

POSSIBLE RISKS OF INTERNET ADDICTION

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NEGATIVE EFFECTS ON MENTAL HEALTH

Researchers have found that Internet addiction can have profound negative consequences on a person's mental health, causing serious disorders.

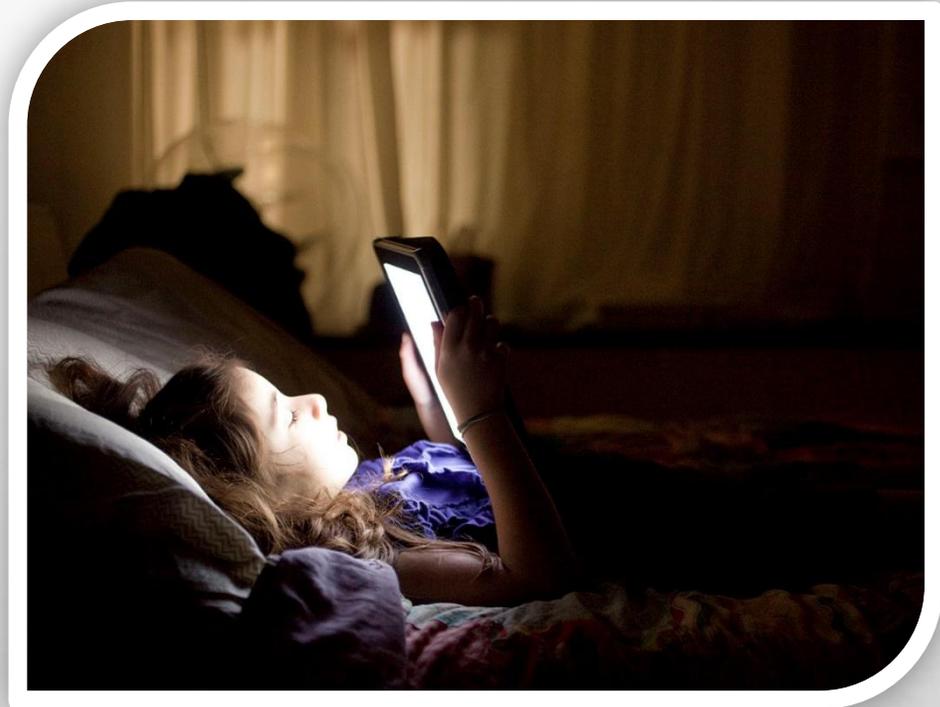
It's important to recognize these early signs of mental health issues in conjunction with a person's Internet use in order to make positive changes to improve these patterns.



WORSENERD SLEEPING HABITS

Internet addiction leads to poor quality sleep and sleep disturbances. American psychiatrist and Yale professor Dr. Marc Potenza touches on this topic in an Expert Opinion interview.

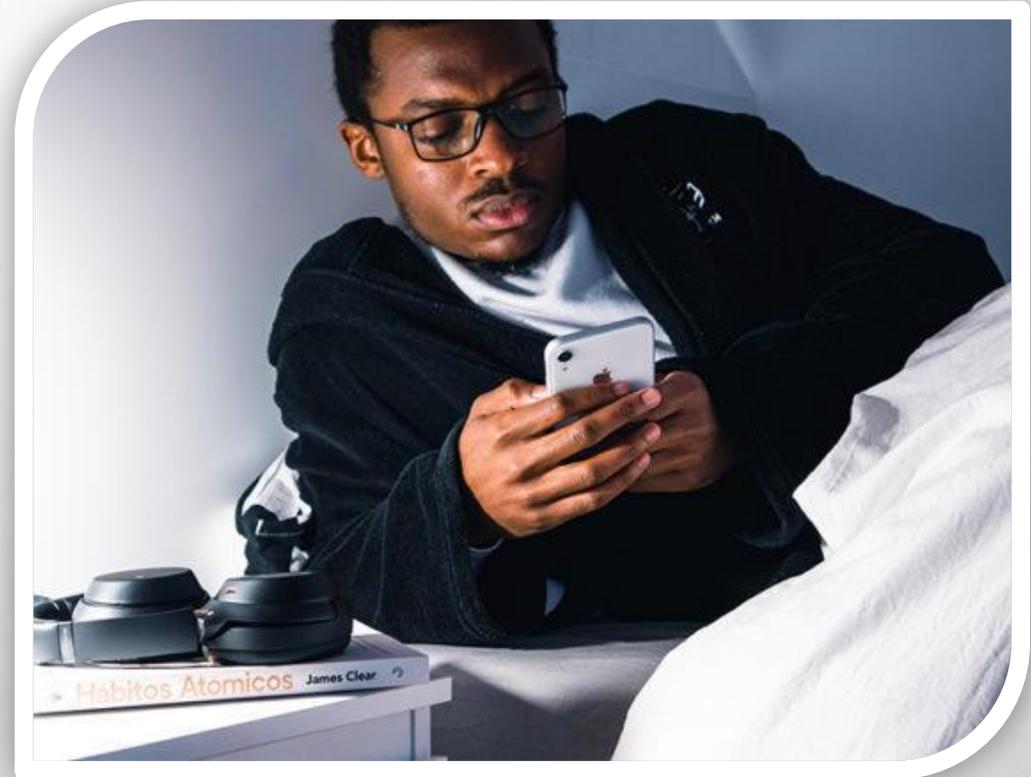
He discusses unhealthy Internet behaviors, such as bringing an iPad into bed and remaining awake for hours instead of going to sleep earlier and getting quality rest.



