

Beware!

Virtual Virus!!

Facebook Twitter Snapchat Instagram Selfie
Youtube Video/ online games Online shopping
Web series Smart TV Internet and
Smartphone addiction



Save **Yourself** and
Save Your **Children**

According to scientific studies, these 'virtual viruses' are more dangerous than drug addiction, and can destroy a family, a community and a nation, besides the individual himself.

So, let's become cautious before it's too late. Let's save ourselves from this virtual aggression, alongside our children, our family, relatives acquaintance, and the country as a whole.

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Facebook Increases Mental Problem

Facebook addiction has turned into a world epidemic. Dhaka is the second among top cities with active Facebook users. The 2013 edition of Scientific American and National Institute of Health and Science, America, stated that the more time an individual spends on Facebook and other social media, the more he suffers from depression, loneliness and frustration. In December 2017, Facebook admitted that social media can harm mental health.

Smartphone- Devil's Weapon

Whether it's the urbanized locality or the remote lands of the country- now almost everyone has a smartphone, regardless of their income status. Some might actually need it but others see it more as a social symbol. However, the problem arises when the individual starts to think their life is meaningless without a smartphone. 46% of the Americans do think like that! In this respect, the researcher said, if someone checks their notifications every few minutes, or stares at the phone leaving their work behind, s/he is addicted to their smartphones

Selfie- A Mental Disorder

Taking selfies whenever, wherever- you can't just take it as a simple narcissistic joke anymore! A study conducted on 400 people of India, where the most selfie related deaths occur, concluded that - 'Selfitis' is a genuine mental condition and people who feel compelled to continually post pictures of themselves on social media may need help. (International Journal of Mental Health and Addiction, 2017).

Virtual Game Addiction- Social Harm

Video game addiction has been recognized as a mental disorder for the first time in International Classification of Disease in 2018, by World Health Organization. (WHO) Meanwhile, this has been nationally identified as a social problem in China, Japan and South Korea.

Black Hole of Addiction

Online game addiction can blur the line between reality and the virtual world. *(CNN, March 5, 2010)*

Harley Street rehab clinic specialist Mandy Saligari said "I always say to people, when you're giving your kid a tablet or a phone, you're really giving them a bottle of wine or a gram of coke"

Researchers have found an imbalance in the brain chemistry of young people addicted to smartphones and the internet. *(Radiological Society of North America, November 30, 2017)*

Dr. Peter Whybrow, director of neuroscience at UCLA, calls screens "electronic cocaine" and Chinese researcher call them "digital heroin". In fact, Dr. Andrew Doan, the head of addiction research for the Pentagon and the US Navy-who has been researching video game addiction- calls video games and screen technologies "digital pharmakeia" (Greek for drug). *(New York Post, 27 August, 2016)*

One out of four accidents in the United States are caused due to texting. *(New York Times, January 25, 2018)*

Next Generation on the Verge of Destruction

The prime victims of virtual virus are children. One in every three internet users is a child. *(UNICEF report 2017)*

Video games can be directly linked with autism, attention deficit, depression and frustration in the American children and adolescents. *(Washington Post 20 May, 7 December 2016)*

According to Public Health England, extended screen use correlates to emotional distress, anxiety and depression in children. The American College of Paediatricians associates it with sleep problems, obesity, increased aggression and low self-esteem. *(The Guardian, January 26, 2018)*

25% of the Facebook users are less than 10 years old. 90% of the social media users age from 18-29.

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Cell Phones Can Cause Hearing Loss

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-Prof. Dr. Pran Gopal Datta

Renowned ENT Specialist

Former Vice Chancellor of BSMMU

Tech Causing Physical Harm

Spine surgeons are noticing an increase in patients with neck and upper back pain, likely related to poor posture during prolonged smartphone use, according to a recent report. "It is difficult to recommend a proper posture for smartphone users. If we raise the phone at eye level to avoid the look-down posture, it will add new concerns for the shoulder due to the elevated arm posture," said Gwanseob Shin of the Ulsan National Institute of Science and Technology Ergonomics Lab in South Korea, who wasn't involved with the study.

(Reuters, April 14, 2017)

Tech Mafias- They Don't Use It Themselves!

Steve Jobs- the founder of Apple, the top tech company in the world- said in an interview, 'They haven't used it. We limit how much technology our kids use at home.' (*New York Times*, 10 September 2014)

Founder of Microsoft- Bill Gates- did not permit his children to own a mobile phone until they turned 14. (*The Guardian*, 12 December 2017)

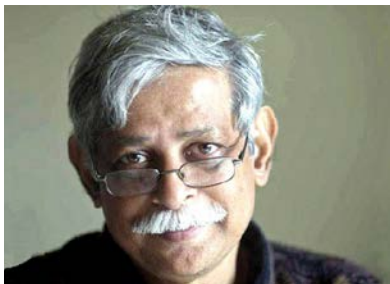
Former President of Facebook Sean Parker admitted with guilt, saying- 'God only knows what it's doing to our children's brains' .

Social Network Addiction and Drug Addiction are the Same

Professor Muhammad Jafar Iqbal

Former Research Scientist, Bellcore and Educationalist

The future your country and the whole world depends on how you would use your brain. Do you know a huge conspiracy is going on regarding this brain of yours? I'm pretty sure most of you even stepped in that. This conspiracy is known as the Social Network.



As a teacher, I've been noticing a sudden depletion among the students, since 2013-14. Their analytical ability and focus has declined drastically. And I believe this is because of Facebook and social media.

The scientific studies say that a social network user shows similar symptoms as a drug addict. In other words, social network addiction is no different than drug addiction.

(Convocation ceremony of Islamic University, Kushtia, 2018)

Loss of Efficiency, Attention and Memory

Daniel Oppenheimer, a professor of psychology at the University of California, Los Angeles and his colleagues suggested that students remember far more of a lecture when they take notes by hand rather than with a laptop.

Children who stick to their smartphones, tabs and computers fail to pay attention on any one thing for longer. It causes a permanent impact on their brain structure. It badly affects their mental peace and efficiency rate.

Beware Right Away!

Don't give your children smartphone before they turn 18

Turn off the 'virtual world' at 11pm, before sleeping.

Internet Addiction is Same as Gambling or Drinking Problem

Dr. Kimberly Young

*Psychologist and Founder of
Center for Internet Addiction*

Studies have showed that Internet addiction is the same as if someone was to have a gambling or drinking problem. The only difference with an Internet addiction is that it feels good in the moment because the Internet is not fattening or illegal. Hence, the Internet becomes a lot more enticing. This helps us better understand that the older generation has the same chance of being addicted to the Internet as the younger generation.

(TEDxBuffalo, January 5, 2015)



Social Media is Unsavory Source of Entertainment

Cal Newport

*Associate professor of computer science, Georgetown
University and author*

My use of the slot machine image here also is not accidental because if you look a little bit closer at these technologies, it's not just that they're a source of entertainment but they're actually somewhat unsavory source of entertainment. And we now know that many of the major social media companies hire individuals called attention engineers who borrow principles from Las Vegas casino gambling among other places to try to make these products as addictive as possible; as that would maximize their profit with the data you provide.

(TED Talk, June 15, 2016)



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