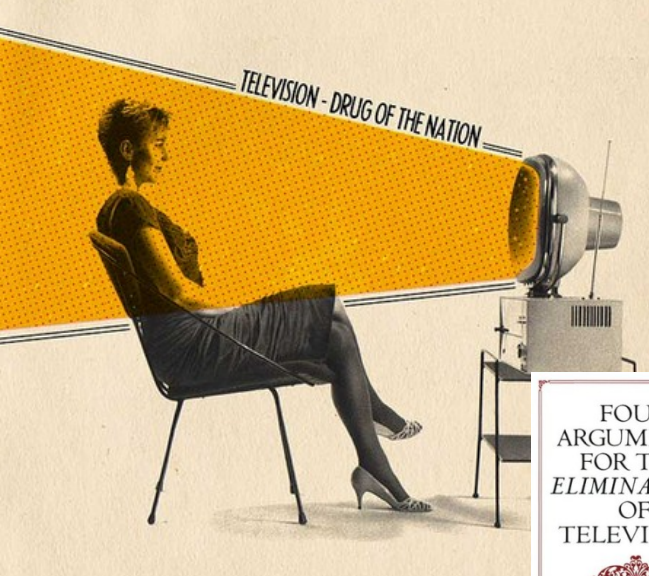


Závislost na internetu

***'No definition of addiction or dependence, however arbitrary, will serve all people, in all places, at all times. From this perspective, systems such as DSM and ICD which claim universality may in fact be standing in the way of scientific progress by leading us to believe that such absolutes might exist.'* (Orford, 2001)**

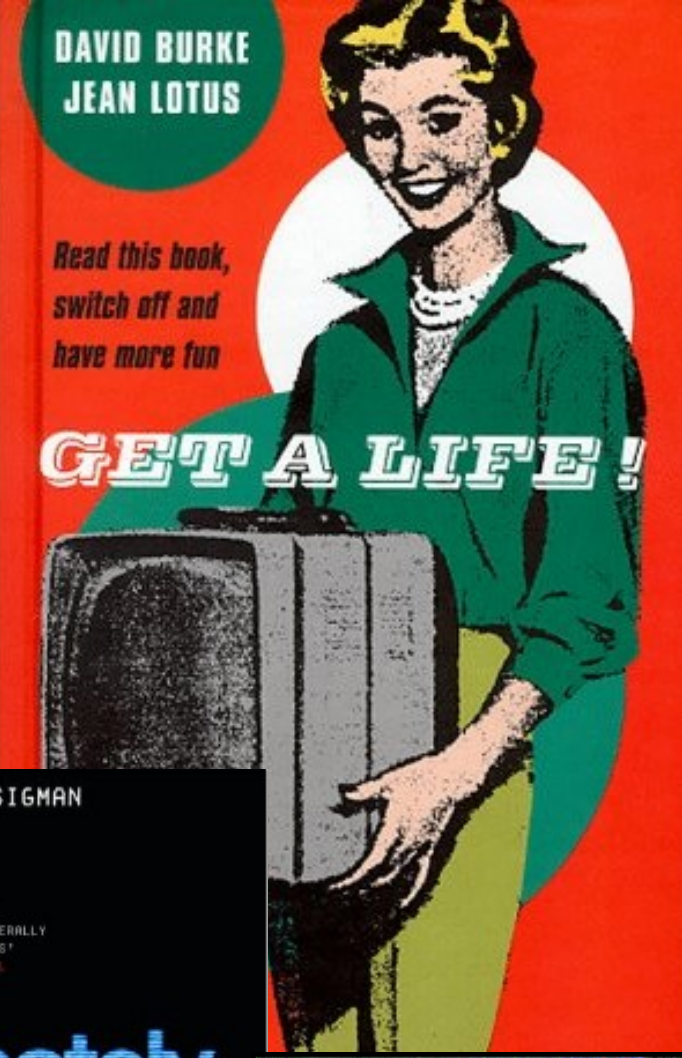


Neil Postman
 Author of *The Disappearance of Childhood*
Amusing Ourselves to Death
 Public Discourse in the Age of Show Business

