Which of the following is a common sign of internet addiction?

Withdrawal symptoms when not using the internet (Correct)

Spending more time in other hobbies

Decreased urge to use the internet

Limited internet access without any repercussions

As with other kinds of addiction, a person may have symptoms of withdrawal.

What behaviour might indicate loss of self-control regarding internet usage?

Inability to resist the urge to use the internet (Correct)

Moderation in online activities

Setting specific time limits for internet usage

Easily switching focus to other activities

Being unable to stop oneself from using the internet is a sign of loss of self-control.

What is identified as a potential downside of instant communication in the described world?

Difficulty in separating work from personal life (Correct)

Enhanced work-life balance

Increased personal connections

Limited professional opportunities

Instant communication means we can ask questions or update colleagues about work at any time even after hours when at home.

How does the inability to separate work from home impact individuals?

It causes stress and issues in personal and professional lives (Correct)

It leads to increased productivity

It fosters better time management skills

It promotes a healthier work environment

No separation or boundary means you will always be working and will be stressing over work constantly.

What role do clear boundaries play in mitigating the negative effects of constant connectivity?

They help to separate work and personal life, reducing stress (Correct)

They make stress levels rise

They blur the lines between personal and professional life

They encourage constant work engagement

Being able to have time to yourself without worry of work is important and allows us to relax better.

What is the action of not using social media or the internet to read about current events?

News avoidance (Correct)

Digital disengagement

Information disconnection

Media hiatus

Not using the internet to read about what is happening is known as news avoidance.

What is the negative behaviour associated with excessive consumption of current events?

Doom-scrolling (Correct)

News bombardment

Information obsession

Scroll-frenzy

Excessively trying to read news about current events is doom-scrolling.

How might "doom-scrolling" impact individuals?

It leads to feelings of depression, anxiety, and stress (Correct)

It fosters a sense of joy and fulfilment

It allows them to have better communication with others

It keeps them informed about everything

The news is often negative and constantly absorbing those types of stories will have an effect on a person leading to feelings of depression, anxiety, and stress.

What concept is described as a method to help people disconnect from technology and the internet?

Digital detoxing (Correct)

Digital overload

Cyber retreat

Virtual escape

When you stop using technology or the internet for a time, it is called a digital detox.

How can digital detoxing be achieved?

By disconnecting from devices or specific applications (Correct)

By increasing technology usage

By constantly staying connected to the internet

By avoiding personal interactions

You can disconnect from entire devices to specific applications for whatever amount of time you feel you need.

What is important to consider regarding the approach to digital detoxing?

The need for constant connectivity for some professions (Correct)

The severity of withdrawal symptoms

Where to put all the technology not being used

The availability of alternative activities during detoxing

A digital detox has many ranges in time and from what and the main thing to consider is that you might still need technology to do your job in which case you can limit specific applications.

How can reduced social media or phone usage help when it comes to doing work?

Improved productivity and focus on tasks (Correct)

Increased bombardment of physical news

Less time for hobbies

Makes communication difficult

Leaving social media and spending less lime on your phone lets you rest easier and as such feel more refreshed and focus better.

How does a digital detox help with your state of mind?

Feeling less overwhelmed and having a better peace of mind (Correct)

Less to think about from the news

Increased bombardment of physical news

Less time for hobbies

Leaving social media and spending less lime on your phone gives you extra time each day to spend as you wish and relax more often.

What is the nature of the benefits of disconnecting from technology and the internet?

The benefits vary from person to person (Correct)

Everyone will experience the same benefits uniformly

The benefits of disconnecting are not significant

Disconnecting has no impact on personal well-being

Disconnecting for a day may help one person feel better while others need more or less time to reach that level.

Why is it important to find what works for you when it comes to disconnecting from technology and the internet?

Because benefits may not be guaranteed for everyone (Correct)

To conform to societal expectations

To ensure uniformity in experiences

To minimize the time spent on hobbies

It is important to remember that everyone is different and will have different reactions to things which means what helps one person may not always help the next.