

# Internet Addiction and Family Stress: Symptoms, Causes and Effects

## Abstract

This paper deals with internet addiction and family stress as it relates to symptoms, causes and effects. Internet addiction is defined as one who has no control over his or her desire for internet use. At that time, the internet was a necessity and not a luxury. Family is a unit that shares common experiences, issues and challenges. Thus, the stresses shared by family members are shared. Family stress refers to the imbalance between the demands and the family's ability to meet those demands. Every family has different experiences and understandings of stress. One of the stress factors in the family is internet addiction. Ignoring the family as a result of internet addiction also affects the emotional, psychological and mental well-being of each family member. The other effects are on the level of communication of each family member, social problems, and developmental stages of the child. There is a link between internet addiction and household stress which includes symptoms, causes and effects that need attention. Every family needs to be aware of this problem and find a solution to it before it gets worse.