Excessive Internet Use

Lukas Blinka

BIG MEDIA EFFECTS

- Direct and causal relationship between media use and effect (on attitudes, moods, behaviours,…)
- Technological determinism

- *Internet, computer games, Facebook, smartphones,… make us addicted*

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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

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

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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.

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

Plugged In

Xbox addict 'dies from blood

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

Asia-Pacific

Chinese online gamer dies after three-da session

22 February 2011 | Asia-Pacific

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

SOFTPEDIA®

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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.

WORLD OF WARCRAFT | GAMING ADDICTION

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

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

243

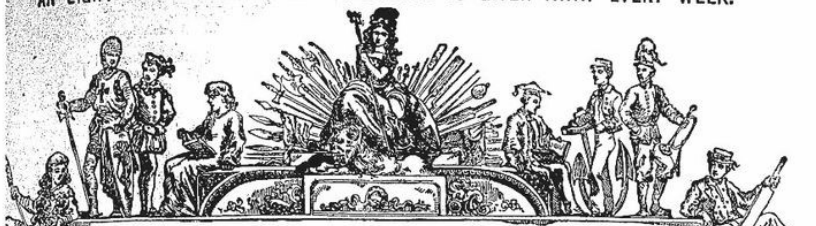
Having kids may not be easy, but playing videogames for over 12 hours a day is not a great solution.

SMALL MEDIA EFFECTS

- Media panic, it tend to diminish over time
- We tend to be *blind* on media that has become common

…this discovery of yours will create forgetfulness in the learners' souls, because they will not use their memories; they will trust to the external written characters and not remember of themselves. The specific which you have discovered is an aid not to memory, but to reminiscence, and you give your disciples not truth, but only the semblance of truth; **they will be hearers of many things and will have learned nothing; they will appear to be omniscient and will generally know nothing; they will be tiresome company, having the show of wisdom without the reality.**

AN EIGHT PAGE ILLUSTRATED NOVELETTE IS GIVEN AWAY EVERY WEEK.



BOYS OF ENGLAND

AND

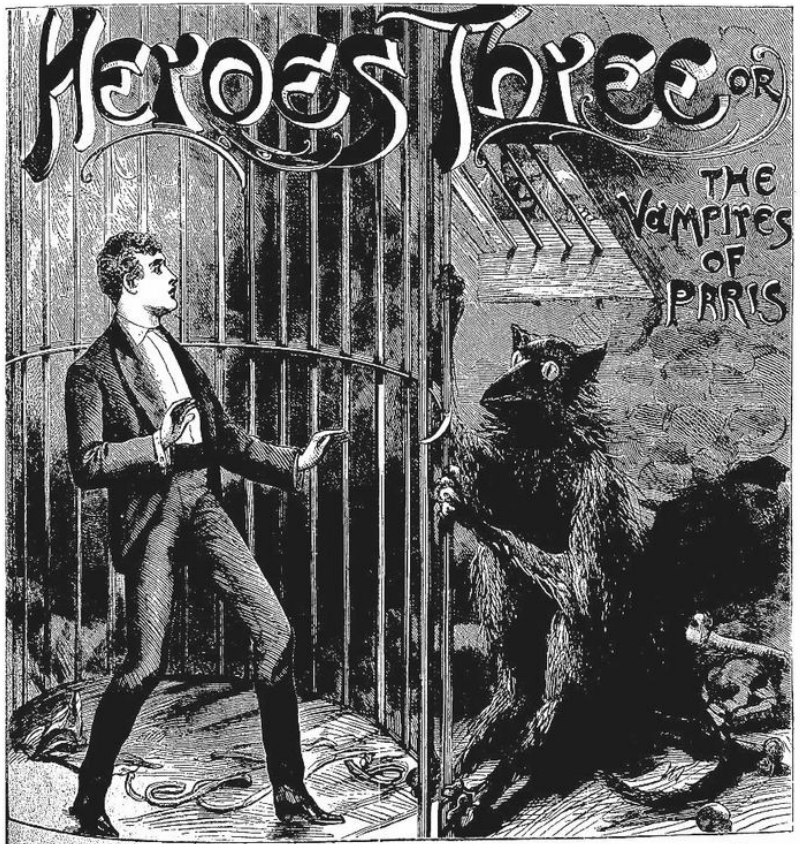
Jack Harkaway's Journal of Travel, Fun, and Instruction.

(WITH WHICH IS INCORPORATED THE BOYS' COMIC JOURNAL.)

