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A Case Study on Indian Youngsters: Internet Gaming Disorder and Internet Pornography Addiction

Anthony Kimton Prabhu

Dept. of Visual Communication, Vels Institute of Science, Technology and Advanced Research (VISTAS),

*Corresponding Author: anthonykimton@gmail.com

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***Abstract*—**This research aimed to study the major psychological problems faced by Indian youngsters in internet addiction in connection with pornography and gaming.Also, this research discusses the economical benefits of the developed nations by the pornography industry. Hardcore pornography business and the vast, enormous and huge profit gained by the pornography movie makers, the porn-websites and the internet linkers which connect the link to the world people and marked as a mass destruction in the changing era of globalization. This case study clearly analyses the key element found throughout all internet related experiences: "The ability to maintain or heighten arousal with the click of a mouse of a finger". The research is conducted on the basis of an extensive literature search and review was performed utilizing a variety of sources. EBSCO collections like ERIC, LISTA, PsychARTICLES, PsychINFO and SocINDEX are referred for the researrch study. Internet related addictions are examined through ambiguosly titled papers performed by first author. Real incidents related to internet ponography addiction is taken as main consideration for analysing the case study. This research clearly shows that there is a significant level of development found in the internet pornography viewers group. This research clearly defines the source of addictions, effects and the recovery mechanism for psychological rebooting. This researchshows the importance of restrictions needed to stop the addition and other health issues. Apart from the internet pornography and addiction, internet gaming devlops the addictive nature of the younger generation groups. In order to reduce the side effects, the governemt has to implement strong rules in the dissemination of informtion through internet.

***Keywords*—**Dopamine, DSM – Diagonastic and statistical manual of mental disorders, Dysphoria, Internet Pornography

I. INTRODUCTION

From the childhood the gaming addicted children are at higher risk of mental health issues. And the research study reveals that 20 million Indian plays video games and two third of the population and 3% play in pathological level. The children addicted to internet gaming are called “Geeks” is a leftover stereotype and most of the woman and most game purchasers are at young age and the kids are addicted to gaming develop mental illness. The cyber world growth had paved a path for communication and economic empowerment.

Internet Gaming Disorder (IGD)

DSM – 5 Diagnostic and Statistical Manual of mental Disorders is known to share many traits with drug and alcohol addiction. Gaming increases the size of the reward Centre in the brain meaning that games get a huge dopamine boost. Dopamine is Centre to many addictions, including cocaine and compulsive gambling. Like drug addicts, internet gaming addicts continue to play despite abundant negative consequences and often destroy their careers and relationships because of the time they dedicate to the habit.

Sydney University claims thousands of youngsters aged 19 – 25 years are travelling across the country to find treatment and their addiction time period is more than 60 hours continuous playing Internet games without sleep.
Dr. Tam explains the proportion of gamers addicted much like drug and alcohol, even kids’ drop out of school, become violent towards parents and develop mental health problem.

The Evidence – In Singapore 3000 school children found that around 1 in 10 was addicted. And the unites states are actually underestimating the prevalence of the issue and the real figure is more in line with the rate of addiction and other substances. Depression and anxiety were shown to improve.

Internet Pornography Addiction (IPA)

Every second $3,075.64 is spent on pornography and every second 28,250 users are viewing pornography in internet. In 2015, over 1,917,793000 searches were about

pornography. The pornography producers create more and more violent and extreme content to satisfy their market. The psychological abnormality created by porn addiction is severe and leads to the Dysphoria stage. Internet pornography addiction is the reason behind the criminal activities like Rape, WomenTrafficking and Child Abuse. Pornography industry is the core of the entire categorized problem to satisfy their market.

This research paper is organized into five sections. The introductory paragraph helps to introduce the basic problems, 2nd chapter analyzes the related works, the chapter 3 outlines the methodology adopted, section 4 helps to elaborate the findings, and chapter 5 help to write the conclusion of the research.

II. RELATED WORK

The phenomenon of behavioural addiction was acknowledged by American Psychiatric Association (APA) as can be seen in multiple passage within DSM-5. The studies suggest that when there individuals are engrossed in internet games, certain pathways in the brain are triggers in the same direct and intense way that a drug addicts brain is affected by a particular substance [1]. The gaming prompts a neurological response that influences feelings of addictive behaviour. Excessive use of the internet not involving playing on online games (e.g. excessive use of social media, such as Facebook) is not considered analogous to internet gaming disorder [2].

The decision is inconsistent with existing and emerging scientific evidence, and the conducted review aims at contributing on to the ongoing discussion of Internet Pornography Addiction (IPA) in response to the APA's request [3]. The APA has not clearly stated why the larger diagnosis, internet addiction (IA), was reworked in to the move content specific diagnosis of IGD [4]. This position is consistent with DAVI's original concept of Specific Problematic Internet Use (SPIU), as well as Brand, Laier, Young's updated version of Specific Internet Addiction (SIA). This also matches Griffith's proposed differentiation between addictions *to* the internet and addiction *on* the internet. The more functional decision and easier way would have been to maintain the proposed diagnosisof IA but simply require a subtype or specifier; gaming, pornography, social networking, shopping etc., the exact same criteria, references and most of the wording currently listed for IGD could have been kept, with only the word 'behaviour' used in lieu of the word 'gaming'. Indeed, the original format proposal for IA to be included in the DSM-5 incorporated the subtypes of instant messaging, pornography use and video games [5]. This would have aligned the DSM-5 with what has, in broad range of potentially problematic behaviours involving internet use, this inclusive approach has been proposed multiple times, both historically and recently.

