



The background features a light blue city skyline. In the foreground, a laptop sits on a wooden desk. Overlaid on the scene is a network of white dotted lines connecting various circular icons. These icons include a dollar sign, speech bubbles, a person, a cloud, a padlock, an envelope, a book, a magnifying glass, a graduation cap, a Wi-Fi symbol, a location pin, and a group of people. A horizontal bar with blue, orange, and red segments is positioned above the title text.

IMPROVING INTERNET USE: A GUIDE

1.

INTRODUCTION

The internet is a double edged sword.

Introduction

Parasocial
relationships

Self-Esteem

Addiction

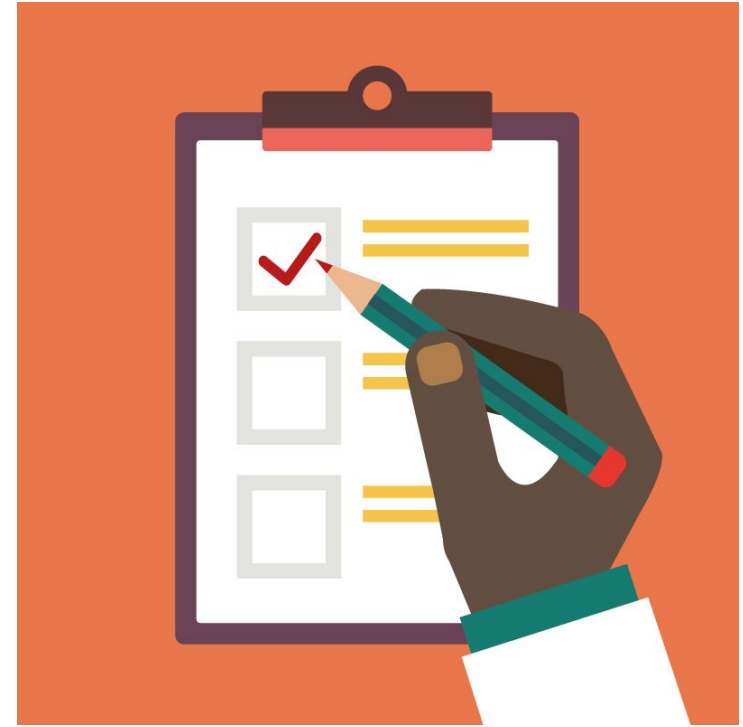
Gaming

Review

How to

Agenda

1. Introductions
2. Dangers of the Web:
 - 2.1. Parasocial Relationships
 - 2.2. Self Esteem
 - 2.3. Addiction
 - 2.4. Excessive Gaming
 - 2.5. Review
3. How to Better Interact with the Internet



Pathological Internet Use

Addiction to the internet or inability to regulate internet usage to the point that it has a negative impact on your life. It may also cause depression, anxiety, or stress.



Internet Addiction Test

Please be honest as you go through this for the most accurate results. Feel free to track your score as you go along.

3:00



<https://tinyurl.com/cpsc370iat>

Meet The Team



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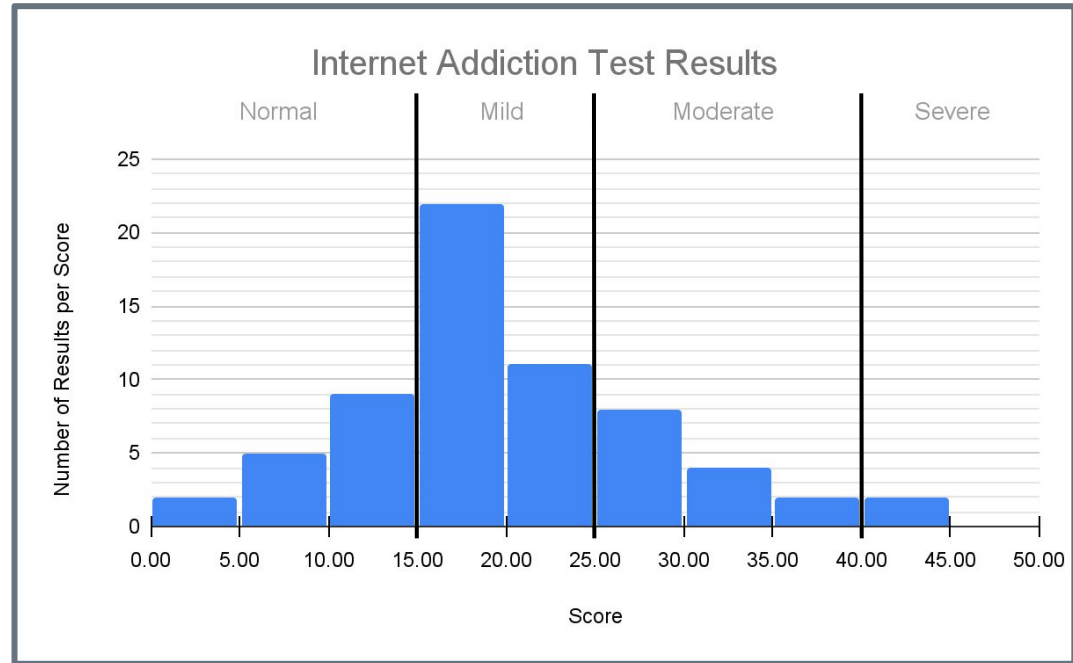
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Software Engineering