FOUR ARGUMENTS FOR THE ELIMINATION OF TELEVISION
 BY Jerry Mander



"This comes along at exactly the right moment . . . We must confront the challenge of his prophetic vision."
 —Jonathan Kozol



THE PLUG-IN DRUG

Television, Children, and the Family
MARIE WINN

Fresh Ideas for Enjoying Family Time

What To Do After You Turn Off The TV

by the author of *DIET FOR A SMALL PLANET*
Frances Moore Lappé and Family

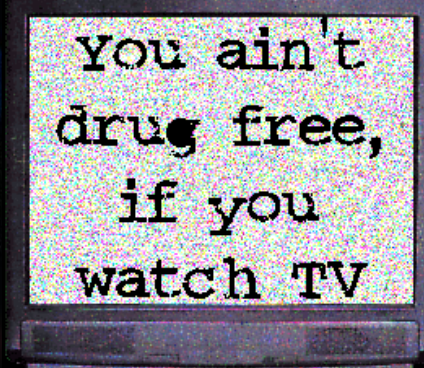
DR ARIC SIGMAN

"HOW TV IS QUITE LITERALLY KILLING US!"
DAILY MAIL

remotely controlled

HOW TELEVISION IS DAMAGING OUR LIVES

"COMPELLING"
INDEPENDENT ON SUNDAY



Television Addiction

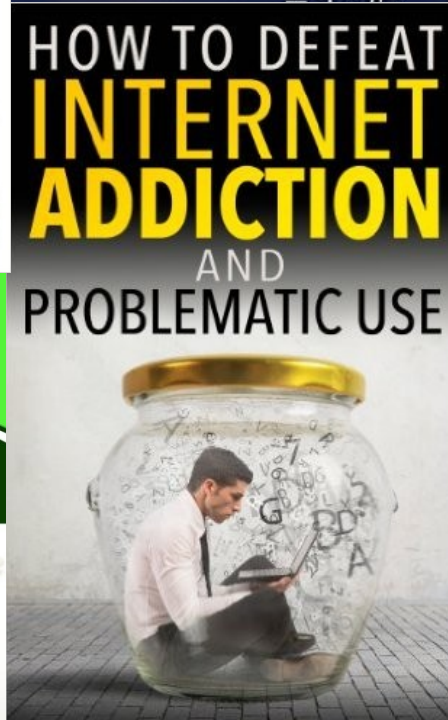
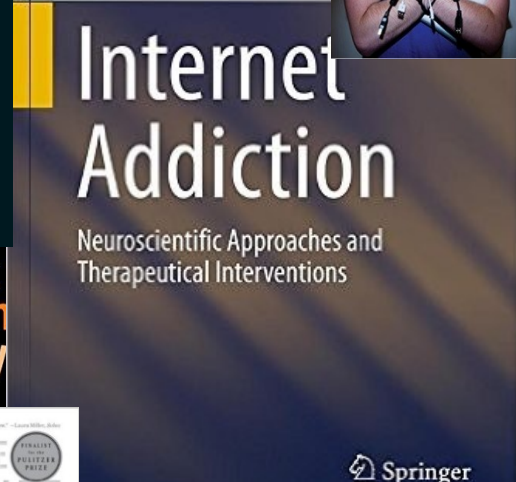
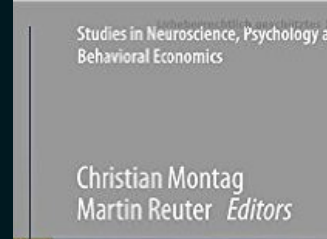
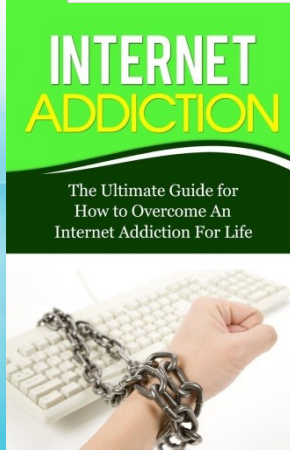
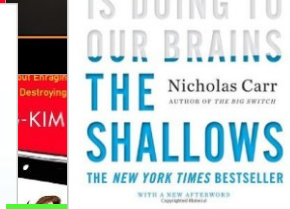
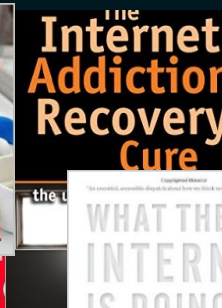
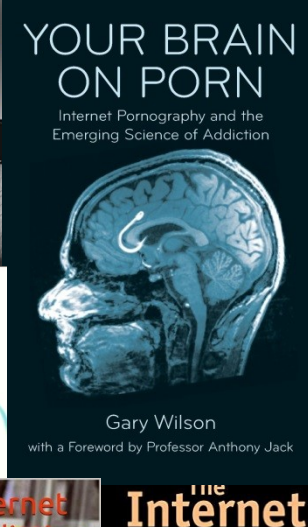
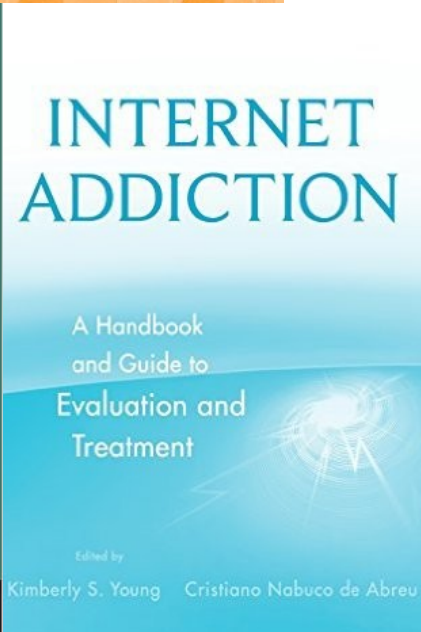
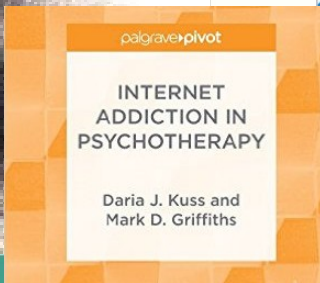
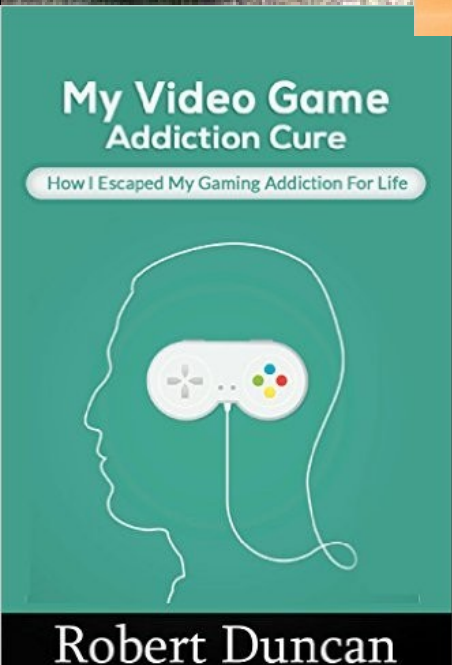
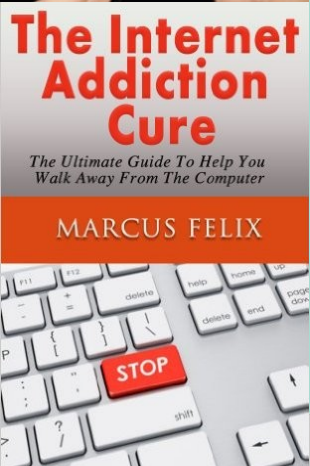
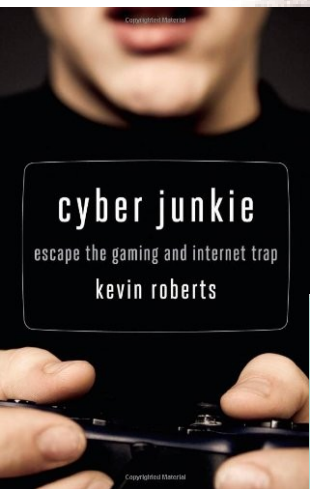
is no mere metaphor