National Institute of Psychiatry researchers in Mexico also conducted a review on the topic of IA [6]. These researchers investigated the classification, comorbidity, diagnosis, electro physiology, epidemiology, molecular genetics, neuro imaging and treatment of the disorder. According to their findings, the researchers concluded that "considerable clinical and neurobiological research has been done to the subject with research pouring the data from different parts of the world" [7]. Similarly in their review focused primarily on treatment models for internet addiction reported a "substantial overlap with the symptoms commonly associated with behavioural addiction and neurological similarities with other additions" [8].

Kuss and Griffith's noted:
Gaming, shopping, gambling or social networking is been comprised as a heterogeneous spectrum in internet addiction. Gaming represents a part of the populated construct of internet addiction, and gaming addiction appears to be the most widely studied specific form of internet addiction to date [9].

Kimberly Young presented the first empirical research on IA at the American Psychological Association's annual conference in 1996, and there have been hundreds of studies and reviews on the topic concluded since that time.

Leeman and Potenza published a review on the "similarities and differences between pathological gaming and substance are disorders". The authors illustrated multiple similarities between gaming disorder and substance use disorders (SUDs) in regards to brain function (frontal cortius, striatum and insula) and neurotransmitter system research findings (dopamine, serotonin, opioids, glutamate and norepinephrine) [10].

III. METHODOLOGY

The primary focus was given to articles published in the last five years fir the scope of this topic and selected for the case study. From that analysis, research findings and conclusions are found for the solution of the research problem. The emerging topic is entirely relevant to historical context and the analytical priority was given to literature review and articles published.

The following search terms and their derivatives were used in multiple combinations: Addict, behaviour. (Both behaviours and behavioural), compulsive, imaging, non-drug, non-substance, and neurobiology.

Internet Gaming Disorder:
The Internet is now an integral, even inescapable part of many people's daily lives; they turn to it to send messages, read news, conduct business and much more.

Internet, particularly online games aspects had developed preoccupation which is been focussed by the recent scientific reporters. Clinically significant impairment or distress are the result of persistent and compulsive online activity by the 'Gamers'. Academic and job functioning is been endangered for the people with this condition. Studies suggest that when these addicted individuals are engrossed in internet games their brains are triggered in to an intense way like a drug addict's brain affected by a particular substance. A neurological response is prompted by gaming which influences feelings of pleasure and reward which manifests as addictive behaviour. The criteria is limited to the condition to internet gaming and not includes internet, online gaming or social media.

Internet Pornography Addiction:
Norman Doidge in his highly regarded book on neuroplasticity, *The Brain That Changes Itself* clearly summarises the research on addiction and the reward system and stated that when an individual chronically and compulsively watches Internet Pornography there is a continued release of dopamine in to the reward system of his brain which stimulates the neuroplastic changes that reinforces the experience.

Neurosurgeons Hilton and Watts published a commentary in the Journal Surgical Neurology International which they titled "Pornography addiction: A neuroscience perspective". In this journal they have included many of the previously mentioned studies; the role of DeltaFosB in natural addictions, neuroanatomical changes caused by excessivebehaviors, dopamine receptor density changes, reward system and the influence of excessive behaviors in it. Hilton published a second and similar literature review, again emphasizing the critical role of DeltaFosB research as informing the study of not only sexuality in general but the more specific scope of internet pornography consumption.

IV. RESULTS AND DISCUSSION

The physical structure of the brain can be changed by repeating behaviours due to a mechanism called neuroplasticity. For instance, when a top athlete trains at jumping hurdles on a track, it's a training for the muscles but also rewiring the synapses of the brain to respond more quickly respond to the thoughts and environment when jumping hurdles on a track. Similarly a person who habitually uses pornography for boredom primed his neural circuitry to quickly think of pornography whenever he is bored. A person also using pornography to distract himself from idleness is also training her neural circuitry to quickly crave for pornography whenever they are in idle situation. Through the mechanism of neuroplasticity, these people have literally reshaped their brains to the point difficult for them to think of productive timing except pornography in certain situations which triggers the prompt of continuous porn usage. By allowing the porn addicted brain to unplug from pornography, much of the damage inflicted by heavy pornography use is repaired. The brain is rebooted like a 'factory setting'. The science behind the brains ability to heal from addiction is based on the same science behind the ways the brain gets twisted by addiction. Neuroplasticity is a double – edged sword, able to reshape our brains back to normal functioning. Understanding the problematic scenario of IGD and IPA on Indian youngsters is an important psychological factor of the nation's intellectual productivity. Altruism, intelligence and the psychological harmony is the key tool of an individual for his role as a citizen. Like the developed nations our India had the responsibility of starting a psychological rehabilitation centre like America reSTART Rehabilitation centre which conducts research and cure for the addicted individuals and researches related to addiction.

V. CONCLUSION

Intellectual growth of a nation's youth is the main key for the above mentioned empowerment of a country. In the war of capitalism the Gaming industry and Porn industry had targeted the third world countries like india, pakistan, bangladesh, srilanka and african subcontinents as a global market for selling their explicit addictive products and contents. Developed european countries had started rehabilation centers for their subjects mental welfare. But in our nation the basic amneties of people are in questionable situaton which leads to the omition of indian youth's mental healthcare and their cyber addiction. From schools to colleges and universities internet addiction creates an alarming condition to be noted for further study and cure.

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Authors Profile

Anthony Kimton Prabhu *holds* Master of Science Visual Communication from LOYOLA College in 2007 and PGDCA in Loyola institute of Business Administration – Informatics. He has eight years experience in the field of television production in media industry and three years experience in teaching field as Assistant Professor. He has attented many workshops, conferences, seminars in universities. He has directed many televison showsin Kalaigner Television Pvt Ltd and has a passion in acting and direction. He also has been awarded as best program producer in Star Asianet Suvarna channel. His research areas are New media, gender studies, social media and its impacts, television serials and advertisements.

