ADDICTION OF COMPUTER IS SABOTAGE TO HUMAN LIFE

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I. INTRODUCTION

In recent years gaming addiction (computer game addiction[1], console gaming addiction, or even excessive play on portable systems) has received increased attention not only from the media, but also from psychologists, psychiatrists, mental health organizations, and gamers themselves.

Gaming addiction is not yet classified as a mental health disorder or "true" addiction like gambling or alcohol addiction. However, some gamers clearly struggle to keep their playing habits under control and may place more importance on their gaming accomplishments than their happiness and success in the real world (e.g., academic achievement, friendships, relationships, career advancement, health, etc.)[2].

As gaming addiction becomes more of a concern for parents, spouses, families, educators, and those in the mental health community, it is important for those hoping to learn more about this issue to get their gaming addiction statistics and facts from reputable sources[3].

Note that the findings and gaming addiction facts below provide only a brief overview of the main research findings. Follow are the type of addictions [4][5]:

1. Computer Game Addiction
2. Video Game Addiction
3. Social Websites Addiction
4. Pornographic Addiction

1.1 Computer Game Addiction

Computer game addiction generally refers to an excessive, unhealthy amount of playing computer games. Rather than engaging in the real world, an addicted user devotes the majority of his or her time to gaming. The addicted gamer often isolates him/herself from others, ignores more important responsibilities, and is often obsessed with obtaining higher status / rankings / achievements in his/her favorite computer game.

1.2 Video Game Addiction

Video game addiction is often referred to as video game overuse, a compulsive or excessive use of computer games and/or video games. Video game addicts are believed to exhibit the same psychological addictive behaviors as gambling addiction, often described as an impulse control disorder.

1.3 Social Websites Addiction

Social networking is not a new concept. In fact, it's been around as long as we have. A social network is simply the structure of relationships among individuals. Everyone on the planet is part of one big social network, but we also belong to smaller, more distinct sub networks. We define these sub networks by criteria like our families, friends, jobs, schools, hobbies and more. You have a social network at work. You have a social network at the dog park by your house. You have a social network with your college friends. You have a social network with your Tuesday night book club. The list goes on and on, and many people in your network may overlap. Additionally, your contacts multiply all the time, as you meet new people through the people in your existing networks.

Social networking Web sites evolved from these face-to-face networks. The online sites, though, are powerful because they harness the strength of the Internet to manage and map out your relationships. You can physically see your network - your friends, your friends' friends, and so on - and how you connect with all of them.

Social networking sites allow people to manage their relationships as well as find new ones. Some communities, such as LinkedIn, target professionals. Some, such as the crochet/knitting community Revelry, target people with specific hobbies. And some, such as Facebook or MySpace, are general interest community sites that allow users to form smaller communities within.

Once you join a social networking site, you may find yourself spending a lot of time there. Is it all in good fun, or can online social networks be addictive?

1.4 Pornographic Addiction

Pornography addiction or more broadly overuse of pornography, is excessive pornography use that interferes with daily life. There is no diagnosis of pornography addiction in the current Diagnostic and Statistical Manual of Mental Disorders (DSM), and as with the broader proposed diagnosis of name.

Pornography addiction is diagnosed when an individual engages in the overuse or abuse of pornography to the extent that they experience negative consequences.

Pornography addiction is defined, by those who argue that it exists, as a dependence upon pornographic characterized by obsessive viewing, reading, and thinking about pornography and sexual themes to the detriment of other areas of life.

II. STATISTICS RELATED TO THE PROBLEM

Statistics related to the usage of Computer Game Addiction, Video Game Addiction, Social Websites Addiction and Pornographic addiction are similar. Just they vary in units.

2.1 Game Addiction

Addiction related to Computer or Video games are same. The perception of the public related to play games is totally different from the real statistic exposed by the researchers. Now, the question is whether the violent video games can influence aggressive behaviors, opinions and emotions in the children or not. Well, the statistics released on Violent Video Games proves that such games have a tremendous impact on children especially for the young generation. Children who are psychologically strong have pulsating aggression and strong expression of anger. The aggressive children do not express the anger until they are proved wrong, such children also have the ability to tolerate and manage the annoyance as well as dissatisfaction.

