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OUTSIDE



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Activating Strategies to fight Hikikomori Condition
2023-1-IT02-KA210-ADU-000150723



Unplugged: Overcoming Screen Addiction

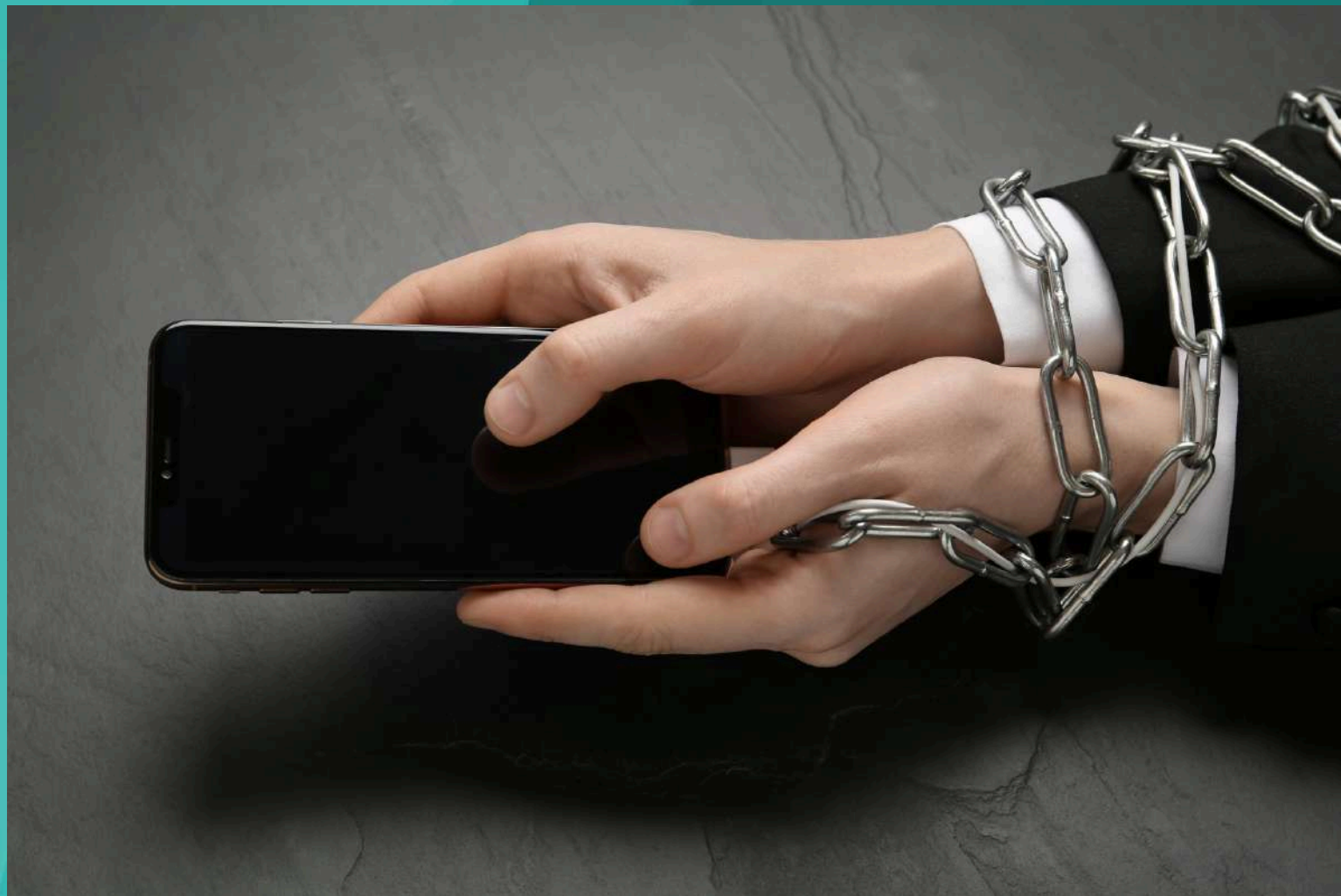
HIKIKOMORI PHENOMENON



Understanding screen addiction



What is it about?



