer science. Video games have not reached mainstream popularity until 1970's and 80's. Then video gaming had become a popular form of entertainment and a part of modern culture in most part of the world.

. The term video game has originated over decades from a purely technical definition of general idea illuminating a new class of interactive type of entertainment. 'In theory, for a product to be a video game, there must be a video signal transmitted to a cathode ray tube (CRT) that creates a vector graphic image on a screen (*Wikipedia, history of video games*)'. Since the release of smart phones mobile gaming has been a driving factor for games to reach out to people not previously interested in gaming as well as people unable to afford or support out-and-out hardware. Mobile phones began fitting video gaming platforms when Nokia installed snake onto its line of mobile phones in 1997. Every major phone brand offered time killer games that could be played in very short moments, Older cell phone games were not as expensive or popular as games for consoles since the hardware for early mobile phone was not suited for high color presentation or sounds beyond the differently inclined beeps. These games were also usually animated with squares due to their limited graphical quality. Today smart phone and tablet games have come a very long way of their graphics. Basically games, especially video games are popular for its bad qualities like mental retardation and bad for eyes etc., but later studies have come forward with how games can positively affect a human. This paper is also a study based on this topic. What effect a game can bring to a person? An opening to studies that can be done on games. So let's see what the famous game, which is the 2 billion downloaded games application 'Angry Birds' can do to a person.

2. Literature Review

2.1. Raise Smart Kid – The Positive and Negative Effects of Video Games (Article)

In this article it says that "violent video games may act as a release of pent-up aggression and frustration of your kid. When your kid vents his frustration and angers in his game this diffuses his stress. Games can provide a positive aggression outlet the same way as football and other violent sports. Playing video games is safer than having your teens do drugs alcohol and street racing in the real world"

2.2. Your story – Malavika velayanikal (2013)' who Says Gaming is Bad (Article)

In this article the author explains about every positive aspect of playing a video game "Simple games like 'Angry Birds', which are easy to access and can be played quickly, can improve players' moods, promote relaxation and ward off anxiety, the study said. "If

playing video games simply makes people happier, this seems to be a fundamental emotional benefit to consider,” said Granic. Video games could be effective tools to learn resilience in the face of failure, as the gamers learn to cope with ongoing failures in games, the authors of the study pointed out. Emotional resilience is a key strength that would come handy in their everyday lives”

“According to a long-term study published in 2013, video games may also help children develop problem-solving skills. Granic, Lobel and Engels said that the more adolescents reported playing strategic video games, such as role-playing games, the more they improved in problem solving and school grades the following year. Children’s creativity was also enhanced by playing any kind of video games, including violent games, but not when the children used other forms of technology, such as a computer or cell phone, other research revealed.

Physicians have also begun to use video games to motivate patients to improve their health, the authors said. In the video game “Re-Mission,” child cancer patients can control a tiny robot that shoots cancer cells, overcomes bacterial infections and manages nausea and other barriers to adhere to treatments. A 2008 international study in 34 medical centers found significantly greater adherence to treatment and cancer-related knowledge among children who played “Re- Mission” compared to children who played a different computer game.

“It is this same kind of transformation, based on the foundational principle of play, that we suggest has the potential to transform the field of mental health,” Granic said. “This is especially true because engaging children and youth is one of the most challenging tasks clinicians face.”

Educators are redesigning classroom experiences, integrating video games, the authors pointed out. Citing examples, they recommended that teams of psychologists, clinicians and game designers should work together to develop approaches to mental health care that integrate video game playing with traditional therapy”

2.3. *Lion’s roar - Jane Macgonigal, 2015. Can angry birds calm your thoughts (article)*

In this article the author explains how the game angry birds help to call with her real life example and experiences “Flow is the state of being completely cognitively absorbed in an activity. It’s not mere distraction or engagement; it’s full engagement. It’s being totally immersed in, motivated by, and energized from the challenge at hand. In a state of flow, you not only lose track of time, you lose a sense of self-awareness. You experience a “deep focus” on the activity and no conscious awareness of competing thoughts or emotions”