Parents are usually responsible to buy a video game for children. Video games are more often the most popular stuff among children to enjoy their leisure time. Many parents usually have an impression that video games are mostly destroying the children. But, the statistics provided here would shock them. Around 25 % of game players are within the age of 18 years, 26 % are surprisingly, over the age of 50 years and lastly 49 % are under ranging between 18 and 49 years of age. Thus, the impression that adults are not addicted to video games is contradictory to the statistics revealed. Thus, figure 1. Shows the average game player age is around 35 years.

Violent video games capture the attention of the children in such a way that they are isolated from the social society. There are many multi-gamers video games that involve more than one person in a single game like Ever quest, Diablo, Quake and most likely

played World of War craft which can be considered as the social connection between different players. But, such games are building weak social connection between children, adults and other people playing violent video games. Playing violent video games can lead to peak level of hostility and cruel behavior is not false as many of the adult quarrels results from the exposure to thrilling media contents. Thus, to find the reason of the violence one has to consider the factors like age and personality.

The online games have an advantage of connecting with remote friends. Parents should take of the activities of the children as they are in their developing age so parents have keep an eye on the biggest pass time of their children that is gaming violent games. Parents should try to stop their children from being addicted to the games and induce their participation in real life activities also. As, their participation more in real life lessen the effect of aggressive video games on their behavior. This is the best way to bring children out of the aggressive and vicious behavior.
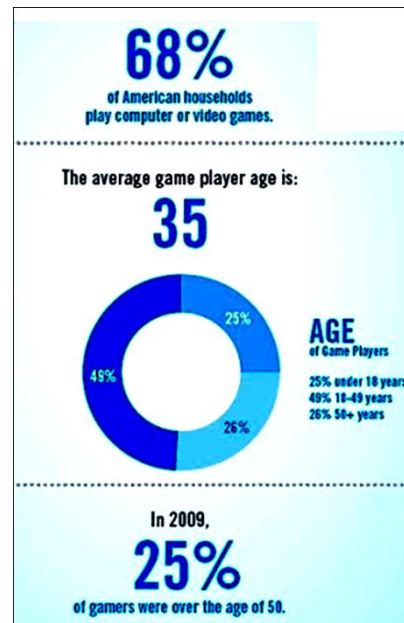

Figure 1. related to percentage game players USA

According to the statistics revealed in 1999, it has been found that most of the U.S. residents watch the violent media contents. If the people are divided according to their age, it was found that the young generation ranging between 8 and 18 years waste more than 40 hours in a week in playing such video games. Television was the center of attraction but the most likely used source of entertainment has been the violent video games. The statistics reveal that 10% of children with age 2-18 play computer games for over 1 hr in a day. The boys who are 8 to 13 years old have the average rate of 7.5 hr per week for playing video games.

The research of federal crime statistics reveals that the violent people watch less media contents before doing

any aggressive activity. The statistics of the gender playing more violent video games show that 60% of gamers are boys while 40% are girls. Thus, figure 2. Shows the statistics show that the most violent video games are targeting males as compared to females. Men are meant for violence. The violent games are especially built for adult men but unfortunately, such games approach more kids that are boys.

College students are also belonging to the age groups that are mostly attracted by the terrifying features of the video games. In 1998, the research figures revealed by Co-operative Institutional Research Program stated that 13.3% of boys stepped into the college use to play violent video games for minimum of 6 hr in a week even being seniors. This figure rose to 14.8% in 1999.
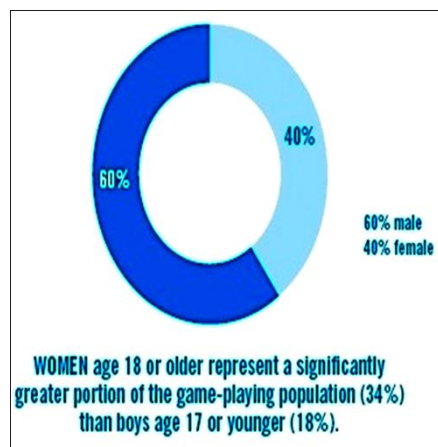

Figure 2. Percentage of Gender usage of Games

Though, the violent video games are played by every person but such games are mostly influencing the minds of the children. The initial objective of video game market is to catch the attention of the children as this generation is also going to continue playing even in their later life. The video game marketers are familiar with the fact that children are mostly interested in the adult thrilling games. Considering this, they built the adult violence in the game. In this way, the behaviors of the children changes due to the activities performed in the games.