Screen addiction, also known as Internet addiction or technology addiction, among other terms, is characterised by excessive or poorly controlled preoccupations, impulses, or behaviours regarding computer use and Internet access that lead to impairment or distress.

In other words, it means that someone uses electronic devices like phones, computers, or tablets excessively or compulsively, affecting their health, relationships, and daily life.



Types of screen addiction

Some of the most common types of technology addictions include:



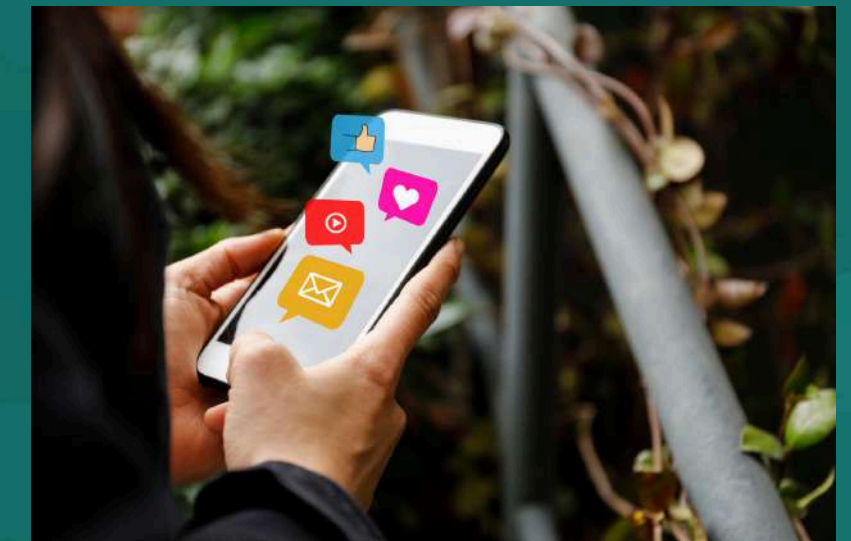
**GAMING
ADDICTION**



**ONLINE GAMBLING
ADDICTION**



**ONLINE SHOPPING
ADDICTION**



**SOCIAL MEDIA
ADDICTION**



How does screen addiction affect people?



PHYSICAL HEALTH

It may cause discomfort such as back or neck pain, sleeping difficulties or weight gain.

SCHOOL OR WORK

Screen dependence can make it difficult to concentrate and can reduce performance.



MENTAL HEALTH

Excessive screen use can increase anxiety, depression or stress.

RELATIONSHIPS

This could lead to less time spent with family and friends, and make it harder to connect with others.



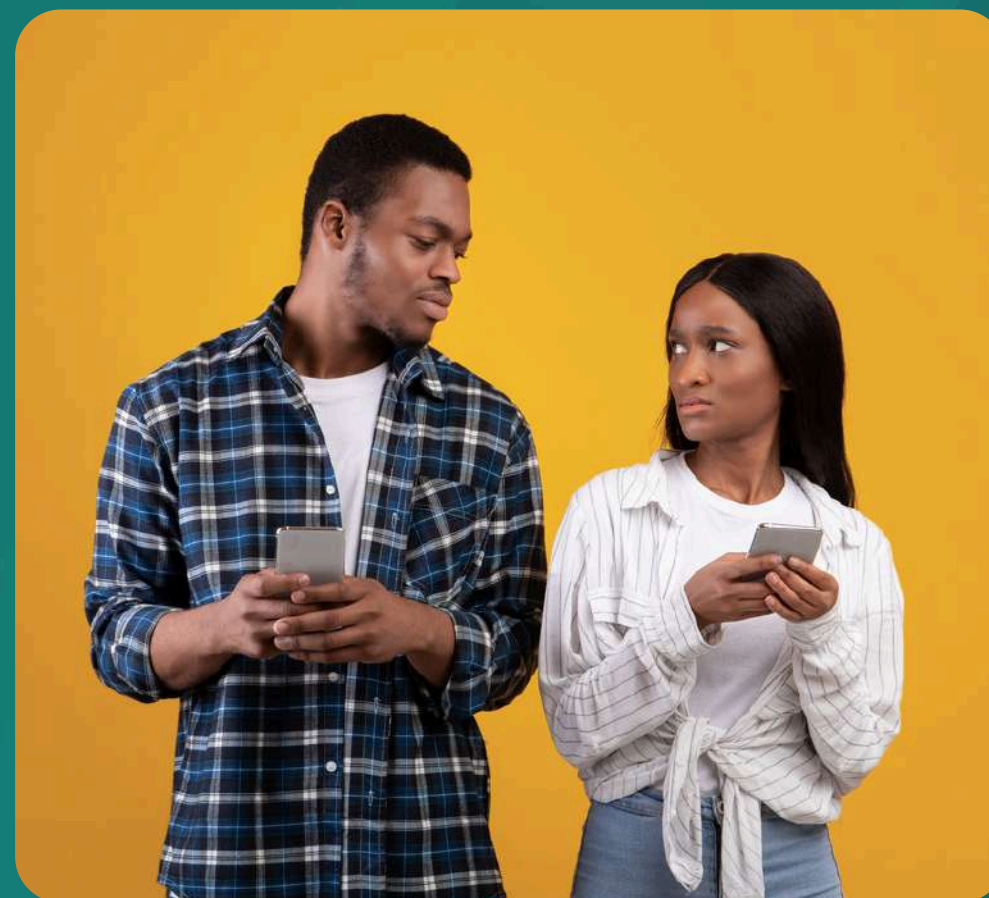
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RESOURCE: OWN SOURCE

