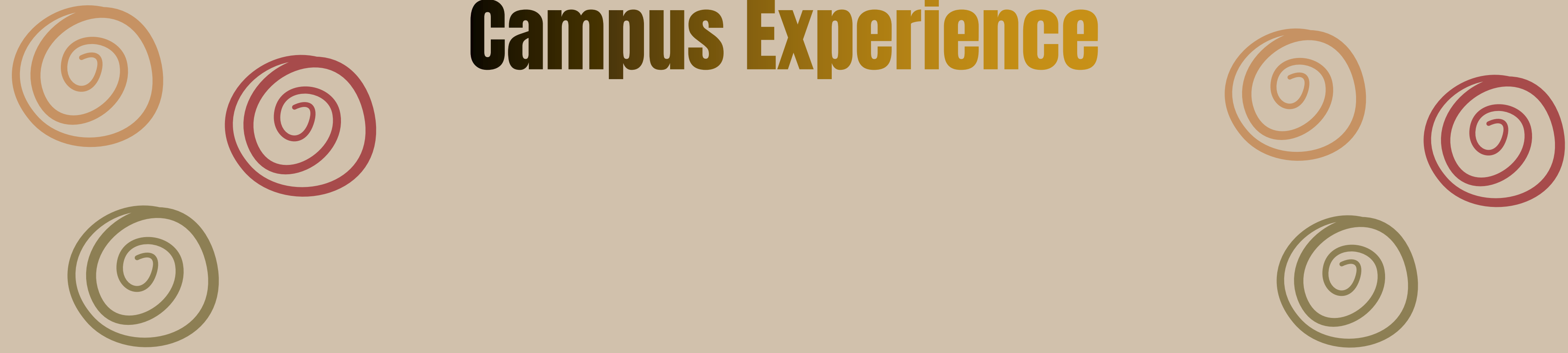




Behavioral Addiction Among youths: Patterns and innovative strategies for prevention

The top corners of the slide are decorated with three swirls each. Each corner set consists of one orange swirl, one dark red swirl, and one olive green swirl, arranged in a triangular pattern.

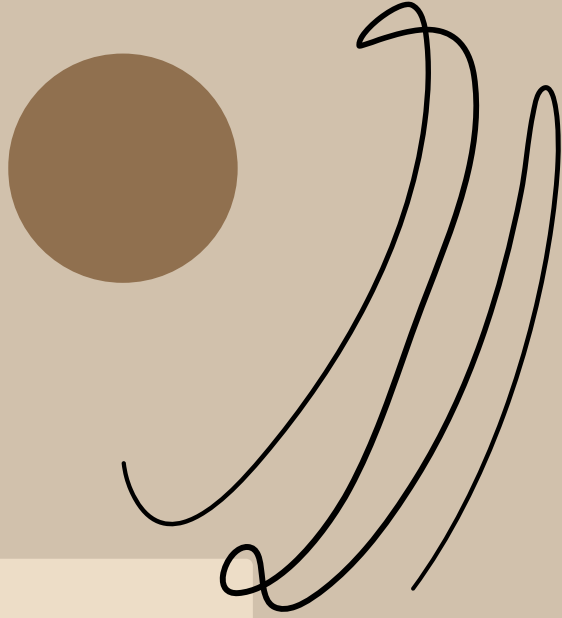
Behavioural Addiction Among Students: The Campus Experience

The bottom corners of the slide are decorated with three swirls each, identical to the top corners. Each corner set consists of one orange swirl, one dark red swirl, and one olive green swirl, arranged in a triangular pattern.

