

**Read the text. Match the titles to the paragraphs of the text. ONE TITLE IS EXTRA.**

1. EASY WAYS TO ANALYZE ONE'S COMPUTER HABITS
2. YOUNGER USERS AT RISK
3. WHAT COMPUTER ADDICTION IS
4. WHAT'S THE REMEDY?
5. THREATS OF GROWING COMPUTER ADDICTION
6. COMPUTER ADDICTION AMONG OTHER ADDICTIONS
7. STAGES OF COMPUTER ADDICTION HISTORY

**Computer Addiction**

- A.** Computer addiction is a relatively new term used to describe a dependency on one's computer. Computer addiction is not limited to personal computers (PCs). It covers video games and the Internet and has already been given a label by psychologists, namely Internet addiction disorder (IAD).
- B.** People can get addicted to a variety of things, and there is usually various ways of help to treat them. Alcohol and drugs have been known for long years. But other forms of addictive behavior, such as exercise, watching television or spending too much time on a computer, have only recently been recognized.
- C.** The computer addiction has also affected children. Spending hours chatting online, surfing the web or playing computer games can make a person, especially a child indifferent to realistic relationships and other parts of his/her life. A recent research study showed that some children suffer from computer rage (помешательство, страсть) when they are forbidden to play computer games. The results are sudden uncontrolled periods of anger.
- D.** So how exactly is computer addiction defined? When does a hobby become an addiction? As with most other dependencies, specific questions can be asked to see whether or not someone may suffer from computer addiction. These questions are first of all about how much time is spent on the PC or playing video games, sometimes comparing to how much time is spent interacting with real people.
- E.** As with any addiction, steps can be taken to treat computer addiction. Limiting the amount of time spent on the computer or playing video games is a simple step. If your computer is on all the time, switch it off. Guidelines for children suggest allowing no more than one hour per night on the PC or playing video games.
- F.** Computer addiction is said to be increasing. More and more people are spending time in cyberspace in a virtual world of their own making. If not treated, this condition can lead to reduced social skills and degradation in the addict's quality of life.

A	B	C	D	E	F