Why is it important to reduce screen use?



Improved health:
Better physical and mental health



Strengthened relationships:
More time with family and friends



More balanced life:
Less stress, more offline activities



Tools and strategies



Steps for dealing with screen addiction



- **Seek support:** If you feel you have a problem with screens, it is important to talk to someone you trust, such as a family member, friend or mental health professional to address underlying emotional issues.
- **Supportive environment:** Families and caregivers can help by creating an environment where healthy device use is encouraged and the pressure to always be connected is reduced.
- **Have a plan:** This module offers strategies to reduce screen use and help hikikomori individual and their families find a healthier balance.



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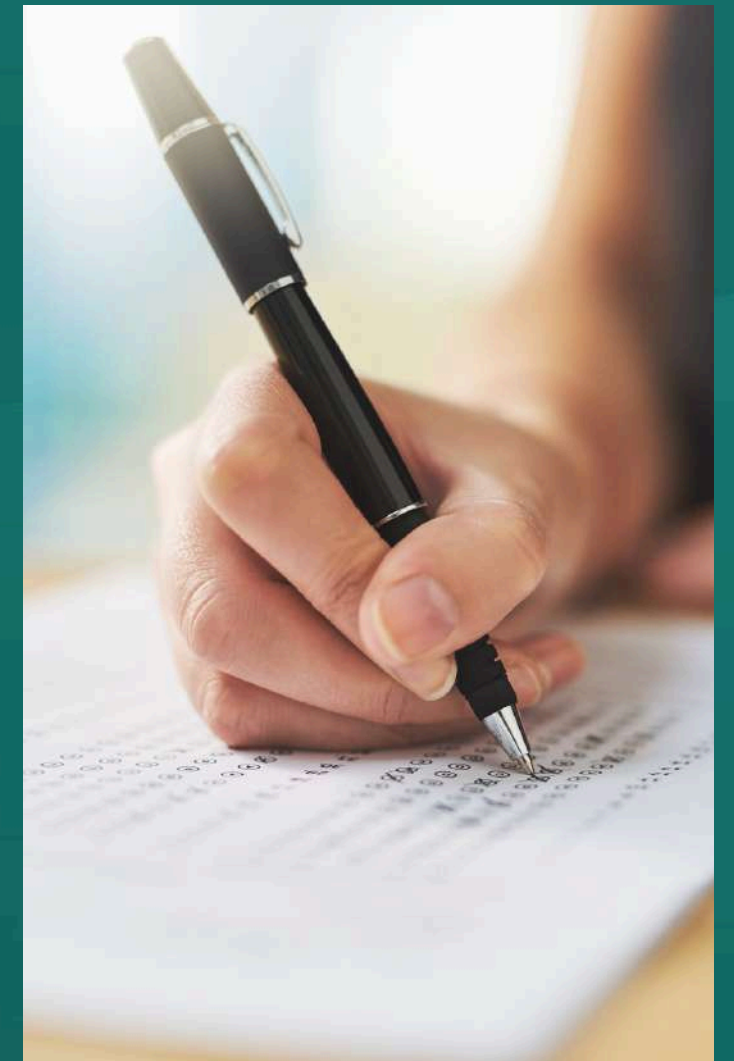
Strategies to reduce screen addiction



