

Family Stress and Internet Addiction: Psychopathological Approches and Psychological Interventions

التوتر الأسري والادمان على الانترنت: المقاربات
السيكوباتولوجية والتدخلات النفسية

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Abstract: In psychology, the family is considered a living and complex system, unique due to each family's differences. Its formation is constantly changing, and the members of the system evolve their roles over time, making it a crucial focus for research in systemic psychopathology. Researchers in this field have noted that families grow and navigate various conflicts. How families coexist and adapt to these crises plays a significant role in shaping their identity. Systematic approaches to family dynamics illuminate the complexity of relational networks

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in which children develop and highlight the importance of personal relationships for their psychological growth. In the contemporary digital age, families face unique challenges that impact their psychological well-being. This paper explores the intricate dynamics of family systems and the increasing prevalence of internet disorders, including internet addiction, gaming disorder, and social media addiction, examining how these conditions contribute to family stress and disrupt familial relationships. By investigating the systemic psychopathology of families, we highlight how constant connectivity and excessive screen time exacerbate existing conflicts and create new psychological stressors. This intervention sheds light on key concepts and models in family psychology, focusing on the relational networks within families and their susceptibility to internet disorders. We also discuss clinical psychopathological phenomena associated with internet disorders, such as anxiety, depression, social withdrawal, and the erosion of face-to-face communication skills, and their effects on family members. Additionally, the paper addresses how these disorders can lead to increased parental stress, sibling rivalry, and overall family discord.

Key words: The family, systemic psychological approaches, Psychological Disorders of the family, Internet Addiction Disorder (IAD).

ملخص: تعتبر الأسرة في علم النفس نسق حي و مركب بطريقة تخص كل عائلة باختلافها، فتشكيلها يتحول باستمرار و أعضاء النسق تتغير أدوارهم عبر الزمن ما يجعلها نواة جد هامة للبحث و الدراسة في علم النفس المرضي النسقي و هذا ما نلاحظه في أعمال العديد من الباحثين في مجال الاسرة و اضطراباتها ، فالأسرة تنمو و تمر عبر صراعات مختلفة فبأي طريقة تتعايش و تتكيف هذه الأسرة مع هذه الازمات التي لها دور جد هام في بناء هويتها، خاصة في العصر الرقمي المعاصر، تواجه الأسر تحديات فريدة تؤثر على صحتهم النفسية وتكون سببا في ظهور الضغط الأسري الذي يؤثر على التواصل داخل النسق و تفاقم الصراعات وخلق ضغوط نفسية جديدة، وهذا ما ركزت عليه المقاربات النسقية للأسرة على تعقيد الشبكة العلائقية التي يتطور فيها الطفل، وأهمية العلاقات الشخصية التي يبني الطفل من خلالها نفسه كموضوع ، والعوامل التي تؤثر على هذه السيورة النفسية نذكر اهمها اضطراب الامان على الانترنت. من خلال هذه الورقة العلمية نهدف الى تسليط الضوء على المفاهيم والنماذج الأساسية في علم نفس الأسرة وشبكات العلاقات داخل الأسرة وكيفية تأثرها بإدمان الإنترنت والظواهر النفسية المرضية السريرية المرتبطة بإدمان الإنترنت، بما في ذلك القلق والاكتئاب والانسحاب الاجتماعي وتأثيرها على أفراد الأسرة. سنقدم استراتيجيات تدخل متنوعة مصممة لمساعدة العائلات على التعامل مع الآثار السلبية لإدمان الإنترنت والحد منها.

الكلمات المفتاحية: الأسرة، المقاربات النفسية النسقية، اضطرابات النفسية للأسرة، اضطراب الإدمان على الانترنت.

INTRODUCTION:

No one lives in isolation; the family is the fundamental unit where individuals find themselves, establish their identity, and develop their desire to live. Family members share a common home, residing under the same roof, forming a cohesive household unit. They interact and communicate with each other in fulfilling their roles. This unit has specific shared characteristics in all aspects, and while relationships within families, communities, cultures, and civilizations are varied and complex, the family represents a group of individuals living together during a significant phase of their lives, bound by shared experiences.

