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Psychological Effects of Mobile Game Addiction

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ABSTRACT : Video game addiction, also known as gaming disorder or internet gaming disorder, is generally defined as the problematic, compulsive use of video games that results in significant impairment to an individual's ability to function in various life domains over a prolonged period of time. The following article looks into the psychological effects of game addiction

KEYWORDS: game addiction, disorder, dependency, security.

I. ADDICTION TO PHONE GAMES

Among the addictions that we have in our life, there is an addiction to a mobile phone. Today's technology has gone so far as to make the mobile phone a global means of communication through calls, SMS and the Internet. In addition, the phones have a number of additional functions: photo and video cameras, games, programs, notebooks, alarm clocks, MP3 players, radio, etc. Mobile addiction in children and adolescents is alarming, because instead of studying in the classroom, they play games, communicate, listen to music, watch photos, videos, many of which would never have been censored, although in addition to children, adults themselves also suffer. Scientists do not know how to determine whether there is a physical effect on human health of a mobile phone, but the dependence on it is obvious.

Dependency is a relationship between objects characterized by the subordination of some objects to others. The difference between habit and addiction lies in the inability of a person to resist addiction, he is completely absorbed in it, while habit simply makes handling an object simpler, easier and taking less time and attention of the performer. Gambling addiction is a form of psychological addiction that manifests itself in an obsession with games. At this time, we simply cannot imagine our life without a cell phone. Now, almost everyone uses mobile communications. Agree, it's very convenient and not too expensive.

In addition to communication functions, the mobile phone began to be used as a means of "killing time". It can be like not consciously turning on the phone, viewing applications, but just like a form of play. Addiction to phone games can be compared to addiction to computer games, the difference is its convenient way to move and use at any time and in any place.

Play addiction is a new disease that predominantly affects young people, adolescents and children, although there are, of course, exceptions. While this kind of addiction has nothing in common with infection, it is spreading at an epidemic rate around the world. The dependence on telephone games is formed gradually, but if an inveterate gambling addict is distracted from the phone for more than two hours, he develops withdrawal symptoms and the need to play, like an alcoholic - to drink.

There are several signs of addiction to games:

- Unwillingness to break away from the game on the phone;
- Failure to plan your work;
- Irritation and aggression in case of separation from the game;
- Refusal to communicate with friends;
- Neglect of household chores;
- Disregard for sleep and personal hygiene;
- Headaches;
- Decreased immunity;
- Insomnia;
- Visual impairment;
- Increased fatigue.

A person who finds it difficult to make friends in real life, who is afraid of rejection and criticism, is addicted to virtual communication. Anonymity, the ability to create any image of oneself liberates, removes self-doubt. Online communication compensates or replaces the real one. An Internet addict avoids meeting friends, talking with relatives. tries to keep social contacts to a minimum - to work remotely, order food and clothes in online stores with delivery.

II. LACK OF SUPPORT AND APPROVAL

Unmet need for communication and support provokes constant checking of instant messengers, e-mail, social networks. A person, receiving the next message, feels personal significance. And he is afraid that if he does not answer in time, they will stop accepting and “loving” him.

III. THE ILLUSION OF ACHIEVING GOALS

In computer games, it becomes possible to build castles, create a family, pump up muscles without making the effort that reality requires. If it does not work out right away, go through the level again.

An illusion of achievements is created: the virtual hero improves, receives the benefits provided by the game. And the addicted player languishes in front of the monitor, nothing changes in real life.

IV. LACK OF EMOTION

The lack of personal experience is compensated by games, films, other people's photos, videos. Such emotions are similar to fast food, when a person satisfies hunger with a burger instead of a balanced meal. From day to day. For bright events in your own life, you need activity. It is much easier to spy on other people's adventures by clicking the mouse, to feed on the emotions of other people.

V. SECURITY

There are no risks to health and material well-being in computer games. The creation of fake pages on social networks allows you to leave frank comments, argue, and prove your point of view. In virtual reality, people are bolder in trying to make friendships or romances. If something goes wrong, you can ban (remove from friends) blacklist your opponent.

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