

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101

ชั้นมัธยมศึกษาปีที่ 3

ผู้สอน

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เรื่อง

**Are You Addicted to the
Internet?**

Are You Addicted to the Internet?



ขอขอบคุณภาพ Internet.

จาก <https://pixabay.com/th/photos/บุคลิก-บุคลิก-งาน-เขียน-คอมพิวเตอร์-3428667/> (May 25 2018)

Are You Addicted to the Internet?



Objectives

1. สามารถตอบแบบประเมิน
ตนเองได้
2. สามารถบอกวิธีการใช้
อินเทอร์เน็ตอย่างเหมาะสมได้



What does it mean

ADDICTED



This old man smokes
a lot of cigarettes a day.

ขอขอบคุณภาพ Cigarettes.

จาก <https://pixabay.com/th/photos/บุหรี่-เค้ายิง-ควัน-83571/> February 21 2013)



What does it mean

ADDICTED



Mary cannot work without coffees.



What does it mean

ADDICTED



Tim always plays games during class.

ขอขอบคุณภาพ Games.

จาก <https://pixabay.com/th/photos/คอมพิวเตอร์-คอนโซล-ตัวควบคุม-เกม-1845880/> (November 21 2016)



What does it mean

ADDICTED



They always use phone
while they walk on the street.

ขอขอบคุณภาพ Mabel Amber. Phone.

จาก <https://pixabay.com/th/photos/คน-ชายหนุ่มคนหนึ่ง-3339835/> (April 21 2018)



What does it mean

ADDICTED



Physically and mentally dependent on particular substance, and unable to stop taking it or doing something as a habit.

Are You Addicted to the Internet?



Exercise 56.1

Answer the questions about “Are you addicted to the Internet?”.

*Do you think you are addicted to the internet?

จาก <https://pixabay.com/th/photos/ผู้หญิง-ใบหน้า-จิตใจ-สื่อ-หัว-1446557/> (June 10 2016)



Exercise 56.1

Are You Addicted to the Internet?

***Can you imagine
your life without
it even one day?**

ขอขอบคุณภาพ Internet.

จาก <https://pixabay.com/th/photos/ผู้หญิงในหน้าจอตีใจสื่อหัว-1446557/> (June 10 2016)



Exercise 56.1

Are You Addicted to the Internet?

*This test developed by Dr. Kimberly Young will tell you if you are addicted to the Internet or not.

ขอขอบคุณภาพ Internet.

จาก <https://pixabay.com/th/photos/ผู้หญิงในหน้าจอตีใจสื่อ-หัว-1446557/> (June 10 2016)



Exercise 56.1

Are You Addicted to the Internet?

To begin, answer the following questions by using this scale:-

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

1. _____ How often do
you find that you stay
online longer than you
intended?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

2. ___ How often do you neglect household chores to spend more time online?

Exercise 56

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

3. ___ How often do you prefer the excitement of the Internet to intimacy with your partner?

Exercise 56

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

4. ____ How often do you
form new relationships
with fellow online users?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

5. ____ How often do others
in your life complain to
you about the amount of
time you spend online?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

6. ___ How often do your grades or school works suffer because of the amount of time you spend online?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

7. ___ How often do you
check your e-mail
before something else
that you need to do?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

8. ____ How often does
your job performance
suffer because of the
Internet?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

9. ___ How often do you
become defensive or
secretive when anyone asks
you what you do online?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

10. ___ How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

11. ___ How often do you find yourself anticipating when you will go online again?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

12. _____ How often do you
fear that life without the
Internet would be boring,
empty, and joyless?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

13. _____ How often do you snap, yell, or act annoyed if someone bothers you while you are online?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

14. _____ How often do
you lose sleep due to
late-night log-ins?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

15. ___ How often do you feel preoccupied with the Internet when off-line, or fantasize about being online?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

16. _____ How often do you find yourself saying “just a few more minutes” when online?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

17. ___ How often do you try to cut down the amount of time you spend online and fail?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

18. ____ How often do you
try to hide how long
you've been online?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

19. _____ How often do you
choose to spend more
time online over going out
with others?

Exercise 56.1

0 = Never 1 = Rarely 2 = Occasionally
3 = Frequently 4 = Often 5 = Always

20. _____ How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back online?

Exercise 56.1

0 – 30 points

NONE

ขอขอบคุณภาพ Internet.

จาก <https://pixabay.com/th/photos/ผู้หญิง/ใบหน้า/จิตใจ/สว-หัว-1446557/> (June 10 2016)

Exercise 56.1

31- 49 points: **MILD**
You are an average online user. You may surf the Web a bit too long at times, but you have control over your usage.



Exercise 56.1

50 -79 points: **MODERATE**
You are experiencing occasional or frequent problems because of the Internet. You should consider their full impact on your life.

ขอขอบคุณภาพ Internet.

จาก <https://pixabay.com/th/photos/ผู้หญิง/ใบหน้า/จิตใจ-หัว-1446557/> (June 10 2016)



Exercise 56.1

80–100 points: **SEVERE**

Your Internet usage is causing significant problems in your life.

You should evaluate the impact of the Internet on your life and address the problems directly caused by your Internet usage.

Are You Addicted to the Internet?



Exercise 56.2

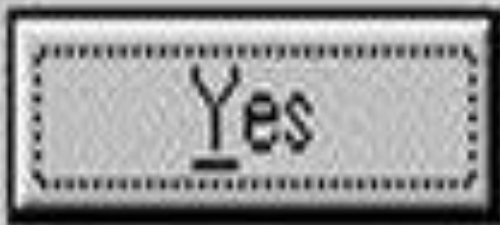
What **should/shouldn't** we do to use the internet properly?

FUNNY QUOTE



You have been on-line for 1 year.

Do you wish to Log Off and get a Life?



ขอขอบคุณภาพ Funny Quote.

จาก <https://pearlrose1123.wordpress.com/tag/funny-quotes-and-sayings/>



Remind me next year