Parents are usually unaware about the game ratings printed on the games. They have the impression that games are for children. Due to this, 11 to 16 years old children are accessing M-Rated or Mature games as their favorites. Thus, it is necessary to educate parents about the choices of the games depending on the age group. The Federal Trade Commission has declared the statistics that around 83% of the game buyers for immature children are parents who are not conscious about the game ratings.

Have a look at the statistics: Figure 3.

2.2 Social Websites

A social networking service is an online service, platform, or site that focuses on facilitating the building of social networks or social relations among people who, for example, share interests, activities, backgrounds, or real-life connections. A social network service consists of a representation of each user (often a profile), his/her social links, and a variety of additional services. Most social network services are web-based and provide means for users to interact over the Internet, such as e-mail and instant messaging. Online community services are sometimes considered as a social network service, though in a broader sense, social network service usually means an individual-centered service whereas online community services are group-centered. Social networking sites allow users to share ideas, activities, events, and interests within their individual networks.

2.2.1 Facebook and Twitter usage

81 million Latin Americans, nearly 14% of all Facebook members are Latin Americans, making it the site's largest population. The demographic breakdown of social media users is similar to that of the rest of the world with 60% of participants ranging between the ages of 18 and 34. Moreover, while the number of new Facebook users is down in Europe and the United States, almost every country in Latin America is experiencing continual growth.
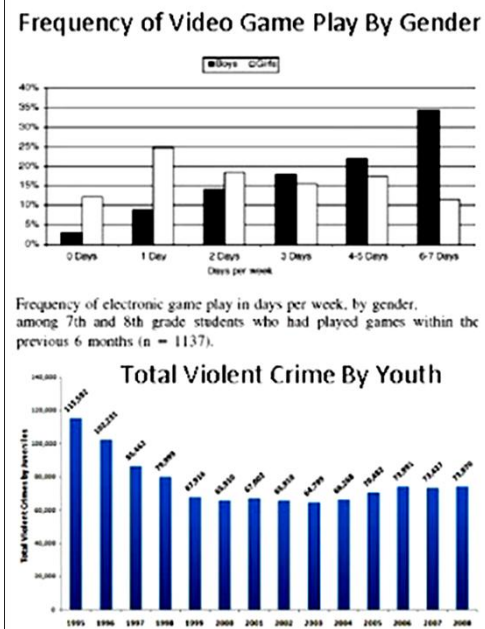

Figure 3. Statistics related to Games

16.1% of Twitter users are Latin Americans. Twitter has touched a younger generation in Latin America when regional users are compared to those in North America or Europe, where the social network is often used for professional purposes. The region witnessed a particular craze for the micro-blogging site in November 2009

during the launch of its Spanish version, when the number of new Hispanic Twitter users increased seven-fold.
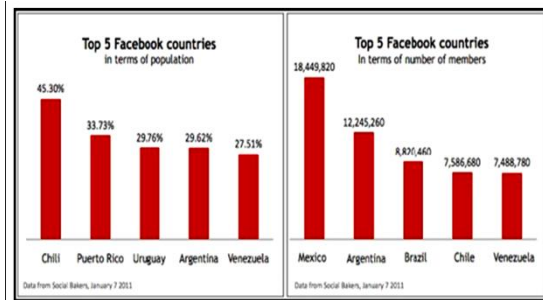

Figure 4. Top 5 Facebook countries in terms of population and number of members

2.2.2 Politics as a factor of social media engagement

A ComScore study showed that when Hugo Chavez joined Twitter in April 2010, the Venezuelan audience for the site increased by 4. 8% over just a few months, not including the number of people that connected via their cell phones or public computers like those used in Internet cafes.

