

# What signs of addiction to games? Are you a game addict?

The following article will give you a few signs to recognize a true game experience, let's see to help me and my friends get out of this situation.

Playing games today is a form of entertainment that many young people love after hours or stressful hours. For each age, different sexes have games that suit their needs and preferences. However, if you do not know how to control the time for the game, then it is very easy to become a genuine "addict" game at any time.

Game addiction is a situation that uses too much time on computer games that affect daily life. The patient must play the game forcefully and separate himself from family, friends, other social relationships that neglect to study, concentrating most of the time on how to achieve achievement Highest in game games.

Addiction to the game is extremely damaging, it not only affects health but also affects the brain, causing psychological disorders such as depression or schizophrenia.

Game addiction, also known as "gaming addiction", is categorized into psychological disorders with the following manifestations, according to the official WHO document:

"Gaming disorders are defined by the behavior of playing online or offline games that meet the following criteria:

1. Do not control yourself from the game, such as location, frequency, playing time.
  2. The patient values ??gaming more than anything else in life.
  3. Despite the negative consequences, the game still becomes a prerequisite in the lives of patients.
- The above behaviors must be factors that cause negative consequences to the personal, family, social, educational, work or other important aspects of the patient's life. The stage of game abuse can be long, new or seasonal, with no fixed time. In order to be classified as a gaming disorder, game abuse and game features must last for at least 12 months, but there are specific cases depending on the symptoms and severity. of the consequences of this disorder. "

The object of addicting game does not stop at young people but it comes from many different ages, social classes such as students, students, working people, even difficult bosses every day. you. Everyone is at risk of addicting to the game and so are you. So how do you know if you or your friends around you are a game addict?

The following article will give you a few signs to recognize a true game experience, let's see to help me and my friends get out of this situation.

## 1. Play the game for hours and keep talking about the game



For ordinary people, they will play games for a certain period of time or will be bored quickly. On the contrary, for the game addicts they have a passion for the game, they play for dozens of hours non-stop, not only computer games but also games on the phone. Game addicts don't usually know how long they've been playing, which leads to many exhausted people on the computer desk.

In the mind of the game addicts always appear images of characters in the game whenever, even when they are eating or sleeping, always hallucinating about their power as characters in the game. Just open your mouth and remind me of the game, about the characters in the game, this is a true game addict.

## 2. Don't regret investing in games and games



This is an easy-to-understand and common thing in gaming addicts, they can save on every expense, but especially for games, they are extremely open and spend a lot of money and spend real money for virtual games. In addition to investing in characters in the game, they also invest in life for computers or cell phones to upgrade software, hardware, and even internet connection must be optical cable to satisfy the desire to play games. mine. to play games smoother, satisfy their passions and pleasures. As for the boys, the students "poured money" to invest in keen clubs to satisfy their passion.

### **3. Hide feelings and unpleasant situations**



When suffering from a certain disease, the addicted person will use medicine to treat himself, not to inform his family and refrain from going for treatment because they are afraid of affecting the time of playing games and leaving their daily pleasures. . When there are unpleasant feelings and situations, they play games to hide these unpleasant feelings and situations.

Addicts use the virtual world to run away from problems that arise in real life. Sometimes addiction to this type of game will make the player no longer feel the desire to love both girls and boys. The status of FA gamers making funny pictures and praying for holidays, especially Valentine, has become a general trend in the past few years. The most appealing thing is perhaps the signs of depression and tend to behave in the illusory relationships in the game that lead to unfortunate mistakes in real life.

### **4. Or lie or neglect work to play games**



They are willing to give up all to spend time playing games, satisfying their passion. Game addicts often think of thousands of reasons to justify going to work, but the reality is to play games.

Because of all the time spent in gaming, game addicts no longer have any interest in other jobs; they neglect their education, work, career, neglect of all relationships of friends, family, people who used to be close to them.

Students who do not study, do not do drastic exercises. In severe cases, gamers quit both personal hygiene and refused to wash, so people often stink.

According to experts, game addiction entails serious social consequences such as fighting, dropping out of school, living without purpose, delusion, suicide and even murder . Starting from entertainment needs But this virtual world is gradually turning many children and young people into addicts seriously affecting social life.

So, you need to soon identify who is addicted to games to help them give up soon.

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1. Block invitations to play games on Facebook
2. Tips for playing EverWing games for beginners
3. 13 things not to do when using a computer

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