Results

- ▷ **0 - 14 points:** normal level of Internet usage
- ▷ **15 - 24 points:** mild level of Internet addiction
- ▷ **25 - 39 points:** moderate level of Internet addiction
- ▷ **40 - 50 points:** severe dependence on the Internet



Effects of Poor Internet Use

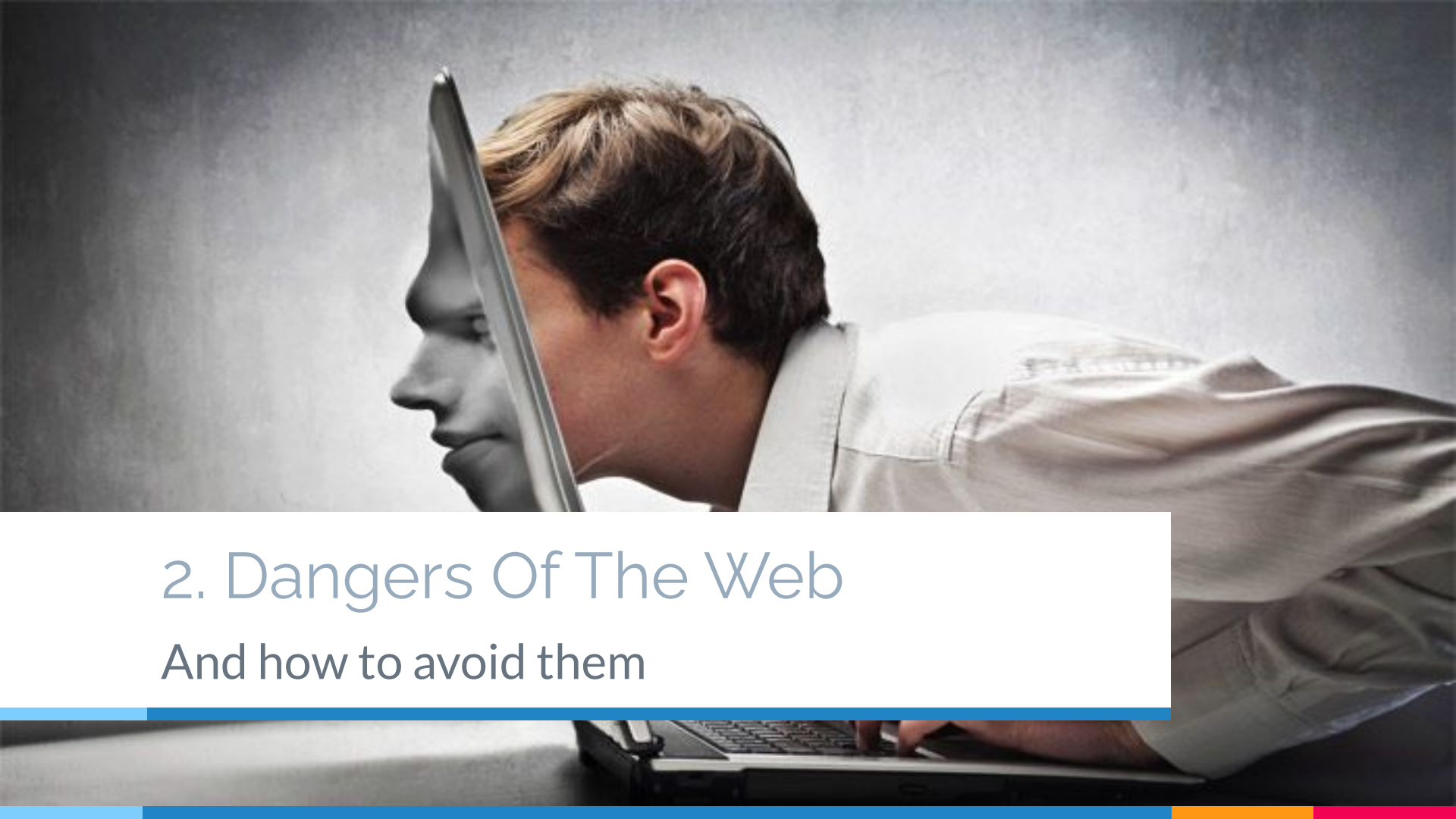
- ▷ Poor mental well-being
- ▷ Sleep disturbance
- ▷ Impaired social skill development
- ▷ Peer comparison
- ▷ Poor posture