ASSESSMENT TOOL – DIAGNOSTIC QUESTIONNAIRE (YDQ) BY YOUNG (1998)

A person who fulfils any **five of the eight** adapted criteria would be regarded as Internet addicted:

- Preoccupation with the Internet;
- A need for increased time spent online to achieve the same amount of satisfaction;
- Repeated efforts to curtail Internet use;
- Irritability, depression, or mood lability when Internet use is limited;
- Staying online longer than anticipated;
- Putting a job or relationship in jeopardy to use the Internet;
- Lying to others about how much time is spent online; and using the Internet as a means of regulating mood.



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Strategies to reduce screen addiction



RESOURCES AND ORGANISATIONS:

1. ITAA: Internet and Technology Addicts Anonymous is a free 12-step community consisting of individuals who support each other in recovering from Internet and technology addiction. It offers online meetings in various languages. Website: <https://internetaddictsanonymous.org/>

2. The NoSurf Reddit community offers a range of resources and strategies to assist individuals in reducing their internet consumption. This includes recommendations for software programmes that help regulate website access and timing. Website: <https://www.reddit.com/>

3. CITA or reSTART: The Center for Internet and Technology Addiction or reSTART provides various treatment programmes and therapy services. It can help Hikikomori individuals to manage and reduce their reliance on digital technology.

CITA website: <https://virtual-addiction.com/about/>

ReStart website : <https://www.restartlife.com/>



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Strategies to reduce screen addiction



Addressing screen addiction can be achieved through various effective strategies. such as; screen time limits, outdoor activities, face-to-face social interaction, and establishing daily routines and achievable goals provide structure and motivation, helping you reduce screen time and stay focused on productive and healthy activities.

SET SCREEN TIME LIMITS

- Establish specific timeframes for using electronic devices and strictly adhere to them. For example, set a daily limit of 2 hours for screen use.
- Define times when screens are off-limits, like during meals or before bedtime. These limits help realise your technology dependence and encourage healthier tech habits.



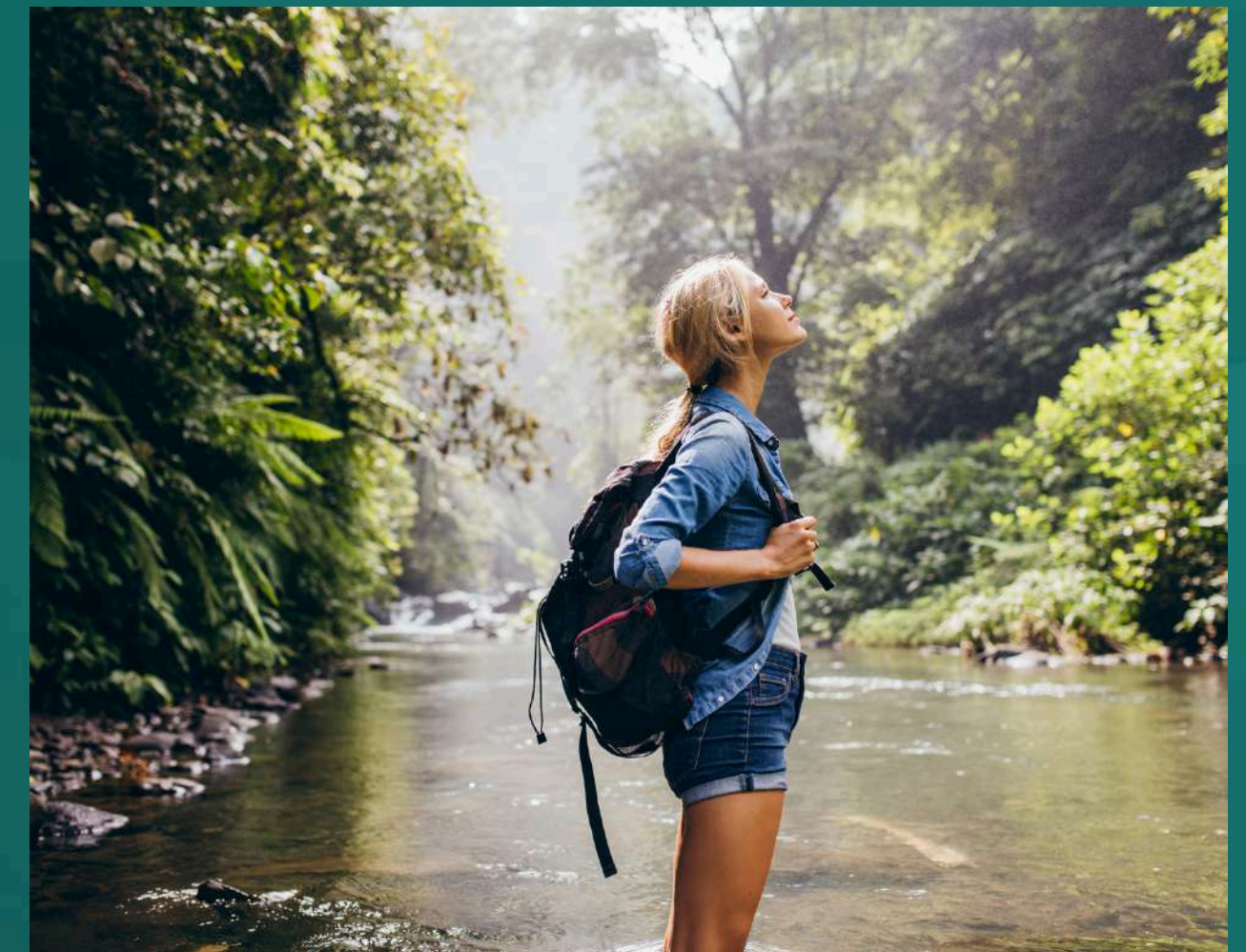
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Strategies to reduce screen addiction