“Flow is the reason that games, more than any other activity, are uniquely able to help us exert more control over our attention, and as a result, our thoughts and feelings. Games give us a clear goal. They require focus and effort to succeed. And digital games provide near-constant feedback so we can improve our performance. And as soon as we improve our skills, the game gets harder, ensuring that we are always sufficiently challenged. Video games are such a reliable and efficient way to reach a flow state, in fact, that when scientists want to study the phenomenon of flow in the laboratory, they typically have participants play them. No activity that we know of creates flow more quickly, for so many people, as digital game play. And when we are in flow, we are in full control of our attention spotlight”

2.4. *Objectives of Study*

1. To find out whether the game helps in anger management
2. To what extend this game helps in anger management
3. To find out what all psychological impact does this game have rather than anger management?

2.5. *Study Methodology*

The area chosen for the study was Trivandrum. In the present study, an extensive use of both primary and secondary data was collected in order to achieve the objectives of study. For collecting the primary data survey technique was undertaken with the use of interview and questionnaire. Primary data relating to daily hourly rating of game playing and nature of game, emotional and psychological impact of game were collected from sample respondents. The secondary data was related to the study gained from the database maintained in the internet resources.

3. **Data Analysis and Findings of Study**

The data was collected from 100 questionnaires are analyzed, interpreted and presented on the basis of objectives. Simple percentage technique was employed to arrive at the results and findings of the data analysis which is graphically shown by bar graph. The summary of findings based on the analysis of the data is listed below

➤ Have you played angry birds once?

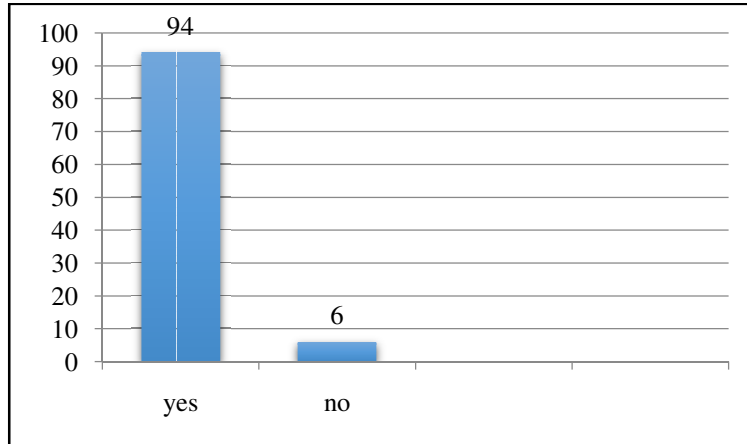


Figure 1: have you played angry birds once /graph 1

The first question was to find out, how many have played the video game angry birds at least once. From the hundred samples it has been found that 94% of hundred have played it and rest 6% has said no to the question. It means same percentage of people has been found interested in this game and another factor is that among the six that had said no to the question females are the most and only two of them are males

➤ How many hours will you spend playing the game per day?

