

Internet Addiction Pathology with Emphasis on Sexual Behaviors

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Abstract

Objectives: Nowadays, the number of Internet users in all over the world and in Iran is growing. This luxurious application has become something practical and tangible. Although this technology has some advantages and usefulness, it has some defects that we can mention to addiction particularly sexual addiction.

Method: This article is recognizing and categorizing Internet addiction pathology with emphasis on sexual behaviors with research library method.

Findings: The findings indicate that Internet sex addiction can have devastating effects. As users become comfortable with virtual forms of sex material they experience changes in their behavior. And once unlocked online sex material it can be difficult to return to the initial state. Internet sex addiction follows a progressive set of stages. The addiction process involves discovery, experimentation escalation, compulsion and hopelessness.

Results: At the end, according to the understanding reached, in order to reduce the harm caused by Internet addiction it is suggested that before these harmful relationships occurred public education is as essential as to be considered with urgency because public education helps to reduce the cultural lag between technology and the consumer culture.

Keywords: Internet, Addiction, Sexual Behaviors, cyberspace, Cultural Lag

Introduction

A few decades that computers and the Internet, the social, cultural and economic manner has its place in modern society has been using it as a necessity and this has made the world a village similar to its members at any point that they can easily communicate with each other without spending a long time in the world to feed information and increase their knowledge and skills added their (Razavi, 2007: 121). With the beginning of Third Millennium, we saw dramatic changes in technology and the impact of cultural, social and professional from it. Electronic revolution, the computer revolution and the information explosion, many quantitative and qualitative differences in the world, with more than two decades ago has brought the world into a cottage unit. It is most challenging, interesting, and most important developments that have taken place in the field of evolutionary computing and information science (Firoz Bakht, 2001: 24). The enthusiasm for the use of computers and the Internet and its benefits, is a global tendency (Khodaghali, 2004: 18).

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Although the global perspective of using computers and the Internet in general is positive and there is no disagreement about its use, but the manner and extent to allow people to use the Internet in developed countries and developing countries is different in different parts of the world. Other technologies such as the Internet technology in addition to have many advantages, has flaws and defects after the passage of time and the general use of the injuries and problems have emerged to demonstrate. Such damage in the past few years, some pundits and social pathology is sexual addiction, Internet addiction, especially via the Internet. Although addiction is a phenomenon of the past, many people in communities that have been familiar with the concept, now with the evolution of scientific and technological progress along the way of life and raising awareness of the indisputable; Internet addiction issue has arisen in the field can be seen. As the number of Internet users worldwide and is growing in Iran and its application to the state to phenomenal luxury and luxury has become a practical and sensible in everyday life and on the other porn sites with sexual content are increasing day by day and new areas of online sexuality form of "online communication", therefore, research and articles in the field to provide understanding and insight into sexuality and sexual behavior experts in the field of social psychology to understand, prevent, and treat people with these mitigation technologies are addiction .

Problem Statement

Half of the twentieth century with the emergence and rapid development of the science-technology, the world has entered a new era. First to enter the field of computer technology, human life was changed and subsequently facilitating the communication process, which in turn accelerated the shrinking world of global network information (the Internet) a large share of. In this evolution, opportunities and challenges, fears and hopes, were placed parallel to the human population (Attar Zadeh, 2000). The public areas of the Internet in the early 1990s, the excessive use of the limits of the technology in 1994 drew the attention of psychologists. Since then, the phenomenon of Internet addiction has been studied in several countries. The traditional family is facing significant changes due to the emergence of new technologies and the arrival of the family's privacy would be. Among the new technologies, the Internet has tremendous importance because of its special characteristics due to the new structure of the nascent Iranian families (Pakravan, 1999). With lots of features and options available in the public media, including the Internet, they constantly have new and different types of triggers are met. Uncertain and constantly raises the evolutionary identity of the space. Compared to the previous generation, is especially for the generation that faces enormous stimulus.

