

DIGITAL ADDICTIONS

THE INDIVIDUAL AND SOCIETY IN THE SHADOW OF NEW MEDIA

Assoc. Prof. Dr. İlknur AYDOĞDU KARAASLAN
Tuğba YİĞİT



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*To my beloved family...
Your presence is my greatest inspiration, my most beautiful tomorrow.*

Assoc. Prof. Dr. İlknur AYDOĞDU KARAASLAN

*To myself...
To the version of me who endures despite exhaustion, keeps creating
despite uncertainty, and stands tall against all odds.*

Tuğba YİĞİT

PREFACE

In a world rapidly and profoundly shaped by the digital age, technology has become more than a mere tool—it has transformed into an ecosystem that reshapes the mind, emotions, and social existence of the individual. Smartphones have almost become extensions of our bodies, social media a mirror of our identities, and the internet an indispensable sphere of life. Yet behind this apparent progress, a silent threat is growing: *Digital Addictions*.

The primary aim of this work is to explore the phenomenon of digital addiction from a multidimensional perspective and to reveal how these contemporary forms of dependency are shaped not only on an individual level but also within broader societal and cultural contexts. Digital addictions are not merely psychological inclinations; they are structural phenomena molded by the direct influence of global capitalism, digital media and algorithmic manipulation.

The scarcity of studies in the literature that examine digital addiction through a comprehensive and interdisciplinary lens highlights this book's potential to fill a critical gap in the field. This work aims to shed light on the dark areas obscured by technological advancement and to raise both individual awareness and social consciousness by emphasizing the multidimensional nature of digital dependencies.

We extend our heartfelt gratitude to our colleagues who inspired us throughout this research and writing process, and to our families, whose unwavering support we have always felt.

We hope this book opens new horizons for all readers who seek to understand digital addictions and serves as a guiding light for future research.

Assoc. Prof. Dr. İlknur AYDOĞDU KARAASLAN

Tuğba YİĞİT

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LIST OF ABBREVIATIONS

ADHD	: Attention Deficit Hyperactivity Disorder (often comorbid with depression, anxiety, and gaming disorder)
APA	: American Psychiatric Association
AR	: Augmented Reality
ARPANET	: Advanced Research Projects Agency Network
CBT	: Cognitive Behavioral Therapy
COVID-19	: Coronavirus Disease 2019
DSM-5	: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition
DSM-5-TR	: Turkish Version of the Diagnostic and Statistical Manual of Mental Disorders
FoMO	: Fear of Missing Out
IAT	: Internet Addiction Test
ICTA	: Information and Communication Technologies Authority (Türkiye)
ICD-11	: International Classification of Diseases, Eleventh Revision
IGD	: Internet Gaming Disorder
MMORPG	: Massively Multiplayer Online Role-Playing Game
OECD	: Organisation for Economic Co-operation and Development
PTSD	: Post-Traumatic Stress Disorder
TCP/IP	: Transmission Control Protocol / Internet Protocol
TLA	: Turkish Language Association
UKGC	: United Kingdom Gambling Commission
USA	: United States of America
VR	: Virtual Reality
WHO	: World Health Organization
WTO	: World Trade Organization
X	: New name for the platform formerly known as Twitter

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