The Brazilian presidential campaign of 2010 was also a race on social networks during which winner Dilma Roussef engaged the services of the web agency that advised President Barack Obama during his 2008 campaign. The day she appeared on national television for a country-wide discourse, messages peaked that day at 90, 000 messages during one day.
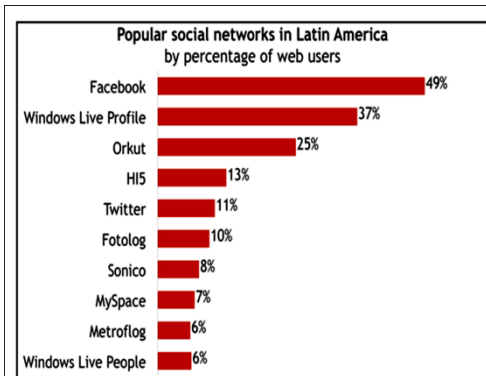

Figure 5. Popular social networks in Latin America.

2.3 Pornographic

Selling sex is one of the oldest business in the world, and right now, business has never been better. But is this full-blown addition to porn is spreading from computer and TV screens across America to homes, families and marriages across the country at a dangerous pace.

Every 30 minutes: A porn film is made in the US. The USA produces 89% of all pornographic web pages. Every second 30,000 people are viewing porn. 42.7% of

internet users view porn (that's 102,434,567 people) as in figure 6.

Figure 6. Every 30 minutes

It's larger than the revenues of the top technology companies combined like Microsoft, Google, Amazon, eBay, yahoo, Apple, Netflix and EarthLink. Porn income roughly a $13,000,000,000 as shown in figure 7.

Figure 7. Pornographic income

There are 68 million daily pornographic search engine requests. 70% of the internet traffic occurs during the 9am-5pm work day. About 200,000 Americans are "porn addicts", defined as spending 11 hours or more per week online looking at porn as in figure 8 and figure 9.
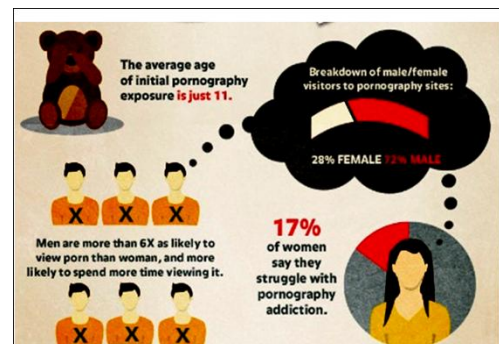

Figure 8. Pornographic search engine results

Repeated viewing porn can negatively affect your sex drive. More than 505 of those engaged in "sexual internet interactions" had lost interest in sexual intercourse. One-third of their partners had lost interest as well.
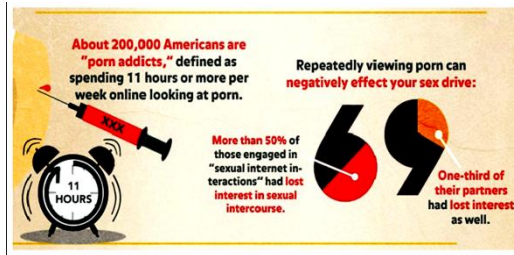
Figure 9. Addicts details.

Addiction to porn has led to: 40% of "sex addicts" lose their spouses, 58% suffer considerable financial losses and one-third lose their jobs as shown in figure 10.
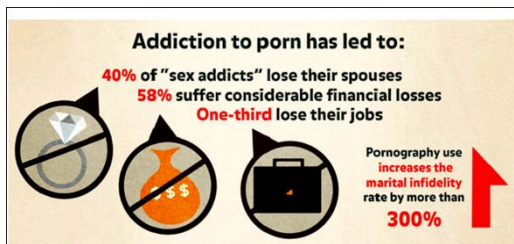

Figure 10. Addiction to porn percentage

3. Results of Addiction

3.1 Negative Effects of Computer Addiction

Computer addiction can have a variety of negative effects on a person. The most immediate are social. The user withdraws from friends and family as he spends more and more time on the computer. Relationships begin to wither as the user stops attending social gatherings, skips meetings with friends and avoids family members to get more computer time. Even when they do interact with their friends, users may become irritable when away from the computer, causing further social harm.