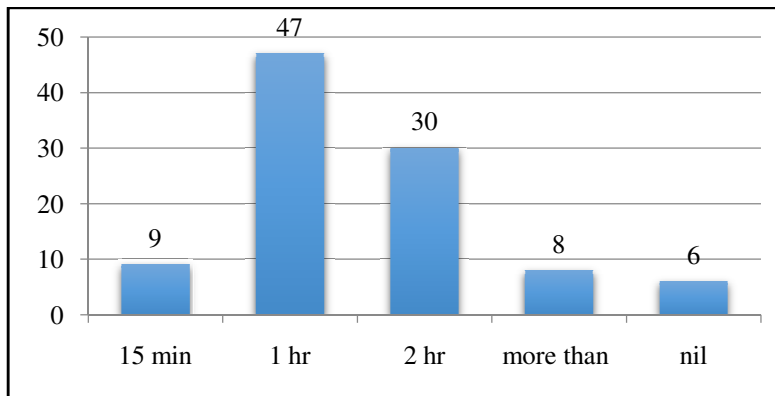


Figure 2: how many hours will you spend playing the game per day/graph.2

This question is to identify the time they spend with the game which is an important factor in the research. If the sample consume more time playing the game, we can assume that the game has more influence on the sample. The following question had five options, since we have 6 of the total samples have never played the game even once we have to consider that as a no and it will have marked as another option which is NIL and the other options are 15min,1hr,2hr and more than that. Among these Its find that almost 47 out of hundred had played the game to one hour the most 30 had played the game 2 hours and only 8% had played the game more than that and 9% of them played only 15 minutes or less than that.

➤ Do you play angry birds when you are angry?

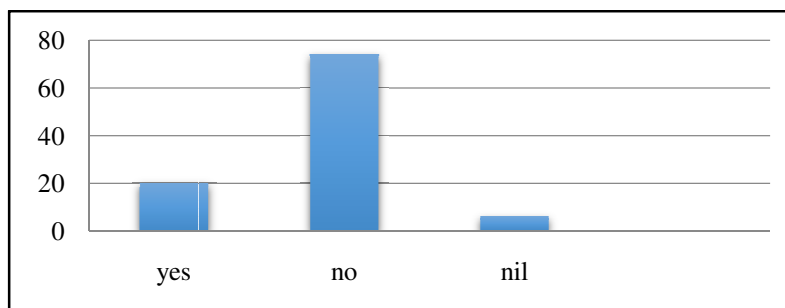


Figure 3: do you play angry birds when you are angry/graph 3

The third question that is ‘do you play angry birds when you are angry ‘is the core question to find out the percentage of relationship between the sample and the video games psychological impact on sample. The options were yes, no and nil. Among hundred sample 74% had said no to the question while only 20% had replayed yes to the question and 6 of them nil as they have never played the game.

- Do you think it helps in controlling your anger?

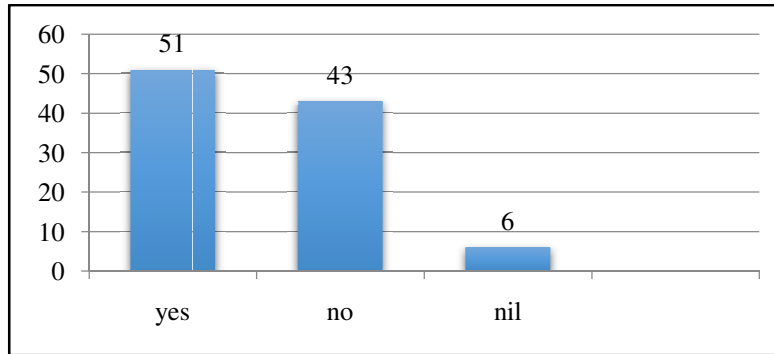


Figure 4: do you think it helps in controlling your anger/ graph4

The fourth question was to find out where there is any relation between the games and anger Management .and to the question ‘do you think it helps in controlling your anger?’ 51% has replayed yes and 43% had replayed no and 6% of them go nil. From this we can assume that, since the percentage people opted yes for the question is more than the percentage of people answered no, the game does have an effect in controlling the anger in a person. And 43% has responded yes which is not much lesser than the percentage of people responded yes,

- Does completing each task help to improve your mood?

