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Do you think mobile games are addictive and why?

Mobile games are incredibly addictive. Without a doubt, the Internet has become a big part of our lives and with the rise of Internet popularity, we also see a rise in the use of mobile phones. The Internet has allowed for people to create games on our mobile phones and it's not unusual to see many people play the same games on their phones every day. But there comes a point when it feels like we spend too much time on our phones. Playing mobile phone games isn't an issue at first but it can become addictive, like smoking or drinking alcohol. If it is not done in moderation, you could develop a bad habit or even addiction.

Firstly, the ease of downloading or buying a game on your phone is comparable to that of opening a can of soft drink; it is incredibly easy to do. This is an issue because if something is easy and fun to do, it makes us want to do that thing more and as soon as possible. It is common sense that mobile games are extremely fun to most people, but it is the amount of time we spend playing these games that we need to consider.

Secondly, mobile game addiction can be very serious as not only could you fall behind on school work, but you could also become ill or have dietary problems as a result of paying more attention on games than your mental and physical well-being. If we continue to play more and care less about our well-being, we will eventually fall into a spiral of damaging our social life, making ourselves ill, exhausted and even being incredibly anti-social to those who do not play the same games as you do.

However, it is not the user's fault as game companies try their hardest to make games more addictive and more appealing to their audiences. It also doesn't help that game companies try their best to push out all these flashy and eye-catching advertisements for their games. It is obvious they want to make money, but it feels as if game companies do not really care about their users or their target audiences and they just want to make money. Most games appear free but usually will ask you to spend money the further you progress in the game to receive special items or rewards. Some game companies could at least be more considerate and set a limit on playtime for their game so that users do not lose track of time and know when to stop.

Not only does game addiction affect many people each day, but it is also extremely difficult to overcome. Many people may wonder how it could be hard to simply stop playing games. To stop doing something you often do and really like is not necessarily easy, especially if you are addicted. People with mobile game addiction could become depressed or unmotivated to do anything if they are not able to play their games for long periods of time. The path to recovery for gaming addicts is a long, exhausting and difficult journey, but if we give support to those we know with mobile game addiction, we can help them every step of the way towards recovery.

In conclusion, mobile games are without a doubt very addictive and can cause serious damage to your mental, physical and social well-being. With companies even trying to take as much money from us by playing their games to the ease of developing addiction to mobile

games, we definitely have to try to limit our time on our screens and encourage our friends to do the same. Enjoy a walk with your friends or have a nice chat with your family to kill time instead of spending your free time glued to a screen.