



# Internet Addiction

Addiction symptoms and cure

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## What is Internet Addiction?



Internet addiction disorder refers to the problematic use of the Internet that contradicts with the normal daily life activities. Its effects may appear as physical, cognitive and behavioral problems. Researchers believe that more than 20 hours per week constitutes Internet addiction.

# Causes



Internet addiction may be attributed to different reasons. These include:

- Boredom
- Loneliness
- Temptations offered by the Internet
- Lack of oversight

# Symptoms



- Losing track of time after making a connection.
- Going out less and less.
- Denying spending too much time on the internet.
- Checking on your mailbox too many times a day.
- Sneaking online when family members are not at home, with a sense of relief.
- Having difficulty cutting down on online time.
- Dereliction of family relationships, social activities and assigned duties.

# Addicting Material



- Chat rooms and discussion forums.
- Online games addiction.
- Gambling.
- Pornographic Websites.

# Consequences



- Health problems:
  - Sleep disturbance and fatigue.
  - Backache and sore eyes.
  - Obesity and accompanying diseases.
- Family problems:
  - Disruption of family life.
  - Spend less time with the family.
  - Neglect family and household duties.
- Academic problems:
  - Low educational attainment.
  - Cognitive weakness.
  - Absence from classes.

# Treatment



Learning how to use the Internet in moderation is often the main objective in therapy, in a way analogous to the way that people with eating disorders need to come to terms with food.

- Use of the Internet on the weekends only not on work or school days.
- Keep the computer in the living room not in the sleeping room.
- Use an alarm clock to control time spent online.
- Strictly refrain from the addicted sites.
- Use flash cards to remind you of consequences of Internet Addiction.
- Re-allocation of time on useful activities.
- Join support groups such as sports team and have real friends.



# Prevention



- If you know that you have difficulty with some forms of addictive behavior, you should be cautious in exploring these types of application on the Internet. In addition, it is important to engage in social activities outside the Internet.