

## IMPACT OF MOBILE GAMES ON STUDENTS

by:

**Mark Joseph S. Francisco**  
*Lamao National High School Teacher II*

Gone are the days that we played in the field of hide and seek or a luksong baka in which camaraderie and our physical body developed, gone of those days that we played outside of our house for socialization with one another. Gone of those days we played along the street for the purpose of friendship. The advent of the 21st century is the day in which the advancement of technology is evident in every individual's life. Technology has always been seen at school, in the teaching process, at the office used to ease our jobs, and even in the context of our home used for recreational activities.

Online mobile gaming is one of the things that students are addicted to, and it is commonly linked to poor academic performance. They significantly affect how involved students are in class. These online mobile games include, among others, Mobile Legends, Clash of Clans, and Clash Royale (Dumrique, D. O., & Castillo, J. G. 2018). Additionally, students that play mobile games online have the most fun. The way that children use technology and their attitudes about playing online games on mobile devices might negatively impact their academic performance.

In contrast, Villarreal et al. (2019) claimed that one benefit of mobile games is that they reduce stress and increase productivity. It might be difficult to take a break and relax in the modern world since our lives have become so busy and planned. Mobile gaming offers you a method to unwind during this trying time by allowing you to take a break from your hectic routine. If you labor for a long time without a break, work is finished more slowly than normal. The benefits of mobile games for the brain enhance cognitive performance. Therefore, working constantly for lengthy periods of time might exhaust

you physically and psychologically. Taking a small break and working more rapidly is much more problematic.

In conclusion, Mobile games can have a range of effects on students, both positive and negative. The impact of mobile games on students can vary depending on factors like the type of games played, the amount of time spent gaming, and the student's individual characteristics. Likewise, to maximize the positive effects of mobile games and minimize the negative ones, it's essential for students, parents, and educators to establish healthy gaming habits. This includes setting limits on screen time, promoting a balance between gaming and other activities, and choosing age-appropriate and educational games. Monitoring and open communication about gaming habits can also help students make responsible choices regarding mobile gaming.

Dumrique, D. O., & Castillo, J. G. (2018). Online Gaming: Impact on the Academic Performance and Social Behavior of the Students in Polytechnic University of the Philippines Laboratory High School. *KnE Social Sciences*, 3(6), 1205.

<https://doi.org/10.18502/kss.v3i6.2447>

Valdez, F. ., Baylen, R. ., Bustamante, A. ., Cabiles, G. ., Vallente, A. M. ., & Ablen, D. A. . (2020). Effects of Online Gaming on Academic Performance of GAS Students at Bestlink College of the Philippines. *Ascendens Asia Singapore - Bestlink College of the Philippines Journal of Multidisciplinary Research*, 2(1). Retrieved from <https://ojs.aaresearchindex.com/index.php/aasgbcjpmra/article/view/1585>