

ใบงานที่ 56.1 เรื่อง Are You Addicted to the Internet?
หน่วยการเรียนรู้ที่ 8 แผนการจัดการเรียนรู้ที่ 56 เรื่อง Are You Addicted to the Internet?
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Are You Addicted to the Internet?

Do you think you are addicted to the internet? Can you imagine your life without it even one day? This test developed by Dr. Kimberly Young will tell you if you are addicted to the Internet or not.

To begin, answer the following questions by using this scale:-

0 = Never 1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always

1. ____ How often do you find that you stay online longer than you intended?
2. ____ How often do you neglect household chores to spend more time online?
3. ____ How often do you prefer the excitement of the Internet to intimacy with your partner?
4. ____ How often do you form new relationships with fellow online users?
5. ____ How often do others in your life complain to you about the amount of time you spend online?
6. ____ How often do your grades or school works suffer because of the amount of time you spend online?
7. ____ How often do you check your e-mail before something else that you need to do?
8. ____ How often does your job performance suffer because of the Internet?
9. ____ How often do you become defensive or secretive when anyone asks you what you do online?
10. ____ How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?
11. ____ How often do you find yourself anticipating when you will go online again?
12. ____ How often do you fear that life without the Internet would be boring, empty, and joyless?
13. ____ How often do you snap, yell, or act annoyed if someone bothers you while you are online?

14. ____ How often do you lose sleep due to late-night log-ins?
15. ____ How often do you feel preoccupied with the Internet when off-line, or fantasize about being online?

16. ____ How often do you find yourself saying “just a few more minutes” when online?
17. ____ How often do you try to cut down the amount of time you spend online and fail?
18. ____ How often do you try to hide how long you’ve been online?
19. ____ How often do you choose to spend more time online over going out with others?
20. ____ How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back online?

After all the questions have been answered, add the numbers for each response to obtain a final score. The result is as follows:

NONE 0 – 30 points

MILD 31- 49 points: You are an average online user. You may surf the Web a bit too long at times, but you have control over your usage.

MODERATE 50 -79 points: You are experiencing occasional or frequent problems because of the Internet. You should consider their full impact on your life.

SEVERE 80 – 100 points: Your Internet usage is causing significant problems in your life. You should evaluate the impact of the Internet on your life and address the problems directly caused by your Internet usage.