

# Is [X] a waste of time?

Post by "Cassius" of October 1, 2020 at 5:05 AM

I Would pick out this passage as well stated:

Quote

## Are We Having Fun Yet?

My response to Joe Rogan, and to others who claim video games are a "waste of time," is: not if you have fun playing them. According to a recent study by the NPD group, [73% of Americans over the age of 2 play video games](#) of some kind. They are popular for a reason. **They are a lot of fun, and fun is not a waste of time.**

However I kept looking for a deeper exploration of what "waste of time" even means, and it wasn't deep enough for my liking. I think once you try to elaborate on the meaning of that term and justify a "legitimate" meaning of it, it becomes clear that you're applying either Stoic/Platonic/Absolute value judgments, or you come down on the Epicurean side that *pleasure is not a waste of time*.

*-- And in fact, broadly speaking, pleasure is the only reason to do go through the pains of life.*

So in Epicurean terms is there really any way to evaluate whether any activity is "worth doing" other than from evaluating the total pleasure or pain it brings? Probably the video game question is a good example of they type of question that should lead us to evaluate ALL of the long and short term consequences of the investment of time, rather than just the pleasures of the moment.