

# How to prevent internet addiction

[Technology](#), [Internet](#)



Internet Addiction is one of the most serious problems for all the teenagers; it will seriously affect your mental and physiological health. Have you ever been a person who has been addicted to the Internet social world? According to a research of US National Library Of Medicine National Institutes of States, 70% of teenagers In the state spent nearly SIX hours to surf the Internet per day. " Just we could have rode Into the sunset, along came the Internet, and It tripled the significance of the PC" said Andy Grove. Have you ever been addicted to any Internet website or social media latform?

The first Social media platform is called Geocities. It's the first social media platform with web hosting service, originally founded by David Bohnett in late 1994. It has a simple blog structure. Users could upload photos and text among the blog. In October 16, 2009, The Geocities service in United State was shut down. There were at least 38 million people that were using Geocities before it shut down. After that, a lot of different social media website and platforms had started to build up. There are a lot of examples of social media platforms In the 21st Century.

The most famous platforms are arguably Facebook, Instagram, Tumblr and Twitter. They actually have linked together; User can enjoy different kinds of features. For example, If you uploaded and edited a photo In Instagram, you can directly update your status or photos to the other social media platforms Ilke Facebook. It Is one of the reasons why people who have online addiction problems will always keep checking their status like " did anyone 'like' my photos? " and keep checking their electronic devices even they didn't receive any notifications.

According to professor Larry D. Rosen, this is a term called "I-disorder". To explain it in-detail and specifically, I-disorder is where you exhibit signs and symptoms of a psychiatric disorder such as OCD, narcissism, addiction or even ADHD, which are manifested through your use or overuse of technology. Whether our use of technology makes us exhibit these signs or simply exacerbates our natural tendencies. Do you think you are an I-disorder? If yes, the following suggestion may help you a lot to prevent it.

One of the best ways to prevent to become an I-disorder is to get a hobby that doesn't involve the smartphone, computer or even TV and media player. It's good to stay away from electric media products, because they may attract you easily. If you are a student, try to get involved with different school teams, clubs, music education, dancing lessons or even go to church. Exercise should probably be the best way because while you are exercising, your body will produce some hormones that help your health a lot in psychologically and physiologically. Also, try to go to bed on time and get a good night's rest.

Remind yourself; "don't turn on your electronic device before or while you are going to sleep. Except school activities." You can also join some local events in your community during holidays. There may be some useful talks, film screenings or concerts, which you will like it. If you are an athlete, ask someone to join local sporting events with you. Look for some different kind of extra-curricular activities as long as they are not on the Internet and get involved. For teenagers who are having academic studies, remember to concentrate on your homework and studies.

This is probably a great thing to do right away when you get home. Control yourself, don't you absolutely need resources, go to library and read books to do research instead of browsing Wikipedia or Google your resources; study lessons that you learnt first instead of turning on your computer and checking your online status. Sometimes, because of online addiction the relationship between you and your family will get worse. So, try to plan a family day with your family. For example, plan a picnic trip to get out of the city and grab some fresh air.

Going shopping and having a great dinner with your family is an idea if you don't like to go outskirts locations on family day. If you are seriously busy, at least to plan a family night. During dinnertime, chat more with your family instead of doing individual things especially using your smartphone to surf on social media platforms. After you help your parents with housework. It will totally make them happier instead of chatting online. Make some dessert or bake some cake one night for your family. Anything that gets you off the computer for a while will help and increase your confidence so that you can stay off even longer.

To avoid online addiction, the most important should be self-discipline. The Internet is very important to our daily life; sometimes we can't avert to surf the net, but we all know that unlimited timing in using the Internet is one of the keys that cause our addiction. So limit your time on using Internet. If you are using a laptop, you should put it somewhere that you can remember, but not somewhere you can see everyday and try to keep it close. The laptop will

be attractable as a bunch of magnets if you keep it open with the monitor and keyboard.

If you are using a desktop computer, try to stay over it or cover it. Control yourself to not to use it usually, and every time when you use your computer, remember to set an alarm clock to always remind yourself when you should stop. For example before you use it, decide on a time limit such as around 30 minutes. Make sure that you get off your computer when the time is up. In daily communications, prefer to call people instead of sending instant messages from different social media platforms or instant message applications like Whatsapp, Line and Wechat.