Eventually, excessive computer use can take an emotional toll. The user gradually withdraws into an artificial world. Constant computer gaming can cause someone to place more emotional value on events within the game than things happening in their real lives. Excessive viewing of Internet pornography can warp a person's ideas about sexuality. Someone whose primary friends are screen names in a chat room may have difficulty with face-to-face interpersonal communication.

Over the long term, computer addiction can cause physical damage. Using a mouse and keyboard for many hours every day can lead to repetitive stress injuries. Back problems are common among people who spent a lot of time sitting at computer desks. Late-night computer sessions cut into much-needed sleep time. Long-term sleep deprivation causes drowsiness, difficulty concentrating, and depression of the immune system. Someone who spends hours at a computer is obviously not getting any meaningful exercise, so

computer addiction can indirectly lead to poor overall physical condition and even obesity.

Eventually, the consequences of computer addiction will ripple through the user's life. Late-night use or use at work will affect job performance, which could lead to job loss. As the addiction takes its toll on family members, it can even lead to failed marriages.

3.2 Negative effects on Social Websites

Social media has changed the way people interact. In many ways, social media has led to positive changes in the way people communicate and share information; however, it has a dark side, as well. Social networking can sometimes result in negative outcomes, some with long-term consequences.

3.2.1 People as product

According to e-Marketer, global social networking revenues will exceed $10 billion 2013. Most social networking sites like Face book, Twitter, Tumbler, and many others offer their services to members for free, yet still net significant income. In fact, according to Mash able Business, Face book earned $1.6 billion in revenues in the first half of 2011, and was on pace to achieve more than $3 billion in revenues by year end.

If the services are free, then, how do social networking websites earn such staggering sums of money? The answer is that you, the social network user, is the product these online giants sell to generate revenue. According to BBC News, social networking sites are uniquely positioned to make money by matching people to products. Since you generate content on a social networking site that indicates your interests, social and work background, and a great deal of other information about your personal preferences, the social networking sites can target advertisements specifically to you, a service for which advertisers are willing to pay significant amounts of money.

3.2.2 Diminishing Privacy

While many users feel their personal data is safe on social networking sites because they have set high levels of security settings, research suggests this is not the case. According to a 2010 Northeastern University and Max Planck Institute for Software Systems study, researchers created an algorithm to discover an individual's personal attributes by examining the one thing that most people leave public even when all other privacy settings are place: their friend list. Using the algorithm, researchers were able to infer many personal traits merely from friend lists, including educational level, university attended, hometown and other private data.

Many social networking sites regularly make changes that require you to update your settings in order to maintain your privacy, and frequently it is difficult to discover how enable settings for your appropriate level

of privacy. Because of this, many users do not realize how much private information they are allowing to become public by not re-evaluating settings every time the network makes a change.

Tagging can also serve as an invasion of privacy. When social networking sites have a "tagging" option, unless you disable it, friends or acquaintances may be able to tag you in posts or photographs that reveal sensitive data.

3.2.3 Negative Health Consequences

A 2010 Case Western Reserve School of Medicine study showed hyper-networking (more than three hours on social networks per day) and hyper texting (more than 120 text messages per day) correlated with unhealthy behaviors in teens, including drinking, smoking and sexual activity. Hyper-networking was also associated with depression, substance abuse, poor sleep patterns, suicide and poor academic performance.

3.2.4 Isolation

While on the surface it appears social networking brings people together across the Internet, in a larger sense it may create social isolation, according to a BBC News report. As people spend increasing amounts of time on social networks, they experience less face-to-face interaction. Scientists have evaluated social isolation in many studies, and have determined that it can lead to a host of mental, psychological, emotional and physical problems including depression, anxiety, somatic complaints and many others. In fact, a University of Illinois at Chicago School of Medicine animal study showed social isolation impaired brain hormones, which is the likely reason socially isolated people experience tremendous levels of stress, aggression, anxiety and other mental issues.

