

CLOSING THE GAPS



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Co-funded by the
Erasmus+ Programme
of the European Union

Digital Well being & Addiction

Closing the Gaps - 2nd training
13 - 17/9/2021

ASSOCIATION FOR SOCIAL ECONOMY
AND LIFELONG LEARNING - ASEL RO

What is internet addiction?

Internet "addiction" is a term that causes problems in the scientific community. However, there have been several cases of people spending too many hours online to the point where it interferes with their personal lives.

On average, in 2019, an internet user spends 6 hours and 42 minutes online each day.

Symptoms of Internet Addiction

The symptoms of internet addictions come in both emotional and physical manifestations. However, the stats below suggest that knowing these symptoms doesn't help in the diagnosis of internet addiction. The number of addicts who are aware of their status is dismally low, which probably points to the complexity of diagnosing the disorder.

Symptoms of Internet Addiction

Source: NCBI

- 12.3% of internet addicts have seen the need to stop or regulate internet use at some point.
- 8.2% of technology or internet addicts are aware of their status, and so they try to hide non-essential use of the internet from friends, family, and employers.
- Only 35.4% of high school students show signs of internet addiction.
- Some of the most common emotional symptoms include anxiety, depression, a feeling of guilt, isolation, dishonesty, agitation, mood swings, and defensiveness.
- Also, internet addiction has physical symptoms, such as headaches, insomnia, carpal tunnel syndrome, backache, neck pain, poor nutrition, and dry eyes.

Negative Effects of Internet Addiction Statistics

internet addiction statistics show that the disorder can have far-reaching adverse effects on the addict's relationships and career.

- Studies have found that internet addiction impairs various functions of life.
- Besides, internet addiction can lead to internet gaming disorder, which in turn has adverse effects on psychological functions.
- Internet addiction causes some psychiatric disorders, directly or indirectly. For example, internet addiction is associated with mood disorders, poor sleep quality, impulsivity, self-esteem, and suicide.
- Even worse, internet addiction has a negative effect on the part of the brain that's involved in decision making, executive attention, cognitive control, and emotional processing.
- Internet addiction causes 50% of workers today to suffer severe occupational impairment.
- Unfortunately, 5.9% of internet addicts say that their relationships went south as a result of excessive internet use.

Treatment of internet addiction

Are there viable treatment options for internet addiction? The answer to this question depends on how you perceive this disorder. Some people see it as a “fad illness” and firmly believe the disorder should resolve itself. However, for people who take internet addiction with seriousness and believe in proper treatment, there are effective therapies that can help.

Treatment of internet addiction

- Interestingly, 39% of the addicts can easily quit if they wanted to.
- It is also good to note that internet addicts can suffer similar withdrawal problems to substance misusers.
- According to one study, the world is far from a comprehensive model for testing, diagnosing, and treating internet addiction disorder.
- Some of the most common treatment options include behavioral modification, equine therapy, dialectical behavioral therapy (DBT), and cognitive-behavioral therapy (CBT).

Treatment of internet addiction

Internet addiction is challenging to diagnose, and this explains the reason why it's difficult to treat. Some people have embraced self-corrective behavior, with the help of software that controls internet use, to deal with the disorder. Besides, the striking prevalence of internet addiction has compelled treatment centers to join hands in the creation of psychological treatments.

What can I do to limit my internet usage?

First of all, it is important to recognize if there is something else that can make it difficult for us emotionally and therefore strengthen our engagement with the internet.

-  **If, for example, lately you have been dealing with a problem that is causing you anxiety, tension, negative feelings, loneliness, etc., then you need to recognize it and deal with it by asking for help!**
-  **Find healthy activities that you enjoy in real life to fill your free time!**
-  **Strengthen your interpersonal skills and expand your network of friends!**

What can I do to limit my internet usage?

- ✔ **Many times when we feel isolated from friends and peers we tend to waste more hours online. The more social relationships you have in real life, the less you will need the internet!**
- ✔ **Set yourself a goal for the hours you will spend online and don't expect your parents to do it for you!**

What is digital well-being?

Digital wellbeing is a term used to describe the impact of technologies and digital services on people's mental, physical, social and emotional health.

It is the capability of users to find a balance with technology that feels right for them.

Why is digital well-being important?

Digital being is important because it enables employees to be more engaged and productive, as well as lead healthier lives during and outside of work. Adopting digital wellness practices can enable employees to focus on their work and cause less exhaustion and distraction. For example, employees who check their mobile device three or four times a day is more productive than those who check their smartphone once every 10 minutes.

Here are **5 digital wellness tips**

1. Use time management apps

Many time management tools exist to help technology users control how much time they spend on a given task. Programs such as RescueTime analyze how users spend their time online and offer suggestions for better time management. Some also offer the option to block sources of distraction such as social media.

Here are **5 digital wellness tips**

2. Address and prevent eyestrain

The glare and blue light from screens can lead to poor sleep, especially for those who like to use their tablets or phones right before bed. Special glasses that block blue light are available, as well as apps such as F.lux and Eye Pro. Both are available for Windows and Mac operating system.

- F.lux is a free program that pinpoints a user's location to automatically adjust their computer screen's lighting to something more appropriate for the time of day. For example, it will make the screen brighter and whiter during the day, but warmer and softer at night to match indoor lighting.
- Eye Pro is another free program with customizable settings that pops up notices reminding users to blink. Staring at a screen for long periods of time tends to correspond with less blinking, which can lead to eyestrain. This app also reminds users to take breaks at preset intervals so that they can rest their eyes and help prevent eye fatigue.

