

Digital Addictions

An Interdisciplinary Approach to Behavioral Addictions and Digital Media

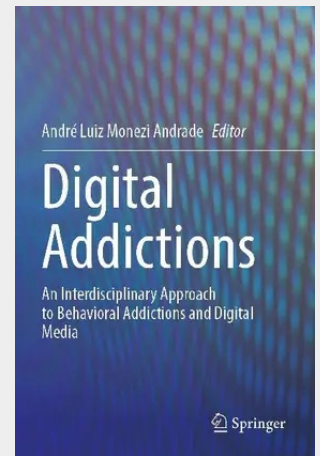
This book critically examines digital media's extensive impact on human behavior, psychology, and broader society. It delves into the intricacies of digital addictions, underscoring the imperative for a balanced digital existence today. Through an analysis of the psychological foundations and societal repercussions of internet and smartphone addiction, binge-watching, gaming disorders, and online gambling, the text emerges as a useful resource for navigating the challenges posed by digital technologies.

The significance of digital literacy and artificial intelligence's influence on our digital media interactions is thoroughly examined, empowering readers with the tools needed for more adept digital navigation. The book also confronts pressing concerns such as cyberbullying and the necessity for parental guidance in digital media engagement, offering researched strategies to cultivate a safer online milieu.

Providing practical advice for individuals, families and educators, this volume aims at closing the gap between digital media engagement and mental health, promoting a more mindful technological usage. It sheds light on the perils of unrestrained digital media interaction while accentuating the opportunities for constructive involvement and the cultivation of essential digital competencies.

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