# INTERNET ADDICTION TIAME

# OUTLINE

- Introduction
- What is Addiction?
- What is Internet Addiction?
- Types of  Internet Addiction
- What makes internet use addictive?
- Symptoms
- Consequences

# INTRODUCTION

With the growing importance of the internet in everyday life, more and more people are accessing various on-line resources each day. The world wide web is informative, convenient, resourceful , fun, but also potentially way for internet addiction.

# WHAT IS ADDICTION?

- The term "addiction" is used in many contexts to describe an obsession, compulsion, or excessive psychological dependence, such as: drug addiction (e.g. alcoholism, nicotine addiction), problem gambling, crime, money, work addiction, compulsive overeating, Oniomania (compulsive shopping), computer addiction, video game addiction, pornography addiction, television addiction

http://en.wikipedia.org/wiki/Addiction

- The term *addiction* is also sometimes applied to compulsions that are not substance-related, such as problem gambling and computer addiction. In these kinds of common usages, the term *addiction* is used to describe a recurring compulsion by an individual to engage in some specific activity, despite harmful consequences, as deemed by the user himself to his individual health, mental state, or social life.

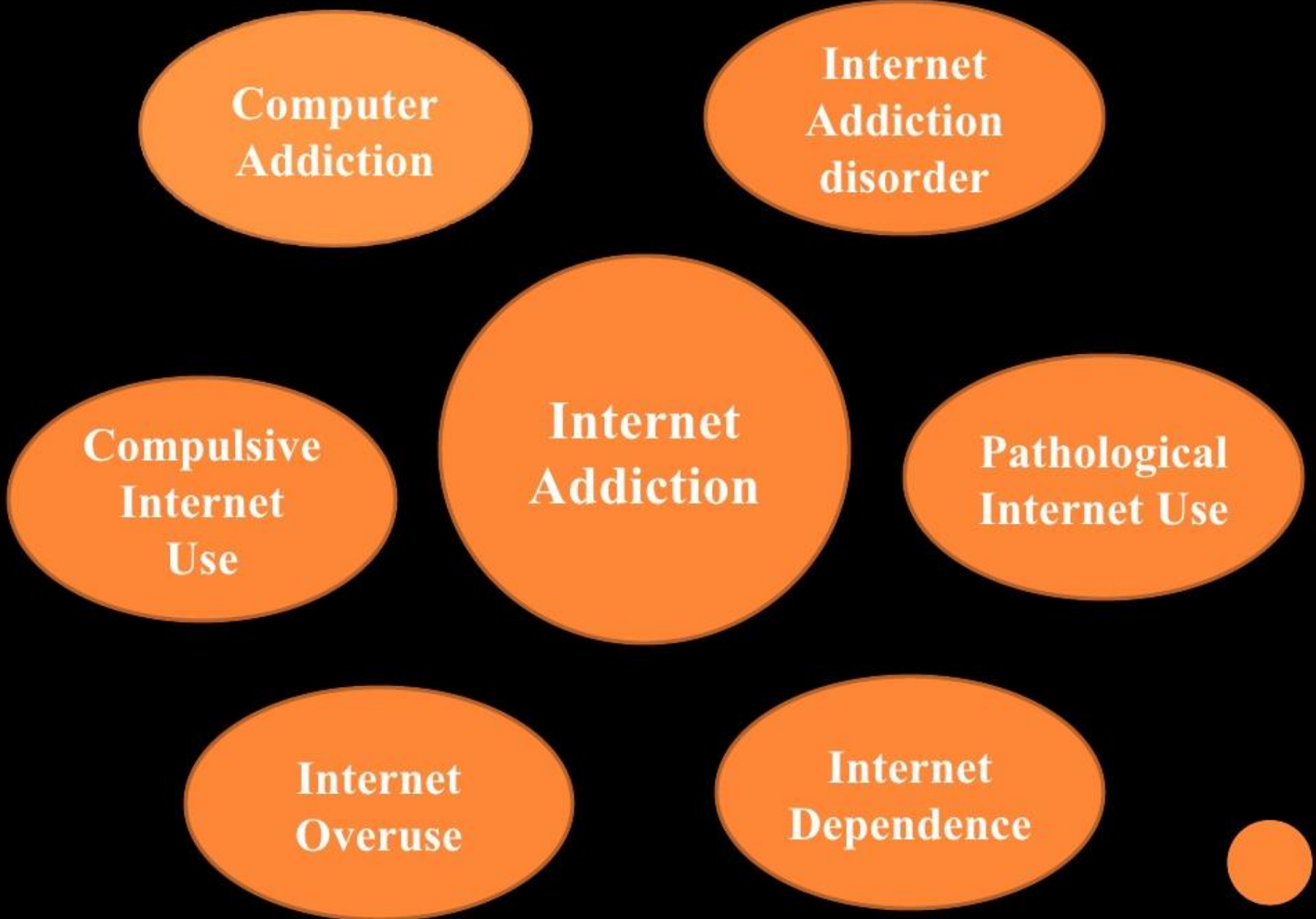
http://en.wikipedia.org/wiki/Addiction

# WHAT IS INTERNET ADDICTION?

**“ Internet addiction is defined as the compulsive urge to continually use the Net, whether it be to spend hours surfing the Web, hang around in IRC chatrooms, or play on-line games.”**

In Book Reviews, Chris Mitchell **Kimberly S. Young: Caught In The Net**

# TYPES OF INTERNET ADDICTION


Computer Addiction
Internet Addiction disorder
Compulsive Internet Use
Internet Addiction
Pathological Internet Use
Internet Overuse
Internet Dependence

# WHAT MAKES INTERNET USE ADDICTIVE?

Peel (1991) “ It gives you feeling and gratifying sensations of pain, uncertainty, or discomfort. It may create powerfully distracting sensations that focus and absorb attention. It may enable a person to forget or feel “OK” about some insurmountable problems. It may provide an artificial, temporary feeling of security or calm, of self-worth or accomplishment, of power and control, or intimacy or belonging ”

**PDF article by Dr. Kimberly S. Young: Internet Addiction: Symptoms, evaluation and treatment**

- It is accessible 24/7
- It can be anonymous
- It feels secure
- It is easy to use
- It provides the illusion of connection
- It can be inexpensive
- It is fun and very engaging

# SYMPTOMS

- Carpal Tunnel Syndrome
- Dry Eyes
- Headaches
- Back Aches
- Eating irregularities (skipping meals)
- Sleep disturbances
- Inability to stop the activity
- Neglect of family and friends
- Feeling empty, depressed, irritable when not at the computer
- Problems with school or job
- Having a sense of well-being or euphoria while at the computer

# CONSEQUENCES

# PHYSICAL SIDE-EFFECTS

- Sleep depravation
- Risk of carpal tunnel syndrome
- Back strain
- Eyestrain
- Headaches

# FAMILIAL PROBLEMS

- Marriages
- Dating relationships
- Parent-child relationship
- Close friendships

# ACADEMIC PROBLEMS

- More time is spent "researching" than actually completing assignments.
- Incomplete or Missing Assignments
- Inability to concentrate on real life instruction
- Grades begin to decline
- Skipping classes to stay in chat room
- Absenteeism

# MY THOUGHTS

I believe that everyone has some form of internet addiction. The severity of the addiction is what differs.

- Technology plays a huge role in today's society.
- We rely on the internet for information and other daily activities.
- Most jobs require the use of internet/computer for job-related functions.

# Control yourself !
# Use The Internet smart !