3.2.5 Others

While the above studies show actual correlations between social networking and negative consequences, others argue that many other negative consequences may exist that have not yet been studied. Some of the harmful effects people suggest social networking has that have not yet yielded conclusive study results include:

- Encouraging poor grammar, usage, and Spelling.
- Allowing the spread of misinformation that may be perceived as fact even in light of evidence to the contrary.
- Exposing children to online predators.
- Creating a culture in which a single mistake such as a racy picture or poorly thought-out comment can cause irreparable harm to your reputation.
- Decreasing productivity as workers habitually check social networking sites while they should be working

- Providing information that increases the risk of identity theft
- Creating a platform for cyber bullying

3.3 Negative effects on Pornographic

Porn is a problem. It's a personal problem for many and a cultural problem for all. You may think you have not been affected by porn, but you have because it's embedded in the surrounding culture. The staggering size of the pornography industry, its influence upon the media and the acceleration of technology, paired with the accessibility, anonymity, and affordability of porn all contribute to its increasing impact upon the culture.

Pornography affects you whether you've ever viewed it or not, and it is helpful to understand some of its negative effects, whether you are a man or woman, struggling with watching it, or simply a mom or dad with a son or daughter. There is a plethora of research on the detrimental effects of pornography (and I do not think that what follows are necessarily the worst of them), but here are seven negative effects of porn upon men and women:

- Porn contributes to social and psychological problems within men.
- Porn rewires the Male Brain.
- Porn turns sex into masturbation.
- Porn demeans and objectives women.
- Porn squashes the beauty of a real naked woman.
- Porn has a numbing effect upon reality.
- Porn lies about what it means to be male and female.

4. Methods to eliminate Addiction

4.1 Computer or video games stop

- Assess yourself, your history of gaming and why you want to stop.
- Make a note of how long you play every day, whether 16/12/8/4 hours. Then cut off an hour every day. This sort of progressive reduction will help your body adjust. You won't need the fix.
- Tell your parents to remind you to turn it off at a particular time. Make sure you and they immediately turn it off at the designated time. No matter if its online, no matter if it gets you banned.
- If step 3 doesn't work, download this simple software that will force your computer to shut down at a designated time: [no Trojans/ viruses/adware]http://www.konradp.com/products/ auto_shutdown/download/autoshutdown.exe
- Now set the time with the Force shutdown option to 2 hours lesser that what you did on your previous day. As the computer shuts off, unplug the mouse & keyboard.
- Be very strict, and think of all the reasons you want to quit gaming for.

- When stopping something you love, it will hurt. You should be strict anyway: only a couple of hours on weekends, after you've finished your chores.
- If you are a hardcore gamer who is active on the forums/public chat, then make a thread about you quitting-make your quitting public. This will make your resolve stronger.
- If you feel like you have a severe addiction, and you feel like you won't be able to survive without it, take a deep breath and think to yourself, I control this body and nobody can make me do what they want, no matter what. That way you will feel like you have more control.
- Try asking someone to hide them from you for a few hours and gradually go up to a few days, weeks, months etc.
- If there are some that you don't use any more, give them to some of your younger relatives or donate them.
- Try doing other things to get in your mind off of it. Some examples are: reading, sports, helping around the house etc.,
- Go to yoga, gym, swimming or do exercises daily to make your body lite and tension free.
- Make public relations like go to friend's house or relative's house or mall.

4.2 Social Websites stop

4.2.1 Decreasing the Impact

It is inherent on the individual to use social networking constructively, and parents must be especially careful to monitor their children's use of social networking to minimize the potential for negative outcomes.

Some tips:

- Always use maximum privacy settings.
- Be cautious about what you share on social networking sites.
- Minimize the time you and your children spend social networking.
- Monitor your children's social networking use and friend lists.
- Make household rules about social networking and enforce them.
- Educate your children about the potential hazards of social networking.
- Do not allow strangers into your social networks.
- Build online networks of people you also interact with face-to-face, and encourage your children to do the same.

