

What are the negative effects of crunch time to the mental states of game developers, and how will this affect the final product?

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1 Introduction

In the games industry, the term "Crunch" or "Crunch Time" is used to describe periods of extreme workload [1, p. 468]. Opinion pieces written by developers, who have experienced Crunch, describe an environment that limits or removes activities that do not contribute to the game. This includes but is not limited to "family and even food" [2]. In this essay, the author will explore how this environment will affect the mental states of the employees involved. By using research theory and case studies from the games industry, we will explore how poor mental health can affect the design process. In addition, we will use examples from other industries to further support our insights. The author aims to provide guidance on how to approach Crunch in a way that will least affect the mental well-being of the employees involved. In so doing, avoiding the

possible negative ramifications to the final product.

2 Discussion

During a study done in 2016 it was reported that 65% [3, p.20]

3 Conclusion

References

- [1] H. Edholm, M. Lidström, J.-P. Steghöfer, and H. Burden, “Crunch time: The reasons and effects of unpaid overtime in the games industry,” in *Proceedings of the 39th International Conference on Software Engineering: Software Engineering in Practice Track*. IEEE Press, 2017, pp. 43–52.
- [2] J. Schreier, “Video games are destroying the people who make them,” Oct 2017, ”Last Accessed : 2017-11-06”. [Online]. Available: <https://www.nytimes.com/2017/10/25/opinion/work-culture-video-games-crunch.html>
- [3] J. Weststar and M. J. Legault, “Developer satisfaction survey - 2016 - international game developers association (igda),” Nov 2016. [Online]. Available: <https://www.igda.org/?page=dss2016>