

Gadget Addiction...



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TECHNOLOGICAL GADGETS

Can a gadget become an addiction???

- ❑ No I am not addicted!!!!
(Denial)

Definition of addiction

- ❑ **Addiction** is a state characterized by compulsive engagement in rewarding stimuli, despite adverse consequences.
- ❑ A disease or biological process leading to such behaviors.

Rewarding

Reinforcing

- ❑ Addiction exerts long and powerful influence on the brain
 - Craving
 - Loss of control
 - Continuous use inspite of adverse consequences



DSM V

- ❑ Gambling is the only addictive disorder included as a diagnosis in DSM-V
- ❑ Internet Gaming Disorder: Section III

Gadgets!!!!!!

- ❑ The use/abuse of gadgets so much.....
- ❑ Starts negatively influencing your health
- ❑ And life.... On the whole
- ❑ Worst victims: Children and teenagers



Case no 2

“He is busy with his video games all the times. He is not bothered about taking bath, having his meals..... doing his homework etc. He can leave anything incomplete in the world except his video games!”

Case no 1

“Doctor, she is with her mobile chatting all the time!! Now if she does not quit her habits she is definitely going to fail in her board exams! If we try to take her mobile away from her she just gets wilds and starts screaming!”

Case 3



A couple came with marital discord, or you can say complete disharmony. After 15 years of marriage now there was nothing left between them except 2 kids and that was the reason they were still together. They had no communication left because there was no time!!!!

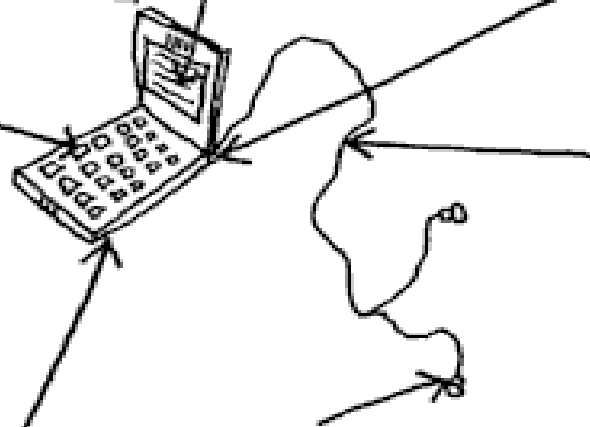
THIS GADGET IS EVERYTHING I HAVE EVER WANTED

TELEPHONE,
SO THAT
ANNOYING
CALLERS
CAN BOTHER
ME AT
ANY TIME

WORD
PROCESSING
SOFTWARE,
SO THAT MY
UNFINISHED
WORK IS
ALWAYS
WITH ME

FOLDING
MECHANISM,
SO THAT
THE
DEVICE
HAS A
NATURAL
PLACE
TO BREAK
IN TWO

TINY
BUTTONS,
SO THAT
I GET
REPETITIVE
STRAIN
INJURY



HEADPHONES,
SO THAT I
CAN AVOID
CONTACT
WITH OTHER
HUMAN
BEINGS,
AND ANNOY
THEM
WITH MY
TINNY
DRUMBEAT

COMPACT AND
STYLISH DESIGN,
WHICH GIVES
ME A DEEP
SENSE OF INNER
WELLBEING

WHITE
EARPIECES,
SO THAT
I LOOK LIKE
AN IDIOT

First, what is cell phone addiction?

Cell Phone addiction symptoms check List:

