

ADDICTIONS SUBSTANCE FREE DURING LIFESPAN

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ABSTRACT

The addictions substance free is an umbrella definition comprises internet addiction, sexual addiction, gambling pathological, workholism, videogames and computer addiction. Actually, the technological addictions is frequent in young adolescents. The term Digital Natives indicates the children born in an information system of learning and communication different from that of the generations previous. This temporal range was strongly characterized by growing presence of technological communication tools in daily life. The effects of hyper-exposition to technological tools tend to create a relational virtuality without a body is born, therefore, already within the family ties and during adolescence he moved to the digital socialization network. The technological object it interacts between the adolescent and the world of peers and adults, becoming the facilitator object that as the psychotropic substance, it conveys new modes of communication

Keywords: Digital Natives, addiction, technology.

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Introduction

The history of humanity seems to be closely connected with the use of plants, liquors, and

organic materials capable to determine states of alteration of consciousness or to increase and to enhance physical and physical and cognitive performances. The use of cannabis seem to be datable in

about 2000 BC, as on medicinal power of the poppy from which the opium was extracted from the Egyptians in 1700 BC and so for the coke extracted from the leaves of peyote⁽¹⁻³⁾.

Psychotropic substances allow humans to give unusual forms to their feelings and feelings consequence to the cognitive/decisional dimension, in the sense of intensity and persistence; in attempt, sometimes felt as a need, to be able to determine, a variation of one's subjective state. Presently, adolescents tend to use largely different psychotropic substances to change their perception of themselves and reality. Many indicators confirm that the amount of synthetic substances has increased exponentially; and teenagers must use more substances to be able to feel their emotions; the substance in this way it becomes the catalyst of that feeling that otherwise would not have resonance⁽³⁻⁵⁾.

In general, adolescence is a phase of life characterized by contradictions such as the constant conflict between the need for autonomy and independence, a crisis that has accompanied and accompanies each of us to life. adult. On the other hand, the onset age for substances use is strongly lowered; starting from about thirteen years for cannabis (hashish and marijuana) and for alcohol. Clinical studies agree in stating that the earlier the use of cannabis is, the higher the risk of develop psychiatric disorders, as its consumption in adolescence is able to change, permanently, neuronal circuits of specific brain areas, such as the frontal cortex and the hippocampus with effects on astrocytes⁽⁶⁻⁸⁾, thus influencing the development of the areas that underlie cognitive functions such as attention, concentration, memory and learning⁽⁵⁻⁸⁾.

The plasticity of the brain in boys is an irreducible datum that today supports the interventions of prevention in schools and especially those aimed at families. Cocaine is the leader of the others synthetic substances and seems to creep into the young as the substance that holds on, associated or alternating heroin; substance, this, which today seems to have taken on the meaning of refuge of the mind; alternating to the exciting substances, it is used to control, mitigating it, a state of prolonged excitement; moreover, the mode of heroin intake is different, no longer only injected but also smoked; methods of recruitment, this, which allows greater dissemination among the children in which it seems just fulfill the function of psychic calming⁽⁸⁻¹²⁾.

In young consumers dedicated to frequent use of amphetamines, LSD, ketamine, more and more

psychiatric emergencies are highlighted, with clinical pictures characterized by explosiveness behavioral, with a crisis of uncontrollable aggression. In particular, they come to establish real ones and their own mental automatism with gradual compromise of the ideo-affective sphere. It's important the quality of the sense-perceptive experience that these substances induce, eventually conditioning the whole psychic functioning. Some scholars today speak of drugged consciousness, which is formed from the articulation of states of depersonalization, derealization and dissociation, where the experience of the high is the equivalent of a crepuscular state of consciousness⁽⁸⁻¹²⁾.

Addictions substance free

This umbrella definition comprises internet addiction, sexual addiction, gambling pathological, workholism, videogames and computer addiction. Actually, the technological addictions is frequent in young adolescents. The term Digital Natives indicates the children born in an information system of learning and communication different from that of the generations previous, corresponding the year range for birth between 2000 and 2002. This temporal range was strongly characterized by growing presence of technological communication tools in daily life. The effects of hyper-exposition to technological tools tend to create a relational virtuality without a body is born, therefore, already within the family ties and during adolescence he moved to the digital socialization network. The technological object it interacts between the adolescent and the world of peers and adults, becoming the facilitator object that as the psychotropic substance, it conveys new modes of communication⁽⁸⁻¹²⁾.

The excessive progression of internet gaming addiction results in obsessive feelings that worsen as the individual's tolerance develops and duration of use increases, with adolescents often experiencing withdrawal, among other negative effects. Internet gaming addiction may also induce insomnia, eating disorders, decreased ability to exercise and overall fitness, depression, and attention deficit hyperactivity disorder (ADHD). Various medical treatments, as well as art therapy, psychotherapy, and exercise therapy, exert positive effects on clinical symptoms of gaming addiction and ADHD⁽⁴⁻⁷⁾.

Although physical activity is known to exert positive effects on gaming addiction, it may be fundamentally difficult for adolescents with sedentary

lifestyles to adopt more active patterns of behavior involving vigorous or even simple physical activity, limiting the efficacy of such treatment approaches⁽¹⁻¹²⁾.

Thus, it may be more effective to induce voluntary motivation via application of an exercise program that more accurately reflects the psychological characteristics of adolescents with gaming addiction by developing a competitive environment that simulates a game-like situation. However, little research has focused on the treatment of internet gaming addiction in adolescents. Investigating the comparative effects of “competitive” and “non-competitive” exercise types in individuals with various levels of gaming addiction may allow for the development of appropriate exercise therapy protocols for this population. The neurotransmitter serotonin is mainly involved in emotion regulation and the experience of pleasure and is therefore referred to as the “happiness hormone”. Serotonin, in particular, plays important roles in the development of various mental disorders, aggression, suicidal ideation, obsessive-compulsive disorder, appetite, and anxiety. Furthermore, serotonin levels seem to be influenced by exercise type as well⁽⁷⁻¹²⁾.

Sleep problems are affected by cultural, social and economic conditions that may escalate sleep difficulties. Sleep problems are associated with lower levels of well-being and functioning impairment and vary by culture. Lack of sleeping hours has numerous adverse consequences. These consequences include an increase in impulsivity, depression, and anxiety as well as suicidal behaviors. This effects may be mediated by the alteration in orexin-A levels and by lowering the physical activity. Different behavioral, social and psychological factors have an impact on sleep problems⁽¹³⁻²⁴⁾.

The excessive use of media and internet has a crucial role in initiate and increase sleep problems among adolescents and became a global public health concern in adolescence. Data from 2013 Youth Risk Behavior Survey, 41.3% of adolescents in the United States spent more than 3 hours online on school days unrelated to school activities About 4% of adolescents are potentially addicted to the internet in the Netherlands, 5.4% in Italy⁽²⁵⁻⁴⁰⁾.

Besides the adverse effect of internet addiction on sleep patterns mentioned above, the association between adolescents' maladaptive internet use and psychiatric symptoms has been reported in different studies. Specifically, depression and anxiety were frequently present in adolescents engaging internet

extensively. Various mechanisms were suggested to describe the correlation between these psychiatric symptoms and internet addiction. The first two mechanisms query whether the psychiatric disorder leads to the addictive disorder or is it the other way around. Thirdly, there may be common underlying biological, psychological, or sociological mechanisms shared by psychiatric disorders and the internet addiction⁽⁴¹⁻¹⁰⁰⁾.

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