By Robert Kubey and Mihaly Csikszentmihalyi

Photoillustrations by Chip Simons



CAUGHT in the NET





WORLD
WARCRAFT™

← Silencers, how do they work?

Harrison Ford crashes vinta

Gamer dies after playing World of Warcraft for 19 hours straight

Games By James Plafke Mar. 5, 2015 5:10 pm

PROMOTED STORIES

Is it the beginning of the end for Apple's

BUSINESS INSIDER

TECH

A California Couple Is In Prison For Neglecting Children While Playing World Of Warcraft

Maya Kosoff Aug. 11, 2014, 10:38 AM 23,103 16

SOFTPEDIA® DESKTOP MOBILE WEB NEWS

Softpedia > News > Games > PC Games

Two Fanatic World of Warcraft Gamers Have Died Because Of WoW

Are there more to come?

The recent deaths of two net gamers have once again raised the issue of the impact o addiction on the online gaming community, and the health risks involved.

Last Updated: Wednesday, 10 August 2005, 10:16 GMT 11:16 UK

E-mail this to a friend

Printable version

S Korean dies after games session

A South Korean man has died after reportedly playing an online computer game for 50 hours with few breaks.



Online gaming is treated like a sport in South Korea

The 28-year-old man collapsed after playing the game Starcraft at an internet cafe in the city of Taegu, according to South Korean authorities.

The man had not slept properly, and had eaten very little during his marathon session, said police.

News Front Page



- Africa
- Americas
- Asia-Pacific
- Europe
- Middle East
- South Asia
- UK
- Business
- Health
- Science & Environment
- Technology
- Entertainment

Plugged In

Xbox addict 'dies from blood

By AFP August 1, 2011 5:28 PM Plugged In

The family of a budding computer programmer have on Saturday

Asia-Pacific

Chinese online gamer dies after three-day session

By AFP August 1, 2011 5:28 PM Plugged In

A Chinese man has died after a three-day online gaming session in



WORLD OF WARCRAFT GAMING ADDICTION

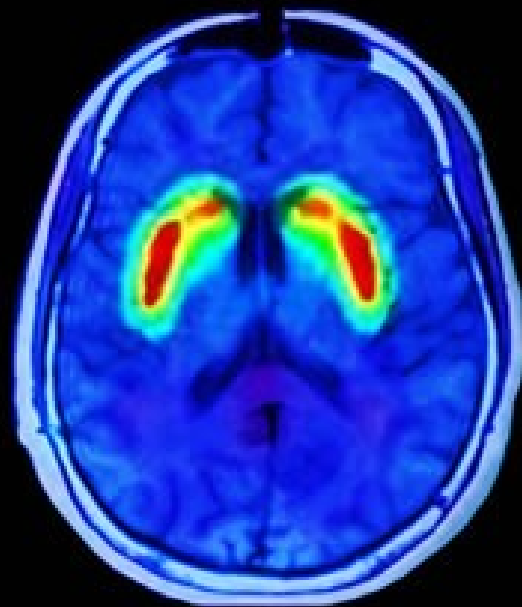
Mom whose kid died while she played World of Warcraft goes to jail