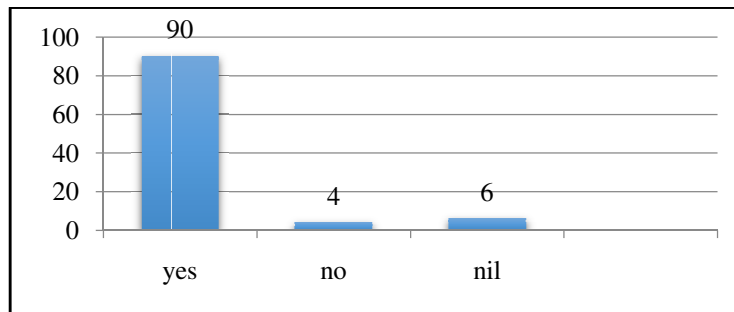


Figure 5: does completing each task helps to improve your mood/ graph 5

The fifth question was to find out whether completing each task help to improve the mood. The purpose of this question is to find out that to which extend game has been influenced the mindset of the people. 90% of the sample had answered yes to the question and 4% of the hundred has answered no and 6% is Nil.

- Have you ever related your angry mood to the characters in the game?

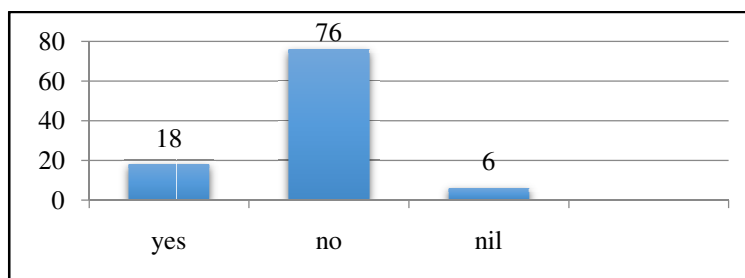


Figure 6: have you ever related your mood to the characters in the game/ graph 6

This question was to find out how deeply each sample connected to the game. 76% of people had answered no to the question that they do not relate their mood to the characters. But 18% has replayed positive to the question that they relate their mood to the

character they suggest that this can also reduce the level of temper when they play the game because they related character seems so fun and if that character causes much damage that led to a minute of satisfaction

- Do you prefer sound during playing?

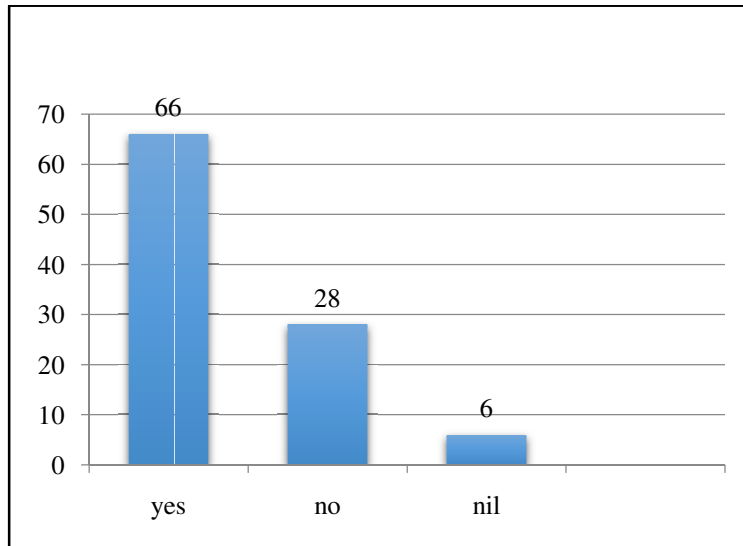


Figure 7: do you prefer sound during playing/ graph 7

In this question which is a most vital one among the ten questions 66% of sample has been marked yes. A study by the university of Queensland, the Australian public research institution in Brisbane revealed that rather than proving the hypothesis that “extreme music causes anger” the theory that “extreme music matches and helps to process anger “was supported instead the music helps them explore the full gamut of emotion they felt (: *extreme music makes you calmer, not angrier*”, 2015, *The guardian*, [www. The guardian .com](http://www.Theguardian.com)) Stress decreased after music was introduced they also quotes that music can sometimes refer to the any kind of heavy sounds. New researches show that listening to music can lift up the mood of human. Coming back to the finding 28% has responded no to the question and 6% goes nil

- Do you think playing angry birds have any influence in you pressure level?

