22. BÖLÜM

İnternet Bağımlılığı

Özden ARISOY[1]

İnsanoğlu, yüzyıllardır gelişimin peşinden koşmuş, sürekli daha iyiyi ve daha güzeli yakalamaya çalışmış ve bu amaçla hem kendisiyle hem doğayla savaşımını sürdürmüştür. Teknolojik gelişmeler, özellikle 20. yüzyılın ikinci yarısından sonra, insanoğlunun daha önceki devirlerle kıyaslanamayacak ölçüde bir sıçrama yapmasını sağlamış; iş hayatı, toplumsal yaşam ve bireysel ilişkilerde radikal değişimlere neden olmuştur. Bu değişimlerin yaşanmasındaki en önemli aktör hiç şüphesiz ki bilgisayar ve onun öncülük ettiği bilişim sektöründe yaşanan ilerleme ve dolayısıyla internettir.

İnternet, tüm dünyaya yayılmış irili ufaklı milyonlarca bilgisayarı birbirine bağlayan, dünya çapında yaygınlaşan ve sürekli büyüyen bir ağdır. Bugün, bilginin çok hızlı olarak üretildiği ve kısa bir süre içinde geçerliliğini yitirdiği bir çağda yaşamaktayız. Bu nedenle bilgi çağı, insanlar ve kurumlar arasında bilgi aktarımının hızlı ve etkin olarak yapılmasını gerektirmektedir. İnternetin temel işlevi de bu bilginin yayılmasını ve dağıtımını kolaylaştırmaktır çünkü internet bilgiye kolay, ucuz, hızlı ve güvenli ulaşmanın ve onu paylaşmanın günümüzdeki en geçerli yoludur.

Özellikle araştırmacılar ve bilgiye gereksinimi olanlar için, ağlar, hayati önem kazanmıştır. Bilgisayara bağlı bir modem, dünyaya açılan bir penceredir. İnternet sayesinde, insanlar istedikleri bilgiye kolay ve hızlı bir şekilde ulaşabilmekte; ağın parçası olan kütüphanelere, veri tabanlarına, üniversitelerin elektronik arşivlerine, tartışma listeleri ve haber gruplarının arşiv ve tutanaklarına erişilebilmektedir. İnternetle

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çıkmaya başlayan bozukluk hakkında yeterli bilgiye sahip olmaları daha da önem kazanmaktadır.

Bu amaçla hazırlanan kitap bölümünde, özellikle son zamanlarda çığ gibi büyüyen "internet bağımlılığı" konusunda yapılmış araştırmalara yer verilerek bir farkındalık oluşturulmaya çalışılmıştır. Literatür tarandığında, dünyanın her yerinden, özellikle de yüksek teknolojiye sahip gelişmiş ülkelerinden bu konuyla ilgili sayısız vaka bildirimi ve araştırma rapor edilmeye başlandığı görülmüştür. Ülkemizde, bu kitabın ilk basımının yapıldığı yıllarda konuyla ilgili çok az çalışma yapılmış olmasına rağmen, özellikle son 10 yılda internet bağımlılığının ülkemizdeki araştırmacılar için de giderek ilgi çekici bir konu haline gelmeye başladığı söylenebilir. İnternette, bu konunun işlendiği pek çok forumda kendisinin internet bağımlısı olduğunun düşünen onlarca insandan e-posta gelmektedir.

Ülkemiz, özellikle genç nüfusun yüksekliği, yeni gelişen bir ülke olması, internet kullanımının giderek yaygınlaşması, işsizlik ve internet kafelerin kontrolsüzce çoğalması nedeniyle bu yeni tanımlanan bozukluk için uygun bir zemin oluşturmaktadır. Türkiye'de internet bağımlılığı problemi daha ziyade bu teknolojiye daha hakim olan gençlerde ve çocuklarda daha fazla görülmektedir ve artık aileler çocuklarının internet kullanımının yol açtığı sorunlar nedeniyle bu bozukluğun tedavisini yapabilecek merkezlerin arayışına girmeye başlamıştır.

Bizim için henüz yeni olan bu sorunu uzun bir süredir yaşamakta olan uzak doğu ülkelerinde ve ABD'de artık bu bozuklukla ilgili tedavi merkezleri oluşturulmuş ve hızla bu konuda deneyimli klinisyenlerin yetiştirilmesine başlanmıştır. Kitabımızın ilk basımının yapıldığı yıllarda ülkemizde henüz bu tip bir tedavi merkezi bulunmamış olmasına rağmen, gelişen çağa hızla ayak uyduran Türkiye'de "internet bağımlılığı" sorunu son beş yılda giderek artmaya ve klinisyenler de bu durumla daha sık karşılaşmaya başlamışlardır. Bu hızlı artış üzerine, ülkemizde ilk internet bağımlılığı polikliniği kitabımızın ilk basımından sonra 2012 yılında İstanbul'da Bakırköy Ruh ve Sinir Hastalıkları Hastanesi bünyesinde açılmış ve hizmet vermeye başlamıştır. Bu nedenle, internet kullanımının en yaygın olduğu genç nüfusun yoğunlukta olduğu ülkemizde, bu tip polikliniklerin sayısının hızla artabileceği, klinisyenlerimizin de giderek daha fazla sayıda, artık sınıflandırma sistemlerine de girmiş olan internet oyun oynama bozukluğu ya da henüz sınıflandırma sistemine girmemiş olsa da internet bağımlılığı vakaları ile karşılaşma ihtimallerinin oldukça yüksek olabileceği göz önüne alındığında; klinisyenlerimizin bu bozukluk konusunda yeterli bilgiye sahip olmaları, bu bozukluğu tanımaları ve uygun tedavi yaklaşımları sergilemeleri büyük önem arz etmektedir.

Teşekkür: Arş. Gör. Dr. Mücahit Gökduman'a nörogörüntüleme kısmındaki literatür taramasına katkılarından dolayı teşekkür ederim.

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