Lecture#8
Computer Addiction
Causes, Symptoms, Management

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www.agapepartners.org/coaching

Outline

- Social Media Revolution
- Increasing Use of Computer and Internet
- Addiction: Sin vs. Disease
- Triple-A Engine to Computer Addiction
- How Do You Diagnose Computer Addiction?
- Steps to Recovery and Healing
- Resources

Q: THE MOST DESTRUCTIVE THING IN SOCIETY?

- ☐ Drugs and Alcohol
- ☐ Anxiety an depression
- ☐ Pornography

A: Pornography

SOCIAL MEDIA REVOLUTION

 ONLINE

 MUSIC

 TV

 MOVIES

 VIDEO GAMES

 CELL PHONES

 SOCIAL NETWORKING

SOCIAL MEDIA REVOLUTION

	2000	2012
Google	<0.5 Billion	2.5 Billion
facebook	0	800 Million
YouTube Broadcast Yourself™	0	3 Billion/day
Wikipedia	0	20 Million
Time spent	2.7 hrs/week	18 hours/ week
Twitter	0	25Million

SOCIAL MEDIA REVOLUTION

2.2 Billion

Internet users

96% of teens

have internet

access

Types of Social Media

- **Social Networking**
  - **Facebook, Orkut, MySpace, Classmates, Friendster**
  - **LinkedIn**
- **Blogging**
  - **Twitter**
- **Photo / Video sites**
  - **Flickr, Photobucket, YouTube**
- **Groups**
  - **Google, Yahoo… etc.**

American Teens and their tools

- **77% of teens 12-17 own a game console**
- **74% of teens 12-17 own an iPod or Mp3 player**
- **81% of teens 12-17 own a cell phone**
- **60% have a desktop or laptop computer**
- **55% have a portable gaming device like a DS or a PSP**

Source: Pew/Internet and American Life group survey

Common Terms and Lingo

- TTYL- Talk to you later
- LOL- Laugh out loud
- OMG- Oh my gosh
- POS- Parent over shoulder
- PIR-Parents in the room
- P911-Parent alert
- KIT- Keep in touch
- BFF- Best friends forever
- BBS- Be back soon

http://pairadimes.davidtruss.com/parenting-in-the-digital-age

Social Media

Positives

- Free
- More friends
- Increased communication.
- Has a positive impact, including increased quality of life.
- Help to find jobs

Negatives

- Time is NOT free
- You don't know your friend is REAL
- Watch what you say….
- It can cause brain disorders.
- Social isolation.
- Loss of productivity

*Thomas Varghese, Influence of Social Media Revolution, Awake 2012 Houston, March 16

Social Media*

Positives

- Social media can be a powerful tool for social change

- Help with major life issues

- Churches can use for prayer requests and other meeting announcements

- Help in home work and assignments

Negatives

- It is NOT private…….What you say and show will be public information

- Social networking sites were created to make money, not to improve peoples' lives.

- Nothing Replaces a touch

- Less family time

*Thomas Varghese, Influence of Social Media Revolution, Awake 2012 Houston, March 16

Story#1

- Johny could not wait to get in front of his computer. He could play absorbing games, chat with appealing friends, "travel," gamble, even have fantasy sex. When his wife Susy returned from the work, he saw that children were being neglected. She discovered that Johny spent 8 or more hours a day on the Web.

Computer Addiction

- Addiction to the computer and/or Internet is a complex problem which is developing due to the rapid spread of computer use around the world. Computer addiction, like other addictions, is the use of computers in order to change an individual's mood.

- Computer use becomes abuse when it interferes with one's work or school, or disrupts personal and family relationships, and becomes increasingly necessary in order to feel good.

Who are Addicted to Computer?

- Men, Women

- Young, Old

- Rich, Poor

- Pastors, Elders, Husbands, housewives, Parents, Students, Professionals, the retired, everyone.

