Analysis on Advantages and Disadvantages of Playing Mobile Games among Colleges Students

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Abstract: In recent years, smartphone games have developed rapidly thanks to smart media and mobile media. It is popular among college students by virtue of its obvious characteristics, such as the integration of authenticity and virtuality, the intersection of infinity and disorder, and the unity of mobility and sociability. For college students, appropriate time consumed in playing games is beneficial to the development of psychological health, the improvement of intelligence level, which can overcome the sense of alienation caused by social role division. Excessive indulgence will aggravate the psychological cognitive contradictions of college students, hindering the cultivation of good moral behavior, and even going against the steady progress of the society as a whole.
Keywords: mobile games, college students, internet addiction, prevention

Internet addiction disorder (IAD) was first proposed by Federioco and Lucio, which means excessive time in network with obsessiveness. It is characterized with free communication and playing games in a interactive manner. Besides, they indulge themselves in free talk online or online interactive games. Therefore, the existence of real life is ignored, and they are no longer satisfied with real life. At first, they only show mental dependence, and later they will develop physical dependence[1,2]. With the rapid development of intelligent media, smart phones have become a necessary living tool for modern people, and it become the main media for college students to conduct social entertainment and study in recent years, smart phone games (hereinafter referred to as mobile games) have emerged as a new force, catering to the contemporary college students' living habits in leisure and entertainment and online consumption, which bring them abundant network information and entertainment experience. However, it has many disadvantages such as excessive addiction

1. Main features of mobile games

Mobile game is an emerging form of entertainment developed in the era of intelligent media based on instant communication technology and smart phones. It integrates fictional plots and characterizations into the interactive mobile software environment with the development of corresponding expression techniques and operation modes. Mobile games provide college students with a new entertainment and life style beyond time and space, real identity, family background and education level. Its main features are as follows.

1.1 Integration of authenticity and virtuality

The authenticity of mobile games lies in the fact that it is a partial reproduction of the pleasant experience in real life or an intuitive copy of people's psychological desires. There will be urban communities in life, and "SimCity" in games. There are four seasons in life, and you can get married and have children in games. There is a hunger for battle, excitement and victory in life, and in games there are "battles" and "adventures". Ordinary people aspire to be heroes, and there is "anti-terrorism" and fighting. For example, the mobile game Game for Peace, a military competition experience game, has a map including islands, rainforest, snow and deserts, and vehicles. The vehicle, gun and armor in the game are modeled after real military equipment, creating a very realistic military competition experience for players in all aspects.

However, the existence of mobile games as a virtual network, in the final analysis, is a man-made world. It is the result of human practice and thinking. All kinds of virtual networks are tools and means to achieve goals based on subjectivism, which is a way of life or way of existence.[3] In mobile games, players can choose game types and game partners according to their preferences without considering the factors of environment and companions. In virtual games, they can change their age, gender, identity, region, etc., which is impossible or not allowed to try in real life. In essence, mobile games are part of the reflection of life. The integration of authenticity and virtuality allows mobile gamers to quickly integrate into the vast meta-universe.

1.2 The interwoven of infinity and disorder

In real games, a variety of objective factors will affect the progress of the game, while mobile games put aside the limitations of time and space, and players can restart indefinitely, continuous "combat", until the physical and psychological and other realistic conditions are limited and forced to offline. For example, a college student in Changsha suffered from severe chest pain, hemoptysis, dyspnea and other symptoms after playing video games overnight for five consecutive days. He was diagnosed as "acute pulmonary embolism" after examination, and was admitted to the respiratory and critical care ward for treatment. and was out of life danger after treatment. Personal gaming experiences may be short-lived, but mobile games continue to be operated around the clock in the digital space, and when players return to the game, the "self " that disappears briefly on the Internet can reappear in a changed environment and feel like going back to the future.

Disorder refers to the freedom and randomness of mobile game experience. College students are obsessed with mobile games because games can greatly satisfy and fulfill some important needs and desires of players, which are not easily obtained in real life. Hegel pointed out: "Freedom consists, first of all, in the fact that the subject is not foreign to what is opposed to it, which is found in the opposite thing.[4] In the virtual space with a sense of reality, people carry out activities autonomously and realize their needs through various ways. In this process, people feel a strong sense of stimulation, pleasure and continuous "sense of existence" and "sense of freedom", which can not be produced by the reality of monotonous daily life.

