

## Bölüm 6

# İnternetin Sorunlu Kullanımı ve İnternet Oyun Oynama Bozukluğu

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### İnternetin Sorunlu Kullanımı

Tarih boyunca hiçbir icat; internet kadar hızlı yaygınlaşmamış ve yaşantımızda bu denli etkili olmamıştır. İnternetin kolay ulaşılabilir, kolay karşılanabilir ve kişilere anonimlik sağlayan yönleri bu hızlı büyümeden sorumlu gibi görünmektedir. We are social ve Hootsuite'in birlikte yayınladıkları "digital in 2019" raporundaki güncel dünya internet kullanım istatistikleri de bu gözlemi doğrulamaktadır (1). Bu istatistik sonuçlarına göre dünya nüfusunun %57'si (4,388 milyar kişi) internet kullanıcısıdır ve bu sayıda yıllık %9,1 (+367 milyon) oranında artış gösterilmiştir (1). Yaş dağılımına bakıldığında kullanıcıların %22'sinin (1,690 milyar kişi) 0-12 yaş aralığında olduğu görülmektedir. Kullanıcıların %52'sinin mobil cihazları aracılığıyla internete erişim sağladıkları tespit edilmiştir. Yine aynı araştırmanın "digital 2019 in Turkey" başlığına baktığımızda ülkemiz için de sorunun azımsanmayacak boyutlara ulaştığını söylemek mümkündür. Bu başlığa göre nüfusumuzun %72'si (59,36 milyon kişi) internet kullanıcısıdır ve bu alanda yıllık %9'luk (+5 milyon) bir büyüme mevcuttur. Ayrıca 52 milyon sosyal medya kullanıcımız bulunmaktadır ve 44 milyonu mobil cihazları aracılığıyla sosyal

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