Studying family dynamics and the disorders that affect them is crucial for several reasons. These patterns affect family relationships and the mental health of individuals. Families can provide emotional and psychological support to their members, yet family dysfunctions can exacerbate psychological and social problems within the family unit. Additionally, family dynamics significantly influence individuals' psychological development, shaping their personalities and behaviors in society. Unhealthy family relationships can delay psychological development and hinder social interactions. Disorders such as internet addiction disorder significantly impact individuals' social relationships. This disorder can alter family dynamics by diverting attention away from traditional family interactions and responsibilities. The shift towards prioritizing online activities can strain relationships within the family, as individuals begin to prioritize virtual engagement over face-to-face communication and shared experiences. Furthermore, unhealthy family relationships, influenced by internet addiction, may extend beyond the home, affecting how individuals form and maintain social connections outside of the family.

The internet is a revolutionary tool that has profoundly transformed the lives of individuals globally. Its increasing use spans all age groups, from youth to adults, including senior citizens (Nalwa & Anand, 2003).

Despite its numerous benefits, the internet can also pose significant risks, such as internet addiction, which has become a growing concern in society (Murali & George, 2007; Shapira, Lessig, Goldsmith et al., 2003; Young, 1998). Internet addiction, a phenomenon affecting individuals worldwide, is linked to a range of psychological and physical issues (Greenfield, 2000). This disorder disrupts various aspects of life, including relationships, academics, employment, and finances (Chou & Hsiao, 2000; Griffiths, 2000; Young, 1998). From a family perspective, the impact of internet addiction is profound. It not only disrupts family systems, roles, and relationships but also creates significant stress among family members. The quality of the family system is closely linked to the presence of internet addiction within it.

This paper will explore the symptoms and signs of stress and internet addiction, examining their causes and effects. By analyzing these issues through psychopathological approaches and psychological interventions, we aim to provide a comprehensive understanding of how internet addiction affects family dynamics and identify strategies to mitigate its impact.

1. The concept of family and family structure:

Over the past thirty years, family systems perspectives have been widely accepted in family sciences for providing a comprehensive view of authentic patterns and processes within and between families. Systemic thinking in family patterns revolves around the simple concept that what defines it are the relationships between its parts rather than the parts themselves. To clarify this point, it must be clear that what makes this pattern viable are the relationships existing among its members. Many researchers refer to this as the "bridge" concept, emphasizing a system that requires an understanding of how all its components function together. While families are not geometric systems, this metaphor in family systems indeed transforms our understanding of what aligns with each family's uniqueness. It becomes evident that the reciprocal relationships among family members, more than the individuals constituting the family, are

central to understanding each family's uniqueness (Sharma, 2013). Each family is a small social group where adults and children interact, sharing daily life, emotions, values, bonds, connections, and conflicts. Therefore, each family is an entity in itself, where the whole represents more than the sum of its parts. We owe this systemic approach for highlighting the relational complexity of families, which inherently appears as an interactive system that to some extent governs the individuals who make it work (Beavers, 1980).

The family (for example, spouses) is a shared structure that nourishes its specific logic, distributing its roles, culture, and unique beliefs. This organization gives the family cohesion and identity that allow it to persist over time. The family system is a cohesive system that tends to maintain its performance and defend itself against certain changes to preserve its balance and unity. However, it evolves according to joyful or unhappy events (birth, marriage, relocation, accident, death, separation, etc.) and stages of the family life cycle (empowering the young adult, forming the couple, raising young children, educating children, adolescence, children leaving home, parents' retirement, etc.) (Vinay & Gaudron, 2017).

The transition from one family balance to another occurs somewhat smoothly, often during periods of relative disorganization ("developmental crises"), thus each family is a dynamic system comprising several subsystems—the spouses, the parental or sibling subsystems, or a particularly strong relationship between a parent and child. It is also connected to other higher-level systems—extended family, religious community, circle of friends, society as a whole (Lee, 2010).

Watzlawick (1972) views the family as a system of continuous and permanent interaction where its members are connected to others. This definition highlights the dynamics and complexity of the family system. It is an open system, with the family in continuous interaction with its environment: school, work environment, community, health services, etc. While some families have a limited social network, it is rare for them to function as closed systems without interacting with the environment

(Robin & Bergonnier, 2007).

According to pattern theory, the family is not defined merely as a group of members but as an entity itself. The bonds within the family have mutual effects among its members. Any change in the behavior of its members affects and resonates within the entire family pattern. For example, when a child dies, it impacts not only the parents but also the siblings and the entire family pattern. In this perspective, an individual's behavior is not just a reaction to the behaviors of other members but also influences them and the entire family pattern through feedback processes.

