

THE EFFECTS OF INTERNET ADDICTION



INSOMNIA

Internet addiction often leads to disrupted sleep patterns, as individuals stay online late into the night.

WEIGHT GAIN/LOSS:

Poor nutrition and irregular eating habits result from prolonged internet use, leading to significant weight changes.

CARPAL TUNNEL SYNDROME:

Extended use of keyboards and mice leads to carpal tunnel syndrome, a condition affecting the wrist and hand.

HEADACHES:

Prolonged screen time causes eye strain and headaches, affecting vision and overall comfort.



DEPRESSION AND ANXIETY:

Emotional problems such as depression and anxiety are exacerbated by internet addiction.

SOCIAL ISOLATION:

Excessive internet use leads to social isolation as individuals withdraw from in-person interactions.

MOOD SWINGS:

Internet addiction causes significant mood swings, with individuals experiencing irritability and agitation when unable to access the internet.

IMPAIRED RELATIONSHIPS:

Relationships often suffer as individuals prioritize internet use over family and friends.

Internet Addiction In Malaysia Causes And Effects

Sebastian Brünink



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