Effects Of Healthy Internet Use

- ▷ Information
- ▷ Learning a new skill
- ▷ Stress management
- ▷ Better sleep quality
- ▷ Social support
- ▷ Telehealth
- ▷ Enhanced mental health
- ▷ ...and much more!





2. Dangers Of The Web

And how to avoid them

Main dangers of internet use



Parasocial

Believing that you're developing a relationship with someone you're watching on the Internet



Excessive Gaming

Similar to addiction, but with a focus on gaming, this can cause rifts in relationship.



Addiction

Spending an unhealthy amount of time on the internet, having detrimental effects on your real life commitments.



Self Esteem

Comparison is the thief of joy..

2.1

Parasocial Relationships

The Internet causes unhealthy dependencies on people we will never meet.

Parasocial Relationships

- ▷ Occur with large audiences for a single performer or group and specific audience members view the performer as a friend
- ▷ Twitch, Youtube, Social Media are particularly susceptible at fostering these types of relationships
- ▷ Exist only in viewers mind

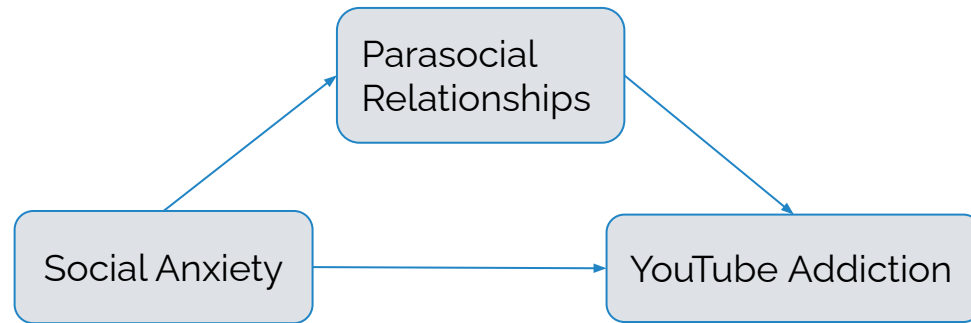


Prevalence

- ▷ PSRs are not inherently negative
- ▷ PSRs have become increasingly prevalent because of the interactive nature of platforms like Twitch
- ▷ In a study conducted by YouTube in 2017, 40% of millennial YouTube subscribers claimed that their “favorite creators understands them better than their friends.”

Potential Problems

- ▷ Viewers may form these relationships to fulfill the lack of interpersonal relationships in their own lives
- ▷ PSRs are positively correlated with addiction to YouTube



2.2

Self Esteem

“Is it true that pain is beauty?” - Melanie Martinez

Introduction

Parasocial
Relationships

Self Esteem

Addiction

Gaming

Review

How to

Social Media

- ▷ One of the most popular things to do on the Internet is scour social media.
- ▷ In a study done in Karachi, 95% of students(sample size 340) were registered on Facebook and 59.7% reported that they use the internet to check up on friends. 69.7% reported that they use the Internet for latest news updates. Both of these reasons are satisfied by social media.

Self image

“an individual’s positive or negative evaluation of himself or herself”



In a study conducted on 180 students from a large southwestern US university, time spent on Facebook was found to be positively related to depressive symptoms.

A separate study of 154 students from the another large southwestern US university found that time spent on Facebook was found to be correlated with comparing oneself to others and in turn, causing potential for depressive symptoms.