Dany Roth Thu, Jun 13, 2013 10:19am

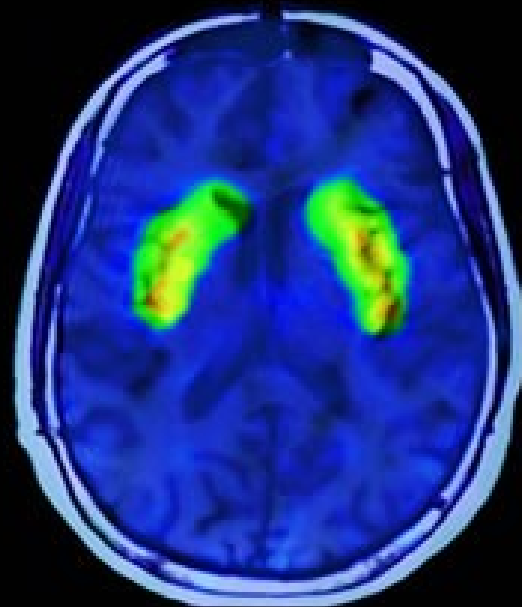


243 Having kids may not be easy, but playing videogames for over 12 hours a day is not a great solution.

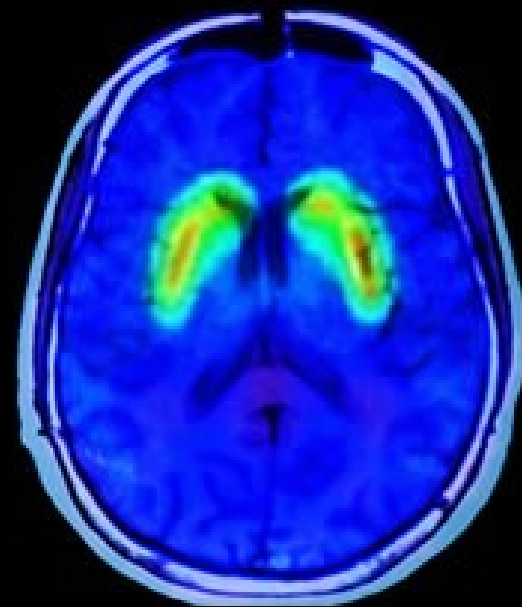
Normal



Cocaine



Obese



DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS

FIFTH EDITION

DSM-5



**DEPENDENCE
VS.
ADDICTION**

AMERICAN PSYCHIATRIC ASSOCIATION

Theories of addiction (West&Brown, 2013)

- Addiction as a reflective choice
 - Self-medication theories
- Irrational, ill-informed choice and unstable preferences
 - Expectancy theories, Cognitive bias, Gateway theory...
- Impulse & self-control
 - Disease model, Personality theories, Self-regulation...
- Habit & instrumental learning
 - Dopamine & reward system, Classical conditioning, Social learning...
- Population and comprehensive theories
 - Diffusion theory, Excessive Appetites, Pathways model...

Závislost / Excess /
Patologie / Porucha
impulsu / problémové
jednání

Na internetu
vs.
skrze internet

Měření a prevalence

Adolescence

Generalised Internet Addiction
vs.
App-Specific (Gaming, Cybersex,
SNS...)

Co je závislost?



- **Význačnost** aktivita stane tím nejdůležitějším v životě jedince, který tráví většinu času jejím vykonáváním či úvahami nad ní.
- **Změny nálady aktivita** účinkuje na psychiku jedince, který může zažívat vzrušení či pocity úlevy.
- **Tolerance** dotyčný potřebuje k dosažení efektu více aktivity než na počátku.
- **Syndrom z odnětí** podrážděnost a náladovost, pokud jedinec nemůže danou činnost vykonávat
- **Konflikt** když daná aktivita ruší život jedinci či jeho blízkému okolí
- **Relaps** návrat k původním vzorcům chování po období abstinence, kdy jedinec poměrně rychle znovu dosáhne extrémních poloh.

Kolik jsou mladí online?

