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Book Review

[Internet and Social Media Addiction](#). Andrea C. Nakaya. The United States: [Reference Point Press](#), 2015. 96 P. Hard cover. ISBN-13: 978-1-60152-761-5 (e-book). \$39.95.

This book is a fruitful discussion of the Internet and social media addiction in the digital era. It includes informative and impressive facts about this issue. It clarifies the consequences of the extreme usage of Internet and social media in four educative chapters. The publisher of this book, “*ReferencePoint Press*”, introduced the “*Compact Research Series*” to think deeply with focusing on 3 types of information namely objective single author narratives, opinion-based primary source quotations as well as facts and statistics. The addiction series consists of five books examine the risk and challenges of different addictions, from synthetic drugs and heroin to gambling and Internet addiction. Andrea C. Nakaya, the author of this book has a Master’s degree in Communication from San Diego State University. She has been working as a freelance author for almost a decade.

The foreword covers the challenge of overwhelming information in the digital age. The book starts with the summary of the content that essentially covers the main facts about prevalence, addiction rate in Asian countries, symptoms, recognition by the medical communities, causes, effects, profiting from addiction and the most effective treatments.

The overview section focuses on the global concern of the Internet and social media addiction in a short view. Researchers believe that between one and eight percent of users become addicted to the Internet and social media websites. Although the Internet and social media addiction is common in most countries, but South Korea, China, and Taiwan have the most excessive usage in Asia. The importance of studying the Internet and social media addiction through some statistics, predictions and case-study results was also included in the overview. It also describes positive and negative sides of social media tools and are explained in later chapters of the book in details.

The remaining part of the overview explains the relationship between dopamine and addiction. It also points out that there is disagreement among researchers over whether the Internet addiction is a serious problem or not. Video gaming, online gambling and redundant using are mentioned among the most common concerns of the Internet Addiction Disorder (IAD). The topics described briefly in the overview section, are expanded in more details in the following chapters of the book. At the end of each chapter, some well-chosen quotes from primary sources in this

topic are presented. Moreover, some facts and full-color statistical illustrations that support chapter's topic are pointed out.

In the first chapter, it is investigated if the Internet and social media addiction is really a medical disorder. Accordingly, IAD is compared with substance addictions (such as alcohol and drugs) based on some statistics. Moreover, gambling, overuse social media checking and excessive online gaming are expressed as signs of IAD instead of some available disagreements.

Next chapter discusses the causes of online addiction. Possible causes of IAD include the rise of smartphones, different genetically disposed to IAD, the desire to escape unhappy real life, mental health problems, being shy, parental socioeconomic status, interpersonal problems, the desire to be social, escaping of stressful situations as well as various dopamine systems. It is also reported that gender is another antecedent of IAD and men are more vulnerable to Internet and social media addiction.

The third chapter focuses on profound impact and harms of online obsessions on a person's health. It analyzes the negative physical and mental impacts of Internet and social media addiction on users' well-being. Brain changes, physical problems, unhappiness, stress, depression and disorders in personal relationships particularly in youth are mentioned as some of the negative impacts of IAD. It is emphasized that some of these factors are not justified because they have not been supported by research evidence. Moreover, some great quotes and research-based statistics about this context are offered.

In the fourth chapter, some effective treatments and solutions to overcome IAD are recommended profoundly like setting limits and managing Internet usage, educating people especially the youth, recognizing the Internet obsessive usage as a serious disorder, increasing the number of treatment centers, financially supporting treatments by insurance, taking regular breaks and unplugging periodically, formal recognition of Internet addiction as a medical disorder by researchers and psychologists, conducting Cognitive Behavioral Therapy (CBT) and military-style rehabs like boot camps. However, researchers believe that informing people about the dangers of addiction and teaching how to avoid this disorder are the best ways to prevent the problem of Internet and social media addiction.

Afterword part of the book consists of the introduction of key people, and advocacy groups of IAD as well as related organizations. Moreover, chronology of Internet addiction development is briefly described. In addition to the references, some resources for further studies are given. The book is ended with a list of illustrations and an extensive alphabetical index.

This book is advised for researchers, university students, information ethics professionals, psychologists and academics in information science and communication field who are studying the impacts of social media in real life as well as for pleasure reading. Well-organized chapters include short case studies to illustrate key points briefly. The writing style is casual and easy to

read. Studying this work will be informative and inspiring for every individual all over the world due to global nature of this issue and international statistics (Asian and European countries).

At the end, we would like to thank the author for writing such an informative book and suggest adding some other symptoms such as Nomophobia and fear of missing out (FOMO) as well as effect of culture in the next edition of the book. It could be also beneficial to discuss about instructions of media and digital literacy in reducing the IAD.

Mohammadamin Erfanmanesh

Assistant Professor,
Department of Knowledge and Information Science, Faculty
of Psychology and Educational Sciences, Shahid Beheshti
University, Tehran, Iran.

Elaheh Hosseini

Ph.D. Candidate, Department of Knowledge and
Information Science, Faculty of Psychology and
Educational Sciences, Alzahra University, Tehran, Iran.
Member of Young Researchers' Club,
Islamic Azad University, South Branch, Tehran, Iran.

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