

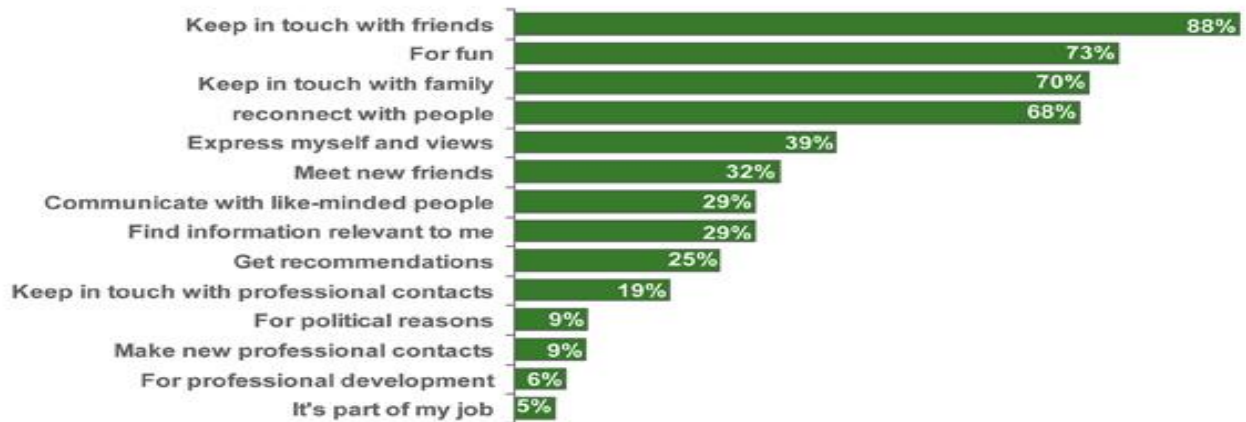
Internet Addiction

Internet Addiction is one of the most growing addictions worldwide, and is constantly still growing. With millions of websites constantly being created every day, the limitations are completely endless for anything to happen over the internet. From Internet Shopping to Sexual Pleasure, the possibilities are endless. The internet was officially considered a psychological disorder and is listed as IAD in the DSM of Psychological disorders by Ivan Goldberg, and is currently listed as of 2010. The definition of Internet Addiction is “**Internet addiction disorder (IAD)**, or, more broadly, *Internet overuse, problematic computer use or pathological computer use*, is excessive computer use that interferes with daily life.^[1] These terms avoid the distracting and divisive term addiction and are not limited to any single cause.”

Several components are related to Internet Addiction. The first component of Internet Addiction is Internet Shopping. Who hasn't shopped on the internet for clothing, groceries, or even household appliances? Anything is available to be purchased on the internet nowadays. The most popular form of payment is a credit or debit card. Any form of internet shopping, can be extremely addicting and a financial burden. Credit card debt is a growing problem in the world today, one of the reasons this is happening is because internet shoppers have no other choice than to use a credit card, which is basically fake money. The shoppers can't see the money disappearing between their fingertips. Another component of Internet Addiction and the most popular form that most people don't see is Social Networking. Social Networking is “the grouping of individuals into specific groups, like small rural communities or a neighborhood subdivision. Social Networking is used for many different things as you see in the table below. Social Networking addiction mostly affects age groups 14-23

Social Networking drivers

Why do you use social networking sites?



Base: Visit social network last 30 days
Simmons New Media Study, Fall 2009



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Years of age. The most popular Social Networking site as of 2010 is Facebook. Followed by Twitter, and YouTube. These addictions are more accessed on the computer, however due to recent technology; cell phone access is becoming more and more popular to access the internet. Cell phones are most popular for social networking sites. 1 out of 6 people have Internet access on their cellular device. Having internet access on your cellular device is only a positive thing if you use it for something meaningful. If you just sit around and facebook on your phone all day, it doesn't really contribute positively to your addiction.

Another form of Internet Addiction is Internet Gaming Addictions. Getting lost in video games and internet games has been recognized for many years. Most cases of Internet Gaming Addictions come from children as young as 6-18 years of age. This addiction does not just apply to children; it can also harshly affect adults as well. There have been terrible stories on children attacking their parents, not showing up in school, playing between 30-120 hours a week, committing suicides, urinating in bottles instead of going 5 meters from the computer to the bathroom. Sadly these stories are all true and

there are lots more of them. But what types of games are these addictive people playing.

What are these addictive games?



Most people that are addicted to games are addicted to the Multiplayer online games. A 15 year old child in therapy for this addiction said “*It is not possible to be good in this game by not being addictive; those that are best play around 100 hours a week*”. This gaming addiction is becoming more like a competitive sport than a video game. Practicing the video game is more important than other things. The 15 year old also said “*If I want to be good in this game I do not have time for school or anything else*”. Managing Internet Gaming addictions are not an easy rehab. If the problem has become a detrimental problem, steps should be taken. Monitor the time spent online, decide what game or games can be played, for a short period of time. Block addictive role playing games, or even consider therapy.

Internet Downloading is also considered an addiction. Internet downloading can consist of downloading music, movies, anime, games, and software. The definition of downloading is the transfer of data from a distant computer to your computer. Downloading and streaming are one of the two most active forms of Internet Downloading. Downloading is not something that is completely illegal instead it is something that helps us in our work for whatever reason. However, the problem starts when the person abuses the power of downloading way too frequently. There are two widely used methods of downloading named, Direct Downloading, and Torrent.

So why is Internet Downloading so addicting? Most downloadable files on the internet are free of charge. So that gives user's complete access to whatever they want on the web. This is a problem because some downloading can violate your computers "ISP Cap", which causes problems to your computer's internet service provider (ISP).

Internet Pornography is the last and most harmful component of Internet Addiction. Pornography addiction is the viewing and hoarding of picture and video pornography. Porn addicts have many convenient ways to view porn. Examples are the internet, smart phones, I pods, and social media. What is a Porn Addiction? A Porn Addiction is a chemical or substance addiction. Porn addicts replace commitment and relationships with their drug of choice "Porn". Internet Porn Addiction is likely to affect love, sex, and relationships in a negative way.

Some signs of Porn Addiction are excessive use of Pornography, anger and irritability when asked to stop, Hiding porn or keeping the act a secret, and continuing the problem as a stress reliever from everyday activities. Recovering from this internet addiction component of Pornography is sometimes a shameful thing. It requires lots of honesty, and a great deal of therapy.

As you can see, all types of Internet Addiction are growing in young children along with older adults. So let's try to minimize our internet time a day. That may help the problem. I decided to write this paper on Internet Addiction because I myself believe that I have an internet addiction. It really isn't as severe as some people's, however the internet is taking over my life.

A certain experiment I will be trying during this summer vacation will be to go a week without any type of internet access or cell phone usage. I want to see how it was like in the past when no one had access to computers or cell phones.

One question that came to mind during this research paper, was does this happen to all people in the rest of the world? The answer to that question is definitely yes. In other countries, this problem is being abused a lot more than in the U.S.

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