The family has distinctive rules as it is able to adapt to the requirements of its social environment at different stages of its development, either by initiating the change itself or by evolving in response to incoming information. It has also managed to achieve a balance between two seemingly contradictory functions, namely achieving harmony and balance with the conflicts it faces in order to evolve. This latter process continues to alternate with phases of balance and critical periods that the family goes through. The family is an entity exposed to the risk of disintegration in parallel with the stages of the family life cycle, such as the formation of the couple, the birth of a child, old age, and death. Here, the family tries to find coping strategies to deal with these crises through its function and its structure.

The family is an important topic in psychology, which has been addressed by numerous research and studies. In the field of systemic psychology, the family is defined as a group of individuals who share living together in a particular environment. The relationships are permanent and changeable at the same time, and the family is considered the basic system in which they exist. The family environment provides an educational and psychological environment for its members, and the relationships and interactions of individuals in the family, as well as their lifestyle, are an important source for studying their behaviors and psychological needs, including:

1.1. Family Dynamics:

Strengthening the mental health of the family and addressing family problems through psychological interventions are vital for fostering healthier relationships and improving overall family dynamics. These efforts focus on understanding the factors that affect relationships within the family and how they influence the behavior and mental health of its members. By addressing these factors, the goal is to enhance communication, promote understanding, and foster mutual respect among family members. This holistic approach not only resolves existing issues but also strengthens the psychological well-being of the family, creating a supportive environment where all members can thrive.

1.2. Family System :

The family system refers to the pattern that families follow in organizing their lives and daily interactions (Bavelas & Segal, 1982). This includes the roles played by each member of the family and the relationships that bind them. The family system may differ from one family to another according to the family's beliefs, and it may also change over time. The family system is usually influenced by various social, cultural, economic, and political factors, and it can affect individuals in different ways, making them feel comfortable and safe in the family, or causing them stress and tension at times, leading to disintegration and the emergence of mental and psychological disorders. Therefore, the study of the family system is important for understanding culture, society, and human relationships in general.

2. Family Functions:

The family has biological, social, and psychological functions, and in order to fulfill these functions, it has developed certain behavioral patterns that it follows to achieve them. These patterns are based on the nature of family relationships, expectations, social norms and values, and the educational level of family members.

We can analyze the functioning of the family system in light of the six dimensions described by Guttman (1977) and Epstein et al. (1982), which are communication, expression of feelings, problem-solving, role distribution, emotional commitment, and behavior control (Pinel-Jacquemin & Zaouche-Gaudron, 2009).

2.1. Communication:

Communication learning begins at birth and occurs primarily within the family. Communication represents an important aspect of family performance, whether it is for the exchange of information, emotions, opinions, needs, or desires. Communication can be emotional, such as when a family member expresses sadness at not having suitable housing for their family. To understand the communication process, it is important to be aware of the basic principles that govern it.

Any behavior can be a form of communication, whether we are speaking or silent. The individual conveys a message, for example, by sitting in a corner, closing their eyes, bowing their head, and folding their arms across their chest, which symbolizes expressing sadness or a desire to be alone. Therefore, communication has a verbal component, including speech, and a non-verbal component, including gestures, facial expressions, and body movements (Piette, 2012; Rosland & Piette, 2012).

The family is the most stable social institution for humanity and has a special role in the lives of individuals. It has many functions, and these functions can be related to patterns of family communication. Family communication patterns influence the child's behavior and personality. Chaffee and McLeod (1973) first introduced the concept of family communication patterns, which are the result of experiences from family interactions. This pattern allows the psychologist to understand how family members interact with each other, what they say to each other, what they do, and how they perceive communication with other family members (Elwood & Schrader, 1998).

Family communication patterns appear in two dimensions:

conversation orientation and conformity orientation. Conversation orientation provides a comfort zone for family members and helps them participate in various activities. The nature of warm and friendly relationships, freedom of expression of feelings, and consultation with others are among the features of families with a conversation orientation. They tend to appreciate their close relationships, discuss their personal issues with family members, and prevent conflicts. They are skilled at maintaining relationships and managing conflicts, and they express their opinions openly and discuss their ideas with everyone, including their parents. Therefore, children are accepted by their families, and their ideas are used in family decision-making and dealing with the challenges and crises they face (Koesten, 2004).