SUBSCRIBED TO BY H.R.H. PRINCE ARTHUR, THE LATE PRINCE IMPERIAL OF FRANCE, AND COUNT WILLIAM BERNSTORFF.

Vol. LXVI.—1689.] EDITED BY EDWIN J. BRETT. [PRICE, WITH NOVELETTE, ONE PENNY.

HEROES THREE OR THE VAMPIRES OF PARIS

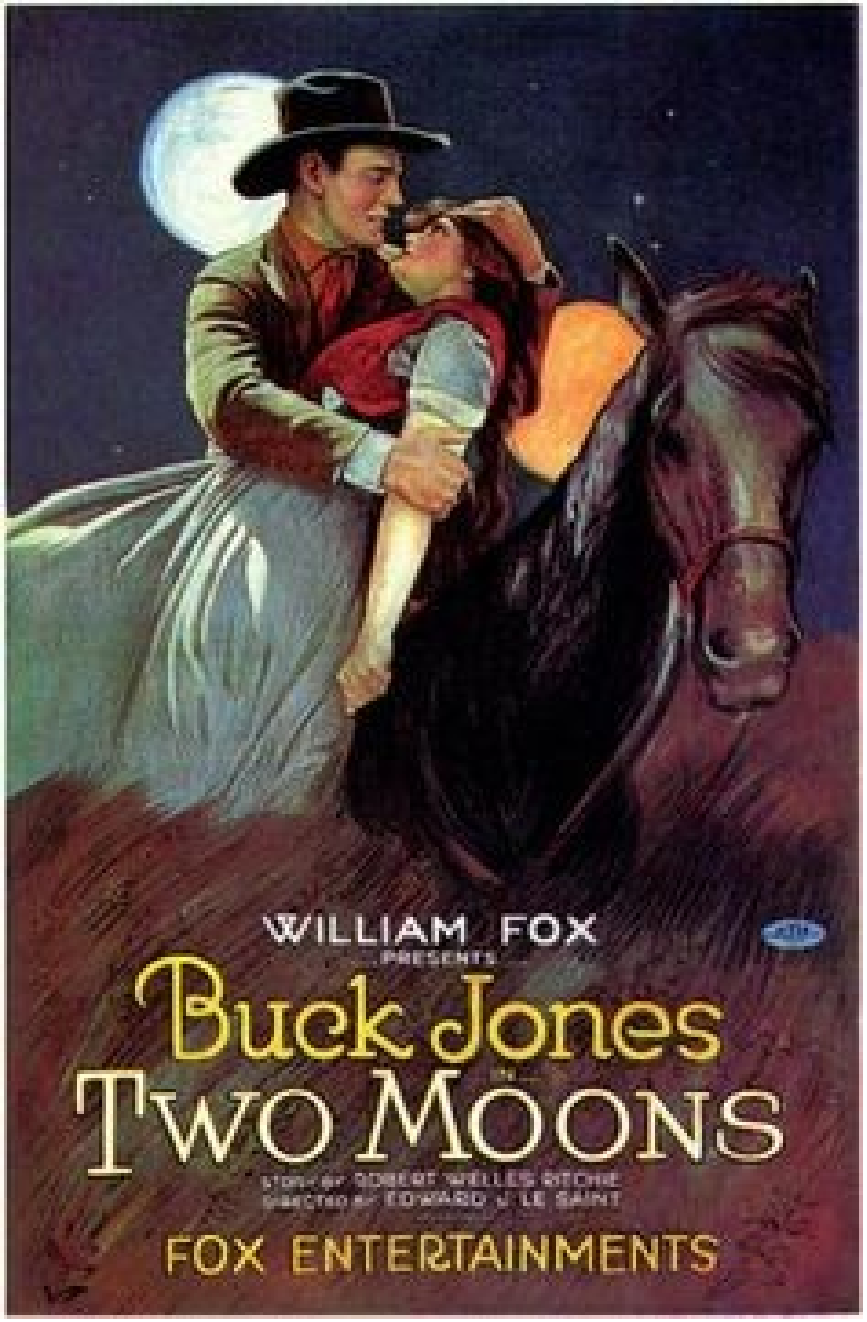


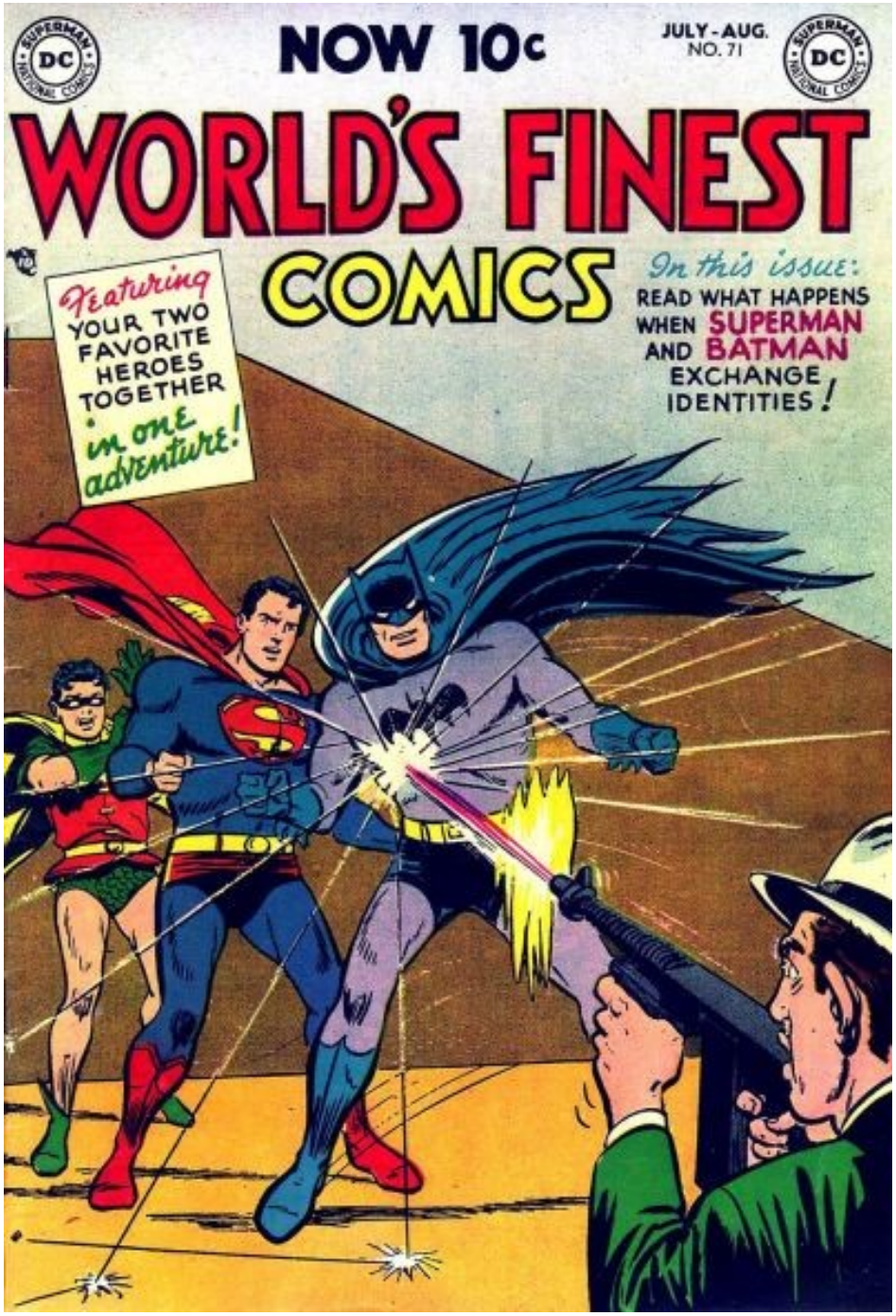
"'WHAT DO YOU THINK OF MY PET?' SAID A VOICE. 'I BROUGHT HIM FROM AN AFRICAN SWAMP TO TAME YOU.'"

For the week ending MARCH 31, 1899.

Nos. 1 and 2 of "Jack Harkaway and His Sons' Adventures in Greece." Ready on Tuesday, April 4th. Price One Halfpenny.

451-32


WILLIAM FOX
PRESENTS
Buck Jones
IN
TWO MOONS
STORY BY ROBERT WELLES RITCHIE
DIRECTED BY EDWARD J. LE SAINT
FOX ENTERTAINMENTS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—Jonathan Kozol

FOUR ARGUMENTS FOR THE *ELIMINATION* OF TELEVISION

By Jerry Mander

DAVID BURKE
JEAN LOTUS

Read this book, switch off and have more fun

GET A LIFE!

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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

You ain't drug free, if you watch TV

HOW MUCH ARE THEY ONLINE?

