Video game addiction

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Video game addiction - a form of psychological dependence, manifested in excessive enthusiasm for computer games. Games, causing the strongest dependence, often considered the online games, especially MMORPG. There are cases when very long game led to fatal consequences. So, in October 2005, died of exhaustion Chinese girl (Snowly) after a multi day playing World of Warcraft. After that, the game was held a virtual funeral ceremony.

THE DYNAMICS OF COMPUTER ADDICTION

1) The first is the process of adaptation (stage light of enthusiasm)

2) Then comes a period of a sharp growth, the rapid formation of dependence (the stage of enthusiasm).

3) As a result of the dependence of the reaches a maximum, the position of which depends on specific features of the person and environmental factors (stage of dependence).

4) Next, the dependence on a certain period of time remains stable, and then goes into decline, and again fixed at a certain level and remains stable for a long time (stage of attachment).

Effects

Excessive computer use may result in, or occur with:

- **Lack of face to face social interaction.**

- **Using the computer for pleasure, or relief from stress.**

- **Feeling irritable and out of control or depressed when not using it.**

- **Spending increasing amounts of time and money on hardware, software, magazines, and computer-related activities.**

- **Neglecting work, school, or family obligations.**

- **Lying about the amount of time spent on computer activities.**

- **"Body shaking," rapid heart rate/breathing, overwork vision/hearing.**

Treatments for video game Addiction

✔ **Psychological counseling can also focus on treating underlying mental health conditions that caused the addiction such as anxiety, depression, social trauma or other conditions**

✔ **Changing Interests – one method of getting past a computer addiction is to focus on new interests. For instance, a computer user might take part in a new gym membership, spend time at the movies with friends or go out for a walk**

✔ **Just getting out and communicate with others people can be very rewarding to the computer addict**

✔ **Make a plan for the day and try not to spend in the game more than 3-4 hours a day**