ADDICTION

What does addiction mean?

Addiction is a behavior characterized by dependence on a specific activity but also on substances. It is caused by Internet, smoking, drugs, alcohol etc. There are many stages of addiction. Addiction as it develops becomes a way of life. Billions of people live trapped in one of the many addictions.

In fact, today almost every habit that is followed out of proportion is treated as an addiction by a person who knows that he has difficulty or is unable to calm it down and much more to put an end to it.

Dependence is indicated by the presence of at least three of the following symptoms:

- Strong desire to use the substance.
- Development of tolerance in use of the substance.
- Preserve of withdrawal syndrome with the reduction or cessation of substance use.
- Consumption of significant time around user behavior
- Abandonment of important social, professional or recreational activities due to use.

Internet addiction

Internet addiction is a relative new form of addiction. It refers to the case where the internet acquires greater importance and priority in your life than your friends, family and work, dominates your daily life and is an element of it that we do not want you to leave. Although the term "Internet addiction" remains controversial in the scientific community, there have been numerous reports of children and adolescents spending too many hours in front of a computer screen playing online games, chatting online in chat rooms or social media pages, while forgetting or neglecting other important activities. The internet has the ability to meet your specific psychological needs. One of the characteristics of the medium is that it gives you the opportunity to project a desired and not the real image of yourself, without having limitations and consequences. Internet addiction can be the result of other mental disorders such as depression, anxiety disorders, personality disorders and social phobias.

In fact, research shows that the vast majority of internet users who abuse or are addicted to it are online gamblers.

Symptoms that should concern us

- The child is constantly surfing the internet, often neglecting his responsibilities.

- The child is often forgotten on the computer and has no awareness of the time spent on it.
- He prefers online games to meeting his friends, thus isolating himself.
- His performance at school is falling.
- The internet is busy even at meal time or while reading.
- He reacts very nervously, angrily or aggressively when someone interrupts him from the game or from the conversation he has online.
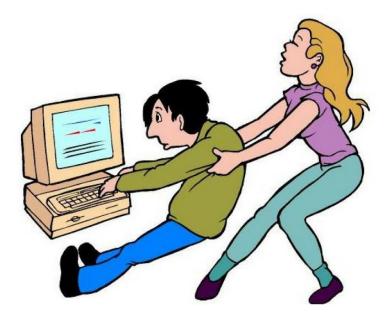- Often overnight to stay connected / connected to the internet.

We must therefore observe the warning signs, react and find a way to manage the situation, setting a framework to remove the child or adolescent from his or her constant use of the internet.

In addition, it is necessary to have some foundations so that when the child reaches adolescence, there are limits. However, in order for there to be limits, the parents must also be able to take the necessary time to advise and guide the child properly. Our purpose is to help our children develop the necessary self-control and self-discipline regarding the use of the Internet.

The effects that the internet can have on the child

All this has, as follows, serious effects on various areas of the individual's functionality. As mentioned above, the time a teenager spends with his family is reduced, his hobbies and social interactions are reduced, the risk of obesity, musculoskeletal problems and eye diseases is increased due to the many hours -immobility- in front of the screen. At the same time, young people addicted to the Internet neglect their physical hygiene, while they make many absences from school, as a result of which they even miss the school year.

There is no need, however, for things to reach these extremes. There are warning bells and parents need to keep their ears open to hear them. "If the parents see that the child's school performance is falling for no other reason than the constant use of the computer, if they realize that the child is losing his sociability and is isolated, they must react, find a way to manage the situation, setting a framework to keep the teen away from his or her Internet routine."

Tips for parents

Especially for parents, the definition of family rules of computer and internet use is proposed, rules that concern the parents themselves.

- Important in the development of children and adolescents is the impetus for social and sports activities and the establishment of family activities that do not involve the use of computers and the Internet.

• The computer should be placed in a room shared by the family and not in the children's room.

• You can install and use programs to control the access to specific websites and the length of stay on the web. However, allow internet access because often exclusion leads to mythology, we are interested in proper control and not the rejection of the internet.

In any case, without panic and guilt, you can contact experts for help and advice to prevent or deal with related problems.