Internet outdoor greenhouse provides that teachers and parents have access to and do not affect it. The Internet is a great revolution in the world of communication that knows no geographical boundaries (Aliverdi Nia, 2005). According to the United Nations in 2008, Internet penetration in the country reached 18 per 100 persons in 2009 to 31 cases, this growth represents a 72 percent interest in the Internet is Iranian (Iran Statistical Center, 2011). This is a double-edged razor, like other modern technology as well as the very positive aspects of the facilitator, if not irreparable damage can be taught to children and young people are the biggest users of it. The problem of access to the internet called "Internet addiction" is happening in the field of engineering and social and psychological phenomena by experts with emergencies are essential. According to the broad and multi-dimensional aspects of Internet addiction requires in-depth research and analysis concerning the formation, function and how it can be prevented, In this article we have tried to provide a deep insight and understanding of this injury is emerging on how to reduce and control are studied.

What is the Internet?

Undoubtedly talk about the new communication technologies and the resulting changes in daily life are not a new thing (Montazer Ghaem and Tatar, 2005: 224). The Internet itself is nothing more than a mass medium.

With a broad cross-media information has helped individuals, groups, organizations, etc. to ease over the world to connect with each other. Perhaps the first striking feature of the Internet is its potential to be interactive. Control refers to the process of interactive communications and the ability of participants to change their roles in a dialogue on both sides (Kiouisis, 2002: 359). It may be assumed that the Internet differs from other media just because of its size and the extent of distribution and access to information; but the Internet has features that distinguish it from other media. Internet considerable extent on voluntary cooperation of free individuals, relies on the production and distribution of information, this means that potentially any Internet user can create and send messages to large numbers of other people while in other media such as newspapers, television, radio, and so only a certain group of people can play in identifying and selecting information. From this perspective, the Internet than any other media of mass media is considered as a recipient of information to any user, not just that, but it can also be a source of information (Drifus, 2004: 28). Another feature of the Internet is that it is fundamentally different discursive space of discourse. Networks that comprise cyberspace millions of text that relate to the global discourse on the form. In fact, the true power of the Internet, and the features that distinguishes it from other traditional media, the potential for interactive (Stewart, 2002: 308).

Internet Functionality

If we want to close the Internet and its capabilities, we refer to the descriptions Martin Irvine Professor, Georgetown University, America. He says this is to say that the Internet is a global network of computer networks is not sufficient. The Internet, he has three components:

1. A common means of connecting devices to a universal computer system uses digital information to be transmitted.
2. A community of people who share a common communication technology to employ.
3. A world in which information is distributed.

Moreover, in practical use, the Internet has the following features:

- 1- Global communication is a field that is going on 24 hours without stopping.
- 2- An academic and public libraries and online information systems.
- 3- Communication tool for business and corporate communications company.
- 4- The educational system is a remote and distant location.
- 5- Tool for commercial transactions.
- 6- A multimedia system for news and entertainment.
- 7- A public information service.
- 8- Finally all is said and simultaneously (Defleur & Dennis, 2001: 219).

Sex addiction on the Internet

Sex addiction typically found on the Internet, downloading, or exchanging pornography scenes in online chat rooms are. Pornography consists of the largest e-commerce sites that encompass a variety of sexual interests. The most important on the Internet sex addiction and online behavior among users is the most common problem (Young, 2008: 21).

Sexual utilization of the Internet

Before examining Internet addiction and his relationship with sexuality, it is best to examine all the different ways that the Internet can be used for purposes related to sexuality. Internets activities of various sexual behaviors, triggers can be used to surround the words are as follows:

- Search training products for sexual stimulation. This information includes the following:
 - a. Sexual health (including information on contraception, sexually transmitted diseases, etc).
 - b. To aid or assist cognition (e.g. queer recommendations about sex, sexually transmitted diseases, etc).
 - c. Scientific research (e.g. reports of Sexology studies, national reports on sexual behavior, etc). These discussions may or may not appear in Web pages within the network are done through group discussions.
- The purchase or sale of goods related to sexual stimuli. These items include:
 - a. Items educational purposes (such as books, videos, C Ds, etc).
 - b. The purposes of entertainment or masturbating (such as magazines, books, videos, CDs, etc).
 - c. For different purposes (e.g. sexual devices, Contraception, Sexual reinforcement etc).
- Watch or buy merchandise from the store to online virtual sex products. Watching a sex products store may fight with goals by watching sexual desire (purchase windows) or used to buy goods for the time being out of the Internet.
- Product Search online for fun or for the purposes of Masturbation. This could include the following:
 - It is based on images (such as pornography websites that libraries of images, video clips, live shows online from being naked, sexy live cameras and etc to offer).
 - B) According to the text (such as chat rooms, discussion groups within the network, etc).
- Search sex therapists and experts. This includes both individuals and couples who are looking for online sex therapists and experts online to get suggestions and recommendations in the field of sexual and relationship problems.
- Looking for partners for long term relationships. An appointment online through the agencies, personal ads or column "lonely hearts" or in chat rooms.
- Seeking partners for short-term relationships. Through a personal ad online or columns "lonely hearts" or in chat rooms.
- Looking for talented people who are victims on the Internet. It can be noted, including sexual harassment, online forums, grooming children for sex.
- Explore new roles and gender identity: this is done by changing the gender and identity in online communication.
- Changes to the digital pictures on the internet or entertainment purposes Masturbation: For example, to create an unrealistic picture of a famous person to person by putting his head onto someone else's naked body (Griffiths, 2000: 537).

Addiction process

Sex addiction on the Internet is a difficult process and rarely heals. More frequent and more severe as time goes sometimes happens in both cases (Carnes, 2003).

Addiction process is as follows:

- 1- Discovery
- 2- Experience
- 3- Escalation
- 4- Compulsory
- 5- Disappointment

The general pattern of addictive behavior will follow. It begins with the discovery. When people get more comfortable with the technology they use, they may begin to experience the Internet and new types of websites such as pornography sites are known or can be the first to enter the chat room.

Usually takes a person into behavioral addiction is not something new and something tempting previously, it has been tested.

This process consists of five consecutive and independent (Young, 2001): Discover, experience, escalation, compulsion and despair. These stages are independent and that it highlights how Internet users can use as a means of progressive cycle of addiction (Young, 2008: 30).

- 1. Discovery:** In the first step of the addiction process, new users discover the Internet is an exciting feeling. There are many great and interesting things you can do online to watch. New users when they search for information first, in all subjects as per the website and refer to the person who is the subject of intense emotional feelings (Mehta, 2001).
- 2. Experience:** Cyberspace with no hurdles easily explores new doors to new types of sexual behavior are open to Internet users (Barak & Fisher, 2005). Many people without any problems in the field of sexual addiction, sexual behavior in their online sex chat rooms, using sound to hear, and chat with sexual relations or use web cams are used to masturbating and find new sexual behaviors. Many people do not know that this is a new experience to another country can be addictive and increasingly seeking behaviors should be newer and images. Internet users feel safe when they use computers and the technology they are pushing towards more risk behaviors exciting. For example, such as chat rooms or chat rooms bisexual sex incest, although initially shocked to novice users, however, curiosity leads him to try this new experience and this experience can be the first one to move into the addiction. Behind the anonymity of cyberspace to the user, he can age, marital status, race, occupation, education, character appearance hides. A person can make use of the anonymity that has gained experience in real life (Quinn & Forsyth, 2005). The Internet allows people to new experiences without fear of rejection by others gain. Accepting it, the culture of cyberspace it has produced encouraging user feel important and could be looking for relationships and sexual behavior as well as its own.
- 3. Escalation:** As addicted to alcohol or drugs to get the same pleasure and feel the need to use the most basic and most are addicted to the Internet time scenery, sexual images and everyday experience fatigue and malaise, and in order to achieve the same initial enjoy a greater presence on the Internet and are in need of such sites. Gradual increases in the behaviors are chronic and are more likely to be drawn from a person's sexual misconduct and inappropriate. It becomes more worrisome when a person enters the room of incest and child sexual because the mind appearing in this section is ready to find their sexual prey in real space, on the other hand, there are people in this room who believe this sort of fiction or real persons who are novices, this practical experience is very pleasant and realize they need outside of cyberspace such action (Young, 2008: 32).
- 4. Compulsory:** When a person suffering from addiction, violent behavior is the gradual increase, using online becomes chronic, chronic and associated with the use of coercion and concern. At this stage of life because of addiction to crisis management, and it's dangerous for relationships, career, marriage and etc. Addiction is widely associated with distressing emotions and being nervous, as I have no access to alcohol beverages when they are anxious and worried and they are looking to provide sexual addiction to the Internet exert the same symptoms. When you access the Internet, but do it feel to have a short break with the neurological symptoms. Addict is seeking to hide their online activities and your mobile is always the fear that others are aware of this hidden life. He was always looking to make a rational justification for this behavior is destructive and will continue to seek such treatment, though the potential risks such as loss of job, divorce, etc. (Young, 2008: 33).
- 5. Disappointment:** In the final stage of the process of addiction, the addict realizes that he has been hit hard due to addiction and considers himself an addict.

