



Internet Addiction

How The Internet is Now Controlling People's Lives



Disclaimer

Addiction is a very real thing and it affects almost every person on this planet. By no means am I an expert on this subject these are just the findings of my research.

ADDICTED





Is Internet Addiction Real?

- The biggest problem currently is how to categorize this.
- The Brain activities seen have slight differences to other addictions
- Many say internet addiction just causes secondary conditions
 - Depression
 - Anxiety
 - Insomnia



5 Types of Internet Addiction

1. Cybersex Addiction
 - a. Around 40 million daily users
2. Net compulsion
 - a. Online gambling, compulsive shopping
3. Internet Relationships
 - a. friendships , or intimate relationships, escaping to another reality
4. Information Compulsion
 - a. Internet has more resources on every subject
5. Online Gaming
 - a. 2.69 billion online gamers registered to sites like xbox and such.



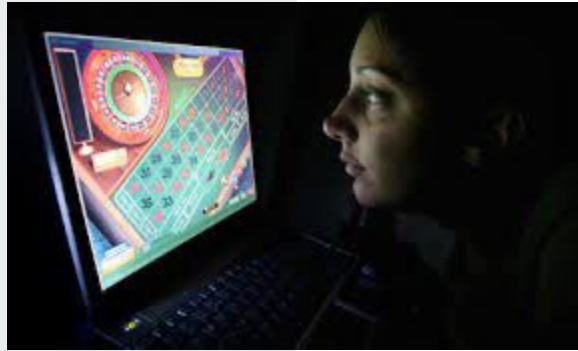
Cybersex Addiction

Inability to stop using the internet for sexual fulfillment

- Breaks Marriages
 - 68% of divorce cases involved internet porn and relationship sites
- Around 30,000 are using every second with 40 million views daily
- 96% of young adults say that porn is okay

Net Compulsion

Gambling the money
you don't have



- It's more addictive than a casino
 - Always at fingertips
- Give you free incentives
- Easier to hide
- Easier to lose track of spending



Internet Relationships

We Don't Even Need To Leave
Our Home

- Online Dating
- Don't need to leave the house
- Made it addicted by swiping and automatic matching
- Tinder, bumble, eharmony, match.com, hinge, To many to list



Information Compulsion

I Want to Know



- Curiosity bodes searching
- Our brains tell us we are doing something good when we search
- Internet opens unlimited amount of resources
- Can read and research thousands or products

Online Gaming

Driven By Dopamine



Many issues come with online gaming.

- Sedentary Lifestyle
- Lacking social engagement
- Poor performance at work and school
- Decline in personal hygiene

How Has the Mobile Phone Changed us?

We ARE Addicted

<https://www.reviews.org/mobile/cell-phone-addiction/>

This is my personal screen time taken on 4/2/22

Americans Cell Phone Usage and Addictive Habits



REVIEWS.org

On average, Americans check their phones 262 times per day (that's once every 5.5 minutes).

1:00



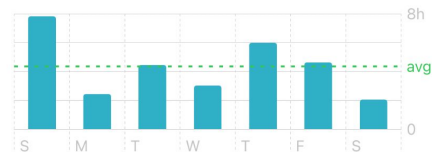
< Settings

Screen Time

IPHONE

Daily Average

4h 20m



See All Activity >

Updated today at 1:00 PM

- Downtime >
Schedule time away from the screen.
- App Limits >
Set time limits for apps.
- Communication Limits >
Set limits based on contacts.
- Always Allowed >
Choose apps to allow at all times.
- Content & Privacy Restrictions >
Block inappropriate content.