2.2. Expression of feelings:

Family members should be able to not only communicate clearly and directly, but also respond appropriately to a variety of emotional stimuli. The expression of feelings of well-being (joy, affection, etc.) or discomfort (anger, anxiety, sadness, guilt, fear, or loneliness, for example), whether verbal or non-verbal, should not be a source of concern. In difficult situations, such as the death of a child, it is necessary to allow everyone the opportunity to express emotions like grief, helplessness, depression, or anger. However, as noted by Luthman and Kirschenbaum (1978), in some families, the expression of these feelings is considered too threatening, and anger is often seen only as an attack.

There are many family rules that hinder the freedom of expressing feelings that may be destructive, as the individual learns to mask, suppress, and redirect their emotions from the unpleasant situation. However, the child needs to find a space in their family to learn to express anger in a meaningful and constructive way (Elwood & Schrader, 1998).

2.3. Problem solving:

Problem-solving relates to the family's ability to identify and solve problems in a way that serves the effective functioning of the family. This

skill is essential for the quality of family life. Problems often occur in daily life, and these problems can be either systemic, i.e., related to the material aspects of daily life (budget or accommodation), or emotional. It happens that family members are able to solve system-related problems easily, while facing difficulties in solving emotional problems.

The decision-making process usually consists of seven stages, according to Pinel-Jacquemin and Zaouche-Gaudron (2009):

- Identifying the problem
- Defining the problem
- Generating possible solutions
- Evaluating the solutions
- Choosing the best solution
- Implementing the solution
- Evaluating the effectiveness of the solution

Effective problem-solving within the family requires open communication, the ability to express emotions, and a willingness to collaborate and compromise to find solutions that meet the needs of all family members.

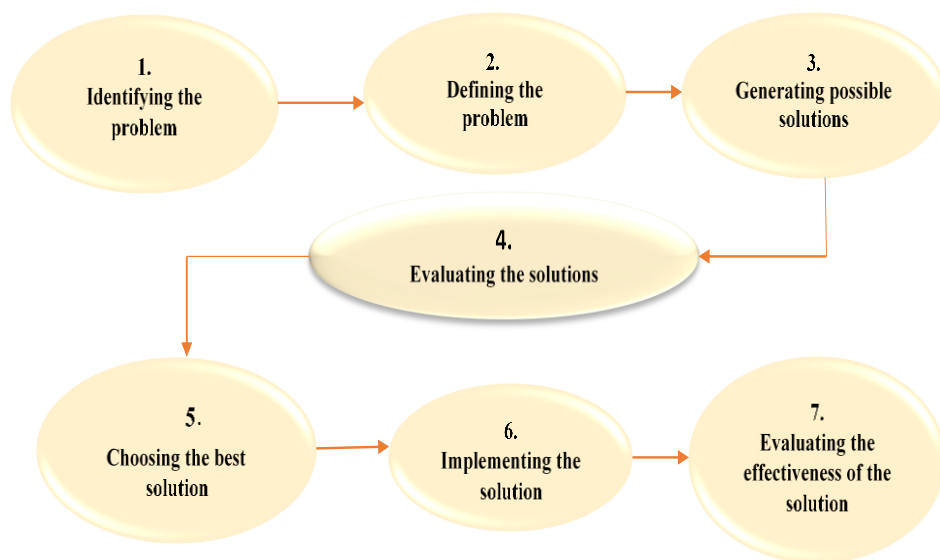


Fig 1. The seven steps proposed to solve the problem

Source : (Pinel-Jacquemin & Zaouche-Gaudron, 2009)

In the first step, it becomes clear to us that the first step is to identify and understand the problem, where the family may already be aware of the issues or a specific individual alerts them about it. The second step is to communicate with those involved to find a solution, as some families avoid problems that occur within and across patterns so as not to appear incapable of solving them. Thirdly, to find a solution that is suitable for the problem. Fourth, make a decision to overcome those difficulties and evaluate this solution if it is effective or not. In short, families experiencing significant problems are unable to recognize the existence of the problem itself. On the contrary, families that work very harmoniously by spending minimal energy through various stages of the problem-solving process.

2.4. Role distribution:

Role distribution allows the family to adapt to various tasks of daily life, tasks related to developmental stages, childcare, planning hobbies, and handling difficult situations such as a child's illness or death. Family roles align with conventional ways of behavior by individuals fulfilling their familial duties, such as contractual family ties. A stable role distribution in the family facilitates cohesive family functioning. Family members benefit from the ability to assume different roles, enhancing flexibility and earning them the title of expert families. They experience less anxiety when roles need to be redistributed (Miklowitz, 2004).

