**Online Gaming Addiction**

**Project regarding online gaming**

When can you be considered a real online junkie?

The various positive characteristics of online gaming are too many too count. When a person is a real online junkie there are many positive signs.

Have you always had dreams about being constantly irritated and being addicted to a visual illusion? Do you want to feel like you are constantly angry and want to feel like an antisocial lunatic that does not hang out with other people? Then online

gaming is just the addiction for you. Follow these instructions very carefully and you might just succeed in becoming an online junkie.

We will start of by analyzing what a real online junkie is. A very typical and positive symptom is having cravings whilst being away from the computer. When an individual faces something as healthy as physical stress and mental stigma from not playing the game, you are definitely doing the right thing. It is an exceptional behavior if you feel agitated or frustrated with people who try to help you do other stuff besides playing online games.

Start off by playing a hefty amount of free games, preferably mobile games. These things are designed to be crippingly addictive which will help you on your way. Oftentimes there is a very good system within the game with micro transactions. This will turn your real money into ingame currency which will give you an advantage in the game. Buy as much of this currency as possible, you would not want to be the worst player in the game now would you?

When you spend as much of your free time as possible you will find many rewards strewn across your way. Other online junkies will admire you for your skills in whatever online game you choose. You will have the shallow admiration of thousands of people like you which is something to definitely admire.

Once you have fullfilled all of these criterias you on your way to material and spiritual greatness. Become an online addict with inferior social skills, a despicable physique and a life without social or economic stability.

**Sites one shall by no meaning visit when having a gaming addiction**

Hjelpelinjen.no, Gamecare.org, Smartrecovery.org, Spielsuchthlife.at, Blåkors.no, Spelberoende.se

You should never visit any of those sites. They are all horrible and will help you get rid of the amazing addiction. Who wants that? They will tell you that it is bad, and that you will eventually ruin your life and economy. Stay out of that line!

They say that if all you ever talk about is gambling, gets stressed out or irritated by losing, or people disrupting your game, and spend a long time alone playing online, you are already really close to an addiction. Everyone talks about what they like to spend their time on, and of course everyone would be fairly pissed off if someone disrupt what they are doing, it’s quite normal to be fair.

How will they make you get rid of the addiction?

You see, first, they will make you take a really big decision about not play nor gamble anymore. It is like your parents would have wanted you to make a decision about quit playing football! No one should ever make your decision for you, and if you love it, the others can go mind their own business.

After the decision making they will dare you to make a goal. Goal’s are boring, come on!

They will make you talk to someone about your gaming addiction, put a limit on your money, and give you economically help. I mean, it is our decision what we spend our money on, right?

And don’t you want to know the usual thoughts around the gaming?

Shall I, or shall I not?

“I’m just gonna try a bit”

“I think this is my lucky day”

“I lost so much last night that I think today I might win”

**I WON!**

“This is my lucky day! I told you!”

“I’ll probably win more now!”

**I LOST..**

“I’ve got to win back what I lost”

“Just a little bit more..”

“I’ve lost so much already, it wouldn’t hurt losing a bit more”

Doesn’t this sound great? It gives you a review of the awesome life of a gambling addictive.

Who should you never ever talk to about your internet addiction?

If you want your marriage to end up with a strain just start to get addicted to online gaming.

The question is who should you talk to about your gaming addiction? And possibly, even more importantly who should you never talk to?

If you are online gaming addicted you should never ever talk to your parents, a teacher, a relative, a counselor or a friend you trust. However you should talk to other online gamers about new games and stuff like that. They will tell you that online games are great. Most gamers have a great social lives and don’t face any problems in their real life.

You should never seek professional help or join a support group. Try to ignore your family and friends and spend as little time as possible with them. Avoid family, personally and occupational obligations.

Don’t think that the online game addiction is dangerous or changes your life in a bad. You meet new friends in the internet, you are never bored and you have a nice hobby. It is very unlikely that your grades will get worse.

**Multiplayer gaming**

**Multiplayer gaming** is two or more people playing a game on the computer and **competing** or **working** with each other with the help of the **Internet** or with the help of a local network (**LAN**). Moreover, video games permit players to enter a **simulated environment** that takes them into a fantasy world.

**Internet games**

**Internet games** are games that require an internet connection to play, and are a type of PC games. Computer games with **multiplayer potential** can also be referred to as **Internet games**, such as online only games which are played in a **browser**.

**Online gaming**

***"Online gaming is a technology rather than a genre, a mechanism for connecting players together rather than a particular pattern of gameplay."***

**Online games** are accessed and played with the help of a **computer network**, usually the Internet. They also have a lot of advantages.

1. One advantage of online games is the ability to **connect** to multiplayer games, although single-player online games are not uncommon.
2. A second advantage is that a significant amount of games does not require **payment**.
3. A third advantage is the availability of a **wide variety** of games for **all types** of players.