It is in this sense that the person will be more disappointed by the day and every moment especially when it is understood that his life is out of control due to the Internet. At this point, drug use is unhealthy and ultimately to understand the Internet goes away and leaves. Addicts are usually cut your internet service, or throw out the modem software to filter the sex sites on your computer system will be installed. Person to stay healthy is to clean his struggle with is getting out of the back can occur with a single click and the addict will begin once again and the cycle repeats return previous patterns. In desperation, the experience of profound regret addiction makes a person after getting back online. Addict is faced with negative thoughts about him and phrases such as: "I'm frustrated because I cannot use control myself." "I am poor." "I am disabled." And "Am I repugnant because my online experience is dirty." Addicted person feels guilt and shame. After the emotional behavior of the addict sees itself as a personal failure and promises not to do it again, during this period, he tries to be as normal behavior patterns and takes into consideration the interests they had before the addiction, spend more time with family, exercise and doing the rest. However, during this period, he stressed moments of his addiction to the Internet and feels that to online and the terms of such: "Just a minute, do not hurt me." Or "I used to control myself." At the moment, they only think of the good times and old feelings and bad moments when they forget they are surrounded. So avoid cracks and breaks them into force that guided the cycle is repeated again (Young, 2008: 34).

Warning Signs of Internet sex addiction

Internet sex addiction can have devastating effects. People can now freely lusty sex scenes can only watch them once, very difficult to return to the original state (Young, 1997). As users are more comfortable with virtual sexual encounter problems, changes in behavior or signs of change are shown that some of the symptoms (Young, 2001):

- People who are addicted to the Internet on a daily basis large amounts of time in chat rooms and private messages with a purpose only to find pornography online and spend virtual sex.
- When you use the Internet to look for sexual activity online and feel the fascination and delight.
- Normally, your connection to the sex of the person is unknown.
- In the next online session with the expectation that the company will be able to find pleasure and sexual arousal.
- In many cases the virtual sex phone sex (or even met in real life) they move.
- The hidden lives of people who interact online.
- Guilt and shame they feel about their online use.
- While watching online and sexy scenes, they are masturbating.
- Sexual partners are often in their daily lives, so online pornography and cyber-sex as the primary form of sexual pleasure for them to be raised.

