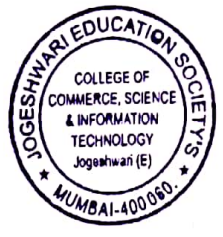
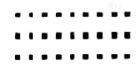


3.2

CONFERENCE
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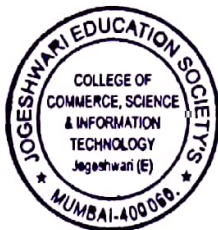
RESILIENCE
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TOWARDS
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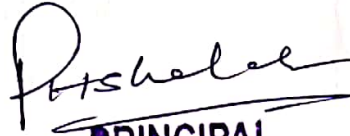


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INTERNET ADDICTION: IS IT ALL IN YOUR BRAIN?

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Abstract: With the growing importance of Internet in everyday life, more and more people are accessing various online resources each day. It is observed that problematic internet use is due to the extensive availability of internet. It's a fact that utmost youthful people spend their precious time on Internet without knowing its negative impact on their mental and physical health. By reviewing and assaying many research articles related to the topic Internet addiction and reading few cases on Internet addiction, we present substantiation that are suitable to give an overview of the main themes and predilection covered by applicable studies. In this study, we will try to understand all the concept related to internet addiction and we will also try to find out the answer of the following questions: (1) What makes Internet use addictive? (2) What are the cause of Internet addiction? (3) What are the effects of Internet addiction? (4) What are the types of Internet addiction? (5) What are the signs of Internet addiction? (6) What are the control strategies to overcome Internet Addiction? (7) Who is more likely to be affected by Internet Addiction? (8) What is Internet addiction disorder? (9) What is digital detox boot camp? The main findings from this literature, though not conclusive, but will help the experimenter and policymakers to gain a better understanding of the problem faced by the youth due to internet addiction and necessity to develop remedies to lessen the dependence miracle.

Keywords: INternet, Internet Addiction, Internet Addiction Disorder, Technology, Detox Boot Camp

OLA ELECTRIC SCOOTER- RIDE INTO THE FUTURE MOBILITY

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