Problem-based Project Internet Addiction

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Internet Addiction

- **A growing concern among the whole world**

- **The term "internet addiction" was referred by Dr. Kimberly Young, a clinical psychologist in 1996**

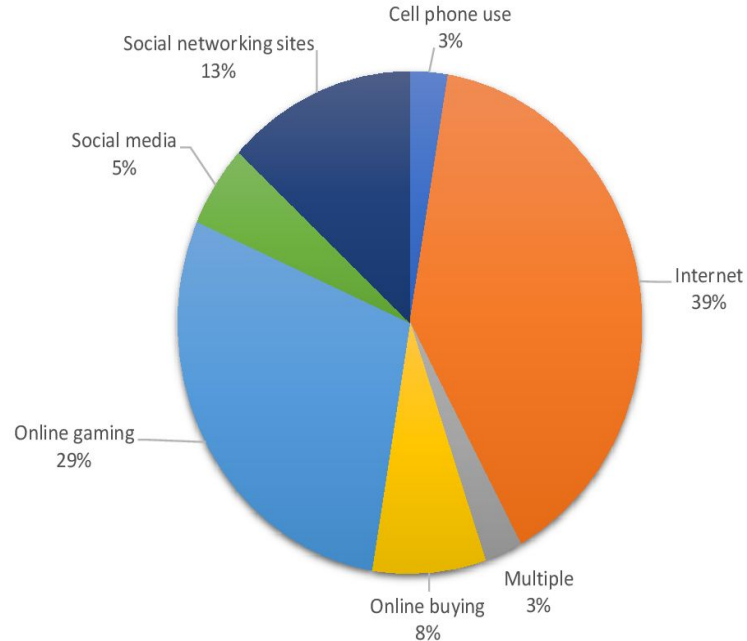- **The most common cause behind it : Easy accessibility**

Why "Internet Addiction" is still here?

- **Dependency on Internet**

- **Easy way of spending leisure period**

- **Attractively designed featured for the users**

- **Provides instant gratification**

Internet Addiction growth in a chart !

Figure 3. Addictive Use Activity

Source : https://www.researchgate.net/

Already taken measures to solve "Internet Addiction"

- **Failed Awareness campaign**

- **Failure of Parental control**

Cause 1

Hypothesis: Internet infrastructure is a significant reason behind teenagers getting addicted

Expert:According to Andreassen et al. (2017), the use of personalized social media was significantly associated with addiction symptoms

Case Study: Cai Li, a janitor in Shanghai, developed a serious addiction to news app Qutoutiao, lured by gossipy articles about celebrities and the cash she gets from reading them (Li, 2018)

Effect 1

Hypothesis: Internet addiction can have a detrimental impact on mental health, specifically causing depression and anxiety

Expert: Liu et al. (2020) found that problematic internet use is associated with increased symptoms of depression and anxiety, as well as suicidal ideation.

Case Study: Namira's parents couldn't be happier when she started to go to bed early.It used to be difficult to put the 13-year-old to bed as she would spend hours on the internet and play video games.But the parents' relief was replaced with worries in less than a week. The eighth grader, pretending to be asleep under her blanket, was found playing on a tablet.Like Namira, thousands of teenagers in Dhaka city who spend more time on screens but less on physical activities are on higher risks of depression and other health problems, a new research suggests. (Palma, 2017)

Cause-2

Researcher's note:

Peer pressure creates a strong sense of social pressure to conform to the norms and behaviors of one's peers

Hypothesis: Peer pressure is a significant contributing factor to internet addiction

Expert: Young people are pressured to stay connected with their friends and social networks through the Internet, even at the expense of other activities or responsibilities (Liu et al., 2013).

Case Study: Alice feels pressure from her peers to stay connected through the internet. (Bozoglan, Demirer, & Sahin, 2013)

Effect-2

Researcher's note:

Internet addiction can have negative effects on family relationships, including decreased communication and increased conflict.

Hypothesis: Internet addiction is negatively associated with family functioning and can lead to decreased communication, increased conflict, neglect of family responsibilities

Expert: They were more likely to hide their internet use from family members, leading to a breakdown in trust and intimacy (Jiang et al., 2017)

Case Study: Alex realized that he had been neglecting his family responsibilities, including household chores and spending time with his siblings (Liu et al., 2013)

Cause 3

Desire For Social Interaction

- Socially Isolated
- Provides a more accessible platform
- Socially anxiety people may find it easier to communicate through social media

Effect 3

Impact on Academic Performance

- Getting lower grades
- Creates distractions
- Leads to poor sleep quality

Solution-1

Increasing social engagement

- **Engaging in hobbies and activities such as role play, music, arts, etc.**

- **Solution-Focused Social Interest Program**

Expert's opinion:

Zhang et al. (2020) suggested to consider Solution-Focused Social Interest Programme to engage people in social activities

Case Study:
Mr. Arif's family's suggestion

Solution-2

Creating a conducive and separate environment for healthy internet use

○ **Brain associates that space with productivity and focus**

○ **Distracting tools or devices must be kept aside from workspace**

Experts Opinion:
Chou et al. (2020) suggested to create a conducive workspace

Case Study:
Mr. Arif's Opinion

Observation

Challenges & Limitations

- **Lack of Data**
- **Lack of enough scholarly journals**
- **Limitations of funds**

Scope of Future Research

- **Research and initiative steps can prevent teenagers from internet addiction**

Two Personal Action

- Making awareness through academic institutions

- Changing communication patterns

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Thank you !