

Cyber Disorder

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Abstract: *Among a small but growing body of research, the term addiction has extended into the psychiatric lexicon to identify problematic Internet use associated with significant social, psychological, and occupational impairment*

Keywords: Cyber Disorder, Cyber Sexual Addiction, Cyber Relationship Addiction, Internet Addiction, Computer Addiction, Cyber Bulling

1. Cyberdisorders

The Mental Health Concern for the New Millennium



Among a small but growing body of research, the term addiction has extended into the psychiatric lexicon to identify problematic Internet use associated with significant social, psychological, and occupational impairment.1-10 Symptoms include a preoccupation with the Internet, increased anxiety when off-line, hiding or lying about the extent of on-line use, and impairment to real-life functioning. In particular, this research argued that addictive use of the Internet directly lead to social isolation, increased depression, familial discord, divorce, academic failure, financial debt, and job loss.

2. Cyber Disorders

2.1 Meaning of Cyber

Computer electronic device

2.2 Cyber Disorders

A group of disorder characterized by preoccupation with the Internet, increased anxiety when off-line, hiding or lying about the extent of on-line use, and impairment to real-life functioning.

2.3 Statistics and Facts on Cyber Disorders

(According to Cooper et al 2013) Nearly 43% of people have been affected with cyber disorders 1 in 4 has had it happen more than once. Only 1 in 10 victims have been affected with cyber disorders in USA. Girls are about twice as likely as boys to be victims and perpetrators. About 75% of people have visited a website bashing another individual

2.4 Effects of Cyber Disorders

1. Lose self-esteem, self-confidence, and sense of security
2. Depression, anxiety, nervousness, and eating disorders
3. Affects a student's performance and attendance at school
4. Experience mental and health problems
5. Leads to suicidal thoughts and suicide
6. Causes a lifelong affect to the victim.

2.5 Types of Cyber Disorders



3. Cyber Sexual Addiction

Defined as any form of sexual expression accessed through the computer or the Internet, has increased dramatically over the past few years. Cybersex addiction is a serious, harmful problem that can affect not only the addict, but also his or her spouse, family, friends and employer. Cybersex activities include viewing, downloading pornography along with masturbation, reading and writing sexually explicit letters and stories, e-mailing to set up live sex meetings, placing personal ads to meet sexual partners, visiting sexually oriented chat rooms, and engaging in interactive online affairs which include real-time viewing of each other

using electronic cameras hooked up to the computer (Schneider & Weiss, 2001)

3.1 Characteristics of Cyber Sex Addiction

- pattern of out-of-control in cyber sexual behavior
- Ongoing desire or effort to increase cyber sexual behavior
- Cyber Sexual obsession and fantasy as a primary coping strategy
- Severe mood changes around cyber sexual activity
- Inordinate amounts of time spent in obtaining cyber-sex,
- Neglect of important social, occupational or recreational activities because of cyber sexual behavior

3.2 Prevalence of Cyber Sex Addiction

- 9-15 million people access internet daily
- Sex is the most frequently searched topic
- 38% admit to explicit sex talk with someone online.
- 31% admit to having a sexual relationship with someone they met online.
- 38% admit to masturbating while online
- Cybersex compulsives reported spending an average of 35-40 hours per week online, with an average of 15-25 hours pursuing online sexual material.

3.3 Why Cyber Sex Addiction is More...



4. Therapy

1. Knowledgeable therapists gave appropriate diagnoses, guidance about how to stop the behaviors,
2. Therapists should treat the disease similarly to other sex addictions.
3. Schneider (2010) notes that “initially, the addict needs to be helped to break through the denial that a problem exists and to recognize the impact of the behaviors on the partner and family.
4. Develop strategies for dealing with sexual urges.
5. Couples therapy: Maheu (2001) suggests some basic steps to help recovering cyber addicts enhance their marriages and other committed relationships.

Cyber Relationship Disorders: The Internet can be a great place to interact socially, meet new people, and even start

romantic relationships. However, online relationships can often be more intense than those in real life. Our fantasies are given free reign and the idea of being with our online love can exceed all realistic expectations. Since few real-life relationships can compete with these wild, fantasy relationships, the Internet addict will prefer it spend more and more time with their online friends. Another problem is that about 50% of people online lie about their age, weight, job, marital status, or gender. When online friends meet and the real-life person fails to match the online personal, it can create profound emotional disappointment. That’s why cyber-relationships is also a part of Internet addiction, because it will spend you a lot of time when using Internet.

Internet Addiction: Internet addiction is described as an impulse control disorder Similar to other addictions, those suffering from Internet addiction use the virtual fantasy world to connect with real people through the Internet, as a substitution for real-life human connection, which they are unable to achieve normally.

What are the Warning Signs of Internet Addiction?

- Preoccupation with the Internet. (Thoughts about previous on-line activity or anticipation of the next on-line session.)
- Use of the Internet in increasing amounts of time in order to achieve satisfaction.
- Repeated, unsuccessful efforts to control cut back or stop Internet use.
- Feelings of restlessness, moodiness, depression, or irritability when attempting to cut down the use of Internet.
- Use of the Internet is a way to escape from problems or to relieve a dysphoric mood. (E.g. Feelings of hopelessness, guilt, anxiety, depression.)

How to Overcome the Internet Addiction:

- Use the internet only for work
- Get professional help when its need
- Build your coping skills with supportive meetings
- limit your settings
- Use other type of divertional therapies

Computer Game Addiction: Obsessive Computer Game Playing

This addiction is characterized by an excessive desire and subsequent use of the computer that results in negative consequences socially, financially, physically, emotionally or otherwise for the user. A preoccupation with computers can lead to problems with relationships, problems with productivity or problems with self-care and hygiene. It’s important to recognize that not all people who spend hours each day on the computer are considered addicted. An individual may spend 6 or more hours in a day on the computer but still not be considered an addict. Each individual situation is different and therefore, there is no set number of hours that is (or is not) considered a potential for computer addiction.

The Most Common Causes for Computer Addiction are:

- Anxiety caused by stress at work, relationships, financial problems or other sources
- Depression that leads to computer use to escape reality
- Inactivity and using the computer instead of working out or otherwise being active
- Physical illness that prevents an individual from leaving the home
- Boredom and feeling like there is nothing else to do

Types of Computer Addiction

- Programming addictions – these addictions result from an individual's desire to reprogram items or databases or to create new software excessively
- General Computer addictions – this the result of an individual's desire to play games such as solitaire or other games on the computer and does not generally include internet usage

Tips to Overcome a Computer Addiction

- Limit your computer use
- Commit to only using the computer for work or institutions
- Place limitations on the location that you will use the computer
- Look for social support
- Keep a computer diary
- Get outside help



5. Cyber Bulling

Cyber bullying is any harassment that occurs via technology (e.g. fake profiles and threatening text messages and phone calls.)

5.1 Statistics of Cyber Bullying's

- 70% of students report seeing frequent bullying online.
- Over 80% of teens use a cell phone regularly, making it the most common medium for cyber bullying.
- 68% of teens agree that cyber bullying is a serious problem.
- 81% of young people think bullying online is easier to get away with than bullying in person.
- Bullying victims are 2 to 9 times more likely to consider committing suicide.

5.2 Prevention of Cyber Bullying

Schools/colleges need to make students more aware of the effects of cyber bullying

- Parents need to monitor kids internet and cellphone activity
- Legislation need to take action to deal bullies

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