LEARNING OUTCOMES

By the end of this session, participants will be able to:

- 1 Define behavioural addiction and distinguish it from substance-related addiction.**
- 2 Identify common forms of behavioural addiction among students.**
- 3 Explain the factors that contribute to behavioural addiction on campus.**





4

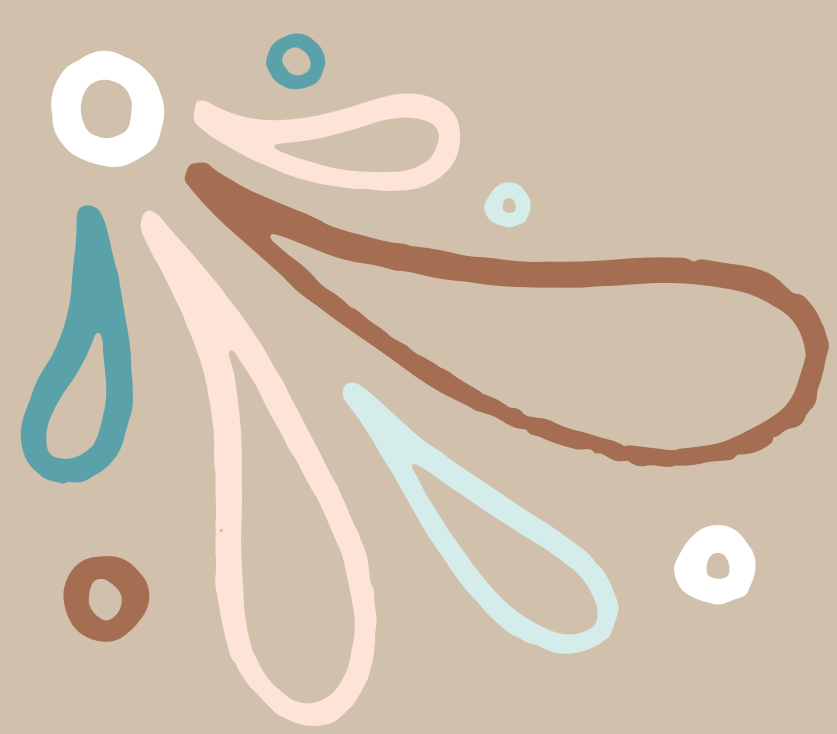
Recognize the warning signs and patterns of behavioral addictions among students.

5

Evaluate the consequences of Behavioral addictions among students

6

Discuss Innovative strategies for prevention



Introduction



- **WHAT COMES TO YOUR MIND WHEN YOU HEAR “ADDICTION”?**
- **CAN ADDICTION OCCURS WITHOUT A SUBSTANCE?**
- **AT WHAT POINT DOES A HABIT BECOME AN ADDICTION?**