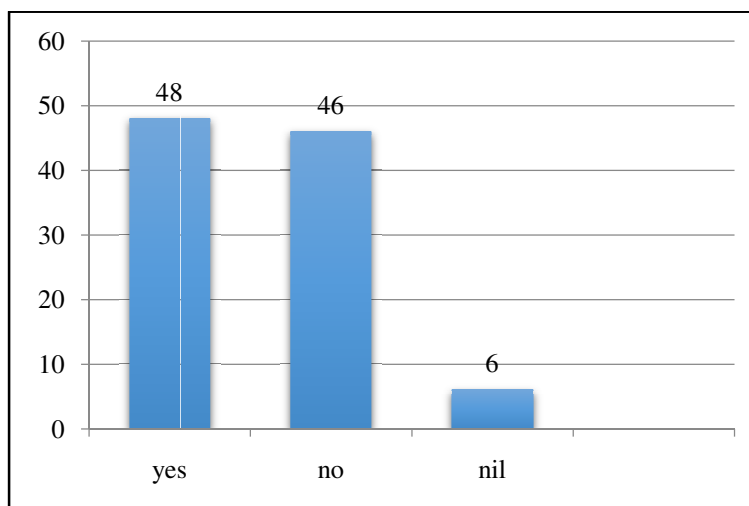


Figure 8 : do you think playing angry birds have any influence in your pressure level / graph 8

In this question 48% of people had answered yes it means that percentage of group thinks that the game has influence in their pressure level and 46% think the game have no influence in their pressure and 6% had gone for nil. Even though there is slight difference in the percentage we have to make note that a same percentage of people had answered yes and no to the question. Among the sample there are so many senior citizens who are 40+ which took part in this survey and responded very helpful. According to their response this game has influence in their pressure level and they personally admit that they play this game whenever they get free time between the office.

➤ Do you think angry birds are a hyper addictive game?

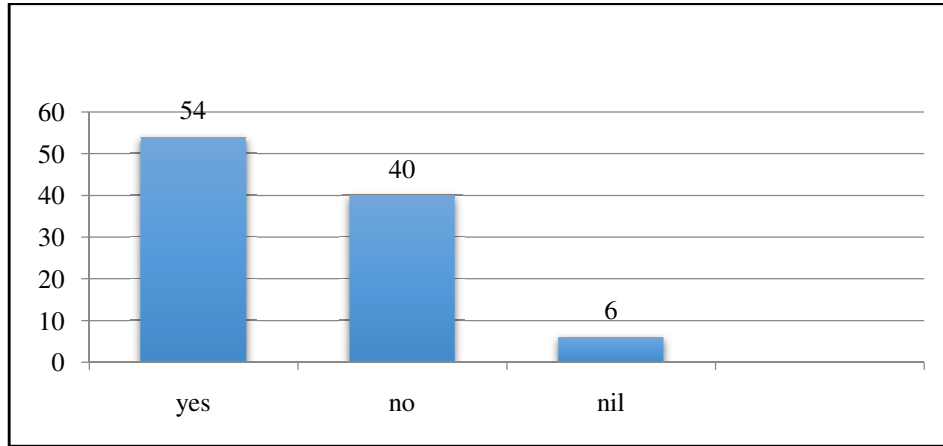


Figure 9: do you thing angry birds are hyper addictive game / graph 9

According to the second question asked most of the people play the game more than one hour and others 2 hours to taking that into account and adding response to this question most think this game is a hyper addictive game. 54% percentage of sample had answered yes to the question and 40% percentage had answered no to the question and rest of 6% is nil they spot many reasons to why this game is so addictive the first one is that it is as simple as simple gets The basic concept is so easy that every one, no matter what age or mental stage can understand it. Most of them also agree that even if they don't play the game when they are angry they notice the rise in pressure level and anxiety as the stages goes .and completing each task really improves the current mood and a natural unnoticed satisfaction will fill the mind.