- 80% at least 1 hour a day
- 40% at least 2 hours a day
- 18% at least 3 hours a day
- 8% at least 4 hours a day
- 4% more than 5 hours a day

ADDICTION COMPONENTS

(Griffiths, 1995; 1996; 2005; 2009)

- **Salience**
- **Mood modification**
- **Tolerance**
- **Withdrawal**
- **Conflict**
- **Relapse**

Normal
Cocaine
Obese

DIAGNOSTIC
MAN
MENTAL
FIFTH
DS

AMERICAN PSYCH

Internet Gaming Disorder

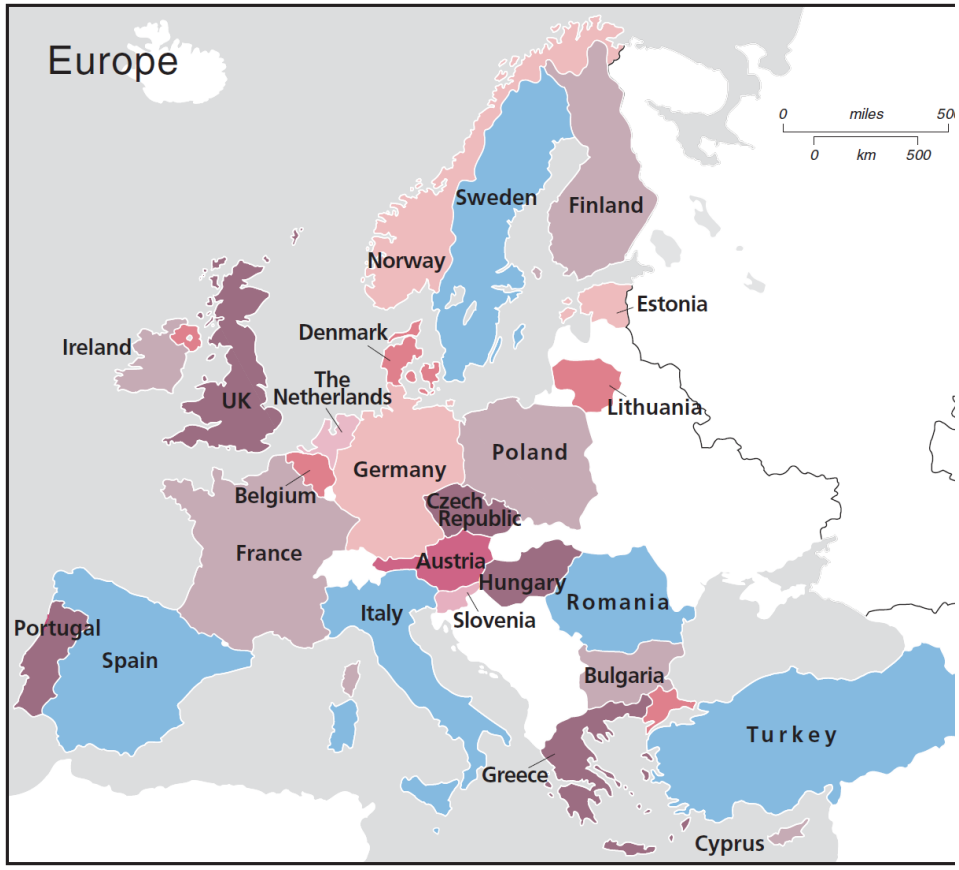
Proposed Criteria

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.

EU KIDS ONLINE II: Surveying 'Europe'



- Random stratified sample
- 1000 9-16 year olds per country
- Interviews at home, face-to-face
- Self-completion for sensitive questions
- Data from child paired with a parent

EXCESSIVE INTERNET USE SCALE

Salience	***I have gone without eating and sleeping because of the internet***
Withdrawal symptoms	***I have felt bothered when I cannot be on the internet***
Tolerance	***I have caught myself surfing when I am not really interested***
Relapse	***I have tried unsuccessfully to spend less time on the internet***
Conflict	***I have spent less time than I should with either family, friends or doing schoolwork because of time I spend on the internet***