- 80% je na internetu alespoň hodinu každý den
- 40% je na internetu alespoň 2 hodiny každý den
- 18% je na internetu alespoň 3 hodiny každý den
- 8% je na internetu alespoň 4 hodiny každý den
- 4% je na internetu více než 5 hodin každý den

Jak jsou na tom čeští dospívající?

3% se kvůli internetu pořádně nevyspí či nenají

12% se cítí špatně či naštvaně, když se nemůže na internet dostat

17% je na internetu i když se u toho nudí

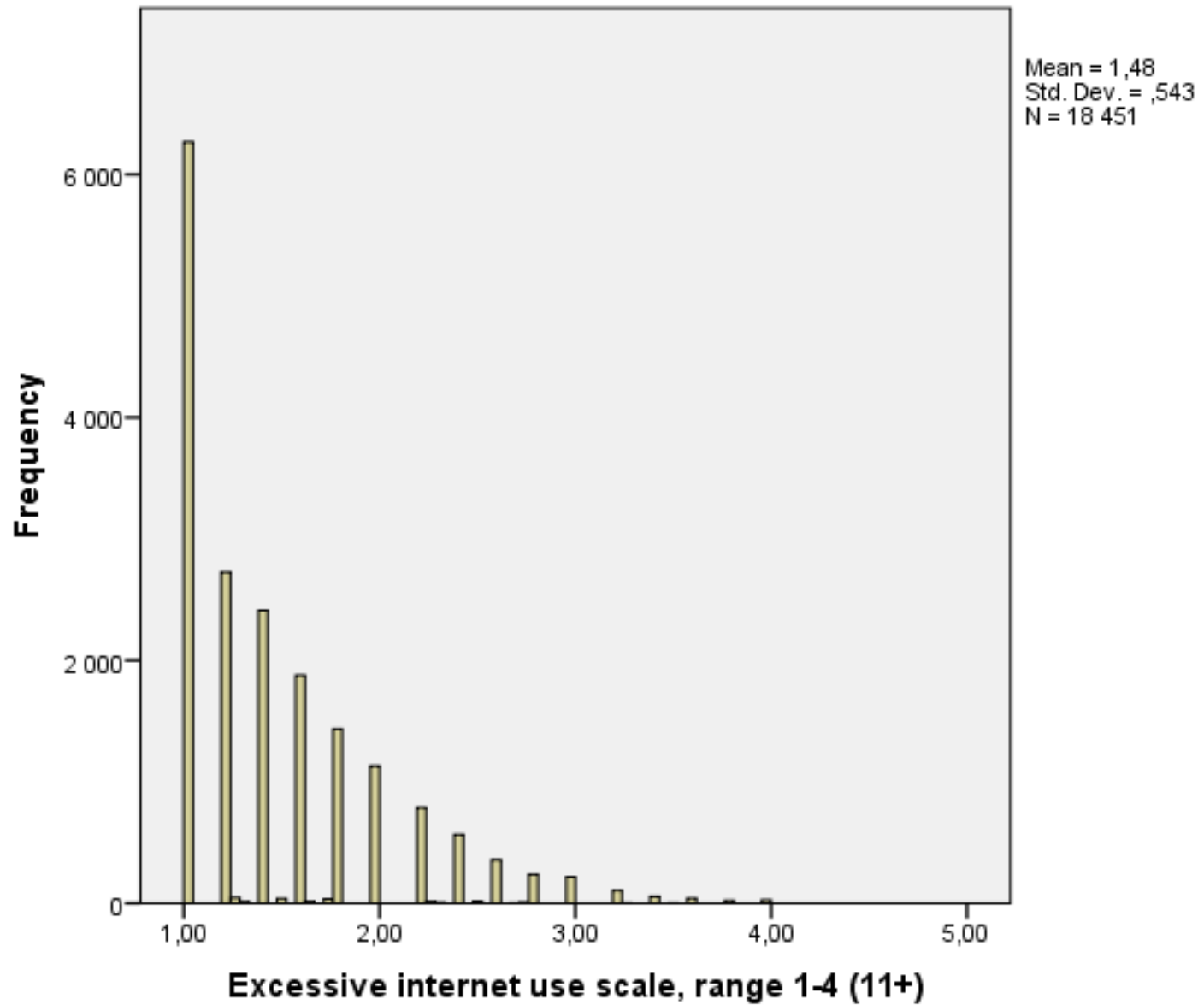
12% si uvědomuje, že zanedbávají školu, kamarády či rodinu kvůli internetu

