

## E-Addiction

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### Abstract

This E addiction is a new concept in India but many people in our country already suffering from this type addiction. Goldberg for the first time used "Internet addiction disorder" term to identify the characteristics of individuals who use the Internet and show some problems of themselves<sup>(1)</sup>.

The concept of addiction to mobile phone use was introduced at first by Bianchi and Phillips in 2005<sup>(2)</sup>.

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### Definition

According to previous studies "Internet addiction was associated with obsessive-compulsive and depressive disorders, attention-deficit hyperactivity disorder, hostility or aggressive behaviors, and impaired executive control ability"<sup>(3-7)</sup>.

Based on empirical diagnostic interviews and epidemiological studies, Young and Ko et al.<sup>(3,5, and 7)</sup> proposed their diagnostic criteria for Internet addiction in which "withdrawal, poor planning abilities, tolerance, preoccupation, impairment of control, and excessive online time were defined as core symptoms of Internet addiction". Until now, internet addiction is a proposed but unproven disorder, and the upcoming inclusion of Internet addiction in the DSM-V as a disorder.

In addition to genetic factors such as presence of the SS-5HTTLPR gene, family and environmental factors, previous studies have shown the possibility that personal factors may play a key role in internet use and the development of adolescent internet addiction<sup>(3)</sup>.

### Prevalence

Current US data suggest that 93% of young people between the ages of 12 and 29 years have used the internet at least once<sup>(8)</sup>. According to the statistical report of China Internet Network Information Center, over 500 million people in China had access to the Internet as of September 2011. Of those, approximately 33% were teenagers below 18 years of age and 60% were between 10–29 years of age<sup>(9,10)</sup>.

In 2004 about 68% of American adults used the internet regularly and 4% to 14% showed one or more markers of problematic use with a prevalence of internet addiction (IA) at about 1%<sup>(11)</sup>, which is concordant with an actual German study<sup>(12)</sup>. The onset of manifest addicted behavior is reported in the late 20s or early 30s age groups<sup>(12)</sup>. In epidemiological studies, prevalence rates of addicted internet use and computer game behavior range between 1.5% to 3.0% in German<sup>(12, 13)</sup> and Austrian<sup>(14)</sup> adolescents. The most frequently used internet applications were email (93%), information and research (92%), shopping (76%), and chatting (62%)<sup>(15)</sup>. Some studies have estimated the prevalence range of mobile phone addiction from 0-38%<sup>(16)</sup>. Prevalence in India was not clearly studied.

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### Classification

#### Computer Addiction

♦ **General Computer addiction:** this is the result of an individual's desire to play games such as solitaire or other games on the computer and does not generally include internet usage

◆ *Internet Addiction*: internet addiction is the result of an individual's desire to spend time online performing any one of a number of tasks in excessive. Internet addiction has sub-categories that include:

1. *Internet compulsions*: these may include compulsive shopping online, compulsive gaming online, compulsive gambling online or compulsive stock trading online
2. *Cybersex*: this is a compulsive use of the internet to participate in internet sex through chat rooms, adult websites, fantasy role playing online or watching pornography
3. *Social Networking addictions*: this is the addiction that results when an individual spends more time socializing online than they do socializing with people in real life. These addicts will often find online relationships to be more meaningful than offline relationships.<sup>(17)</sup>

#### Video Game Addiction

- ◆ Without internet
- ◆ With internet

  1. massively multi-player online role-playing games (MMORPGs)
  2. multi-user domain games (MUDs).

#### Cell Phones

- ◆ Send Text Messages (SMS),
- ◆ Picture Messages (MMS),
- ◆ Accessing The Internet ,
- ◆ Listening To Music,
- ◆ Watching Videos
- ◆ Playing Games.

#### Effects

- ◆ These people have a constant thought about computer or mobile and make desire to play game, chat.
- ◆ Their mind is preoccupied with these applications as you wake up and before you go to bed.
- ◆ Their hobbies and interests are changed and spend more time on it .

- ◆ These people use these computer and mobile to escape from reality.<sup>(17)</sup>
- ◆ These people waste more increasing amounts of time and money on hardware, software, magazines, and computer-related activities.
- ◆ They don't consider work, studies, family as their main aim.
- ◆ Failing at repeated efforts to control computer use.
- ◆ Physical side effects are tachycardia, tachypnea, vision or hearing problems.<sup>(18)</sup>
- ◆ Switching off your phone might cause anxiety, irritability or sleep-lessness.
- ◆ Change in the sleep cycle due to late night usage of mobile phone.

#### Treatment

1. *Counseling*: this includes therapy which will cause mind to perform different activity than addiction. Cognitive and behavioral therapy will treat underlying mental health conditions that caused the addiction such as anxiety, depression, social trauma or other conditions.
2. *Group Support*: many different options for group or community support are available to assist those who are addicted to computers. Interacting with others can be very rewarding to the computer addict.
3. *Develop Hobbies And Interests*: Try to develop new interests and hobbies .Example reading books, join dance or singing class.
4. Use computer only when it is absolutely necessary<sup>(17)</sup>.
5. Don't use mobile or computer applications just after getting from bed in the morning.
6. Keep mobile or computer switch off atleast 2 hours of day when you have to do important work.

#### References

1. Amichai-Hamburger Y, Ben-Artzi E. Loneliness and Internet use. *Comput Human Behav.* 2003;19(1):71-80.