

# INTERNET ADDICTION



# Two components of Internet addiction

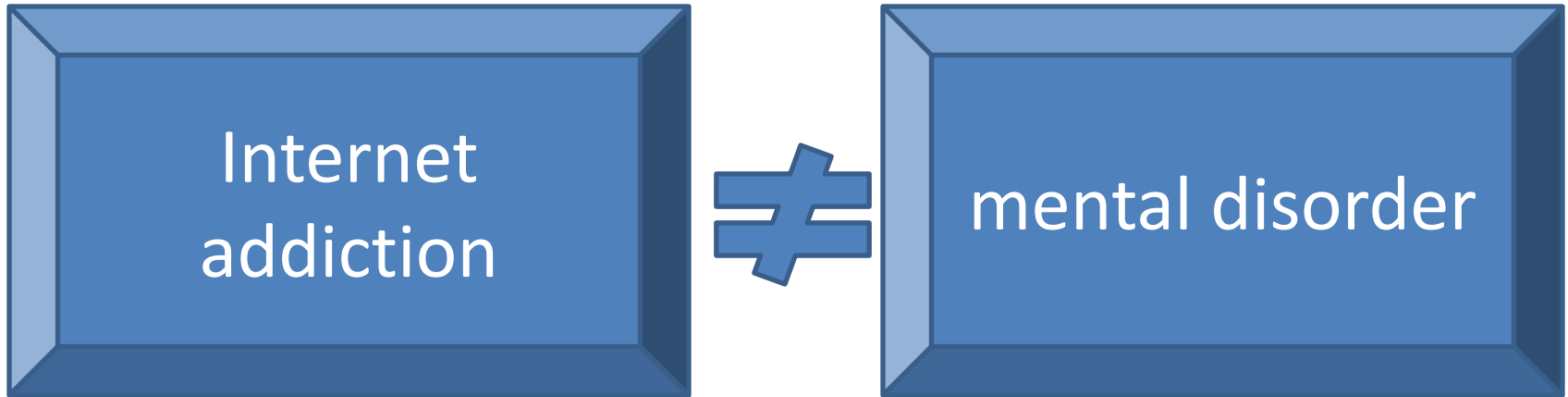


excessive using of the Internet



spending a lot of time in the  
Internet

# Did you know?



# Internet Addiction Disorder in the world

Near and Middle East –  
6 percent

Northern and Western  
Europe- 2.6 percent

10 percent in the world



# Factors which contributes to Internet addiction

environmental pollution

low incomes

the necessity to spend a lot of time for the way from work to home

# Main negative impact of Internet addiction.

- negative impact
  - memory loss
- violation of thinking processes
- problems with the physical health
- asocialityt



# Violation of thinking processes and memory loss



# Asociality

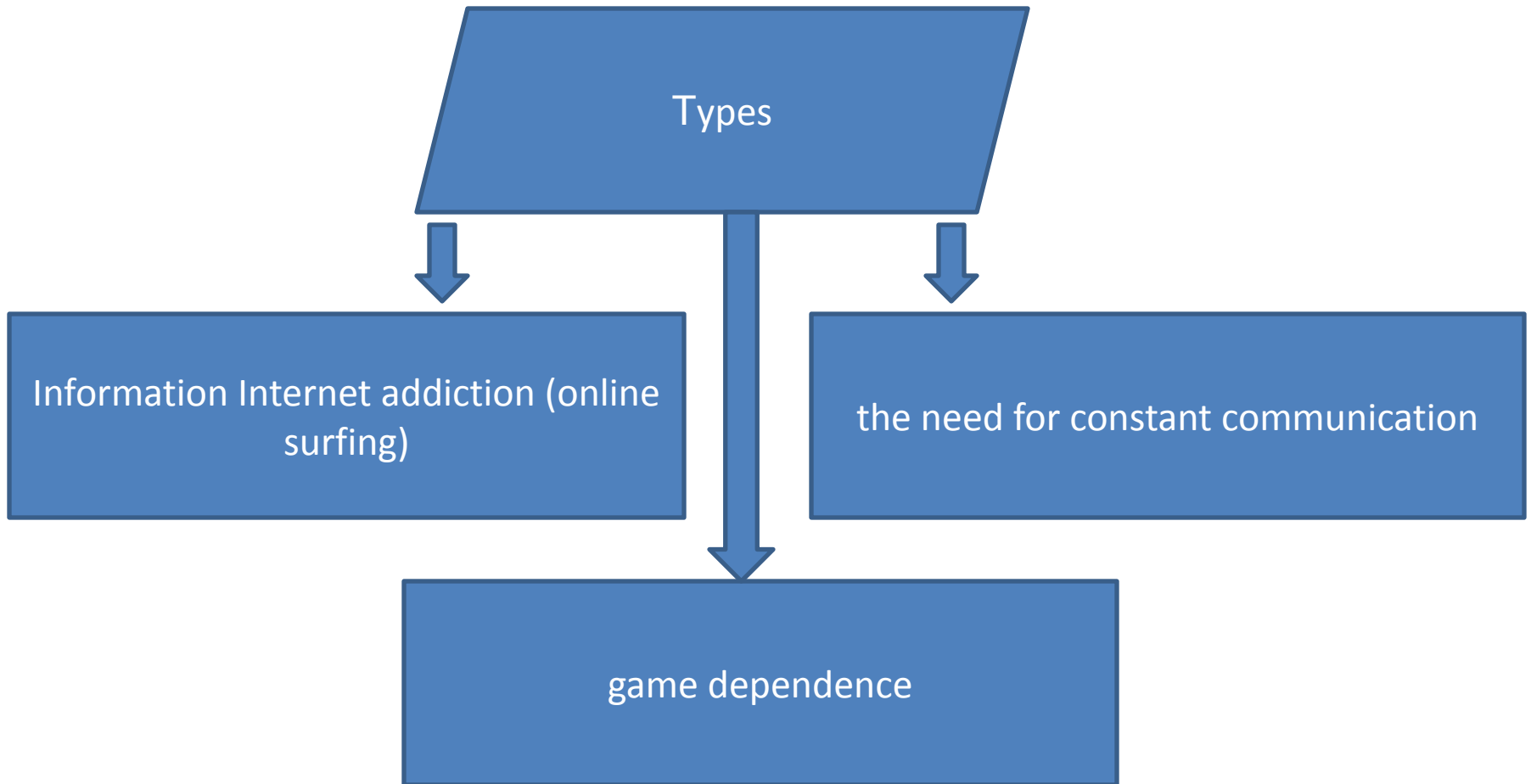




# Problems with the physical health



# Types of Internet Addiction Disorder



# Need for constant communication



problems with communication

# Need for constant communication

```
graph TD; A[Reasons] --> B[Lack of social skills]; A --> C[Lack of communication skills];
```

Reasons

Lack of social skills

Lack of  
communication skills



# Information Internet addiction

unordered  
searching of  
information





# Information Internet addiction



# Game dependence

**Become the first!**



**obsessive  
fascination**

# Internet based treatment method

turn off the computer

have a picnic

read a book

limit the time spending in the Internet

# Successful path selection