Attention

There are people that go online to seek attention:

Intelligent people:

- ▷ These people want to be told how amazing they are

Insecure people:

- ▷ post on social media because they have a hunger for other people telling them they are worth talking to

Overtime, this becomes an addiction...

2.3

Addiction

People have found themselves unable to take time away from the Internet.

Drug Addiction and Internet Addiction

Internet Addiction	Drug Addiction
Signs and Symptoms	
<ul style="list-style-type: none">• Changes in mood• Uncontrollable time use• New game for desired feeling• Withdrawal when not playing	<ul style="list-style-type: none">• Chronic• Uncontrollable use of drugs• Larger doses to create desired effect• Withdrawal symptoms

Telltale Signs

- ▷ Excessive or poorly controlled urges regarding computer use and internet access that lead to impairment or distress
- ▷ Leads to a dysfunctional impact in some aspect of life.
- ▷ More common in areas with high internet access

Consequences

- ▷ Negative impact on job performance or productivity
- ▷ High levels of stress
- ▷ Negative impact on relationships and social skill development
- ▷ Issues regarding mental health such as depression

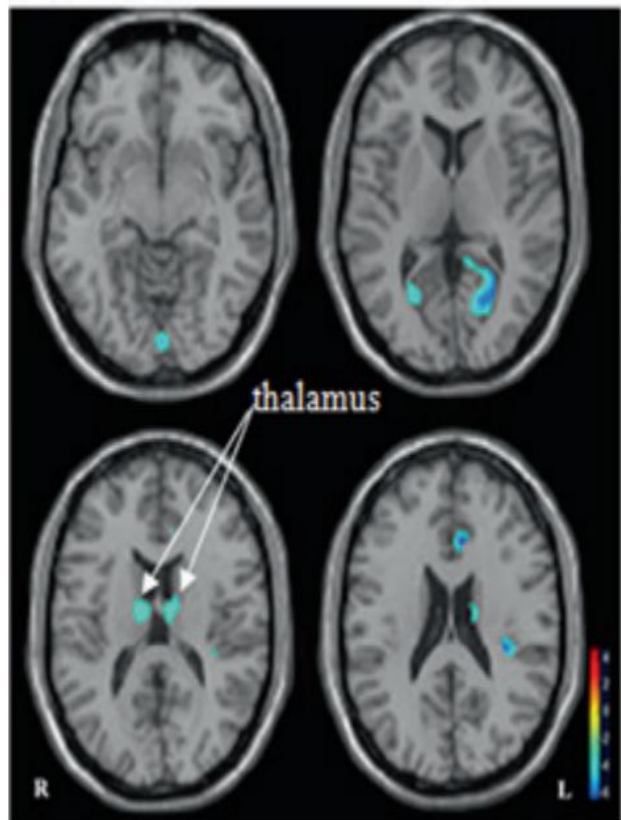
Problematic Internet Use

Among College Students:

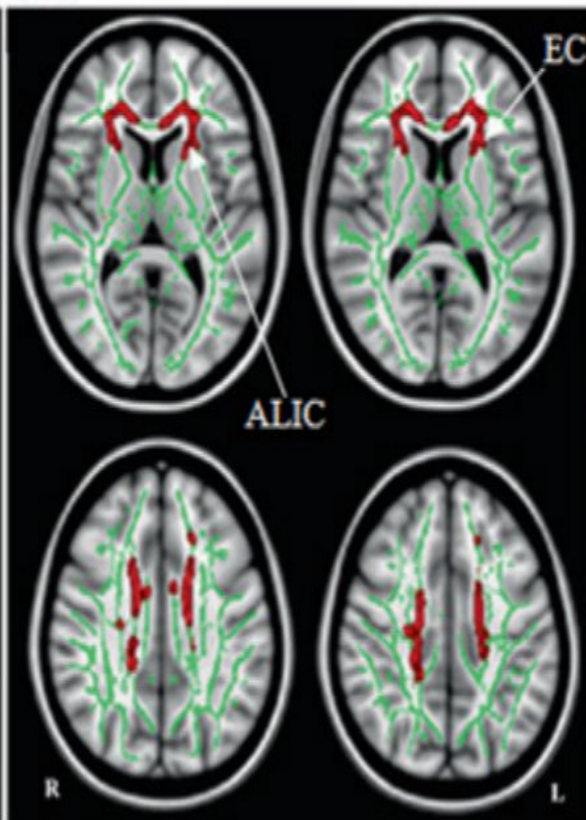
- ▷ Comorbid psychiatric conditions
- ▷ Coping with stressors
 - Lack of structure
 - More responsibilities
 - Stressful transition to college