2.5. Emotional commitment:

Emotional involvement reflects the level of interest and value everyone places on activities that captivate a diverse family. Each family member's involvement likely varies based on their relationship dynamics and current circumstances (Elwood & Schrader, 1998).

2.6. Behavior control:

This dimension of family functioning involves habitual behaviors adopted by the family in dealing with three types of potentially risky situations: physical (e.g., a child running into the street), social (e.g., a child having a tantrum in a supermarket), and emotional needs expression and satisfaction (e.g., a child wanting to urinate outdoors).

3. Systemic Approaches to the Concept of the Family:

1.3. Systemic Theory:

The systemic psychological approach came from the Palo Alto school. It considers the individual as part of a system or even multiple systems, and that they are affected by their way of being, as well as by themselves, by others, and by their environment. This approach views the patient's problems from the perspective of their relationship with the different contexts in which they live - for example, as a partner in a marital

relationship, as a member of a family, as a person with cultural or religious values... as an individual working in a social, economic, and political context.

To better understand and develop the patient's problems in the present, the therapist is interested in the broad context of their life. It also considers that the person in the present is the product of all their previous learning. Therefore, the systemic therapist ensures to identify the past in the person's current identity and the extent of its impact on them. But in an attempt to modify the negative consequences of past experiences that partially create the current difficulties, it is a treatment that pays great attention to the emotional aspects, but also to the cognitive ones that the patient suffers from, as well as to the feelings and reactions of those around them. It differs from other psychotherapeutic approaches in that the person is not the only one analyzed in the therapeutic approach, and it is considered that each person is built on their own history, which also includes the history of their family, sometimes over several generations, in the sense of the unconscious transmission of those events, intentions, and values, conditioned by their environment, whether close or broader. In many cases, the difficulties faced by the person and their grasp cannot be understood unless one looks at the connections with the family context, or even the social, economic, cultural, and institutional context in the intended sense (Fingerman & Bermann, 2000; Broderick, 1993).

It also focuses on family-related behavioral patterns and family relationships, and aims to understand how these patterns affect the personal and emotional development of family members and the pattern of interaction between them. It is based on the idea that individuals in the family interact according to a certain pattern formed by behaviors, thought patterns, and feelings, and this pattern followed by individuals is influenced by various factors, such as upbringing, education, culture, religion, customs, traditions, and life events. The family systems approach is based on the belief that the family is an integrated system that is affected by all these factors, and that the interactions and relationships between its members mutually affect the family system, where the individual is

affected by the family and the family is affected by the individual's behaviors (Kerr, 1981).

The family systems approach works to analyze the behavioral patterns of individuals and family relationships, and provide the necessary support and advice to the family to improve its relationships and enhance understanding between its members. It aims to promote positive emotions and reduce conflicts and tensions within the family.

3.2. Crisis Theory:

This perspective suggests that families have been defined as private entities, and as a result, family affairs have been left only to those within the family. Many people in the United States resist American intervention in the family, and parents do not want the government to tell them how to raise their children or get involved in household issues. Conflict theory sheds light on the role of power in family life and emphasizes that the family is often not a haven, but a battlefield where conflicts and crises can occur. This exercise of power often involves the performance of roles related to the family's position, such as the enforcement of rules from parents to children, or they may study more serious issues such as domestic violence (spouse and child), sexual abuse, and marital rape (Kerr, 1981).

The first study on marital power was conducted in 1960, and the researchers found that the person with the greatest access to valuable resources has the most power. Since money is one of the most valuable resources, men who worked in paid employment outside the home had greater authority than women who worked within the home. Even today, with more flexible family roles, conflict theorists find that disputes over the division of household labor are a common source of marital conflict, meaning that the family contract is not respected. Studies indicate that when men do more housework, women experience more marital satisfaction, which reduces the occurrence of conflicts. In general, conflict theorists tend to study areas of marriage and life that involve inequality or disparities in power, as they reflect the larger social structure (Rothbaum et al., 2002).

4. The Role of the Family in the Emergence of Psychological Disorder:

Psychopathology refers to a dysfunction, mental illness, or pathological family psyche manifested in terms of behavior, personal, emotional, cognitive, and psychophysiological performance. Mental illness is a term largely synonymous with psychopathology, although it implicitly suggests that these unusual or deviant performance patterns reflect a form of illness. Family psychopathology involves various risk situations (such as dysfunctional family structure, disturbed family, defective patterns of relationships and communication) that have an impact on mental health. Elsewhere, it can be said that what is pathological in family life creates problems in the balance of the family environment, which is called family pathology. Family psychopathology represents a particular risk in the postpartum period, especially if family members suffer from bipolar emotional disorder compared to other diagnostic groups (Hudson & Rapee, 2005).