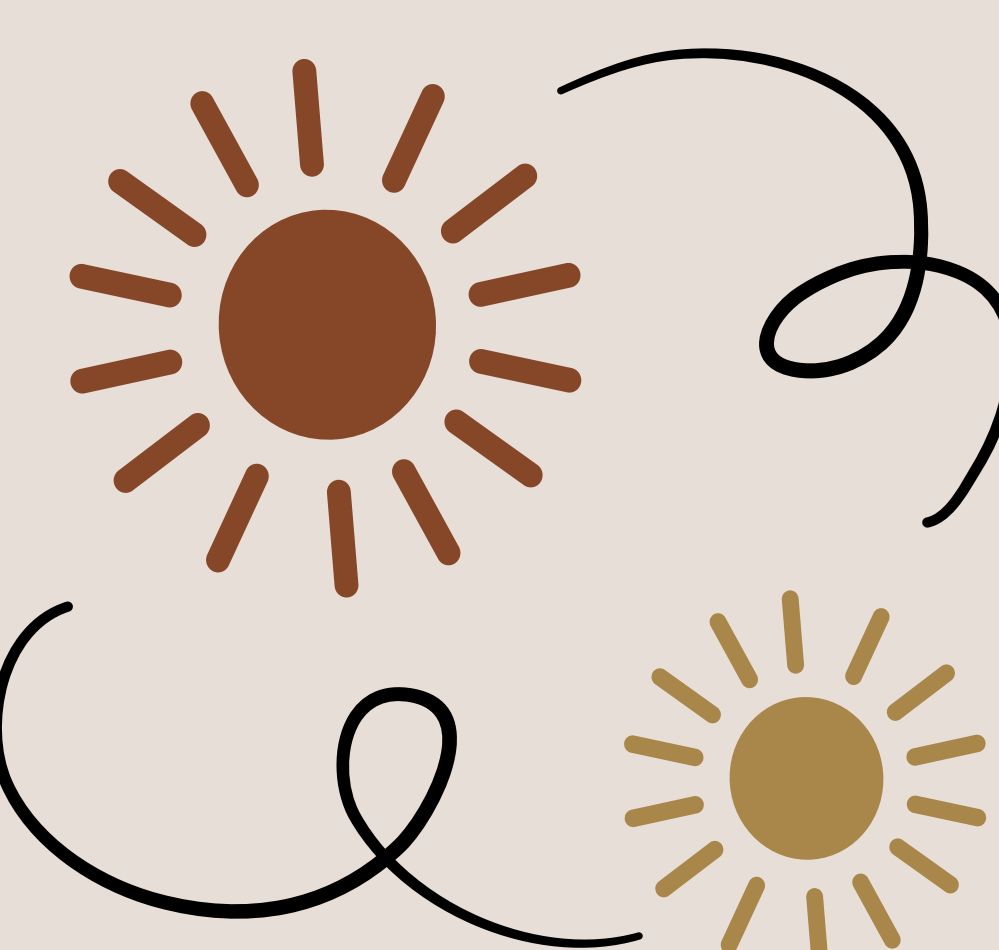




What is Behavioral addiction?

Behavioural addiction is a compulsion to engage in a rewarding non-substance related behavior despite negative consequences to one's physical, mental, social and financial wellbeing.





KEY WORD

ADDICTION IS NOT ONLY ABOUT SUBSTANCES

;

IT IS ALSO ABOUT COMPULSIVE BEHAVIOR.





REALITY ON CAMPUS

- **New Freedom**
 - **Reduced supervision**
 - **Academic demands**
 - **Financial pressures**
 - **Relationships**
- 



CAUSES

- **Excessive Freedom/Lack of freedom**
 - **Peer pressure**
 - **Desire for social validation**
 - **Financial demands**
 - **Boredom and poor time management**
 - **Academic stress**
- 



How do we know the line has been crossed?

- **Missing lectures**
 - **Falling grades**
 - **sleep deprivation**
 - **Go into substance use**
 - **Anxiety**
 - **Financial crisis**
 - **Withdrawal from family**
- 