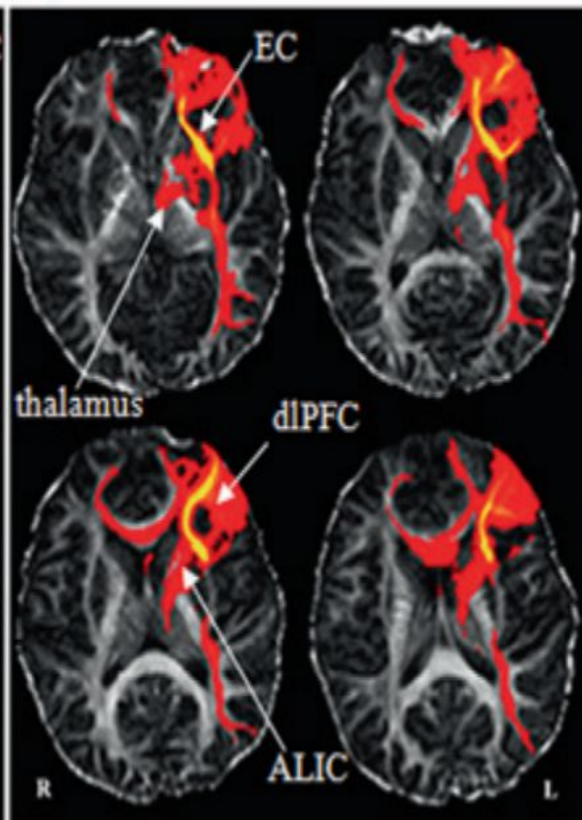
(a)



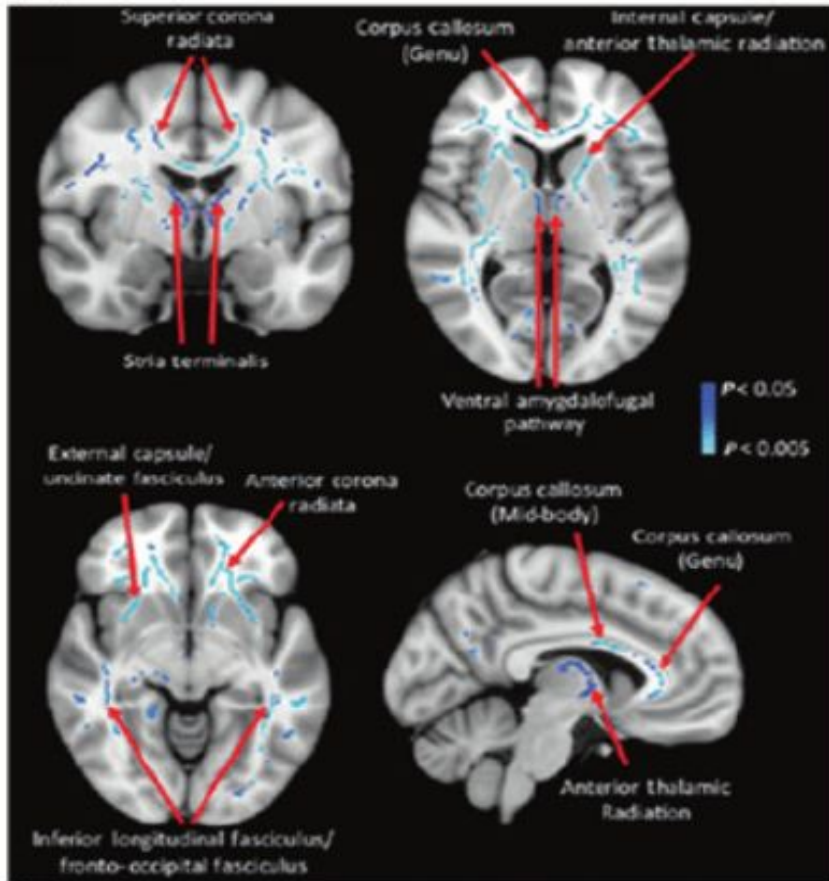
(b)