The available evidence suggests that the prevalence of psychopathology among children in families or foster care is higher than expected. The family is the primary socialization of the child and is important in all aspects of human development. From the family, the individual receives emotional, financial, and mental support and is able to deal with their problems with the help of family members. Scientific observations have indicated that these families contribute significantly to the development of psychological disorders, and the importance of the family's role as a causative factor in the increasing development and entrenchment of psychological disorders has increased, especially in the last decade. Clinical work and research on the family, since the 1940s with Meyer and Sullivan, have pointed to the family's crucial role in the development of mental illness. Psychological disorders develop as a result of family pathology or faulty communication or personal relationships, although the individual is affected, however, the entire family is sick (Steinglass, 1987; Frank, 1965; Goldenstein, 1988).

Psychological disorders do not occur in a vacuum, they develop in a

family setting with family dynamics playing a causative role in the following areas:

Faulty parent-child relationship: There are several types of specific structural patterns that appear with a high regularity in children who exhibit emotional disorders. Some of these patterns are rejection, manifested through physical neglect, denial of love and affection, and lack of interest in the child and their activities and achievements, failure to spend time with the child, and lack of respect for the child's rights and feelings. In rare cases, it also involves cruelty and abuse. Parental rejection tends to reinforce the child's low self-esteem, feelings of insecurity and inadequacy, increased aggressive cognitive development, lack of love, and inability to give and receive love. Mothers have reported persistent bed-wetting, aggression, and slow cognitive development in their children. Parental rejection is also associated with decreased intelligence during the early school years, suppression and inhibition of the child's performance. Parental rejection is a major factor among children suffering from excessive fear (Kumar & Tiwari, 2008).

Overprotection and restriction: This involves suffocating the child's growth towards independence. The mother constantly monitors the children and protects them from the slightest risks, not giving her children the opportunity to make decisions on the smallest problems they face. This is reflected in the children's compensatory behavior, where the mother tries to obtain satisfaction through her connection with the child. Such children are deprived of opportunities that touch on their need to test reality and develop basic competencies. Excessive anxiety or fears tend to feed fear, dependence, suppressed hostility, and some cognitive slowdown (Miklowitz, 1995).

Excessive permissiveness: Sometimes one or both parents indulge the child's slightest whims, and in doing so, fail to teach and reward the desired behavior standards. Highly permissive parents create spoiled, selfish, reckless children. High permissiveness and low punishment at home are positively associated with antisocial and aggressive behavior, and

these children easily enter into relationships and exploit people for their own purposes. Often these children have unrealistic demands, and some parents put excessive pressure on their children to live up to unrealistic high levels, under such constant pressure, there is little room left for spontaneity or the development of an independent person (Apple, 2014; Davies & Sturge).

Undesirable parental models: Children tend to observe and imitate their parents' behavior. It is clear that parental behavior can have a harmful effect on the path the young person learns to perceive, think, feel or act. Parents who are emotionally disturbed or addicted to drugs or otherwise may also serve as undesirable models, and this is an important cause of mental disorder, delinquency, crime, and other forms of maladaptive behavior (Jacob, 2013).

The disrupted family - incomplete families, whether due to death, divorce, or separation, or otherwise. Several studies have shown the traumatic effects of divorce on the child, with feelings of insecurity and rejection exacerbated by conflicting loyalties and other behaviors indicating an inability to adapt (L'Abate, 1998).

Family unity is the most important variable in the onset, progression, and treatment outcome of mental illness. Some of the clinical studies mentioned indicate that early childhood experiences, family stresses such as parental death, parental separation, parental rejection, marital conflict, domestic violence, family communication dysfunction, and the like have lifelong effects on mental health. However, the causal aspects of various psychological disorders require further exploration in the context of family life and its dynamics.

5. Internet addiction disorder:

Internet Addiction Disorder (IAD), also known as problematic internet use or compulsive internet use, refers to a condition where individuals exhibit an excessive and compulsive engagement with the internet, leading to a range of negative consequences in various aspects of

their lives. It is characterized by an inability to control or limit internet use, preoccupation with online activities, and continued use despite awareness of its detrimental effects.(Goldberg I. 1995).

