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Do you think mobile games are addictive and why?

Mobile games are fun to play when you are free. They are interesting and relax your mind after a stressful day at school, work or just when you have a bad day. They are a great source of entertainment and a way to fight boredom. They also help people who are more introverted to make friends online and interact with them. However, there are also some consequences for playing mobile games too frequently or for a long time. For example, it can cause addiction and harm both your physical and mental health. It can also affect the people around you, for example, your family members and your friends.

First of all, when a person spends hours on gaming, they don't give any time to walk around or do any physical activities. They don't even give some time to do some simple stretches. They just sit on their couch or lie on their bed and game all day. Having this kind of habit can lead to poor eyesight, pain and aches due to bad posture. Since mobile phones are portable devices, people can use them anywhere and anytime. For example, while waiting for the bus or the train, some people are on their phone playing games to kill their time. When you look at them, you can see how their neck is bent all the way down and how their face is glued to their phone. The poor posture causes them to have back or neck pain. Sometimes, when you play for several hours straight, you forget to eat, drink, and keep yourself healthy. You will experience headaches from dehydration and a poor diet. It will also lead to muscle loss. If you forget to eat three meals a day or drink around two to three liters of water, you will experience harmful side effects.

Second, some gamers often suffer from sleep disturbance. People especially students who play video games excessively, tend to stay up all night or struggle with poor bedtime schedule. This results in sleep deprivation, which is more harmful to minds that are still developing. When they have school the next day, their attention and learning are affected. They might feel tired the whole day and won't be able to concentrate due to a lack of sleep. Having anxiety while playing mobile games is also common. Players can feel disappointed in letting their teammates down during multiplayer game play and feel lonely when playing solo. There are some other things that can cause anxiety, for example, getting anxious when you can't complete a particular task or get achievement in a game, and finding yourself frustrated when unable to adapt to other players.

Lastly, excessive gaming can negatively impact social skills due to the lack of face-to-face interaction. Developing social skills is one of the most important things in life, but when you spend the entire day playing mobile games, you have less chance to develop that skill. Sometimes, having bad social skills can cause relationship breakdown. Some people avoid going to social event because they don't want to miss out on gaming. Later, their friends or their family would stop inviting them, eventually leaving them all alone and isolated.

In conclusion, people who play mobile games need to be mindful of the amount of time that is spent. They should only play mobile games when they want to refresh their mind, not when they want to waste their time. No one should put mobile games first before their health; it is about our health not about our interest. Mobile games are for entertainment, not for making us addicted.