



ICT CONNECT

@ Cove

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PAEDIATRIC CYBER ADDICTION

Can the Cyber World be Addictive?



Here's some facts & figures...

Singapore is one of the most wired places on earth:

- at least one internet connection per home
- the highest percentage of smart phone users in the world, relative to our population
- 92% of Singaporean young people use a social networking platform such as Facebook or Twitter
- 45% of Singaporean young people play online games every day

It is a common sight to see people swiping at their mobile devices on buses and trains. From watching videos to playing online games, and even making friends on social networks, many young people in Singapore appear to be living in a 24/7 "always connected" world of their own.



Excessive Use of the Internet

Can a person be addicted to the cyber world?

It is suggested that individuals dependent upon a specific behaviour has an 'addiction'.

Therefore, someone with an unhealthy obsession with the cyber world and is unable to curb his/her urge towards excessive internet use, is an internet addict.

Paediatric cyber addiction refers to young people such as school-going children who are engaged with the cyber world excessively.

What are the activities that one can be addicted to on the Internet?



What are the signs of a person with Cyber Addiction?

- Losing track of time - Using the Internet longer than intended
- Feeling irritable or getting violent when disrupted
- Feelings of guilt - Especially when family members nag at the excessive use
- Prefers digital device/internet use, isolation from offline or real relationships with family and friends
- Academic performance and health are affected



TIPS FOR PARENTS

What can be done to help overcome the excessive use of the Internet?

- ✓ Develop other interests outside of the Internet world, e.g. play sports, take up art or dancing, etc.
- ✓ Limit the time spent online - for example, only 30 minutes a day for cyber world exploration
- ✓ Offer support to help your child stay connected with the real world
- ✓ Use the Internet as a tool rather than an escape from the real world or solely for entertainment
- ✓ Face up to the problem and seek professional help for your child, if needed