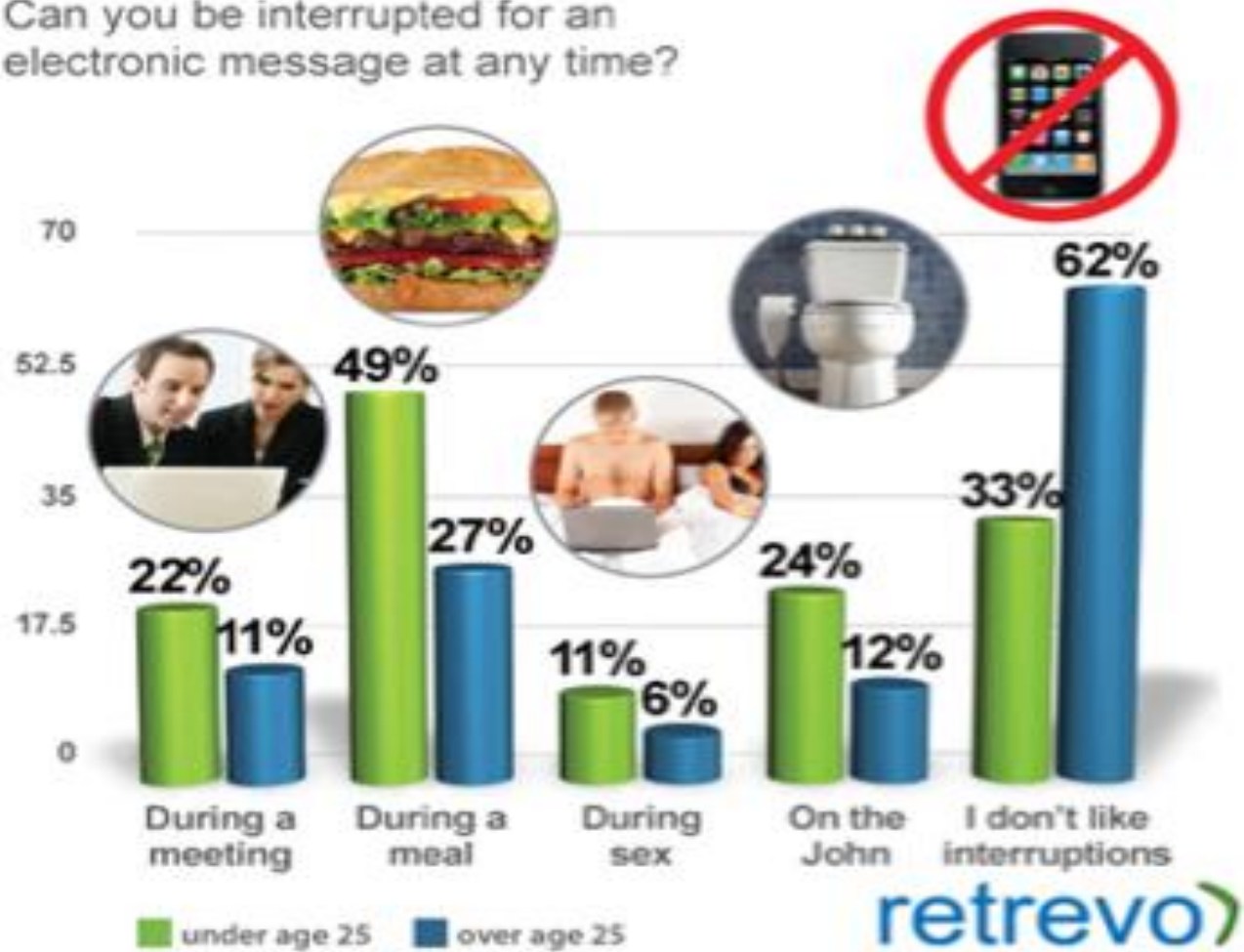
- ❑ Do you have your cell phone with you constantly, even at home you have it in your pocket or right next to you?
- ❑ Do you find someone to call as soon as you leave the classroom?
- ❑ Do you always feel anxious about your cell phone, especially when you are unable to use it ? (e.x. in class)
- ❑ Do you take cell phone breaks while doing homework?
- ❑ Do you experience high levels of anxiety, stress, or insecurity whenever you are without your cell phone?
- ❑ Do you sometimes believe your phone is ringing, but when you answer it or listen longer you find it wasn't ringing at all (known as 'phantom ringing')?

Stanford study of iPhone addiction

200 college students

- ❑ “75 percent confessed to sleeping with their iPhone next to them.”
- ❑ “15 percent said the iPhone was turning them into a media addict”
- ❑ “30 percent referred to their smartphone as a doorway into the world.”
- ❑ 41 percent felt it would be “a tragedy” to lose their iPhone.”

Can you be interrupted for an electronic message at any time?



Adverse consequences of gadgets

Physical

Psychological

Social

Legal

Your ears.....

