

# Internet addiction

Sociology, Communication



Internet Addiction Are you preoccupied with the Internet? Do you achieve satisfaction by spending a lot of time on Internet? Are you feel depressed or irritable when you are forced to cut down on time or stop surfing on the Internet? If your answers are right, you may be a victim of internet addiction. With the development and popularity of the Internet, it brings us a new convenient life. We depend on the Internet and regard as an indispensable tool for searching abundant information sources, interacting with others, dealing with business, enjoying on-line games. However, some of people hook themselves on the Internet compulsively, and it will make detrimental impact on their lifestyle, health and social life. Lifestyle without well-organized schedule is considered one of major effects result from being obsessed with surfing the Internet. For example, some of the teenagers spend too much time on the Internet uncontrollably. Time originally spent on studying turn into surfing on the Internet. Therefore, they don't have time to study well, such as preview, review the courses and finish assignments. Besides, because of staying up all night on the net and thus they cannot concentrate in class on the following day. Finally, grades must fall drastically. Additionally, addicts also lead meaningless life. They do nothing but escaping from responsibilities. Although dispirited and feeling kind of guilty, they still grasp no goals and lose sense of direction in the future. Consequently, some people are more addicted on the net and thus drop into a vicious circle. Another apparent effect to those who are addicted to the Internet is suffering from illness physically. Staying in front of a computer for long period time with maintaining inappropriate sitting posture and doing repetitive small movements with wrists and fingers will contribute to

muscular tension and backache. Furthermore, in the process of doing inactive work. People tend to breathe in a shallow condition and thus result in the lower rate of blood circulation. Accordingly, bodies and brains are unable to work efficiently. In addition, addicts are exposed to the electromagnetic radiation emitted from the computer. This radiation may threaten nerve center or weaken immune system. Addicts thus have higher risk of getting sick. Just as negative effect of health problem due to Internet addiction, people will be deprived of communicative skills in the real world. For example, the Internet offer network where individuals can interact with other individuals behind the screen, therefore; they don't know the other individuals' appearance when they are chatting on the net. Besides, some people communicate with others just by typing some symbols signs and specific words without showing facial expression, including angry, joyful and sad, hence; this expression are exactly replaced. In some cases, some people take away the way of using face-to-face gestures, such as body and hands. Without exercising these skills, they can weaken little by little, and then lose real life communicative skills in this kind of way. For the other example, some people hook themselves on the Internet at home or outside alone. They are indulged in the fictitious, unrealistic world on the net day and night and keep playing on-line games frantically. Without connection to any other people, friends even family, accordingly, they are divorced from reality and cut themselves off from the masses. Day by day, more time those who spend on the Internet, more likely that they alienate from the real world. The invention of the net have been changing our life significantly and even become a new medium for interacting with others. At the same time, it is

followed by several problems, such as Internet addiction. Addicts have bad academic performance or influence their works and lead purposeless life by surfing the web very often. As for health aspect, because of staying up day and night in front of the computer, it will result in illness and discomfort. Last, declining social skills and alienating from the real world are also serious consequence for addicts. Internet let our life become extremely convenient and bring us plentiful benefits, on the other hand, it may cause problems to society. It depends on how you use it and how many time you spend on the net.