OUTDOOR ACTIVITIES

- Encourage yourself to participate in outdoor activities such as walking, jogging, cycling, or playing sports.
- Disconnect from electronic devices to enjoy nature and improve physical and mental health.
- Outdoor socialisation to break social isolation. Face-to-face social interaction provides a sense of belonging and emotional support that digital communication can't replace



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Strategies to reduce screen addiction



DAILY ROUTINES AND ACHIEVABLE GOALS

- A structured daily routine with productive and healthy activities.
- Set realistic and achievable goals, breaking them into smaller, manageable steps. It keeps the person engaged to reduce screen time and increase the sense of accomplishment and well-being.



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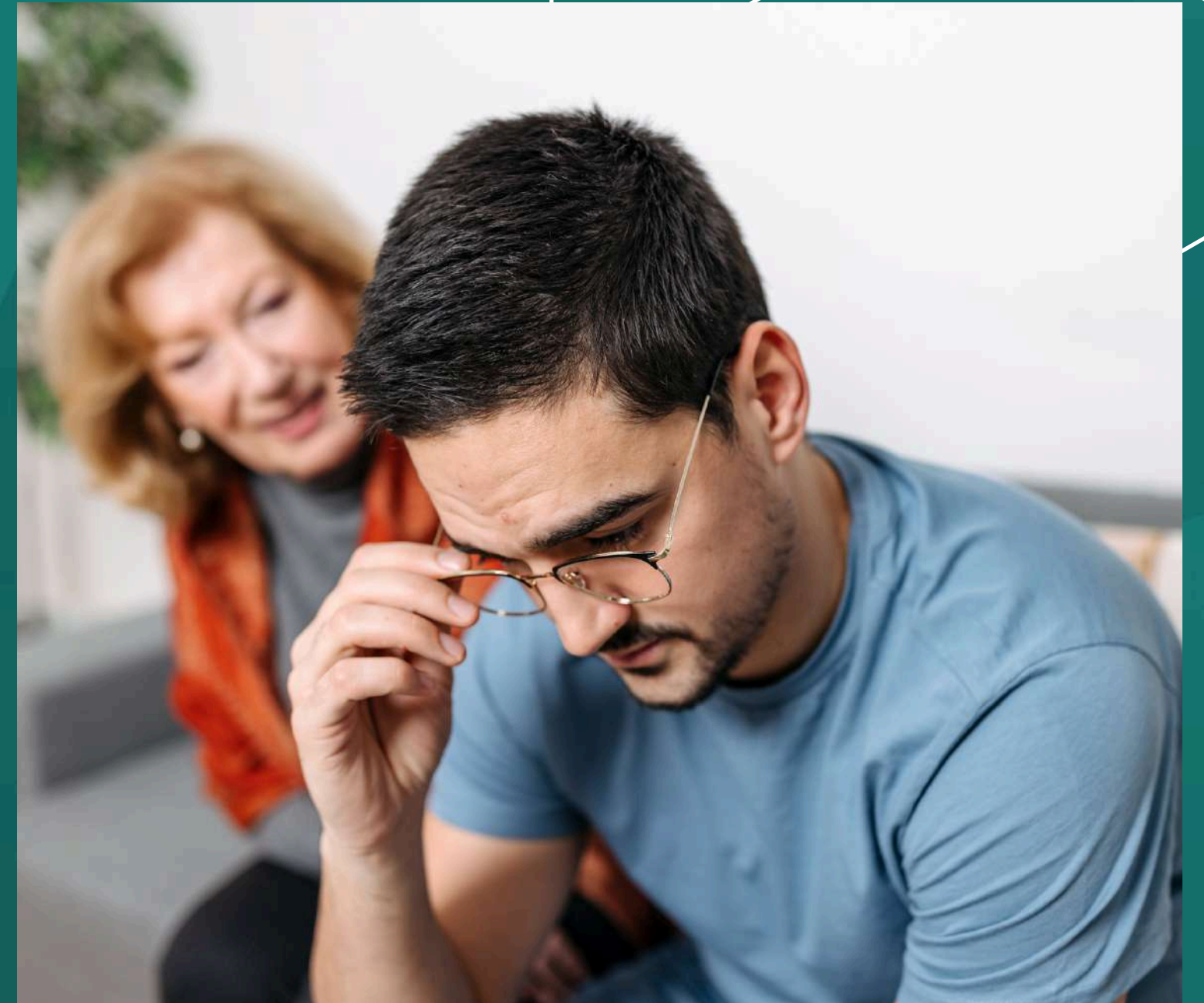
Guidance and support for families



Offering Emotional Support

It's important to understand that screen addiction is not simply excessive time on a computer or phone, but a compulsive behaviour that affects daily life, health, and relationships. Recognising the warning signs, such as social isolation, irritability, and excessive use of technology, will help identify if a loved one needs support.

Recovery from screen addiction can be a long and challenging process. It's essential to offer a safe and emotionally supportive environment. Listen without judgment, show empathy, and support the small achievements your loved one makes. Patience and understanding are crucial during this stage.



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Seeking professional help

It may be necessary to seek professional help. Don't hesitate to contact therapists or counsellors specialising in screen addiction or Hikikomori cases. They can offer guidance and additional resources to help your loved ones through their recovery process. some of the most common and effective therapies for treating screen addiction:

- Cognitive Behavioral Therapy (CBT)
- Group Therapy
- Family Therapy
- Occupational Therapy
- Art and Music Therapy
- Mindfulness and Meditation
- Community-Based Interventions



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Remember that your role is crucial in the well-being of your loved one.

By following these recommendations, you can help the person to find a healthier balance between technology and real life, supporting him or her on their journey toward recovery and personal growth



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CONCLUSION

This module has tackled the challenge of screen addiction among hikikomori individuals by offering a range of strategies for recovery and support. Understanding the root causes and effects of screen addiction allows us to identify warning signs of trouble and implement successful interventions

Families and caregivers can play an essential part in assisting hikikomoris to re-enter society by establishing distinct limits, supporting activities away from screens, and prompting in-person communication.





The module highlights the importance of providing emotional support, seeking professional assistance as necessary, and creating a supportive atmosphere for recovery. Hikikomori can achieve a healthier balance between technology and real-life connections through a combination of personal therapies, family participation, and community-based activities.

By adopting these methods, our goal is to provide hikikomori individuals and their support networks the tools to overcome screen addiction and pave the way for a fulfilling and connected future.





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Projects for **U**tility and **H**umanity



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SKILL *up*
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