- Depressed, lonely, afraid to go out, in high family conflicts, and, generally, people in trouble

Computer Addiction

- "It's an emerging disorder," "suffered by people who find the virtual reality on computer screens more attractive than everyday reality. Health-care specialists, school counselors, corporate executives, and families have begun to notice the aberrant behavior and mental health problems of computer addicts. They feel unhappy when they are away from the machine. Some try unsuccessfully to stop using it. Many of them spend constantly-increasing amounts of time and money on computers, often neglecting their families and work. Then they compound the problem by denying it."

Dr. Orzack, Harvard Psychologist, Mclean Hospital

Fast Increasing and Spreading

- "It's a new and serious addiction not too many people know about,"
    - *Carol Steinman of Harvard University's Faculty and Staff Assistance Program*

- Numbers were '0' in 2000; Billions in 2010

- Full blown effect of the use/abuse of any new thing will be manifest in 15-20 years only

Signs and Symptoms:

- Using the computer for pleasure, gratification, or relief from stress.

- Feeling irritable and out of control or depressed when not using it.

- Spending increasing amounts of time and money on hardware, software, magazines, and computer-related activities.

- Neglecting work, school, or family obligations.

- Lying about the amount of time spent on computer activities.

- Risking loss of career goals, educational objectives, and personal relationships.

- Failing at repeated efforts to control computer use.

Signs and Symptoms

- Skipping meals, repetitive stress injuries, backaches, dry eyes, headaches, and loss of sleep.

- Problems such as loneliness, shyness, depression, and low self- esteem

- Lousy marriages, incorrigible kids, and boredom at school, home, and work.

Psychological Symptoms

- Having a sense of well-being or euphoria while at the computer
- Inability to stop the activity
- Craving more and more time at the computer
- Neglect of family and friends
- Feeling empty, depressed, irritable when not at the computer
- Lying to employers and family about activities
- Problems with school or job

Physical Symptoms

- Carpal tunnel syndrome

- Dry eyes

- Migraine headaches

- Back aches

- Eating irregularities, such as skipping meals

- Failure to attend to personal hygiene

- Sleep disturbances, change in sleep pattern

Problematic Internet-enabled Sexual Behavior (IESB)

- Problematic Internet-enabled sexual behavior (IESB) has increasingly affected individuals' faith, spirituality, family relationships, work productivity, and academic success.

Computer and Substance Abuse Addiction and Gambling

- Computer Addiction behaviors and cognitions are similar to those characteristics of substance addiction (alcohol abuse) or impulse control disorders (pathological gambling).

FOUR PHASES OF ADDICTION

1. **Preoccupation**: Lust, Fantasy, inappropriate use of internet. Always thinking about bad stuff.

2. **Realization:** Affairs, chatting, phone, inappropriate touching, etc. Feeding the habit regularly.

3. **Compulsion**: Pre and Post marital relationships; the losing-control stage; the must-indulge phase.

4. **Despair** or guilt (lots of it): Relieved only by re-entering the cycle at the starting point -sexual addiction..

Pornography

- stems from "description of prostitutes

- Clinton and Hawkins state, "Pornography promises 'sex without consequences' and self-gratification."

- depictions that elicit or are intended to elicit sexual arousal

- materials that include degrading and dehumanizing images of women; and

- depictions that are violent in nature.

Triple-A Engine to Computer Addiction

- **Accessibility: E**ase with which one can attain sexual images

- **Affordability: F**ree tour of their picture and movies, videos for virtually no cost

- **Anonymity:** "Triple A" engine's most powerful Safe Families

- Triple-A Engine" are the driving forces to computer addiction.

  - Cooper, A. (1997). The Internet and sexuality: into the new millennium. Journal of Sex Education and Therapy 22:5–6.

The Ted Bundy's Confession

- The Ted Bundy transcript is found on **PureIntimacy.org** and is taken from the Focus on the Family Film Fatal Addiction: Ted Bundy's Final Interview. Copyright © 1989, Focus on the Family. All Rights Reserved International Copyright Secured.