Here are **5 digital wellness tips**

3. Use mindfulness and digital well-being apps

Mindfulness app Headspace -- available for both iOS and Android -- bills itself as a "personal trainer" to teach users mindfulness practices. It does this through daily 10-minute guided meditation sessions to help users improve their focus, reduce stress and rebalance.

- There are also apps designed to help users break bad habits and establish healthy ones, such as Streaks; Wakeout, which provides thousands of 30-second workouts that can be done at home; and Plant Nanny, which gamifies water intake by having users tend to a digital plant by logging their own real-life water intake.

Here are **5 digital wellness tips**

4. Establish digital boundaries

Maintaining a solid work-life balance is essential to good health. This balance becomes even more important in a world with instant communication.

Here are **5 digital wellness tips**

5. Encourage the users to integrate activity into their lives

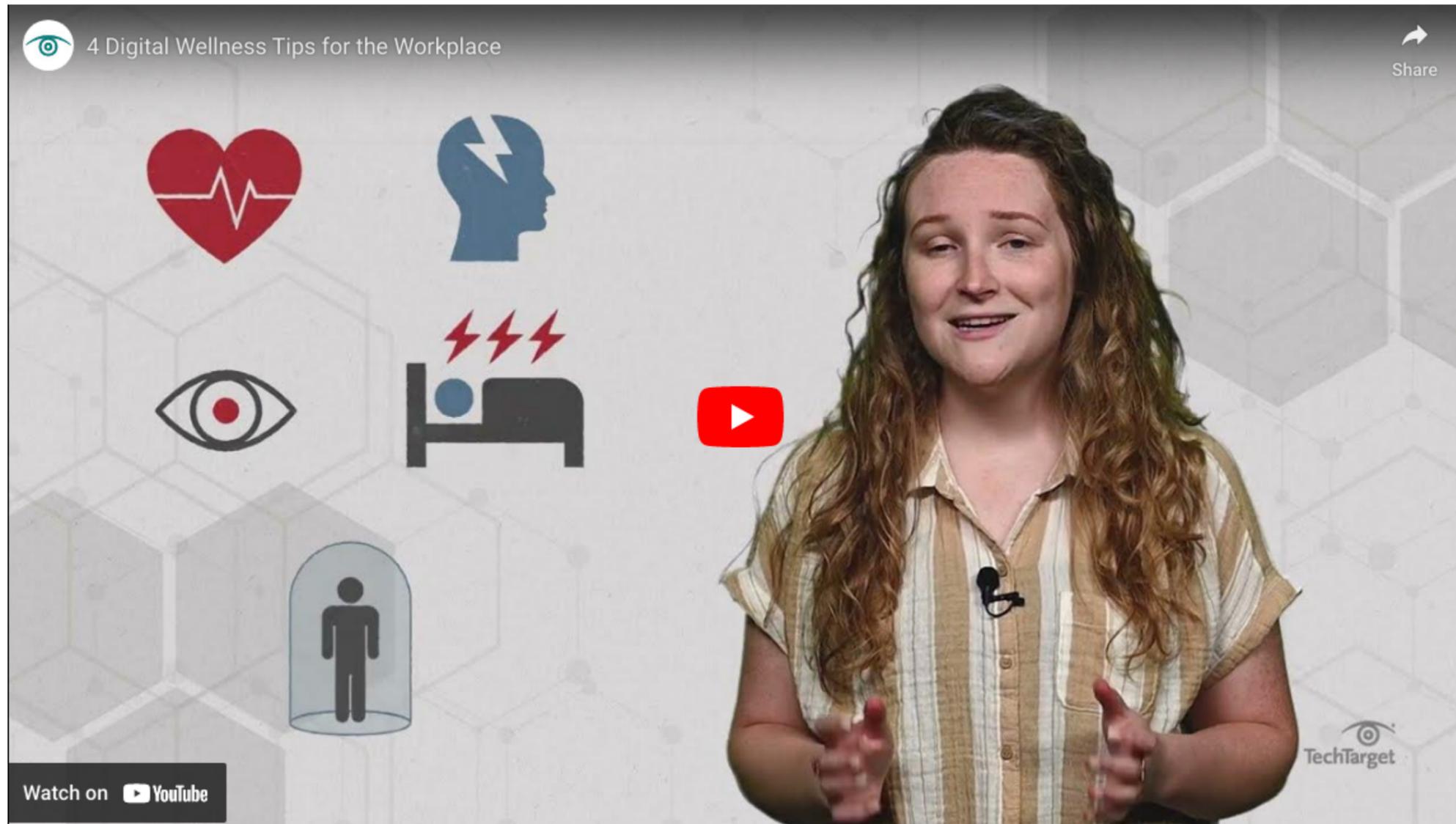
For employees who might get so engrossed in their work that they simply forget to move around, a Fitbit might be useful. Most models have a feature that makes the wristband vibrate at a certain time if the wearer still needs to meet a certain number of steps in an hour.

Technological advancements

Today, fraud has also accelerated and become more sophisticated with the rise of e-commerce, mobile payments, and computing power. Many of the same technologies that businesses rely on to innovate and quickly introduce new products and services are also being used by fraudsters. Criminals can more easily commit fraud by using cheap, on-demand computing power or by using machine learning algorithms that are more subtle and able to manipulate fraud detection systems. The traditional rules-based fraud prevention systems that companies have relied on for years can no longer keep up.

What you need to do:

- Consideration of using a low-limit separate credit card for online purchases to minimise the potential loss if things go wrong.
- Limiting the amount of personal information you allow to be 'the public domain' i.e.: social networking sites that could be used to assist in identity theft.
- Keeping anti-virus and firewall software up to date.



https://www.youtube.com/watch?v=QK5HNwF5yYE&ab_channel=EyeonTech



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Source: <https://comparecamp.com/internet-addiction-statistics/#treat>