Massively multiplayer online games (MMOG)

**Massively multiplayer online games** were made feasible with the growth of **broadband Internet** access in a lot of developed countries. **MMOGs** use the Internet to permit hundreds of thousands of players to play the same game **simultaneously**.

Many different types of massively multiplayer games are available, such as:

* **MMORPG** (Massively multiplayer online role-playing game)
* **MMORTS** (Massively multiplayer online real-time strategy)
* **MMOFPS** (Massively multiplayer online first-person shooter)
* **MMOSG** (Massively multiplayer online social game)

**Signs of online gaming addiction**

**Video Game Addiction Symptoms and Signs - Psychological Symptoms**

* Lowered interest in school achievement
* Feelings of anger and frustration when not allowed access to the video game
* Feeling depressed or anxious when not playing the game (especially for a prolonged period)
* Thinking about the next gaming session when not online
* Experiencing calmness, peacefulness, or euphoria while playing (especially if these emotions are not experienced otherwise)
* Loss of interest in previously enjoyed activities
* Justifying excessive use ("Others play more than I do")
* Distorted perception of time (e.g., suddenly realizing that several hours have passed in what seemed like just one hour)
* Feelings of guilt when unable to join clan or guild members on a quest
* Difficulty abstaining from video games for more than a few days
* Experiencing a loss of personal control while playing
* Feelings of guilt or regret after spending much more time than intended with the game

**Video Game Addiction Symptoms and Signs - Physical Symptoms**

* Sleep difficulties or significant change in sleep patterns
* Decreased personal hygiene
* Poor or irregular eating habits (e.g., waiting until extremely hungry before eating)
* Headaches
* Dry or red eyes
* Sore fingers, neck, or back
* Poor physical health or weight gain
* Carpal tunnel syndrome

**Video Game Addiction Symptoms and Signs - Behavioral Symptoms**

* Decreased school grades
* Less time spent on homework and studying
* Aggression towards those who prevent or attempt to limit access to the video game
* Frequently playing the game while neglecting important responsibilities
* Spending more and more time with the video game
* Playing at the first available opportunity (e.g., as soon as getting home from work or school)
* Unsuccessful tries to stop playing
* Eating meals while playing or skipping meals entirely
* When not playing, discussing the video game in online forums
* Large amounts of money spent on new games, expansion packs, micro-transactions, and computer upgrades
* Occasional gaming "binges" of 10 or more hours nonstop

**Video Game Addiction Symptoms and Signs - Relational Symptoms**

* Lying to others about how much time is spent with the game
* Declining social invitations so that game playing can continue
* Less time spent with family and friends
* Increased concern expressed by others at the amount of gaming time
* A loss of real world friends, but an increase in virtual world friends
* Blaming others ("I would probably play less if you wouldn't nag so much")

How to be totally addicted

To be totally addicted you must:

* Find a game that interests you
* Play it as often as possible
* Think of it as playing its most important duty
* Try to be the best in it
* Do not worry about anything else

How can I support other peoples’ addiction?

* Telling about the game which you play to your friends and urge them to play in it
* Encourage them to compete who will be the best in it
* Spend as much time as possible playing it.

Are you an addict?

Answer “yes” or “no” to the following statements to see if you may be addicted to video games or online gaming:

* Do you need to play online games with increasing amounts of time in order to achieve the desired excitement?
* Are you preoccupied with gaming (thinking about it when offline, anticipating your next online session)?
* Have you lied to friends and family members to conceal extent of your online gaming?
* Do you feel restless or irritable when attempting to cut down or stop online gaming?
* Have you made repeated unsuccessful efforts to control, cut back, or stop online gaming?
* Do you use gaming as a way of escaping from problems or relieve feelings of helplessness, guilt, anxiety, or depression?
* Have you jeopardized or lost a significant relationship, or even risked your marriage because of your online gaming habit?
* Have you jeopardized a job, educational, or career opportunity because of your online gaming habit?

If you answered “yes” to any of the above questions, you may be addicted to online gaming. These are common warning signs that you have lost control, lied, or possibly risked a relationship to support your gaming behavior.

Who should you never ever talk to about your internet addiction?

If you want your marriage to end up with a strain just start to get addicted to online gaming.

The question is who should you talk to about your gaming addiction? And possibly, even more importantly who should you never talk to?

If you are online gaming addicted you should never ever talk to your parents, a teacher, a relative, a counselor or a friend you trust. However you should talk to other online gamers about new games and stuff like that. They will tell you that online games are great. Most gamers have a great social life and don’t face any problems in their real life.

You should never seek professional help or join a support group. Try to ignore your family and friends and spend as little time as possible with them. Do your best to avoid family, personal and occupational obligations.

Don’t think that the online game addiction is dangerous or will change your life in a bad. You will meet new friends on the internet, you are never bored and you have a nice hobby. It is very unlikely that your grades will get worse as well.