Implications of Computer Addiction

- Deprives the individual of his or her personal time with God (bible reading, praying and intimacy with God)
- Deterioration in the relationships with spouse and children
- Ineffective in ministering to the body of Christ.

Evidence of at least five of the following symptoms is indicative of addiction to or dependency on the computer/Internet

1. Experiencing pleasure, excitement, or relief while on the computer/Internet
2. Spending an ever-increasing amount of time on, and money towards, computer actives with diminished returns
3. Buying the newest and fastest computer hardware
4. Experiencing dysphonic moods while not on the computer/Internet
5. Becoming anxious, angry, or depressed when not on the computer/Internet
6. Feeling a loss of control or being overwhelmed when not on the computer/Internet
7. Being preoccupied with thoughts about the computer/Internet when not on the computer/Internet
8. Attempting, unsuccessfully, to limit computer/Internet use repeatedly

Evidence of at least five of the following symptoms is indicative of addiction to or dependency on the computer/Internet:

9. Using the computer/Internet to escape current problems
10. Neglecting daily obligations due to computer/Internet use
11. Losing significant relationships due to computer/Internet activities
12. Lying about the amount of time spent on the computer/Internet
13. Lying about the content of web cites visited
14. Experiencing financial difficulties due to time spent on the computer/Internet
15. Experiencing academic difficulties due to time spent on the computer/Internet
16. Experiencing physical health problems due to computer/Internet use

Dr. Orzack, Harvard Psychologist, Mclean Hospital

Orzack Time Intensity Survey (OTIS)

1. I have spent more than 3 continuous hours on the computer.
2. I have been late for obligations due to spending time on the computer.
3. I have gotten less than 4 hours of sleep in a night because of computer use.
4. I have missed meals rather than interrupt my time on the computer.
5. I use the computer to make myself feel better
6. When I feel alone, I use the computer to communicate with others.
7. I have avoided making social plans to give myself more time on the computer.
8. I have had arguments with significant others about my computer use.
9. I reduce my sleep time so that I can spend more time on the computer.

Scale: 1=<1 time/week; 2=<1–2 times/week; 3=3–5 times/week; 4=6–7 times/week;5=more than 1 time daily

How Do You Diagnose Computer Addiction?

- Diagnosis has been well described by a number of authors using a DSM model.

- No diagnosis acceptable to insurance carriers unless they come to accept Impulsive Control Disorder NOS

- Non-substance addictions 'Addiction and Related Disorders' has been proposed for the DSM-V

- Indirect identification and validation of a group of suspected online video game addicts.

Five-item Checklist: MOUSE

- **More**: Do you find yourself spending considerable amount of time online?

- **Other**: Are you intentionally or unintentionally neglecting other responsibilities including significant others?

- **Unsuccessful**: Do you find futile your attempts to reduce the amount of time you spend online?

- **Significant**: Are you experiencing problems in your relationships with significant others?

- **Excessive**: Are you overwhelmed with anxiety and preoccupied with unrealistic thoughts when you are online?

Sin vs. Disease:
Implications for Christian Counseling

- Psychology focus on the role of sexuality in human life
- Christian counselors, define the root of addiction through a biblical perspective, where sin stands as the cause

David's Adultery

- **Remonstrates vulnerability** of any man who fails to guard his eyes
- **Rejoicing in his complacency:** While the king should have been with his army, "David remained at Jerusalem" (2 Sam 11:1).
- **Downward spiral of lust:** David lusted, committed adultery, lied, deceived, killed, and severed his relationship with God
- **Restoration:** David's restoration is recorded in 2 Sam 12 (Role of Nathan)

Solomon Predicts the End Result of Lustful Life

- "For the lips of an immoral woman drip honey, and her mouth is smoother than oil: But in the end she is bitter as wormwood, sharp as a two-edged sword. Her feet go down to death; her steps take hold on hell; lest you ponder her path of life: Her ways are unstable; you do not know them" (Prov 5:3-6).