- ❑ No harm till 85 decibel
- ❑ MP3 player : till 105 decibel



- ❑ Few toys: 138 decibels



SENSORY HAIR:
PERMANENT DAMAGE

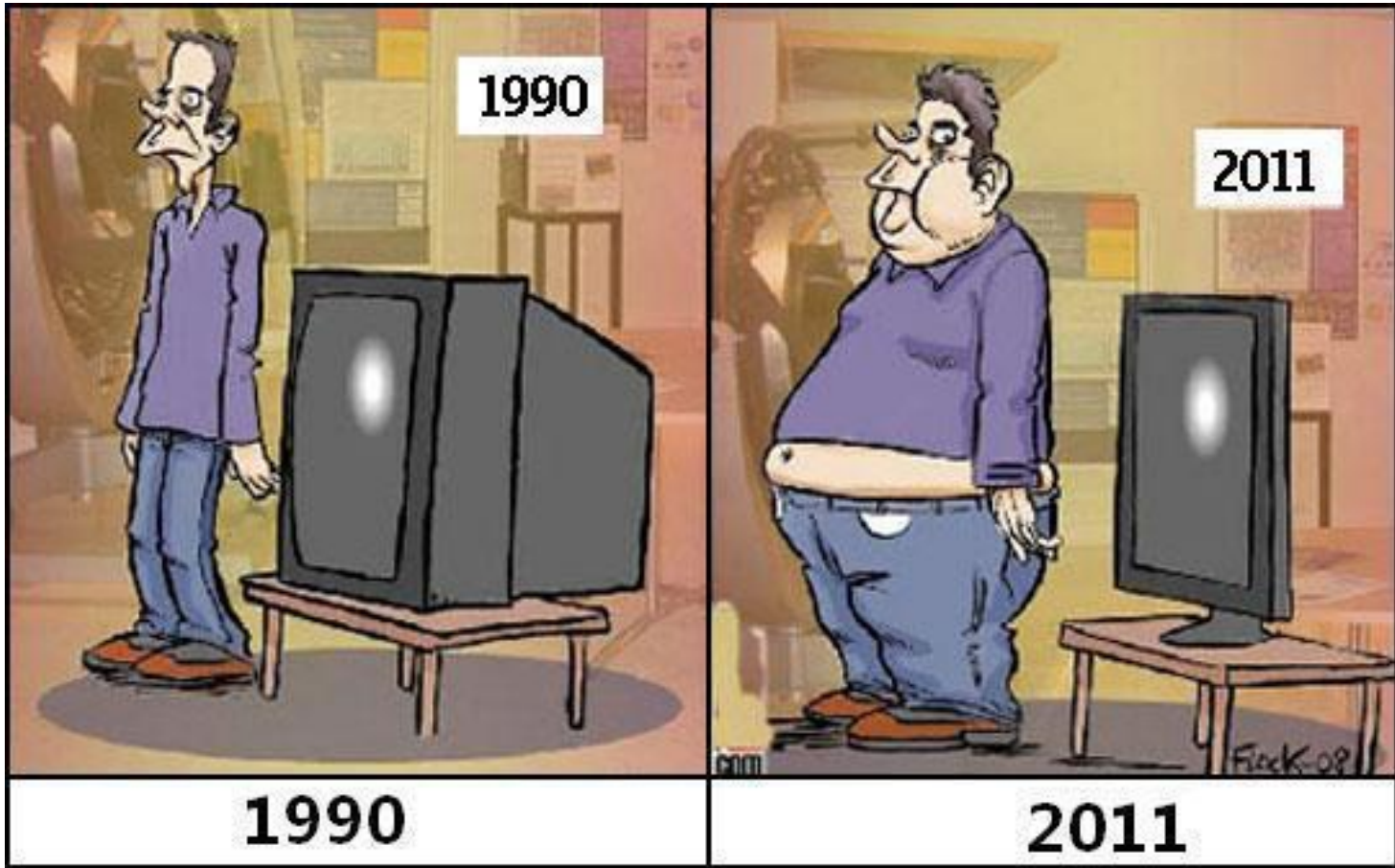
Your eye, vision.....



