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## **Information Addiction**

Information addiction is a condition whereby connected users experience stimulation and escape. Technology affects attention span, creativity and focus which have been referred to as pseudo-attention deficit disorder.

In brief, nomophobia or no mobile-phone phobia is the fear of being out of mobile phone contact. According to a recent research more than a half of mobile phone users in Britain tend to be anxious when they "lose their mobile phone, run out of battery or credit, or have no network coverage".

It is widely accepted that nomophobia can lead to such problems as disability to entertain yourself, accidents while messaging or talking and lack of real-life communication.

The other type of information addiction is computer addiction. It is the excessive use of computers to the extent that it interferes with daily life. Consequently an excessive use may explain problems in social interaction, mood, personality, work ethic, relationships, thought processes, or sleep deprivation.

As a result, Internet addiction covers a variety of impulse-control problems, including cyber-relationship addiction, net compulsions, information overload, and computer addiction.

In fact, the most common of these Internet addictions are online gambling and cyber-relationship addiction.

There are some tips for those who want to help somebody with controlling Internet use:

- Be a good role model. Manage the Internet and computer use in your own life well.
- Introduce the Internet addict to other people who handle their Internet use sensibly.
- Get your friend involved in non-Internet related interests.
- Talk to your friend about your concerns with their Internet use.
- Support their desire for change if they think they have a problem.
- Encourage them to seek professional counseling.