

Nowadays, 2009,
1,079 urban students
in the



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Nowadays, the internet has become an indispensable part of everybody's life. People spend more and more time on using the Internet. Addiction to the internet, as to mean the excessive use of the internet in a way that would cause dysfunction, was firstly discussed by Young (1966). According to a study of Soda Head, about 61% of Internet users are victims of "Internet addiction". Particularly, women are more interested in virtual worlds than men with 64% and 55% respectively. As a result of the other long-term survey, experts found that teenagers from 13 to 17 years old had the highest proportion of Internet addicts with 73% ("Are You Addicted to the Internet", 2012).

This research paper is implemented to provide information about the symptoms and signs of internet addiction. Moreover the research illustrates some possible causes and treatments of excessive internet use.

2. Discussion of findings

2. 1. Background information of internet addiction.

Internet addiction, also considered as the use of internet for pathology, is described like losing control of internet usage, which truly results in difficulties in all sides of life (David 2001; Young & Rogers, 1998). According to Young (1996) dysfunction would be caused by the excessive internet usage called internet addiction.

Takeshi Sato (2006) said that Internet addiction is a newfound phenomenon that many users always ignore and not prepare for treatment.

While Morahan-Martin and Schumacher (2000) described the excessive use of the internet as serious harm to participants' life. Addictive in using the internet is also akin to pathological gambling. Shocking with statistics had been conducted to show how serious this problem was. Global percentages

for Internet addiction reach universally from 0.3% to 0.7% in the United States (Shaw & Black, 2008) to 6% (Green-field, 1999) and 25% among pupils in the Southern U. S.

University (Forston, Scotti, Chen, Malone, & Del Ben, 2007). As a result, from research in China, the number of Internet users between adolescents has been growing significantly. On December 31, 2012, there are 145 million teenagers using Internet from the age of 6 to 19 years.

Additionally, the age internet usage initially has been lower. In 2009, 1,079 urban students in the 6-12 agegroup from Wuhan, Beijing and Shanghai have been using Internet. Of those figures, 63.9% started surfing from the ages of 6 to 9 years and 18.0% started before 6 years old.

According to Miniwatts Marketing Groups (2010), internet usage and access in all over the world has been propagating dramatically year by year, with almost 1.11 billion participants in 2007, 1.67 billion (2009), and 1.97 billion (2010). While in only the United States, internet use has increased from nearly 50% of American teenagers (2000) to approximately 59% of teenagers in 2002 and it is shown that about 6% of participants' online usage are addicted to the internet.

2.2. Symptoms and signs of internet addiction It can be seen clearly that internet nowadays is getting more and more widespread all over the world so that people are spending much more time on Internet usage and tend to over-depend on it or addiction. That is one of some symptoms and signs of internet addiction, which I want to mention in this research paper. According to ICD-10 (1994) there are six elements of any addictive symptoms,

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including internet addiction: 1) expressed the need to pay attention to the media in chat rooms, video games and social networks; 2) can control time in Internet usage; 3) a physiological withdrawal state as it cannot check e-mail or connect the Internet; 4) habit and the uninterrupted rise in time work in the unrealistic space; 5) forsake amazing things and personal hobbies in real life; 6) continue to perform activities despite significant harmful effects.

Meanwhile Chak & Leung (2004) claimed that Internet addiction has a variety of symptoms and signs such as: feeling an essential to immediately connect to the internet once back to home, suffering lamentations from parents and relatives about excessive use internet and so on. 2. 3. Causes of internet addiction2. 4.

Treatment of internet addictionA report of the latest research about the protection of Internet addiction demonstrated that family was mainly related to the promotion of Internet addiction among adults (Yen et al. 2007; Wieland 2005; Hurr 2006). This is the reason why some mental health experts think that family must be seriously focused on prevention plans. Many researchers propose a family-centered approach, same with preventing drug addiction (Yen et al, 2007). The purpose of these strategies is not only to help parents communicate with their sons and daughters easier, but also develop the relationship within the family. Moreover, members of family are more harmony and maladaptive family behaviors are decreased dramatically (Yen et al, 2007)?