- ❑ Rubbing eye
- ❑ myopia
- ❑ Headache
- ❑ Blurred vision
- ❑ Redness, dryness in eyes
- ❑ Heaviness, burning in eyes

Sedentary lifestyle.....obesity

- ❑ 3-fold increase in last 20 years
- ❑ 15% of 6-19 years old obese



Joint pains

- ❑ Pain in wrist
- ❑ Back pain
- ❑ Neck pain
- ❑ spondylosis

Electro-magnetic waves

- ❑ Headache
- ❑ Fatigue
- ❑ Brain tumour
- ❑ Depression
- ❑ Immune system disorders
- ❑ Damage to NEURONS, early senility

Psychological problems



Decrease in self-control, patience

- ❑ Need for immediate results, gratification
- ❑ “3 stars...”
 - “Highest score”
 - Desire to win.....

But the reality is different.....!!!

- ❑ Too much auditory and visual stimulation !!!!
- ❑ Noise
- ❑ Colourful attractive pics



Irritability, restlessness, boredom, sadness



Continuous Partial Attention

- ❑ Doing many things at a time with partial attention
 - A stressful lifestyle,
 - A compromised ability to reflect, to make decisions, and to think creatively.

Different than multi-tasking

Decreased awareness of surroundings

- ❑ Accidents

Social consequences

- ❑ Decreased interactions with family
- ❑ Decreased communication with parents
- ❑ Deterioration in work studies

Aggression, violence

Gaming Violence

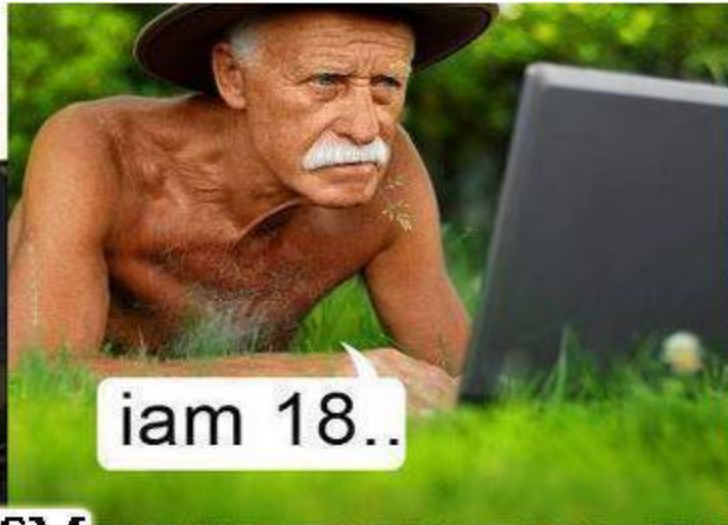
- ❑ Increases physiological arousal
- ❑ Reduces –ve emotional responses to violence
- ❑ Primes pre-existing aggressive thoughts and scripts

Increases physical and verbal aggression



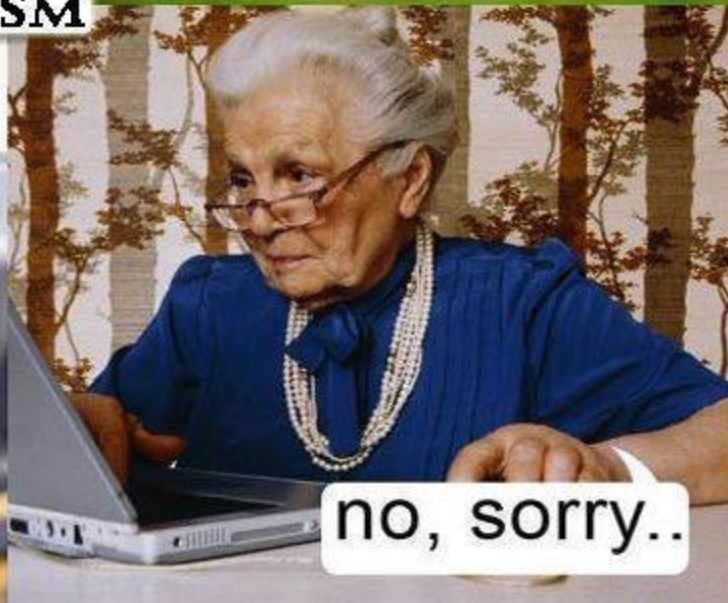
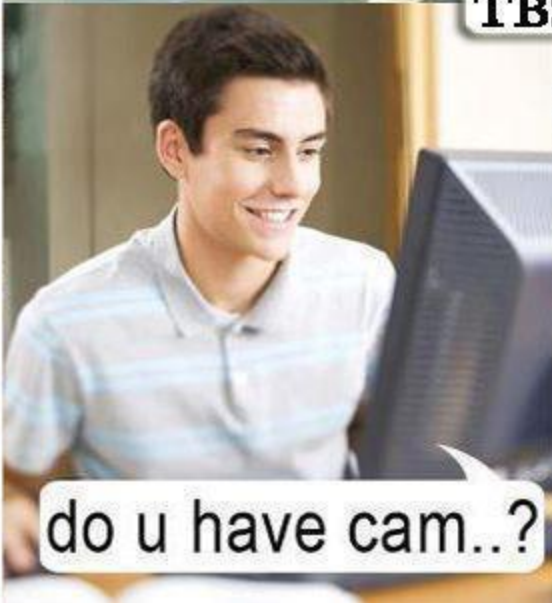
PORNOGRAPHY