4.3 Pornographic stop

A. Pornography Is Not Just a Bad Habit!

A first major component in our own recovery was an understanding that pornography viewing was not just a bad habit. It was an obsessive compulsive cycle (see Figure 11 below) from which we were not able to break free. It usually started with an unwanted sexual thought that would try to avoid for as long as I could.
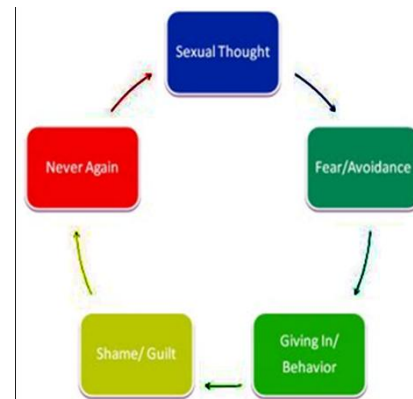

Figure 11. Obsessive Compulsive Cycle of Pornography Addiction

Unfortunately, trying NOT to think about something never really worked for us, and eventually we would get to a point where thoughts would get so intense that I couldn't handle the pressure any longer. Then we would go back to the only way that we knew to make sexual thoughts temporarily go away – watching pornography and masturbating.

B. No Craving Can Last Forever!

The second component that I learn was an understanding that any human feeling, including cravings, cannot last forever. In actuality any physiological impulse is shaped like a bell curve (see figure 12 below).

At first cravings starts out slow but grow exponentially until they get really intense. Somewhere along this path most of addicts would end up giving in. As the result they get used to an idea that they could never get past their cravings and that their cravings will eventually get so strong, that they will have no choice but to give in.
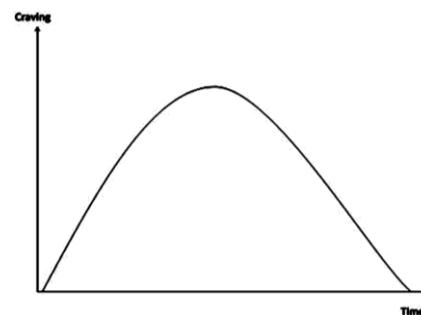

Figure 12. Craving Curve

C. Physiological Signs of a Strong Craving

It is important to know certain physiological changes that begin to take place in human body when they experience strong desire to watch porn and/or masturbate compressively. Such changes include:

- Rapid Pulse
- Increased blood pressure
- Dilated Eyeballs
- Shallow Breath

D. Killing the Craving

So let's move right into action. The technique that we used to help out to overcome the craving is called Exposure and Response Prevention or ERP and is generally used for Obsessive Compulsive disorder and other psychological problems. It's been around for a very long time, tons of people use it, and it is very effective. We've originally learned this technique from a book called "Kill the Craving" which uses ERP to help people with alcohol and drug addictions, and we slightly modified the approach to help us overcome porn addiction.

CONCLUSION

Video game addiction is something we must come to terms with as a society. Whether it is decided to be a read full-fledged addiction, or just a compulsive behavior, it can still cause trouble in people's lives. The problem will not go away either, it will probably only get worse, as designers get a better understanding of what makes consumers want their games. On the other hand, the problem is not as bad as it sounds at first. For many people these games are a social outlet, not an addiction. Video games are an integral part of many people's lives now, and they're here to stay. Let's learn to use them responsibly.

Pornography addiction, Internet affairs and Cyber-sex are all different faces of the same problem: a selfish reaction of an individual, in which the focus is shifted from the significant other to himself. By creating a world of his own with the main purpose of self-gratification and irresponsible pleasure, one is tempted to isolate from society and get immerse in his seductive and addictive creation. Once addiction occurs, he develops a tolerance and therefore need a stronger dose of stimulant. This can lead to compulsive sexual behavior (in case of pornography,) offline affairs (in case of Internet emotional affairs) or to irresponsible sexual actions (from cyber to real sexual intercourse.) Everything is a process and because of the private character of sexual behavior, it is discovered when the individual hits rock bottom: low self-esteem, perverted worldview, abusive relationships, marital distress and many other.

This is when recovery process is required. The priest is called to work hand-in-hand with a Christian or non-Christian psychologist, as they share the same goal: the restoration of the individual and couple affected to the state preceding the addiction. Pastoral and psychological sessions overlap and are congruent. A special emphasize is put on the spouse, because she is also a victim of addiction; feelings of disappointment, betrayal, anger are very common. With great sensitivity, the priest is called to assist the couple in directing these negative feelings against sin, rather than each other. This attitude can bring genuine healing, as they experience an authentic joined repentance, which is a profound "change of heart" and renewed worldview.

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