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### **Internet Addiction**

Since its initial arrival in the average household, the Internet has become a very widely exercised source of communication. At any given moment, there is an endless amount of information streaming through Internet accessible computers. The chance to interact with other people is another tempting feature of the Internet. Unfortunately, with this new commodity, also comes the possibility of abuse and addiction.

Internet addiction has become an exceedingly negative power in today's culture. What causes Internet Addiction? Several different causes could be to blame, but one of the most widely believed theories is that of a personality disorder. In the essay entitled "Internet Addiction", Carol Potera says that the, "lone, bored, depress, introverted, lacking self-esteem, or have a history of addictions," are most the most susceptible to this disorder. The people that fall into this category seem to be the most prone to all mental disorders. Some say that these people feel the need to find an escape from their lack of actual relationships, so they see the Internet as a very attractive escape from this harsh reality, somewhat like the reason an individual would turn to drug addiction. Seeing how this disorder has arisen relatively recently, it hasn't been studied a great deal.

Potera introduces many of these details in her essay. She points out that addiction to the Internet is an ever-growing concern throughout the entire world. In several instances, she uses actual cases of Internet addiction to support her argument. Her argument consists of more fact than her own opinion. She is basing most of her claims on studies that have been conducted on the causes of Internet addiction and abuse and how it affects the lives of everyday people. Potera's essay is mostly informative, where she is explaining the causes and effects of this particular disorder. She also presents different solutions to this problem from several different expert sources studying this field. There are several occasions where a comparison between alcoholics or gamblers and those "addicted" to the Internet is being established. The essay is very effective because it establishes the causes, effects, and even some solutions to the problems with pathological Internet use.

Potera makes a very sound case by using all the professional sources, which made it easy for me to comprehend. I do not have any objections to her argument. My only problem with the essay was the fact that she did not state her own opinion enough to make it seem that she had an interest in the subject. Without her opinion, it makes me feel that she is not confident in what she is writing about, and that she is using ideas that are not even hers. She is focused on informing people about this disorder, and mostly likely directing her essay toward those already addicted or those having access to the Internet. People that read this essay that have or are at risk of becoming dependant on the Internet gain a real

insight and idea of how to diagnose and treat this flaw such as the “It’s 4 A.M. and I Can’t-Uh, Won’t-Log Off” (Potera) workshop created my Jacob Kornerup. Those that are not in that category obtain an understanding of what type of everyday crisis these people may face and the severity of the problem globally.

Although Potera gives sufficient amounts of information to back her argument, she does not have any statements that are against the idea of the existence of Internet addiction. This makes the essay more one sided and less informative, which is made out to be.

This essay appealed to me because of my interest in the Internet and knowledge of addiction existing. I believe that once a user has been introduced to the Internet there is an unseen reliance established. This reliance may be more severe in different cases, but it exists all the same. The first time the user is separated from this newfound tool is the breaking point or the complete bond in the reliance. I believe that this is where “addiction” begins. Users feel the need to fulfill this craving more like brushing their teeth every morning than smoking a cigarette. It becomes a similar to a daily routine like something they are supposed to do not have to do.

Potera makes an argument that would be more likely to be found in an encyclopedia than newspaper editorial. It is based completely on fact. If I did not have a special interest in the field then, I would have most likely written this paper over a different essay. Potera presents a great argument and more than substantial amounts of factual information to back her case, but it lacks that

“gleam” to catch the eye of a reader not particularly interest in that subject. This is the one and only statement that I have that is remotely negative about this essay.