

# A REVIEW ON INTERNET ADDICTION, CAUSES, EFFECTS AND TREATMENTS

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## Abstract

Internet addiction now global problem so need awareness about causes and effects on life this review is an update on unknown causes treatment modalities of this internet addiction. This article also provides a summary on internet addiction causes, effects and management through various strategies.

**Keywords-** Internet addiction disorder (IAD)

## Introduction

Internet addiction disorder (IAD) is a type of behavioral addiction that involves compulsive Internet use. People with an Internet addiction may have underlying mental health or substance use issues that may require specialized addiction treatment.

Internet addiction, also known as Internet addiction disorder (IAD), is a behavioral addiction characterized by compulsive, uncontrollable Internet use that interferes with daily life.

## Types of Internet Addiction

1. Computer Gaming Addiction: internet addiction is what most people think of right off the bat. Computer addiction, or computer gaming addiction simply involves activities that can be performed on a computer, both on and offline.
2. Cybersex Addiction: Cybersex addiction is comprised of online pornography, adult chat rooms and websites, and web-cam services.
3. Online Relationship Addiction: online relationship addiction are obsessed with finding and maintaining relationships online, which often leads to their neglecting in-
4. Net Compulsions: Net compulsions refer to online activities like gambling, auctioning, shopping, and trading stocks. These habits can have a negative mental, emotional, and financial impact on an individual, as losing an excessive amount of money can cause significant stress in one's life.
5. Compulsive Information Seeking: Compulsive information seeking is acting on that uncontrollable urge to Google (or Bing). Some people just can't resist gathering information on the web, from the symptoms of an illness to random facts about a celebrity, how to change a tire, etc.

### Signs and symptoms of Internet addiction

- Euphoria when using the internet on one's phone or computer
- Inability to prioritize schedules or manage time
- Boredom or lack of interest in routine tasks
- No sense of time

### Loneliness and isolation

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- Mood swings or irritability
- Depression
- Anxiety
- Avoidance of work
- Defensiveness

### Physical Internet Addiction Symptoms:

- ✓ Carpal tunnel
- ✓ Headaches
- ✓ Insomnia or other sleep disturbances
- ✓ Poor nutrition and/or personal hygiene
- ✓ Significant changes in weight
- ✓ Neck and back pain
- ✓ Dry eyes, or other vision issues

### Causes of Internet Addiction Disorder

There is no one cause for Internet addiction. However, there are several different factors that can make it more likely to occur:

- **Genetics:** Some people may be born with a predisposition towards developing an addictive personality
- **Stressful life events or environment:** Stress caused by the loss of a loved one, bullying at school, or other experiences may lead to an increased desire for escapism and the internet can provide that
- **Personality:** Someone who is predisposed towards addictive behaviors or enjoys risk-taking activities such as gambling will be more likely to develop Internet addiction. People who have low self-esteem and people who suffer from a social anxiety disorder. These disorders may include depression, or bipolar disorder can also be victims of cyber bullying.

### Effects of Internet addiction

- ✓ disrupted sleep patterns
- ✓ neglect of personal hygiene
- ✓ poor eating habits
- ✓ relationship troubles
- ✓ decreased work or academic performance
- ✓ headaches
- ✓ vision problems
- ✓ psychological withdrawal symptoms

## **Treatment for Internet Addiction**

- behavioral therapy
- mental health counseling
- group therapy
- family therapy
- digital detoxification (detox)
- medication
- self-help groups
- Recreation Therapy
- Art Therapy
- Reality Therapy

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