

# PORNOGRAPHY ADDICTION

The risk of pornography and prevention

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## **1) DESCRIPTION**

**Pornography addiction is the controversial application of an addiction model to the use of pornography.**

**It's important to note that “porn addiction” isn't an official diagnosis recognized by the American Psychiatric Association (APA). But experiencing an uncontrollable compulsion to view porn can be as problematic for some people as other behavioral addictions.**



## **2) CAUSES**

**It's hard to say why viewing porn can sometimes escalate into an out-of-control behavior. You may start looking at porn because you like it, and watching it doesn't seem to be a problem.**

**You may enjoy the rush it gives you and find yourself wanting that rush more often. By then, it may not matter that these viewing habits are causing a problem or that you feel bad about it later. It's that in-the-moment high you can't resist. If you try to stop, you may find that you simply can't do it. That's how behavioral addictions sneak up on people.**

**ResearchTrusted Source shows that certain behavioral addictions, such as internet addiction, involve neural processes similar to substance addiction, and that internet pornography addiction is comparable.**

**It may start during a period when you feel bored, lonely, anxious, or depressed. Like other behavioral addictions, it can happen to anyone.**

**When a user watch pornography a certain amount of dopamine is released in his brain. This produces an euphoric effect which leads to addiction.**



### **3) SOLUTIONS**

- **Limit access to porn sites (age and time)**

- **Programs in high schools about the dangerous of pornography (professional therapists who can help students)**

- **Parents should talk about sex and pornography whit kids**





# BETTING ADDICTION

## DESCRIPTION:

Your gambling goes from a fun, harmless diversion to an unhealthy obsession with serious consequences. Whether you bet on sports, scratch cards, roulette, poker, or slots (in a casino, at the track, or online) a gambling problem can strain your relationships, interfere with work, and lead to financial disaster. You may even do things you never thought you would, like running up huge debts or even stealing money to gamble.

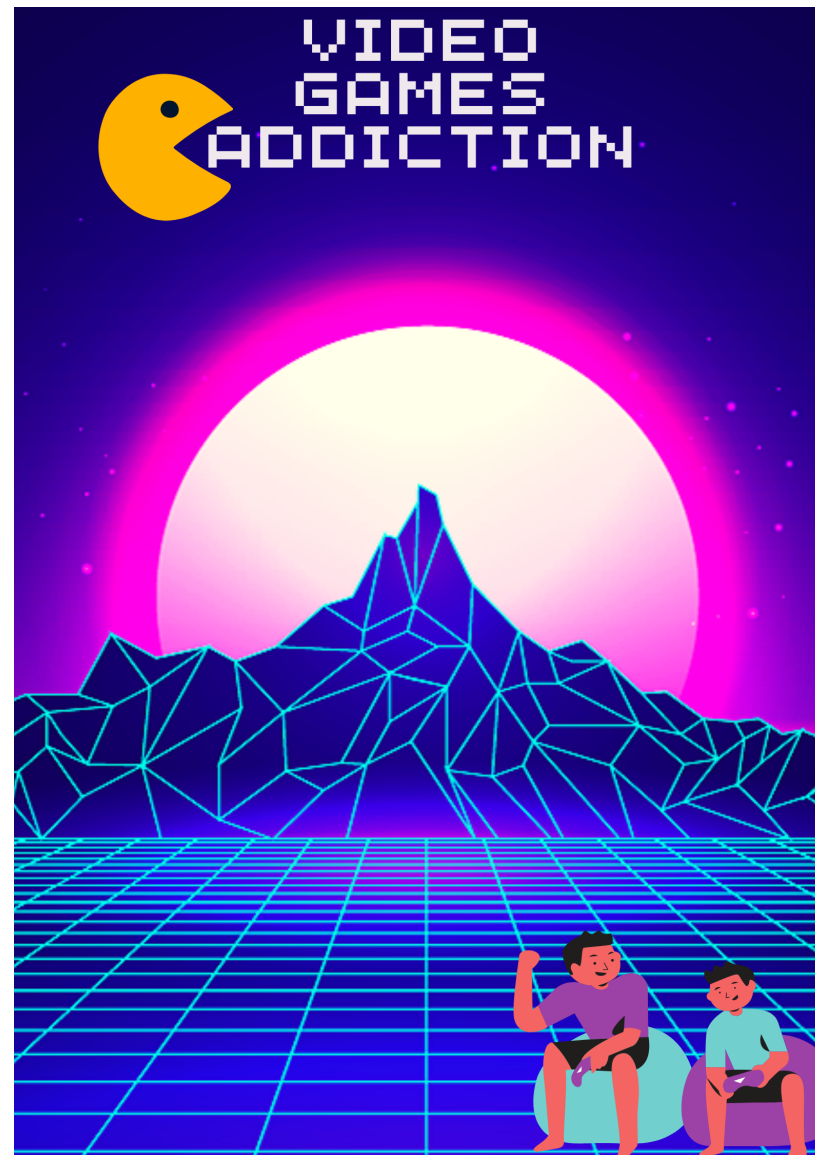
## CAUSES:

If you're a compulsive gambler, you can't control the impulse to gamble, even when it has negative consequences for you or your loved ones. You'll gamble whether you're up or down, broke or flush, and you'll keep gambling regardless of the consequences—even when you know that the odds are against you or you can't afford to lose. When a gambler plays a certain amount of dopamine is released in his brain. This produces an euphoric effect which leads to addiction.

## SOLUTIONS:

- obliged a gain limit per day/week/month
- no publicity on tvs and social networks
- a platform where victims of betting addiction may share their stories anonymously
- NGO and Government Organisations for not to encourage betting
- only 18+ can bet





# VIDEO GAME

## DESCRIPTION:

Gaming addiction is a compulsive need to play computer games even though it leads to negative consequences in a person's life.

Gaming addiction is also known as internet gaming disorder or pathological gaming.

As with all addictions and behavioural addictions, gaming addiction is classified as a mental health disorder by the World Health Organisation (WHO). This means that it is a serious issue that can have negative consequences on your life if not treated properly.

## CAUSES:

Many different causes factor into video game addiction. One of the main reasons that video games can become so addictive, however, is they are designed to be that way. Video game designers, like anyone else trying to make a profit, are always looking for ways to get more people playing their games. They accomplish this by making a game just challenging enough to keep you coming back for more but not so hard that the player eventually gives up. In other words, success for a gamer often feels just out of reach.

## SOLUTIONS:

- a counter that tells you how much time you spend playing videogames and advise you to stop it
- encourage players to take part in sport, lower the price of sports licences
- sensibilisations campaigns for children and parents



# SOCIAL MEDIA ADD

## DESCRIPTION:

Social media addiction is a form of behavioural addiction in which a person engages in the compulsive and excessive use of social media. Problematic social media use ends up interfering with other aspects of one's life and can affect a person in several harmful ways. Some indicators can help determine the existence of social media addiction in an individual. The symptoms of social media addiction include restlessness if unable to check social media, increased reliance on social media as a coping mechanism, and negative impacts on one's personal life, to name a few.

## CAUSES:

The causes of social media addiction include addictiveness, stress and self-esteem, and social anxiety. These factors drive a person to continue with the excessive use of social media to clear out unpleasant feelings.

## SOLUTIONS:

- A reminder that you should get out of the particular social media
- Set up a schedule when you can use your smartphone
- Turn off notifications for social media accounts
- Rediscover offline life