Hello everyone this is Yogesh kumar and today I am talking about online shopping addiction.

In the past two year, millions of people turned to the internet to order groceries, household supplies and other goods. People find that online shopping has several benefits but they don’t know that it can create a mental disorder name oniomania compulsive buying disorder.

In America studies show that more than 5% of their population are having compulsive buying disorder.

Shopping websites are also taking our data and keep record of their consumer and on that basis they are providing discount like we automatically getting the advertisement that we have searched on google previously.

People are buying the unnecessary products that the don’t even use more than one time it is a total waste of money some people only buys to show off to their friends and relatives that they have a lot of money but in reality they are in debt and keep continuing their habit of compulsive buying.

People are strugging to save their money cause they spends too much on online shopping. Keeping the Tracking of their spends is also difficult for them.

long-term effects of shopping addiction?

* Strained or ruined relationships
* Family breakdowns
* Serious financial problems

Conclusion.