common BEHAVIOURAL ADDICTION on CAMPUS



Social media addiction
Fear of missing out, endless scrolling



Sport betting/Gambling:
The illusion of easy money





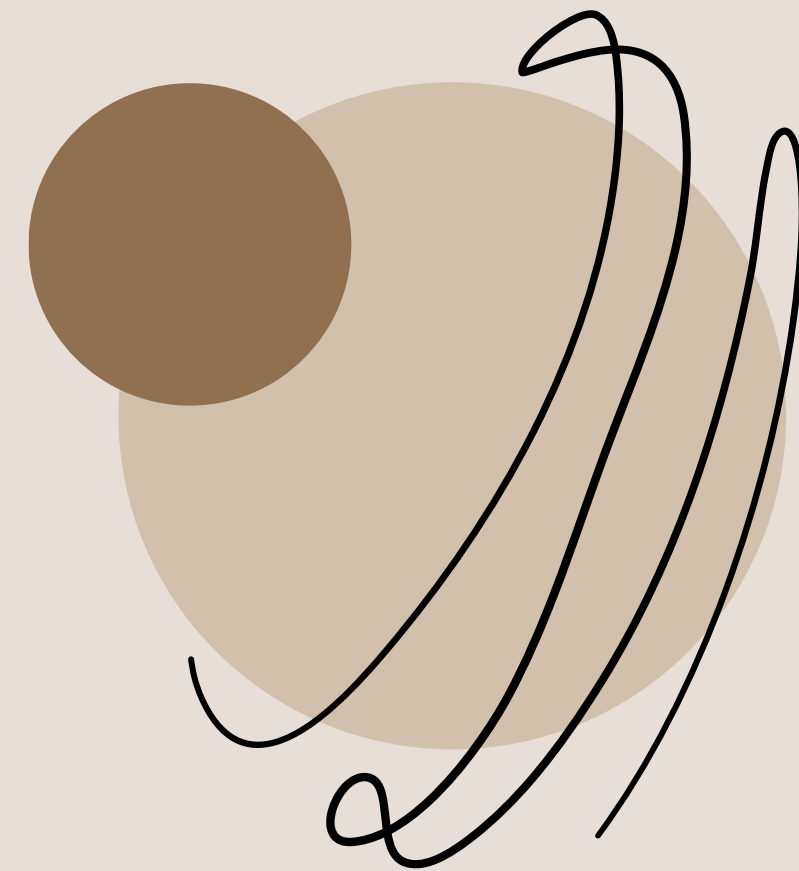
CONSEQUENCES

Academic failure

Mental Health-Depression,

Burnout, anxiety

Financial Loss





INNOVATIVE STRATEGIES FOR PREVENTION

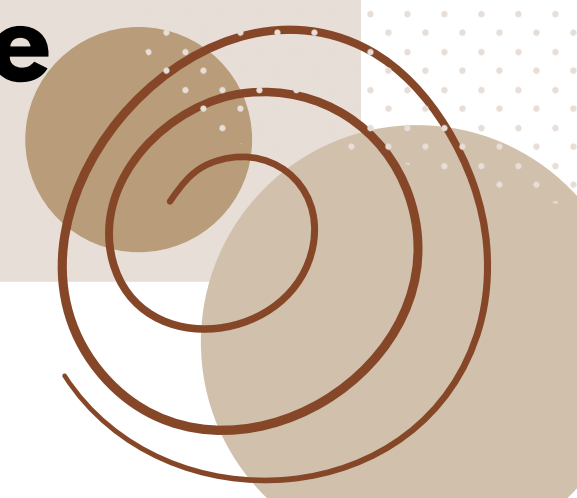
- Digital wellness habits, Time management
 - Be engaged- volunteering
 - Behavioural addiction screening assessment
 - Strengthens campus counseling services
 - Maintain open and non- judgmental communication
 - Provide emotional support
- 



CONCLUSION

Behavioural addiction reminds us that not all actions come in bottles, packets or pill. Some arrive quietly through our screens, habits, and daily routines.

The question is no longer whether we students are online, gaming or scrolling. The real question is “are we in control of these behaviors or these behaviors are controlling us?”





**“THE GREATEST DANGER IS NOT THE TIME
SPENT ONLINE, IT’S TO LOSE SIGHT OF THE
LIFE WE ARE MEANT TO BUILD OFFLINE”**



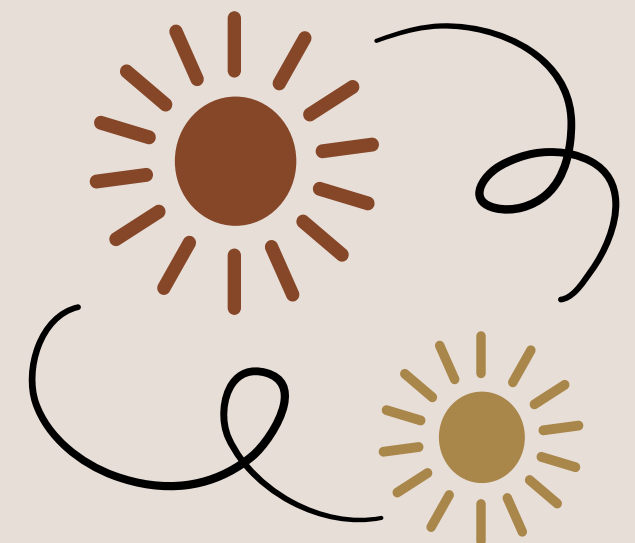
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The background features a large, light beige rectangular area. In the top-left and bottom-right corners, there are decorative elements consisting of overlapping beige circles and brown spiral lines. Additionally, there are patterns of small brown dots in the corners, some of which are partially covered by the beige shapes.

THANK YOU