EU ADOLESCENTS

3% missed sleep, dinner,…

12% felt irritated when they could be online

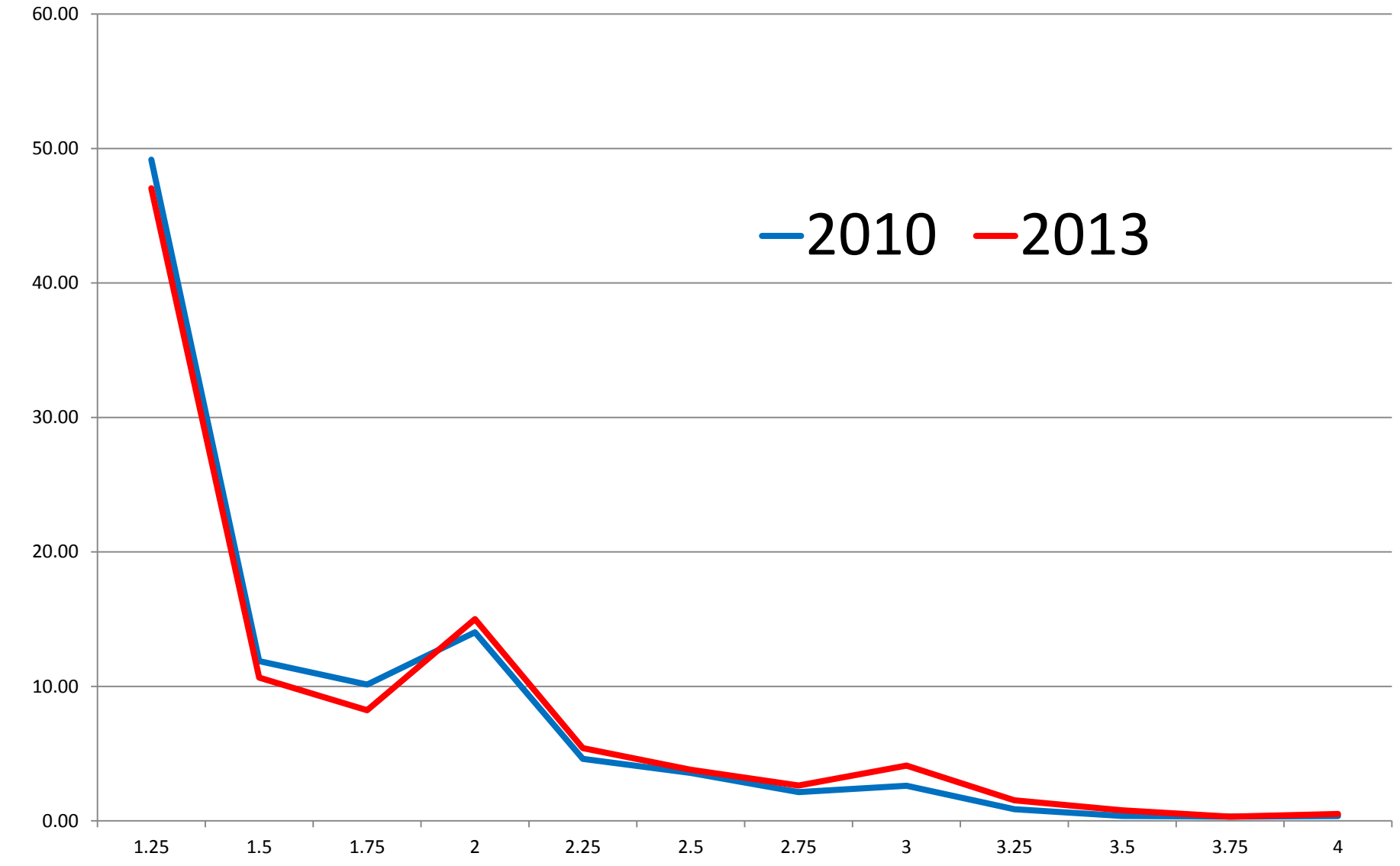
17% stay online even if its boring

12% acknowledge they are neglecting school, friends or family because of the internet

13% have tried to lower time or activities online but failed

HOW MANY „ADDICTED“ ARE THERE?

1%


60.00
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0.00
2010
2013
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2
2.25
2.5
2.75
3
3.25
3.5
3.75
4

„NORMAL“ VS „AT RISK“ & „EXCESSIVE“

- Have more emotional difficulties
- Have more self-control and attentional difficulties
- Have more frequent conduct problems
- Their parents are using the internet slightly less

- At risks:
- Have more online activities and higher digital literacy
- Spend slightly more time online

- Excessive users:
- Play computer games very frequently

- No effect in variables like gender, age, family type, frequent use of FaceBook

AT RISK VS EXCESSIVE

- Playing more online games and spending time in virtual worlds

- Have more self-control and attentional difficulties

WORLD OF TANKS

LEAGUE of LEGENDS