1.3 Intersection of mobility and sociability

Mobility is an essential feature that differentiates mobile games from computer games. The connotation of mobility of mobile game naturally points to the dimension of time and space, breaking the boundary of space, making it possible to play games in any place. This mobile game constantly interacts with reality, and flows into every part of daily life, which is transformed into relatively mundane leisure activities. For example, in the competitive game Honor of Kings, each game usually lasts about 10 to 15 minutes. Players can log in or log out at any time and any place, and the time and place mobility is relatively free.

Teenagers are no longer faced with computer-controlled robot characters, but with flesh-and-blood game partners with personality and real human intelligence. Players from all over the world can log into the game at the same time, and create their own character and communicate with others by controlling the character's actions. The real-time online communication can make live the real-time interaction between players, and it is this interaction that meets the communication needs of people, especially college students. At the same time, the interactive nature of the game also enables players to cooperate to overcome difficulties in the game so as to find "true friends" and strengthen their relationship with each other. The technology or way of game will definitely change beyond imagination in the future, but the interaction between people beyond the realm of game will be the eternal charm of game.

2. The positive impact of mobile games on college students

Due to the above significant characteristics of mobile games, if properly guided and controlled, it will have a certain positive effect on the personal growth of college students.

2.1 It is beneficial to the development of college healthy psychology of students

Active and healthy mobile games are beneficial to the physical and mental development of college students. In adolescence, people show a natural, spontaneous and positive psychological tendency to explore the external environment. Due to the limitations of the real world and personal participation in social practice, it is difficult for college students to pursue perfect personality development. The virtual world provided by mobile games caters to the needs of teenagers' psychological development and also becomes a reasonable complement to the objective real world, which to some extent relieves the pressure teenagers face in the process of physical and mental development. In online games, players can vent their emotions and exchange ideas, which is conducive to the cultivation of healthy emotions and normal psychological state from the perspective of psychology.

2.2 It is conducive to improving the intelligence level of college students

The progress and outcome of most mobile games are determined by the player's actions, which gives the player a "free rein" to create. To some extent, it makes up for the deficiency of school education. "In some primary and secondary schools in the United States, teachers' rewards are sometimes even implemented by giving students discount points and special equipment for games."[5] Mobile games can also cultivate college students' teamwork spirit and strategic thinking. For example, For example, in the latest "Mobile Game League of Legends" launched by Fist Games, players can achieve

the final victory through the restraint of hero attributes, the choice of opening time, the control of map resources, and the coordination of hero skills. In recent years, e-sports has been officially included in the Asian Games, which also reflects the unique educational value and competitive charm of e-sports.

2.3 It is conducive to enhancing sense of social integration of college students

Mobile games are also called "fairy tales for adults". For college students, their physiological development leads to their psychological desire for new social roles. "The use of electronic products is no longer the preserve of a certain generation, but a necessary skill for everyone who wants to integrate himself into modern society."[5] Mobile games change the subjective and objective relationship between people and the outside world through interactive technology, making people to become temporary and virtual subjects. In the changeable plot of the game, teenagers can meet the psychological needs of experiencing various social roles through virtual game roles, and improve the basic ability of college students to integrate into the society. In addition, the existence of mobile games has a profound and lasting value background, which is the inevitable reflection of the industrial age values impacted by information civilization. As long as we cannot eliminate alienation "realistically", we cannot stop people's impulse to seek transcendence "unrealistically". It can be said that mobile games are in the reality of industrial civilization, virtually experience the freedom and value of human beings in the future civilization.

3. The negative impact of mobile phones on college students

From the perspective of human development, period in colleges and universities is the key stage to establish moral, emotional, ideological, social behavior and other personality traits. It is undeniable that mobile games enrich the entertainment life of college students and bring them unrealistic satisfaction. But at the same time, mobile games are also a double-edged sword. If the game behavior of college students is not given reasonable guidance with rational norms, it will bring negative effects, even physical and mental harm.

3.1 In psychological level: deepening the cognitive contradiction between subjective and objective

In the growth stage of college students, there is an important development task, which is to develop the "self-identity" of personality. Generally speaking, it is the philosophical search for who I am. In this golden growth stage, college students develop stable or relatively complete and unified cognition of their own nature, value, belief and life trend through summary and reflection on various practical activities or learning activities. However, for college students, the virtual and disorderly nature of mobile games makes the digital world easier to control than the real practice activities, and it is easier to meet their own needs and aspirations. As a result, college students evolve an illusory, unrealistic ideal "self" based on achievements in the game world.