Change Screen Time Passcode

Effects of Internet Addiction

- Insomnia
 - Affects 25 percent of the American Population
- Anxiety
 - Worry and fear about daily situations
- Depression
 - Deep feelings of sadness

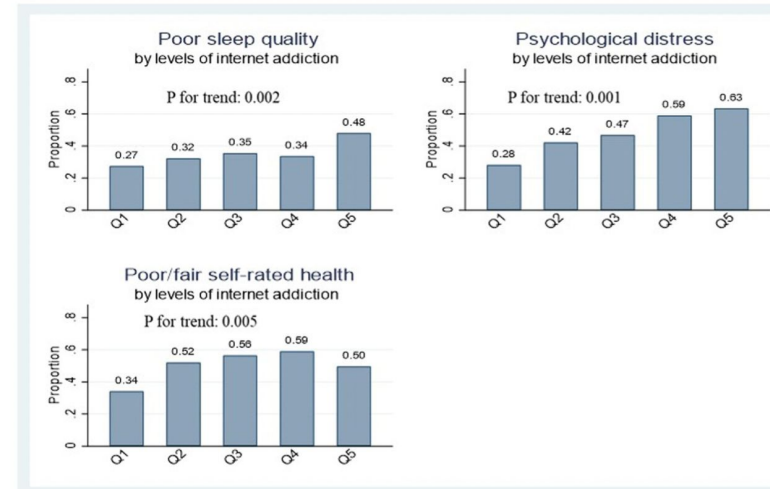


Fig 1. Distribution of poor sleep quality, psychological distress, and poor/fair self-rated health by levels of internet addiction (Q:quintile).

<https://doi.org/10.1371/journal.pone.0264716.g001>



What Ethical Issues Surround this?

- Act Utilitarianism
 - More internet use = more happiness or absence of real world pain
- Small amounts of internet uses bring people happiness
 - Example: online gaming with friends and family members.
- Negative unconsidered effects with increased internet use
 - Depression
 - Anxiety
 - insomnia (inability to get to sleep and stay asleep)

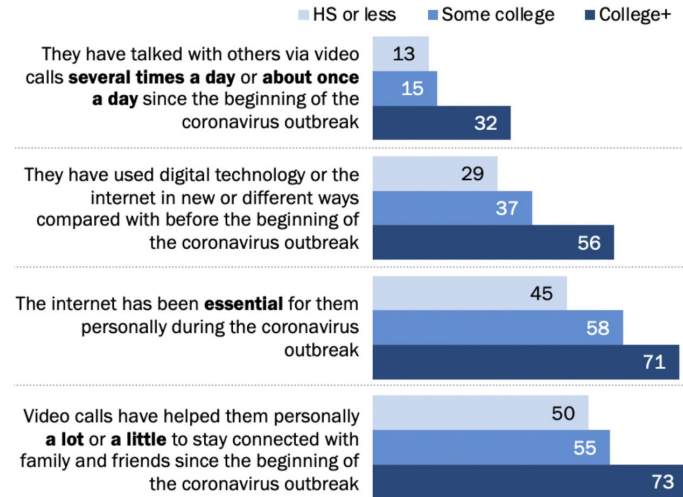


Criticality of the Internet

- Americans spend 17 hours using the internet and 90 percent say that its critical to their lives
- Close to 75% use internet to connect with family and friends
- Work
- School
- Surviving a pandemic
- Declared as a human right in 2016 (gaining information is a human right)
 - No longer a luxury

COVID Impacts

- Everything can be done through the internet
 - Grocery shopping
 - Food deliveries
 - School
 - Work
- More schooling you have the more you use the internet
- Peoples Dependence is now up to 46 percent
- We spend 16.6% longer on internet (19 hours daily)



Note: Those who did not give an answer or who gave other responses are not shown.
Source: Survey of U.S. adults conducted April 12-18, 2021.
"The Internet and the Pandemic"

PEW RESEARCH CENTER



Personal Feelings

- Most people in their lives will be addicted to the internet
- The internet has become a part of too many critical things
- People don't think that spending too much time on the internet can be harmful
- We are exposing children to the internet at far too young of an age
- Covid 19 has significantly increased daily internet usage



Main Takeaways

1. There are Five main internet addiction types that captivate a variety of different internet users
2. Most people that are addicted to the internet do suffer from serious side effects
3. Mobile phones are a huge offender of bringing internet addiction to millions more
4. The United states is not taking the overuse of internet seriously