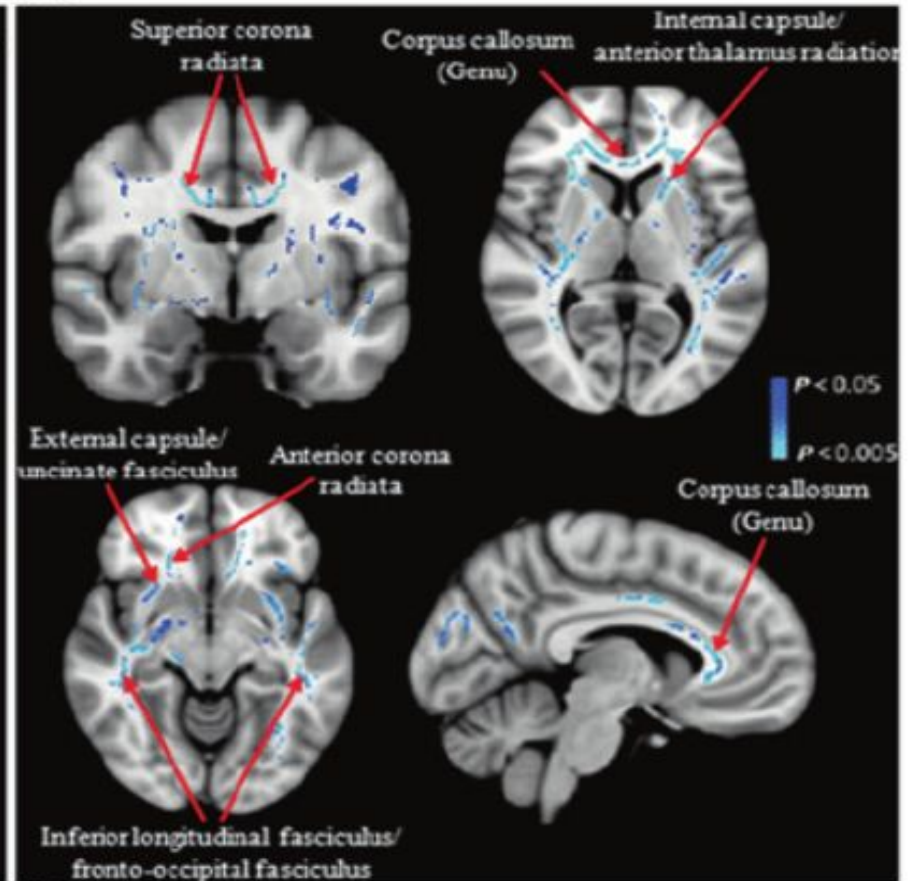
(c)



(a)



(b)



2.4

Excessive Gaming

A blight upon growth and productivity.

Telltale Signs

- ▷ Characterized by playing video games for many hours(around 5+) each day.
- ▷ Can be caused by high stress or a need to escape from reality
- ▷ Similar to general internet addiction



Excessive Gaming

- ▷ [Healthy Gamer - Gaming Addiction Playlist](#)

Main Question: Does gaming impair your ability to do the things you want to do?

If so, that can be argued as an illness as the brain has been rewired to put gaming before other things

2.5

Review

In case you missed anything...

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relationships

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Let's review some concepts



Parasocial

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Addiction

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Self Esteem

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3.

How to use the Internet healthily

Tips and tricks to better your Internet use!

Tips To Stay Healthy!

Limit Your Use

Problematic internet use begins with addiction. Developing healthy time management skills related to the internet will help you stay healthy! Use the internet in moderation.

Mentally Separate

Have a healthy mental separation from the internet. Don't make the internet your life. Not setting these boundaries can put you at higher risk of internet addiction.

Have The Right Reasons

Limiting internet use to business or academic reasons will greatly decrease your chances of developing unhealthy habits.

Improving self esteem

How to stop relying on the internet to fill a need for attention:

- ▷ Learn to sit with your feelings of needing validation
- ▷ Need to stop fighting internal battles with outside help
- ▷ Spend time with yourself and realize things are not that bad



Frequency

Take note of how frequent you use internet

- ▷ Maybe write it down
- ▷ Have a way to visualize how much time you spend on the internet

Priorities

- ▷ Think about how you prioritize using the internet over other things

Might start to notice you have “more time”

Alternatives

Socialize with your friends and family!

Staying connected with your friends and family can help prevent internet addiction by allowing you to take joy in socializing and having fun outside of the web!

Learn a new skill!

We all want to learn a new skill but can “never find the time for it”. Instead of watching YouTube, every now and then, think about practicing a new skill.

Apps

Forest

<https://www.forestapp.cc>

Screen Time

Available on IOS and Android



Thanks!

Any questions?

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