However, the "self" in the illusory world cannot be directly connected with real life, which makes it impossible or difficult to realize and agree with the real "self" in real life. Therefore, "ideal self" and "reality self" are always in a state of contradiction that is difficult to reconcile, which directly leads to the contradiction between "subjective self" and "objective self", and intensifies the deviation of college students' self-evaluation and cognition. When the ideal and goal of the subject are go against the objective living conditions, the disappointment and frustration beyond reach will make college students have a strong sense of frustration, so they will give up the pursuit and practice of ideals and beliefs, and become more addicted to the game world, thus a vicious circle.

3.2 In moral level: hindering the healthy development of emotions and behaviors

"Moral emotion is an experience that is directly related to a person's need for a certain moral code."[6] The sense of entertainment and spiritual satisfaction of mobile games enables college students to devote more time and energy to games. The virtual environment, plot and characters estranged college students from the real world. Consequently, they are self-enclosed, and it weakened the skills and ability of realistic communication, resulting in the alienation of the relationship between people and society. There is no doubt that if games are used purely as an educational tool, we may be able to cultivate individual heroes or fantasists, but it is difficult to form moral feelings such as patriotism, collectivism, labor and sense of responsibility, which are needed in this society. In addition, moral consciousness plays a dominant role in moral behavior.

Because of the obsession with mobile games, college students have weak moral consciousness or form incorrect moral consciousness, which makes the moral behavior of college students to be characterized with blindness or incorrectness. The formation of good moral habits is also affected. Some scholars have pointed out that playing violent games may strengthen a person's aggression psychology, emotions and behavior. Game addiction also increases the possibility of personality disorder

among college students. Excessive addiction to mobile games is not conducive to the healthy personality development of college students.

3.3 In social level: producing one-way people in digital cages

Marcuse believes that in the developed capitalist society, workers are exploited more secretly, who will gradually lose their revolutionary power and are controlled and enslaved by technology, and thus becoming one-way people who lose the ability of negative thinking. In the current context, college students who are addicted to mobile games are vulnerable to indulgence, and gradually become dominated by network technology, and thus losing initiative, negation and the ability to fight against society, and indulging in personal emotional catharsis and moral indulgence.[7] As a result, they become one-dimensional people. As the backbone of national science and technology and scientific innovation, college students, as the fresh force of building an innovation-oriented country, bear the historical mission of national and social development. However, the solidification of group thinking and the shrinkage of innovation ability of college students will inevitably lead to the stagnation of social development. Secondly, game addiction also affects the physical health of college students, especially causing botanic nervous disorder, hormone imbalance, reduced immune function, cardiovascular disease, gastrointestinal neurosis, tension headache, anxiety, depression and so on, and which may even cause death.

Meanwhile, due to the concentration paid during playing the game, they will always keep the same posture with eyes staring at the screen for a long time, which will lead to impaired vision, eye pain, fear of light, neck pain, dizziness and so on. Due to frequent presence of violent scenes such as explosions and shootings, many college students often suffer from emotional instability, insomnia and sometimes perceptual confusion. For a long time, this will cause the shortage of social labor force or low quality and other practical dilemma.

4. Conclusion

As an inevitable product of the development of modern science and technology, it is difficult for the majority of college students to completely avoid contact with mobile games. We should protect the right of college students to surf the Internet and enjoy themselves. Besides, the phenomenon of "Internet addiction" should be prevented through scientific management and targeted education. However, at present, there is prominent and negative effects brought by mobile games. In order to solve these problems, we should give full play to the positive role of the Internet on college students, discard and curb its negative impact on college students, the following work should be properly handled.

Initially, in light of college students, games and entertainment should not be used as a primary tool to escape problems in life and debug negative emotions. They should conduct active communication with other people and set up a firm and correct goal, based on which college students will develop their own ability in control, as a result, to form a good game habits. Secondly, colleges and universities should take the positive and sunny psychological characteristics of college students as the starting point, and create interesting and interesting general education classes, hold various characteristic activities, cultivate a wide range of interests of college students so as to divert their attention and energy from mobile games as far the colleges and universities are concerned. Thirdly, relevant social responsible departments should strengthen the guidance and management of the production and operation of mobile game content by means of technological control, network supervision, administrative review, etc. Besides, relevant social departments should strengthen the research and care of college students by adding facilities for youth activities to meet the spiritual and cultural life needs of college students in many aspects.

We are eager to witness the orderly development of the game industry in China with aspiration that college students can grow up in a healthy and harmonious network space and education environment, as a result, college students can integrate themselves in the construction of the country with colorful youth.

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