

Internet Addiction and Internet Gaming Disorder as a Social Anxiety

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EDITORIAL

Adolescents' lives are becoming increasingly influenced by the Internet. While there are numerous advantages, there are also dangers associated with excessive usage and addiction. Recognize the clinical signs and symptoms of Internet addiction (compulsive use, withdrawal, tolerance, and negative consequences), treat any comorbid conditions (other substance use disorders, attention deficit hyperactivity disorder, anxiety, depression, and hostility), and begin psychosocial interventions. More research on this area will help to establish an agreement on diagnostic criteria and explain the best course of action. Children and adolescents' use of the internet and videogames has skyrocketed in recent years. Because of the severe physical, emotional, and social effects of internet and gaming addiction among youngsters, there is growing concern.

There's additional evidence of a link between computer and videogame addiction and Attention Deficit Hyperactivity Disorder (ADHD). Worldwide, internet gaming is a legal form of entertainment; nonetheless, there are growing fears that large numbers of players are becoming addicted. The American Psychiatric Association (APA) defined Internet Gaming Disorder (IGD) as a condition that needed additional clinical investigation before being classified as a mental disorder in 2013. IGD, which has been classified as a behavioural addiction, has numerous physical and psychosocial characteristics in common with drug use disorder, including cerebral abnormalities on functional Magnetic Resonance Imaging (fMRI). When compared to girls, teenage and adult males engage in considerably more addictive internet gaming in terms of screen time, cravings, and poor health consequences,

which have, in rare cases, resulted in death. The findings of a scoping assessment of literature linked to IGD are used in this article to raise awareness about an emerging men's health issue. Three themes are covered: (a) understanding the nature, effects, and symptoms of IGD; (b) understanding IGD through neuroscience; and (c) IGD therapy techniques. These themes allow for a review and synthesis of the available literature on IGD in order to guide much-needed research on gaming addiction and to educate Primary Care Practitioners (PCPs) about the specificities of IGD in men's health. The data are used to examine the links between IGD and masculinity, as well as the need of identifying how habits like social isolation and game immersion might be harmful coping techniques for men. The Internet is a piece of software that was created to make research and official communication easier.

According to Internet World Stats, the world's internet users number 3.36 billion. Since 2005, global internet usage has surged by 832.5%. There are 25 million active internet users in Pakistan. It is a multi-faceted behavioural condition that manifests as a variety of physical, psychological, and social issues, as well as a number of functional and structural alterations in the brain, as well as a variety of comorbidities. There are few local studies on this subject, yet the internet's availability and use are immense. The purpose of this study is to determine the extent of internet addiction among medical students. The Diagnostic and Statistical Manual of Mental Disorders, 5th edition, now includes Internet Gaming Disorder (IGD) (DSM-5). Many cases are currently being reported as a result of the disruption caused by this internet game, which affects people of all ages. Internet gaming addiction is a common affliction that frequently coexists with sadness, irritability, and social anxiety.

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