

INTERNET ADDICTION DISORDER (IAD)

Information technology is considered as the index of modernism and development. However, this development has brought inconceivable perils to the mental health of humans. Humans are not a piece of equipment; they have cognition and emotions, which sparkle and edify their behaviour towards any substance. Technology was made for humans, but humans cannot be enticed to use it in a same manner for which it is made. Humans perceive and define use of substance by their predispositions, temperaments, or by bio-socio-psychological needs; which vary from person to person. This diversity of personage disparity is good for the times and from time to time it become hazardous for individuals also, as, they aren't acquainted with course of action. This obsession in veracity has raised endemic case of "Internet addiction."

Some researchers classify addiction into two categories: substance addictions (usually a chemical addiction e.g. drug abuse etc.); and process addictions (usually a non-chemical addiction e.g. gambling, spending, shopping, eating, and sexual activity). There is a growing recognition that process addiction is increasing side by side to substance addiction. Despite the fact that Internet addiction has not taken as the recognized disorder in DSM-IV-TR or ICD, still the victims of this turmoil are mounting in our society.

Internet addicts are increasing day by day in Pakistan; especially youth are being dramatically affected by its ill-effects. Numerous internet users are claiming anxiety, lack of will power, deficit in studies and social works due to internet use, helplessness to cope utility of internet, and several other symptoms which are settling distress, danger and deviance from normality.

So, keeping accord, Department of Psychology IIUI has taken initiative to provide rehabilitation to the victims of this proposed disorder. Psychological Services Clinic (PSC) feels its privilege in offering the community-based rehabilitation program for internet addicts at IIUI.

PSC has formed a Grove Group for diagnosis and counselling of Internet addicts. Person suffering from this disorder will be provided a thought-provoking enlightenment about the disorder, and counselling to cope with it. PSC will also deliver Psycho-therapy and other treatments, if, person is found to be suffering from major-psychological disorders, in addition with internet addiction disorder.

COMMON TYPES

- ✓ Cyber-sexual Compulsion/ Dependence (Addiction to adult chat rooms or cyber porn)
- ✓ Cyber-relationship Compulsion/ Dependence (Dependence to social networking, chat rooms, and messaging to the point where computer-generated, virtual friends are preferred over family and friends)
- ✓ Net Compulsion/ Dependence (obsessive virtual gaming, obsessive gambling, stock trading, or compulsive use of online mart sites causing economic complications)

- ✓ Information Overload Compulsion/ Dependence (unnecessary compulsive web browsing, minimizing work efficiency and less societal interaction with family and friends)
- ✓ Computer Compulsion/ Dependence (playing off-line computer games)

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INTERNET ADDICTION DISORDER

(non-chemical process addiction)



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Are you or your friend addicted to internet?

Then don't waste the time. Internet addiction is a non-chemical process addiction, which has destroyed lives of many students. Addiction never sees who you are and what you are; addiction is addiction; which want it to be satisfied on any cause. It will never care that your studies, your families, or your friends are the "cost"! It will destroy you and your everything for just unsatisfied pleasure...

Take A Step And Come To Us!

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