

Defining addiction:

a strong inclination to do, use, or indulge in something repeatedly

<https://www.merriam-webster.com/dictionary/addiction>

Theory of addiction:

-<https://books.google.com/books?hl=en&lr=&id=sWtwAAAAQBAJ&oi=fnd&pg=PR9&dq=anything+is+addiction&ots=Lw8DZ-neHL&sig=gWLGpMmlB9L8RjQNFHtvsqfHVW8#v=onepage&q=anything%20is%20addiction&f=false>

- So many aspects of addiction, “good” addiction, “bad” addiction, long term, short term. Is it fair to use such a large term? Especially given that user engagement in itself comes in endless form.

Defining user engagement:

It refers to the quality of the user experience that emphasizes the positive aspects of the interaction, and in particular the phenomena associated with being captivated by technology

<https://citeseerx.ist.psu.edu/document?repid=rep1&type=pdf&ei=ea238b71c3fa1240e9526fc33d1d8269f09fd9a4>

Arguments:

- 40 hours of reading news maybe considered knowledgeable, curious minded
 - https://www.researchgate.net/profile/Saba-Ghayas/publication/350551559_Development_and_Validation_of_News_Addiction_Scale/links/606954f1458515614d32f67a/Development-and-Validation-of-News-Addiction-Scale.pdf

- News can be described as a form of addiction

40 hours of tik tok is someone with little passion, ambition discipline

- How can we attribute such a basic concept but also large word when we judge it by different means

<https://ieeexplore.ieee.org/abstract/document/9416645>

Second, and a related point, is that it is not clear to what extreme a behavior must fall before it would be considered an “addiction”. That is, one may ponder whether or not merely occasional (e.g., a couple of gambling sprees) or constant engagement (e.g., gambling to the point of bankruptcy) in an addictive behavior could indicate appetitive motive, preoccupation, loss of control, temporary satiation, and occurrence of negative consequences of sufficient magnitude or frequency to label the behavior as an addiction.

A final limitation is that we did not place emphasis on the knowledge that addiction may be context-dependent. That is, what is considered an addiction in one social-environmental location may not be considered an

- Based on quality IDEA, many companies genuinely working towards a good experience for their customers
- Various forms of user engagement: push notifications, color of website, interactive interfaces
 - Because there is such a large range, it is not fair to attribute addiction to user engagement, not all user engagement factually is trying to addict you, simply keeping you aware + engaged.

Addiction has always been present:

- Something that in itself is not so addicting.. Playing a board game can be addicting and so a shift online doesn't randomly introduce addictive content.. It's always been there
- Similarly, people have always been interested in media and entertainment...now, because clips are shorter, it is easier to digest a larger amount of information and amount of videos, it's not necessarily that addiction was just introduced, it's always been there.