➤ Do you actually care for the scores you get in one stage or for the satisfaction you get by playing it?

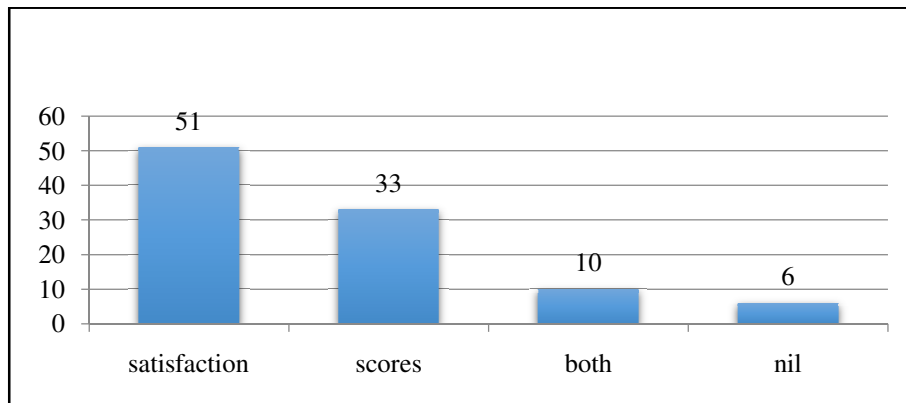


Figure 10 : care for score or plays for satisfaction / graph 10

The objective of this question is to find out the motive behind playing the game angry bird. To this question have three options plus the six nil one. The question is, do they actually care for the scores of they play for the satisfaction you get by playing in it. The options are satisfaction scores both and nil. Almost half of the samples had responded with yes that is 51% of the sample. And 33% has said scores to the question and 10% said they care for both, according to them high scores lead to more satisfaction. And three stars in each stage is a great feel. By satisfaction everyone means that they play game for leisure or to kill time sometimes to get a diversion from stress and tensions so at that moment breaking things is a high relief. And scores are less important at that game since it's not a competitive game.

4. Conclusion

Based on the findings from the survey of a hundred people to find out whether playing angry birds helps in anger management, there has been reached a conclusion on this that playing the game helps in controlling the anger and stress. Angry birds are effectively the perfect storm of compulsive factors. It has everything and it has it all in exactly the right quantities. With the appealing graphics and accessible to all and the cost of the game is less and sometimes it's available free.

Usually the games tend to have a psychological impact on people who plays or the target audiences. According to age group and mentality of people the approach towards the game also changes. The whole analysis on survey finds out many interesting factor hidden in the game which is knowingly inputted by the game makers and unknowingly by the players. Game actually works on the aggressiveness that is hidden in the human mind which cannot be expressed, but game helps to release the stress and anger created by

thus suppressed emotion which has been holding on for a long time. Birds in the game are actually the anger a person holds within. The relations of the character to the different anger moods denote that. A large group of people actually admit it that they can relate the anger mood to the characters and it really influence the style and performance in the game. Breaking things at the moment of anger really helps in stress release and this has been replaced by birds hitting and braking pigs hut. Sound is another factor that plays a great role in this game. The sound that the birds make can be related to the frustration occurring. This is related to the theory of music which has been proved in helping stress relief.

According to the theory of Aristotle, decontamination and purgation of emotions through art or any extreme change in emotion those results in renewal and restoration which is known as catharsis. This theory helps for the argument that the game helps in anger management. Angry birds are not just a game as mentioned above but help not only in stress management it also helps in problem solving and logistic thinking ability, hand eye synchronization spatial skills, planning and resource management, quick idea and making fast analysis on all over the situation and making right decisions and also in situational awareness. Since angry birds work on the pure physics, notionally and practically it improvises the knowledge reading and mathematical calculation. The game also helps in increasing memory and concentration, so playing the game not just satisfy but also improves a person in every possible means.

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