6. Key features of IAD:

Internet Addiction Disorder (IAD) is characterized by several distinct features that impact an individual's personal, professional, and social life. One of the primary traits is loss of control, where individuals struggle to regulate the time they spend online, often leading to prolonged and unproductive internet use. Another significant feature is preoccupation, marked by excessive thoughts about the internet, anticipation of the next online session, and an overwhelming desire to be online. This can result in the neglect of responsibilities, as individuals prioritize internet use over work, school, or other obligations, causing adverse consequences in both their personal and professional lives.

The use of the internet for escapism is also a common characteristic, as individuals turn to online activities to avoid real-life problems, emotions, or social interactions. This avoidance behavior often exacerbates underlying issues. Moreover, IAD can have a negative impact on relationships, as individuals prioritize their virtual activities over spending time with family and friends, straining their social connections. When access to the internet is restricted, some individuals may experience withdrawal symptoms, including irritability, anxiety, or restlessness.

It is worth noting that while the phenomenon of Internet Addiction Disorder is widely recognized, it remains a topic of debate within the mental health community. It has not been officially classified as a distinct disorder in diagnostic manuals such as the DSM-5. However, researchers continue to investigate its diagnostic criteria and potential inclusion in future editions of these manuals.

7. Causes of Internet Addiction Disorder:

The causes of Internet Addiction Disorder (IAD) are multifaceted,

involving a combination of psychological, social, environmental, biological, and individual factors. Underlying mental health issues, such as depression, anxiety, or attention-deficit hyperactivity disorder (ADHD), can increase vulnerability to IAD. Individuals with impulsive tendencies may also find it difficult to regulate their internet use, amplifying the risk of addiction. Social isolation is another significant contributor, as individuals with limited offline social connections may turn to the internet for companionship and interaction. Peer influence also plays a role, as social circles heavily engaged in online activities can encourage excessive internet use.

Environmental factors such as the widespread availability of technology, including smartphones, computers, and high-speed internet, make constant connectivity easier, increasing the likelihood of overuse. The engaging nature of online content, such as social media, gaming, and streaming, further drives excessive internet consumption. Certain personality traits, such as low self-esteem, introversion, or high levels of stress, can also predispose individuals to IAD. Many individuals use the internet as a coping mechanism for stress, boredom, or emotional challenges, which contributes to problematic usage.

Biological factors, including neurobiological imbalances affecting neurotransmitters or specific brain functions, have been suggested in some studies as contributing to addictive behaviors. Family dynamics can also play a role; a dysfunctional family environment or a lack of parental supervision can foster the development of internet addiction, especially in adolescents.

Specific online activities like gaming or social media engagement exacerbate the risk of IAD. Gaming addiction, often considered a subset of internet addiction, involves prolonged and compulsive gaming sessions. Similarly, excessive use of social media for validation, comparison, or interaction can lead to problematic internet use. In addition, cultural and societal factors can influence the prevalence of internet addiction. In some cultures, heavy reliance on technology and online interactions is more

socially acceptable, making IAD more likely (Park, 1998).

The causes of Internet Addiction Disorder are complex and interrelated. Not everyone who engages in extensive internet use will develop an addiction, as individual susceptibility varies. While IAD is not universally recognized as a formal psychiatric diagnosis, problematic internet use is widely acknowledged and studied within the framework of behavioral addictions.

8. Family Stress and Internet Addiction:

Causes and Effects Family stress has a negative impact on the family institution and society in general. It is a contributing factor to various social problems among adolescents, such as running away from home, risky sexual behavior, illegal activities, and even serious criminal cases (McCubbin, Needle, & Wilson, 1985). Family stress often arises from discord among family members, and one source of this stress is the phenomenon of internet addiction.

Internet addiction can create stress for family members, leading to concerning behaviors like suicide attempts (Yan et al., 2014). This is partly due to poor time management and neglect of family activities, as time spent online replaces social and family interactions, damaging family relationships (Murali & George, 2007; Griffiths, 1998; Akin & Iskender, 2011; Young, 1999a). Online relationships associated with internet addiction can also contribute to the problem, as they provide a substitute for real-world social activities (Young, 2004). Cyber infidelity is another issue that can lead couples to seek family counseling, as it affects the marital and family space (Greenfield, 1999). Indirectly, these online relationships have replaced real-time interactions, contributing to an increase in divorce cases (Young, 1999).