IMPACTS ON SOCIAL PERFORMANCE

Research published in 2021 in *Frontiers in Psychiatry* analyzed the interplay between Internet addiction and intolerance of uncertainty (IU), which is a cognitive bias that affects how a person perceives, interprets, and responds to uncertain situations.

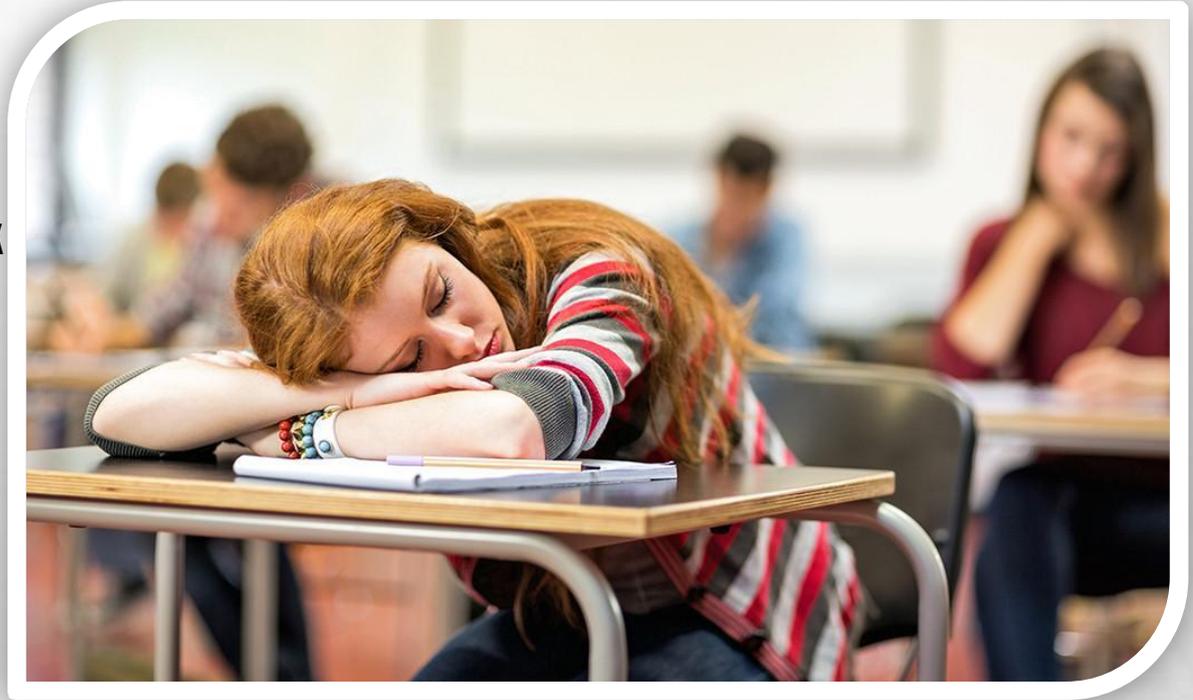
This includes many social situations, such as meeting a new group of friends.



WORK AND SCHOOL PERFORMANCE

It's been proven by several scientific studies that Internet addiction leads to lower performance at work and in school.

Internet addiction has been found to have a significant impact on students, as higher levels of Internet use typically lead to difficulty concentrating, lower grades, and worsened exam performance.



HOW TO PROTECT YOURSELF FROM INTERNET ADDICTION

- ❖ With better practices and techniques for self-monitoring Internet use, you can regain areas of your life that have been controlled by excessive Internet use.
- ❖ Try keeping a log of your time spent on the Internet and track any physical or emotional responses you experience as a result of Internet use.
- ❖ Pay attention to how your mind and body respond to this time spent on the Internet, and implement new behaviors based on those findings.
- ❖ Set time limits on your phone and computer, and plan screen-free activities to pursue in time spent off of the Internet. This will provide a healthy alternative to fill that void and encourage better patterns.



THANK YOU