

## **PREFACE**

This paper examines the nature of Internet overuse as an addictive disorder or a compulsion. So much research has been done so far on Internet overuse but there is no consensus over its addictive nature and diagnostic criteria. There are researchers who are for or against calling Internet overuse as an addictive disorder. Researchers who support to call Internet overuse an addictive disorder; say that people who are overusing the Internet show the symptoms like salience, mood modification, tolerance, withdrawal, social dysfunction and a tendency to relapse after the online activity is discontinued. These symptoms are same as other established addictions so Internet overuse is an addictive disorder. On the other hand, researchers who oppose this term say that it is no more than a symptom of other, existing disorders like depression, anxiety, impulsive control disorders or pathological gambling. Some even say that Internet overuse is pathological like gambling but the Internet is largely a pro-social, interactive and information driven medium, offers several direct benefits as a technological advancement in our society while gambling is seen as a single, anti-social behavior that has very little social value. So there is no clear consensus as to whether Internet addiction 'exists'.

Moreover, Internet addicts do not suffer from the same damage to health and relationships as in other established addictions. Internet is an integral part of our lives and by comparison, chemical dependence is not. In DSM-5, Internet gaming disorder is under the category of "conditions for further study" as more research is required to establish Internet overuse as an addictive disorder. This paper explores different arguments given by different researchers on Internet overuse and also talk about research for the future which can throw some more light on this topic and make the picture clearer.