



INTERNET ADDICTION

BY THE DUTCH TEAM

Erasmus + Happier YOUTH

TABLE OF CONTENTS

01

ADDICTION

What is internet addiction? Symptoms?

02

CAUSES

What causes internet addiction?

03

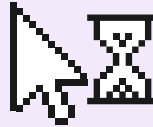
EFFECTS

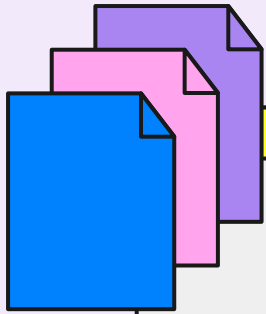
What are the effects of internet addiction?

04

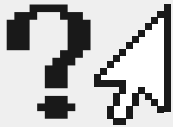
TREATMENT?

Is there a solution or a treatment?





INTERNET ADDICTION



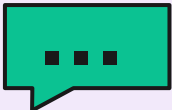
Excessive use of internet to the point of neglecting responsibilities, this can encourage unhealthy behaviour.



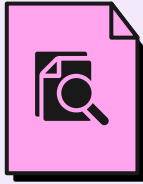
THE CAUSES

The causes of internet addiction can differ, the most important ones are:

- Mental health
 - Relief on the internet
 - Social anxiety
- Genetics
 - Dopamine deficiency
- Environmental factors
 - Accessibility

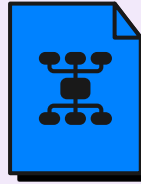


EFFECTS ON GROUPS



CHILDREN

- Altered attention span
- Higher chance of anxiety and depression
- Sleeping problems



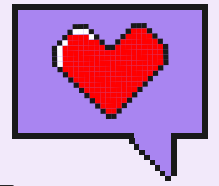
ADULTS

- Depression
- Substances to lengthen internet use



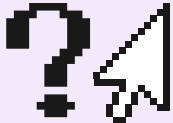
WORKING

- Motivation plummet
- Avoiding work
- Affect productivity and performance

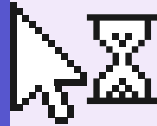


480,000,000

6% of the world is addicted to the internet



SOLUTIONS?



LIMIT

Limit your screen time on certain apps that you use often.



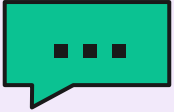
SOCIALIZE

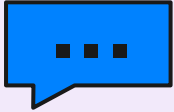
Go socialize outside, meet new people.



WHY?

Look at the cause, fix the problem from the root.





— □ ×

THANK YOU

Any further questions or things you would like to add?

A photograph of a person wearing a green balaclava and glasses, pointing their right index finger towards a laptop screen. The laptop screen displays a presentation slide with the text 'УОУ ЖИАНТ' and a digital clock showing '2:52'. The background is dark purple.