In addition to these symptoms in order to identify warning signs, tools and interventions to clients and therapists may need to assess the type and severity of the problem. Did they have illicit sexual relations once a virtual, persistent virtual foreplay, sex addiction, dependence, dependency, communication, and / or face of online sexual addiction? Screening questionnaires for some of these problems, which is included virtual sex addiction, sex addiction, twelve step back and dependency relationship. Some of these questions are given below:

1. Virtual sex addiction test based on DSM (CST) is written by a doctor Kimberly Young: http://www.netaddiction.com/cybersexual_addiction.htm
2. Virtual screening test sex by Robert Weis: <http://www.sexualrecovery.com/resources/selftests/csat.php>
3. Screening test for sex on the Internet (ISST) by Doctor Patrick Karnez has written: <http://www.sexhelp.com/isst.cfm>

4. Wishing to test anonymous sex (SA):
<http://www.sa.org> <http://www.sa.org/>
5. Sex Addicts Anonymous (S.A.A.):
<http://www.sexaa.org> <http://www.sexaa.org>
6. Return of anonymous sex (SRA):
www.sexualrecovery.org
7. Virtual sex addiction test:
<http://www.cybersexualaddiction.com> (Young, 2008: 24 25)

Clinical experience suggests that most of the problems associated with online sexual activities can lead to behavioral problems in married life and connect with important people in their lives (Greenfield & Orzack, 2002). Earlier research has been done on the computer and has been addicted to these results that the computer and / or Internet users increasingly depend on individual causes to spend less time with people who are living alone and instead spend more time in front of computers (Shotton, 1991). Therefore, assessment of sex addiction through the Internet suggests that clinicians should pay particular attention to whether the Internet as a means of stimulation (arousal) used? And / or is it as a way to get pleasure (orgasm)? And in particular how are these activities affecting the lives of clients. Some users say that their sexual behavior with virtual to actual sexual arousal before they are cleared (Greenfield & Orzack, 2002).

Discussion

Spread use of the Internet in all aspects of life, including business, activities related to work, school, banking, etc. are combined and the day on which the application complexity is growing. This is a rapidly emerging change that is transforming the world into a global village. Expanding Internet phenomenon called Internet addiction as a problem that it can be understood from the effects of living in the modern world. There is no doubt that Internet use among the general population in the coming years is the rise of the sexual behavior, there will also be growth associated with the Internet (Griffiths, 2000: 550), so instead of hiding sex in cyberspace can be used in this space in order to better understand the messages that are received in reality there is no access to it. Culture, space and cyberspace provide a safe environment to members about their sexual orientation minded and easily without any fear of a sit down interview. In this environment, information on sexual taboo and forbidden that in reality is a phenomenon that can be exchanged easily, therefore, analysis of the space-related professionals such as social workers, sociologists, psychologists and other disciplines related to this field can benefit from information and primary sources in the field of engineering and the emerging space of injuries and newer and to prevent the damage that the knowledge and information in cyberspace are able to provide solutions.

Suggestions

1. Since many users of cyberspace, training in risk behaviors that lead to injury are seen to be in this space, public education to the public on how to use cyberspace seems to be necessary.
2. Special education and youth through schools and universities in the areas of risk in the context of the Internet and how to make proper use of this technology can be vaccinated remarkable help to the cortex.
3. As mentioned, one of the effects of Internet addiction, especially sexual behavior in cyberspace can be caused mistrust between couples. So educate people prior to marriage and married people can trust that the end result will be to stop divorce and separation.
4. Many children spend only for spending leisure time on the Internet and the possibility of addiction to this segment of the Internet raises. So having planned short-term, medium-term and long-term social, cultural and educational can provide recreation for children and adolescents to prevent abuse of this segment of Internet users.

5. Since the new generation of Internet users are young teens and the use of mobile and wireless Internet and these devices can be very quick to sites that offer sex videos and photos are attached, so parents should buy mobile phones that are connected to the Internet to make required accuracy. Monitoring is much more difficult for parents than computers.
6. Put the available filtering programs for PCs and culture among parents in order to use this software greatly reduces the filter entry to sites with inappropriate content for children and adolescents.
7. Design and construction plans and site informative and useful information on the different tastes of different users can lead to useful and interesting information.

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