Computer Addiction

Definitions

Computer addiction can be defined as behavior linking to excessive amounts of time being spent on the computer. Such a preoccupation can cause interference with daily routine or relationships with close ones.

Computer addiction can be dangerous, depending on how serious the condition is. If one finds himself with one of the common symptoms below, he or she may want to rethink his or her schedule, or could employ some other prevention tips below.

Symptoms

When not at the computer, one would be:

- anxious
- forgoing important social activities (such as family events)
- neglecting relationships
- easily irritable /isolates himself from other people

He or she would also feel compulsive when on the computer, believing that he requires more time near the computer or would even lie about his activities on the computer.

When away from the computer, other physical strains on the body could include sleep deprivation, headaches or a decline in one's hygiene.

The questionnaire provided below can help you understand or identify some of your symptoms. (though it may include some humor elements)

Prevention Tips

To prevent one from computer addiction, one should monitor the time spent on the computer. Usage of the computer can be in moderation, but when used over a certain time limit, it may start leading to unhealthy stages of addiction. One should also look out for small stages of the symptoms stated above, as it should be important to stop the cause as soon as possible.

Helping with Addiction

To help with addiction, one has to either prevent or reduce time with the computer. One could limit the time he or she spends at the computer, or could start to place more emphasis on more beneficial activities, such as charity works. There can also be a system put into place, where the person carefully monitors his time in front of the computer screen, with the help of a second party or a timing device. There can also just be straight-out prevention of using the computer, barring the said victim from using it.

When helping with a person's computer addiction, it should also be important to monitor human relationship with him or her. Maintaining a healthy balance in such situations will further help in breaking free off the addiction.

Online References:

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