COMPUTER ADDICTION DISORDER, CAUSE, SYMPTOMS AND CURE

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What is the duration of time you dedicate to using the Internet? Is one hour enough for you? Do you sleep well? Do you eat well? Do you study well? If you are a computer addict, it might give you serious problems like Internet Addiction Disorder also known as Compulsive Internet Use (CIU), Problematic Internet Use (PIU), or iDisorder.

What Causes It?

The specific cause of computer addiction is unknown, but it is most likely similar to chemical dependency on drugs or alcohol. Individuals who are addicted to computers may experience feelings of being overwhelmed, stressed, depressed, lonely, or anxious. They often turn to the Internet as a means of finding comfort and an escape from these emotions.

What are the indicators or signs of this condition?

One of the studies in 2012 showed that people who experience Internet addiction they spend more than 24 hours browsing the web or playing video games.

The symptoms of computer addiction are classified into two categories: emotional and physical.

Emotional manifestations of computer addiction. You might experience feelings of depression, anxiety, or isolation. Guilt, defensiveness, and dishonesty could also be part of your emotional response. You may find yourself avoiding work while experiencing a sense of euphoria when in front of the computer.

Physical indications of internet addiction. You may experience backache, headache, weight changes, carpal tunnel syndrome, blurred or strained vision, or disturbances in sleep.

If you recognize these symptoms in yourself, here are straightforward methods to address and overcome your online addiction

1. Make a schedule for using the Internet. Be consistent in following until what time are you going to use it.

2. Engage with your community. Try to look for some activities or new people in your surroundings.

3. Meditate. Give space to your mental health by resting for a few minutes a day.

Moreover, computer addiction disorder can be a concern in a school setting. Addressing it involves recognizing its causes, identifying symptoms, and implementing strategies for prevention and intervention. Below is a comprehensive analysis of each individual part.

Causes of Computer Addiction Disorder:

Escapism: Students may turn to excessive computer use as a way to escape from real-life problems or stressors.

Peer Pressure: Pressure to be constantly connected online and engage in online gaming or social media can contribute to addiction.

Lack of Awareness: Some students may not be aware of the risks associated with excessive screen time and online activities.

Accessibility: Easy access to computers and the internet, both at home and in schools, can contribute to addictive behavior.

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Lack of Other Interests: If students don't have alternative hobbies or interests, they may turn to computer use as their primary source of entertainment.

Symptoms of Computer Addiction Disorder:

Excessive Screen Time: Spending an unreasonable amount of time online, to the detriment of schoolwork, social life, and other activities.

Neglect of Responsibilities: Neglecting school assignments, chores, or other responsibilities in favor of computer use.

Withdrawal Symptoms: Becoming irritable, anxious, or even physically uncomfortable when unable to use a computer or go online.

Loss of Interest: A decline in interest in previously enjoyed activities, hobbies, or social interactions.

Isolation: Withdrawing from real-life social interactions in favor of online relationships.

Academic Decline: A noticeable drop in academic performance due to excessive computer use.

Neglected Health: Neglecting physical health, such as poor eating habits, lack of exercise, or inadequate sleep due to computer use.

Cure and Intervention in a School Setting:

Education and Awareness: Schools should educate students about the risks of excessive screen time and computer addiction. This can be done through workshops, seminars, and incorporating digital literacy into the curriculum.

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Screening and Assessment: Identify students who may be at risk through observation and assessment.

Parental Involvement: Inform parents about the risks and signs of computer addiction and encourage open communication at home.

Limit Screen Time: Establish guidelines for computer and internet use during school hours.

Provide Alternatives: Encourage and support students in pursuing alternative interests and hobbies.

Counseling Services: Offer counseling services within the school where students can seek help for addictive behaviors or related mental health issues.

Peer Support Programs: Implement peer support programs where students can discuss their concerns and experiences with excessive computer use.

Parent-Teacher Collaboration: Maintain open lines of communication between teachers and parents to identify and address any emerging issues.

Monitoring and Reporting: School staff should be vigilant in monitoring students' behavior for signs of addiction and report concerns to the appropriate authorities.

Follow-Up: Provide ongoing support and follow-up for students who have received intervention for computer addiction to ensure their recovery and healthy tech use habits.

Remember that addressing Computer Addiction Disorder in a school setting requires a multi-faceted approach involving educators, parents, and mental health professionals to ensure a supportive and comprehensive response.

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