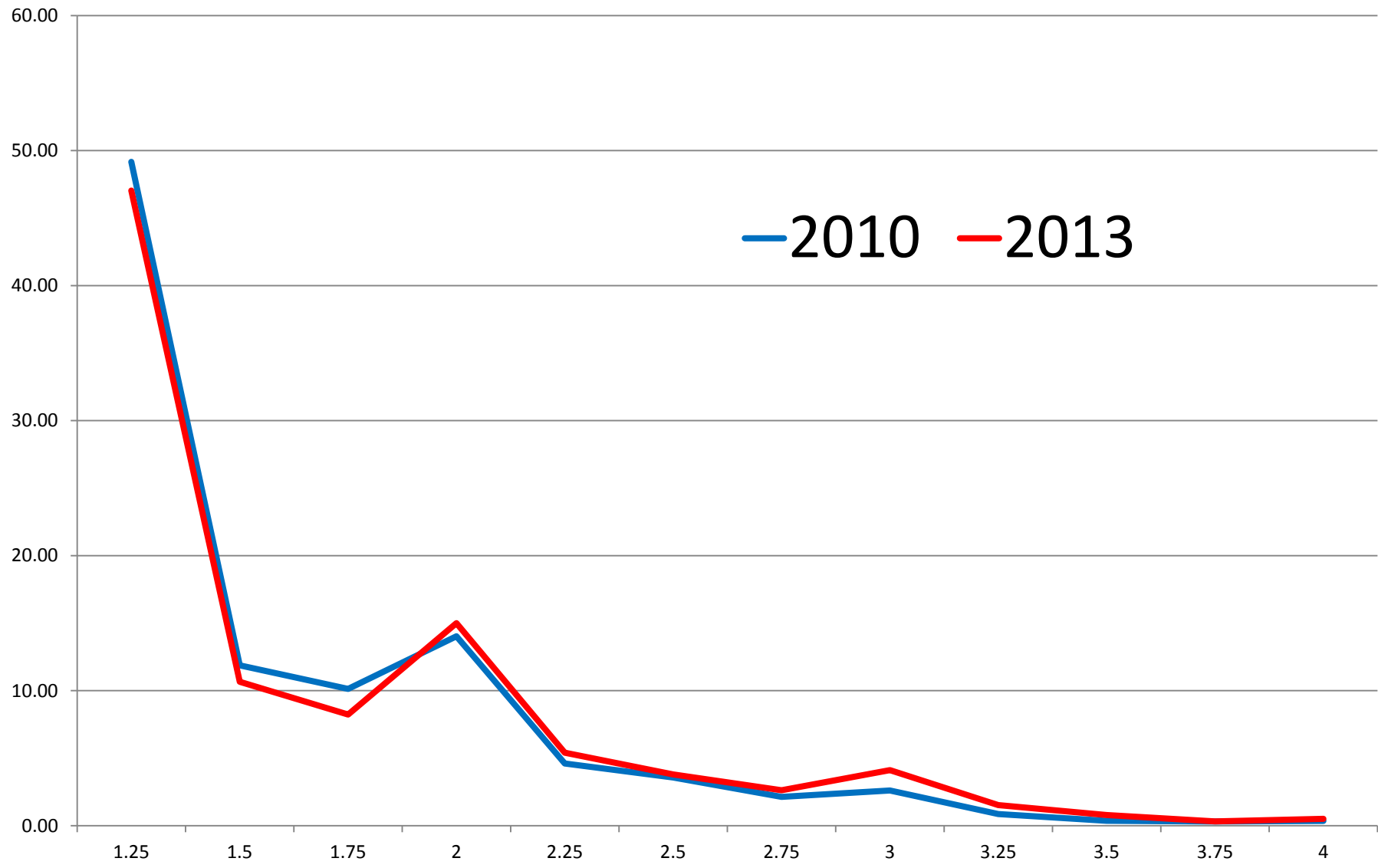
13% se už pokusilo čas online snížit

Tak kolik je tedy „závislých“?