CASE 1



TBSM

CASE 2





CYBER CRIME

So what to do then???

Is abstinence possible??

Set rules and regulations

- ❑ It should be very clear where and when the gadget can be used and when don't!!! .
- ❑ Set time limits!!!

Whatsapp, Wechat.....



Don't keep the data on.....

Supervise your children.....

Keep the computer in the hall or a place which is easily accessible to all family members.

Keep a watch, guard over children's activities by remaining aware of the current trends and having an account of your own!



A Teenage Girl was chatting

on FB with a stranger

Stranger: Hey pretty!

Could You give me your mail id?

Girl: oh yes sure :)

its --> ihaveaboyfriend_andilovehimalot@getlost.com

-
-
-
-

Stranger: and mine is -->

iamyourfather_andyouaredead@meetmenow.com

**Monitor your child periodically as
to what he is actually doing!**

Headphones, Earplugs



Become a role model.....

- ❑ If u yourself are addicted to technology, be alert that you don't overuse gadgets in front of your children!!

Recognize

Accept



No-No to Denial

Become proactive

GIVE YOURSELF A KICK!!

Keep note of your responsibilities

Ask questions to yourself....

Don't get fascinated by newer gadgets

**Technology is made for
the man **NOT** and the
man for technology!!!**

- ❑ Take enough rest
- ❑ Be physically active
- ❑ Don't forget to socialise
- ❑ Say yes to other things
- ❑ Don't demand newer gadgets

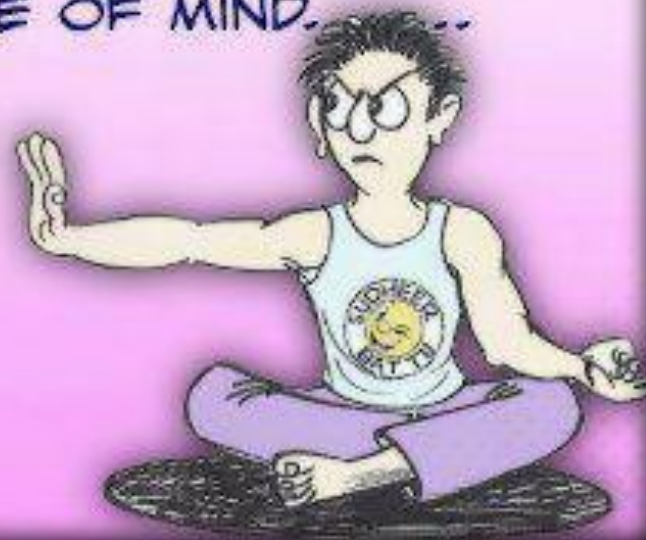
NEW TYPE OF "UPVAS"

LIVING 1 DAY
WITHOUT

1. MOBILE.
2. VEHICLE.
3. FACEBOOK.
4. INTERNET...
5. PC/LAPTOP

TRY DIS 2 GET REAL PEACE OF MIND...

laughter vitamins



Thank You