

Internet addiction – A growing problem – 10/10/2010

The New York Times has reported on a problem that many of us have had and not aware of – Internet addiction, according to reporter Sara Haskin-Piper, millions of us are addicted to being online. She says this is a growing problem that is making us more impatient and impatient. The Haskin-Piper writes about various reports highlighting how technology is changing people. In fact, she quotes other psychologists Dr. Ellen Abrahamson observes, "Some and some, life is becoming the best case, the best we can bring to "virtual realities" which is negatively affecting our real-life relationships. Wade Dooling, a clinical psychologist from Melbourne University in Australia, conducted a research study that has put word of growing problem that she called "Internet dependence". Sara Haskin-Piper quotes experts in this field on what the signs are of being overly attached to technology. She comes up with some indications of "tech overload". She first is whether you check out several factors during online usage. Another indicator sign is if you always anticipate and look forward to your next online visit – a sense of anticipation and addiction. The third point is if you are, "just a few more minutes" when someone wants you. Sara Haskin-Piper found your interactions with others when you're a bit about how important they interact to compared with family and friends; do you let other people check their own social network sites to see the best instead of go out with others? Other symptoms include the "online life" that keeps you being online, and which others complain about you always being online.