**Videogame addiction and gaming.**

Videogames are a social phenomenon which has exponentially grown in popularity over the years as technology has evolved.

I have personally spent over 7000 hours of my time in videogames. Back in 2013 I met a lot of requirements of videogame addiction as I played online games for over 4 hours on weekdays and 10-12 hours on weekends. To prevent my grades deteriorating my parents had to set limitations so that I could only play during the weekends and holidays.

During this time I got ranked amongst the best 1.54% of the European player base consisting of 1.4 million players in the world’s most popular game known as “League of Legends”. LoL is a *MOBA* (Massive Online Battle Arena), where you play with 4 others to defeat 5 enemy players. Each of you can choose from over 130 “heroes”, where each “hero” has 4 unique abilities and you control them in a third person view and the objective is to defeat the enemies by relying on game knowledge and skills.   
I also reached the third highest (total 18 ranks) rank in the most competitive online *FPS* (First Person Shooter) called *Counter Strike: Global Offensive* with less than 600 hours of playtime.

1. *If you are a game-player, describe the game(s) you are familiar with and play most frequently. … Either way, what sort of habits or excellences are required in order to play these games successfully? That is, what sort of skills and abilities do they require and foster. (p.182, Chapter 5 of Digital Media Ethics).*

There are three things you need in order to become highly efficient/great at a videogame; *knowledge*, *skills* and *challenging tasks*. In videogames you *invest time* into a game to improve your game *knowledge* and *skills*. However, talented people might require less time invested to be at an equal or higher skill level.

* ***Knowledge*** consisting of understanding how the game functions and finding your win conditions; a win condition is a specific playstyle or strategy by which you achieve victory. As well as using the information you gain/give to your advantage to try and get an edge over your opponents leading to a win.
* ***Skill*** being how you maneuver your controller, keyboard and mouse in form of eye to hand coordination. Eye to hand coordination is the ability to do activities that require the simultaneous use of our hands and eyes and the more you master it the less attention you have to invest in moving or pressing a controller/mouse. Resulting in you being able to invest more of your attention to the game and not how to operate the controller.
* You need to be ***challenged*** to improve. A player is punished by being given a lowerrank if you were to lose a match, and rewarded with a higher rank if you were to win the match. A higher rank allows a player to be matched with better players allowing them to further improve and climb the ladder.

1. *Given the habits, skills, etc., that you identify above, can you use one or more of the ethical frameworks we explored to develop arguments for the playing of such games? ... (Page 182, Chapter 5, Digital Media Ethics).*

I am using a utilitarian framework together with a consequentialist analysis to better differentiate the positives and negatives of gaming.

**The cost and benefits of investing time in video games.   
Cost (Negatives):**

* The more time invested in videogames means less time left over for actives such; exercising, socializing, studying etc.
  + This might result in your grades deteriorating, consequently making it so you cannot get into your desired school or work progression hurting you in the long run.
  + You spend less time with your friends, which could result in you being excluded from them, which would cause you to be lonely and deteriorating your mental health.
* The game might die, or your friends made online might quit playing, making you lose to continue play the game and make you less social.
* Lack of exercise makes you unhealthy, overweight and more at risk to receive any medical problems.
* The lack of dopamine from winning or having fun whilst playing videogames, might make you not wanting to do them.

**Benefits (Positives):**

* Playing the game makes you better if you focus on improving. A higher rank could lead to more popularity amongst peers as they look up to you for discussions, friendship and advice.
* By winning more or having more fun you get more dopamine hits, making you feel good while gaming.
* Compensation. People who lack social or athletic abilities might use videogames a compensation to their lack of skills in the real world, as they often find themselves being talented/have more fun at videogames.
* The instant rewards and feedback in form of dopamine keeps you on playing.
* You make friends easily as they judge you by character and you surround yourself by likeminded people and no one can judge your looks based on the anonymity of the internet.

**Let’s see the cost of stopping or severely limiting your videogame consumption.   
Cost (Negatives):**

* Less time spent playing results in your skills deteriorating and you becoming worse. You lose the dopamine which kept you playing and you become frustrated with either yourself or your teammates.
* Your teammates might be toxic towards you by verbally harassing you throughout your game, because they are not pleased with your contribution towards the team.
* Quitting might lead to you lose your online friends, as they live scattered throughout the world, keeping the connection might be difficult.

**Benefits (Positives):**

* The positives of by quitting is that you to spend all that lost time on other activities, you could spend them improving your grades, exercise and get healthy, find new friends and hobbies etc.
* It would benefit you in the long run, as focusing on studying causes to better grades and job opportunities, making you happier. There have been multiple studies on mental health determination of going unemployed.

1. *Develop a specific course of action or suggested ethical judgement to this dilemma using a second ethical frameworks in Ess' book (Chapter 6).*

**Virtue ethics.**

Virtue ethics is based on the notion that we should do things in line with our character as human beings. Even though every person is unique and have our own ethical views and things to do, we have something in common that we are all human being. The problem, however who tells us what to do?

Videogames contain a set of unambiguous rules in which a game can be played. However, only the presence of a player can activate its potentialities and make it become a game. To better explain I will use chess as an example: Chess contains a set of rules, you can only move the pieces within the board and you can take or have your pieces taken. How you want to win and which strategies and choices you take is up to the individual. There could be millions of different outcomes to achieve the same goal, just like videogames.

Videogame players are moral being that evaluate their actions and choices throughout the game. Following Aristotle’s idea of “phronesis” we can apply it to gamers. As a set of rules around a game and a fictional world (video game) can be seen as a coherent entity where the player’s choices contribute to the enjoyment of a valid ludic experience, the player accepts the "willing suspension of disbelief".

**Sources:**- I assume word count is not counter towards quotes **-** Charles Ess, Digital Media Ethics, (2nd edition - April 22, 2019, 280 pages) language English; ISBN: 0745656064  
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- <http://www.miguelsicart.net/publications/GamePlayerEthics.pdf>  
- Personal game time: League of Legends: Over 1400 games played.   
- Proof: Personal game time spent on: Counter Strike: Global Offensive:  
   
- Proof: Personal game time spent on: Arma 3:  
