# Effect of being addictive to mobile games:

## Loss of time and money

The most intuitive impact of addiction to mobile games is money and time it cost. Most mobile games in app store are free to download, with in-game purchases. People addicted to games can spend huge amount of money and time on them. From the view of game developers, consequentially, making more profit benefits themselves, and player spending more time on their game brings good reputation to the game. However, they might not consider from players’ perspective. It is unethical from player’s view if game maker intended to lure people to consume and trap people in game for too long time. For example, some game exploit people's heart of comparison to let them buy items in games. In some games, as people played longer, their characters are harder to level up. They gain less and less pleasure from games. For students and children, they don’t have paid, and they have much more meaningful things to do rather than spending a lot of time on mobile games. According to Kant’s deontology, their parents are responsible for managing their time and money spending on games. When considering adults as a stakeholder, they have ethical duty to balance their own time and money.

## Damage to Physical health

Another issue brought by addiction to mobile games is physical damage to people. Some of the physical signs or symptoms of mobile game addiction include Fatigue, Migraines(咪) due to intense concentration or eye strain, Carpal tunnel syndrome caused by the overuse of a controller, distorted work and rest and so on. Ethical players should take care of themselves. At least they could seek help from doctors or internet when they feel unwell. Though game developers are not directly responsible for gamer’s health, they have ethical duty to prevent such side-effect brought by games. For example, players should be reminded if they have played too long time. They should get less rewards after staying online for too long.

## cognitive and emotional deficits.

The third effect is called cognitive and emotional deficits, such as depression and loneliness. Previous studies have reported the co-occurrence of Internet addiction and depression and loneliness, and a possible bidirectional relationship existed between online gamers' depression symptoms and addiction. It is moral that people cope with their emotional distress by playing mobile games, playing online games may temporarily provide an escape from the negative feelings associated with social deficiencies, but the excessive use of mobile games for a long time not only does little to facilitate the development or maintenance of real-life relationships, but also may separate individuals from real-life relationships, thus causing severer mental health problems. In terms of both adolescents and adults, they will have times when they cannot hold stress and negative emotions. Immersing themselves in virtual world be an expediency. On the other hand, there are a lot that game developers can morally do. If a game targets teenagers, game developers could guide players to control their mood. Besides, the game community can be a platform for players to get in touch with outside world. For example, lonely people could find and meet friends in the community.

## Social Anxiety

The last effect is social anxiety, which is the most common anxiety disorder in adolescence. Some literature indicates that mobile game addiction was associated with an individual's social anxiety. Individuals with a serious tendency for online gaming addiction have significantly higher social anxiety levels than those who use online games normally. Gaming does help socially, but it doesn’t solve mental issues from the root. Furthermore, heavy gamers often put themselves into the role in the game and form an independent personality in the game. They often behave in different ways in games from how they did in daily life. They might feel uncomfortable to switch between personalities if they separate reality from games. Besides, social anxiety is reflected in estrangement from friends and relatives. Addictive players might spend more time on games rather than social with friends and parents or siblings. Even though they meet strangers online, they rarely develop close relationship. What players can morally do is keep social contact with friends and family in daily life while playing games. For game developers, ethical behaviors can be encouraging players to participate in offline activities while playing games, such as holding some offline activities and events to lead players to contacts in reality.

Question: To what extent should gamers be responsible for those consequences? What about game developers?

Answer: In my opinion, no matter what, gamers should place their properties and health at the first place. According to Mill’s teleology, people play games to gain happiness, make friends, experience different life and so on. However, if players exchange physical and mental health for happiness from game, it is not utilitarian as they will feel painful after gaming. Gamers should seek happiness in game with affordable time and money and health. In terms of game developers, actually I don’t really think they are unethical. from perspective of Kant’s deontology, though there are game makers that aim profit, most of them dedicated to make entertaining games. On the other hand, even if game developers don’t make game addictive anymore, people’s attention would still be drowned by other things such as short video. Thus, maybe the addiction is cause by human instead of games.