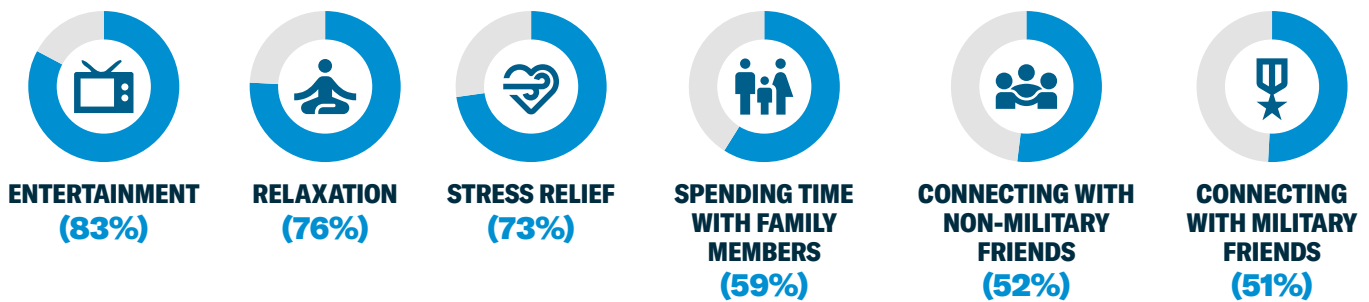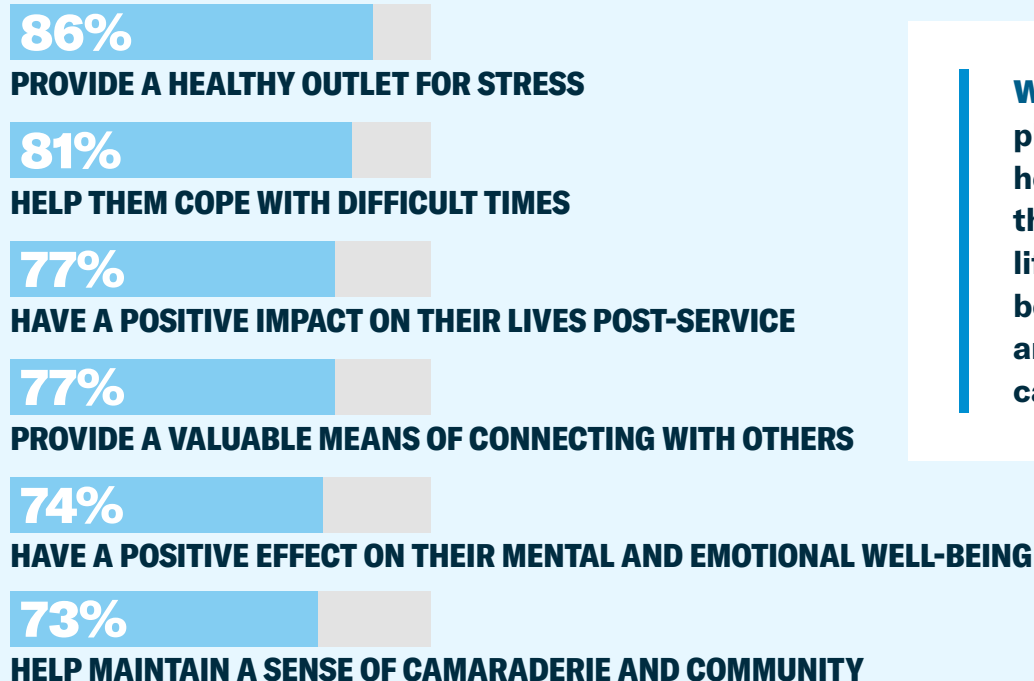# U.S. Veterans Say Playing Video Games Has a Positive Impact on Their Mental and Emotional Well-Being

esa entertainment™ software association

Veterans play video games for entertainment, to release stress/anxiety, and to stay connected to each other and friends.

ENTERTAINMENT (83%)

RELAXATION (76%)

STRESS RELIEF (73%)

SPENDING TIME WITH FAMILY MEMBERS (59%)

CONNECTING WITH NON-MILITARY FRIENDS (52%)

CONNECTING WITH MILITARY FRIENDS (51%)

Veterans agree that video games:

86%
PROVIDE A HEALTHY OUTLET FOR STRESS

81%
HELP THEM COPE WITH DIFFICULT TIMES

77%
HAVE A POSITIVE IMPACT ON THEIR LIVES POST-SERVICE

77%
PROVIDE A VALUABLE MEANS OF CONNECTING WITH OTHERS

74%
HAVE A POSITIVE EFFECT ON THEIR MENTAL AND EMOTIONAL WELL-BEING

73%
HELP MAINTAIN A SENSE OF CAMARADERIE AND COMMUNITY

While on active duty, playing video games helped them escape the stressors of military life and relax (85%), boosted morale (78%), and strengthened camaraderie (78%).

Survey methodology

The average veteran video gamer is:

- MALE
- 37 YEARS OLD
- COLLEGE EDUCATED
- EMPLOYED FULL-TIME
- MARRIED WITH CHILDREN IN THE HOUSEHOLD

MILITARY BACKGROUND

- Enlisted
- Served for 6 years
- Half served in combat

How and what they play:

The majority **(79%)** of veteran gamers are playing video games with others at least weekly. They prefer playing on a console **(74%)** over PCs **(63%)** and smartphones **(62%)** and enjoy playing a wide variety of games, with a top preference for action shooter games **(55%)**, role-playing games (RPG) / massively multiplayer online role-playing games (MMORPG) / multiplayer online battle arena (MOBA) games **(39%)**, sports **(31%)**, and action-adventure **(28%)**.

HOW THEY PLAY

Device	Percentage
SMARTPHONE	62%
PC	63%
CONSOLE	74%
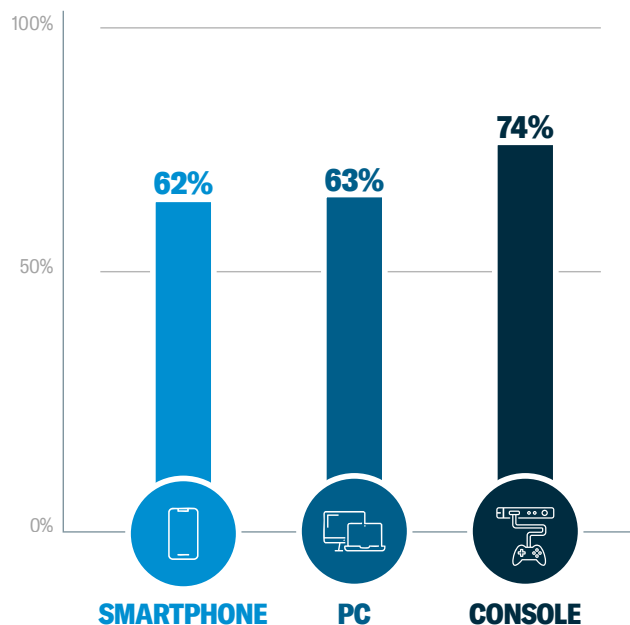
WHAT THEY PLAY

TOP GENRES

- SHOOTERS
- RPG/MMORPG/MOBA
- SPORTS
- ACTION-ADVENTURE

TOP GAMES

- CALL OF DUTY
- GRAND THEFT AUTO
- EA SPORTS FC
- FORTNITE

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