1%

Histogram







WORLD OF TANKS







Čím jsou hry „návykové“?

- Avatár a nekonečný příběh
- Imerzivita a Flow
- Sociální aktivita (compensation theories)
- **Addiction vs. Engagement**
- Motivace: **Advancement**, Mechanics, Competition, Socializing, Relationship, Teamwork, Discovery, Role-play, Customization, **Escapism**

Internet Gaming Disorder

Proposed Criteria

Persistent and recurrent use of the Internet to engage in games, often with other players, leading to clinically significant impairment or distress as indicated by five (or more) of the following in a 12-month period:

1. Preoccupation with Internet games. (The individual thinks about previous gaming activity or anticipates playing the next game; Internet gaming becomes the dominant activity in daily life).
Note: This disorder is distinct from Internet gambling, which is included under gambling disorder.
2. Withdrawal symptoms when Internet gaming is taken away. (These symptoms are typically described as irritability, anxiety, or sadness, but there are no physical signs of pharmacological withdrawal.)
3. Tolerance—the need to spend increasing amounts of time engaged in Internet games.
4. Unsuccessful attempts to control the participation in Internet games.
5. Loss of interests in previous hobbies and entertainment as a result of, and with the exception of, Internet games.
6. Continued excessive use of Internet games despite knowledge of psychosocial problems.
7. Has deceived family members, therapists, or others regarding the amount of Internet gaming.
8. Use of Internet games to escape or relieve a negative mood (e.g., feelings of helplessness, guilt, anxiety).
9. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of participation in Internet games.



Kdo je obzvláště ohrožen?

- Muž
- Mladšího věku
- S dostatkem volného času (a malou kontrolou)
- Sociálně plachý
- Potřeba „kontrolovat“

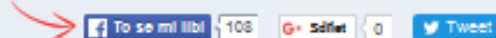
- U dětí – poruchy pozornosti a poruchy učení



Vědecká studie: Facebook způsobuje přeludy a můžete z něj zešílet! Udělejte si test, zda jste na něm závislí.



SDÍLEJ!



5. května 2013 - 09:03

Facebook a jiné sociální sítě vás mohou dohnat k šílenství. Alespoň podle izraelských vědců. Ti tvrdí, že mohou způsobit psychotické stavy a v nejhorších, raritních případech i halucinace. Udělejte si i vy test, podle kterého zjistíte, zda jste na Facebooku závislí!

[JDI NA HLAVNÍ STRÁNKU BLESK.CZ](#)



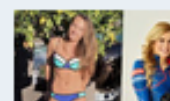
Syn Bartošové odhalil své soukromí: Jak to...



Zeman couvá s potvrzením výkupného: „Čítoval...



Stovka lidí se loučila s lesním mužem, jeho...



Největší soupeřka Soukalové: Sexy Italka, ...

Jak se to vysvětluje?

- Potřeba kontaktu a „*need to belong*“
- FOMO: Fear Of Missing Out
- Prokrastinace, mood & anxiety management

**I LIKED ALL YOUR FACEBOOK COMMENTS
FIRST**



**AS A WARNING TO OTHER
GIRLS**

Kdo je obzvláště ohrožen?

- Mírně více ženy
- Mladšího věku
- S dostatkem volného času (a malou kontrolou)
- Sociálně aktivní
- Potřeba „se ukázat“, „být zapojená“

**IF IT TAKES A YEAR, IT
WILL TAKE A YEAR.
TIME IS NOT AN ISSUE.**

QUOTEHD.COM

Dan Goldin