



Addiction 2.0

Addiction is a *dependence to a substance or behavior*, which can express itself physically or psychologically. Typical behavioral problems are distancing oneself from friends and other important things. The behavior itself is *not manageable* anymore. Addiction is triggered by hormones like Dopamin. This is an endorphin which is released when the substance is consumed or the behavior is displayed. It makes the process repeat itself.

Globally the share of people who use the internet has multiplied by 7 times from 6.5 to 45% from 2000 to 2015.

Not just social media bear a great risk in being addictive, online games as well can make players dependent.

Online Roleplay-Games present a great danger as well. The fact that ingame time progresses even if you personally are not logged in at the moment provokes a *fear of missing out*.

Especially *individuals in need of attention or those who experience a lot of stress or are socially isolated* are at high risk to desire the quick dopaminrush they can receive online.



Checklist -am I addicted?

desire frequent & compulsive need to be online



strong feeling of dependence
loss of control

feelings of guilt

frequent fighting with parents or partners
about the media usage **disputes**

weariness decreasing interest to participate in previous hobbies as well as professional life



trying to keep the extent of the usage a secret from friends and family **secrecy**

belittlement in an attempt to deny the addictive behavior



mental changes
including annoyance, depression, nervousness

failed attempts previous attempts to reduce or quit internet usage failed

The risks

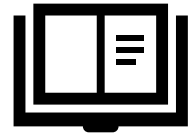
The usage of the internet furthermore bears a lot of risks.

The assumed anonymity lead users to upload unflattering selfies or even nudes. This can result in **bullying**, **blackmailing** or **suicide**.

Criminals or people with psychopathic tendencies can easily **find new victims via social media** as well, since many people are not cautious enough about sharing sensitive details about their location etc.

What to do:

Even though addiction to the internet is not a recognized illness, excessive and uncontrollable use of these technologies can be quite dangerous.



To get in control of your own addiction, oneself can start a **diary** and take record of the daily consumption. By this you can clearly get an overview of the amount of time you spend online.

Afterwards you can think of **activities** you liked to do before you spend most of your time online and try to implement these **hobbies** in your daily routine.



It can also help to set clear **time limits**, try to avoid using your smartphone in bed or at the dinner table.

Wearing a watch can additionally limit the times you unlock your phone just in order to check the time.



If you are on the go you should put your devices **in a bag or your purse**, so you are less likely to get distracted by it.



Get professional help and advice here:

web@care

Ins-netz-gehen.de

Medienwissen MV

Do not be afraid to visit **psychologists** or start a **therapy**, many professionals are aware of the huge impact the internet has especially on the youth.

