What are escapism and catharsis in games?  How do they lead to fun?

Players sometimes play games as recreation, this helps them with relieving pressure because they do not need to think of homework, tests while playing games, this is escapism and catharsis in gaming. They lead to fun because players can gain joy from playing games.

When watching someone play your game, what is best get indication that they are having fun?

When you see the player is laughing when playing your game.

What is the difference between interesting and fun?

Fun is an emotional response, its means the player emotionally feels something, which is fun while playing the game. Interesting is lactual response. Fun is not interesting.