Stressful and poor-quality family relationships can also influence children's development (Bolger, DeLongis, Kessler, & Wethington, 1989). Families with depression, frequent conflicts, lack of affection, and lack of interest in children can lead to emotional distress in children (Mirowsky &

Ross, 2003). Children's behavior may vary, with some being rigid, some expressing emotions, and others not. Family environments that are supportive, democratic, and meet the child's needs can enhance the child's adaptability and resilience (Bolger, DeLongis, Kessler, & Wethington, 1989).

Stress is a widespread issue that can lead to various problems, such as depression, anxiety, loss of focus, and more (Mirowsky & Ross, 2003). These individual problems are closely related to the functioning and role of the family, and successful families contribute to a prosperous society (McCubbin & Joy, 1980).

Family stress can also negatively impact marital relationships, leading some individuals to choose divorce as an "easy solution." However, research suggests that divorced individuals are not necessarily happier than those in unhappy marriages (Institute for American Values, 2002). Managing family stress is a challenge that every married person must face, such as dealing with a problematic spouse, depression, in-laws, abuse, or neglect.

9. Psychological interventions:

Psychological interventions play a vital role in addressing the challenges associated with family stress and Internet Addiction Disorder (IAD). These interventions aim to foster resilience, promote emotional well-being, and equip individuals with strategies to navigate the complexities of modern life. Effective therapeutic approaches not only focus on alleviating the symptoms of psychological distress but also empower individuals and families to build healthier relationships and coping mechanisms. Among the various intervention models, narrative therapy emerges as one of the most recommended and effective approaches for managing internet addiction, particularly in adolescents.

Narrative therapy, developed in the 1980s by Michael White and David Epston, is grounded in the idea that people shape their identities and experiences through the stories they tell about their lives. This approach

views individuals as separate from their problems, emphasizing that problems do not define a person but rather exist as external influences. By externalizing the issue, narrative therapy creates a space for individuals to reflect on and address their challenges without self-blame.

A key strength of narrative therapy is its focus on deconstructing dominant, unhelpful narratives. For individuals struggling with IAD, this might involve identifying and challenging beliefs tied to their internet use, such as feelings of inadequacy or reliance on online validation. Therapists guide clients in examining these stories critically, helping them gain new perspectives on their behaviors and underlying motivations. Through the process of re-authoring, individuals are encouraged to rewrite their life stories, emphasizing strengths, values, and alternative narratives that promote healthier and more balanced lifestyles.

Collaboration is central to narrative therapy. The therapist and client work together as co-authors, fostering an environment where the client feels empowered to take an active role in reshaping their story. This collaborative approach is particularly valuable for adolescents, who often experience a sense of agency and self-efficacy when they actively participate in the therapeutic process. Additionally, narrative therapy considers the broader cultural and societal narratives that influence individuals, providing a comprehensive framework for understanding how external factors impact personal experiences.

In the context of internet addiction, narrative therapy offers a transformative avenue for fostering change. By helping individuals explore their relationship with technology and understand the underlying factors driving excessive internet use, this approach enables them to construct healthier and more empowering narratives. As society continues to face the challenges of the digital age, narrative therapy stands out for its ability to address internet addiction comprehensively. Its emphasis on empowerment, collaboration, and the reconstruction of narratives makes it a powerful tool for promoting positive change and fostering resilience.

5. CONCLUSION

In conclusion, addressing family stress and internet disorders requires a multifaceted approach that combines psychopathological insights with effective psychological interventions. Understanding the intricate dynamics between family stressors and internet addiction disorder is crucial in developing targeted strategies for prevention and treatment. By fostering healthy family environments and promoting responsible internet usage, we can mitigate the negative impacts of excessive internet use on individuals and families, ultimately fostering stronger familial bonds and healthier digital habits.

Narrative therapy emerges as a valuable and transformative tool in the realm of internet addiction, especially among adolescents. By challenging and reshaping the narratives individuals construct around their online behaviors, this therapeutic approach not only externalizes the issue but also empowers individuals to actively participate in rewriting their stories. Through techniques like restructuring and reauthoring, narrative therapy facilitates a deeper exploration of the factors contributing to internet addiction, fostering alternative perspectives and revealing inherent strengths. As society grapples with the challenges of the digital age, narrative therapy stands as a promising avenue for addressing internet addiction comprehensively. Its emphasis on collaboration, empowerment, and the reconstruction of narratives offers a fresh and effective perspective, encouraging individuals to navigate their relationship with technology in a healthier and more balanced manner.

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