

Vaka Çalışması

A Case Report Based on Reality Therapy on Problematic Internet Use

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Makale Bilgisi

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Abstract

Intense and uncontrolled internet use can lead to behavioral addiction, resulting in clinical-level symptoms. Mental health professionals use different theoretical perspectives while intervening in such situations. One of these approaches is reality therapy, which was examined for its suitability to Turkish culture. In this study, the counseling process based on reality therapy with a 25-year-old young adult showing symptoms of problematic internet use was analyzed. For this purpose, brief information was provided about problematic internet use, the basic concepts of reality therapy, and the wants, direction, evaluation, and planning WDEP system. Then, the counseling process was presented in the light of reality therapy. It has been observed that the client intensively uses the Internet as a way to escape from the current problems in his life, tries to meet his needs for entertainment and power through the Internet, and avoids taking responsibility. During the counseling process, the client discovered his own needs and managed to take responsibility for his life, made new plans, increased his control over internet use, and created alternatives to meet his needs in social life and playing games. In light of these results, it was inferred that the counseling process based on reality therapy would be functional for cases with problematic internet use and behavioral addiction symptoms. In this context, it is recommended that mental health professionals who work with clients who are problematic internet users or show signs of behavioral addiction should benefit from the basic concepts of reality therapy and the WDEP process in their intervention processes.

Öz

Anahtar
Kelimeler:

Gerçeklik Terapisi,
problemlerli internet
kullanımı,
davranışsal
bağımlılık,
olgı sunumu

Yoğun ve kontrolsüz internet kullanımının, ileri boyutlarda klinik vakalara dolayısıyla davranışsal bağımlılığa evrildiği durumlara rastlanmaktadır. Böyle durumlara müdahale ederken, ruh sağlığı uzmanları farklı kuramlardan faydalanmaktadır. Bunlardan biri de Türk kültürüne uygunluğu irdelenen gerçeklik terapisi. Bu çalışmada da, problemlerli internet kullanım belirtilerini, davranışsal bağımlılık boyutta sergilediği düşünülen 25 yaşındaki bir genç yetişkin ile gerçeklik terapisi temelinde gerçekleştirilen danışma süreci, temel kavramlar ve İstek-Yapma-Değerlendirme-Plan yapma (IYDP) sistemi bağlamında vaka analiz edilmiştir. Bu amaçla ilk olarak problemlerli internet kullanımına ve gerçeklik terapisinin temel kavramları ile IYDP sistemine dair kısa bilgi verilmiştir. Ardından danışma süreci gerçeklik terapisi ışığında sunulmuştur. Danışanın yaşantısında var olan sorunlardan kaçış yolu olarak yoğun düzeyde internet kullandığı, sorumluluk almak yerine özellikle eğlence ve güç ihtiyacını internetten karşılamaya çalıştığı görülmüştür. Danışma sürecinde, danışan kendi ihtiyaçlarını keşfederek hayatı üzerinde sorumluluk almayı başarmış, hayatında yeni planlar yaparak, internet kullanımını üzerindeki kontrolünü arttırmış ve oyun oynama davranışı ile karşıladığı ihtiyaçlarına sosyal hayatta alternatifler oluşturmuştur. Bu sonuçlar ışığında, gerçeklik terapisi temelinde gerçekleştirilen danışma sürecinin, problemlerli internet kullanımını ve davranışsal bağımlılık belirtilerinin var olduğu vakalar için işlevsel olacağı düşünülmektedir. Bu bağlamda problemlerli internet kullanıcısı olan veya davranışsal bağımlılık belirtileri gösteren danışanlar ile çalışan ruh sağlığı uzmanlarına, müdahale süreçlerinde gerçeklik terapisinin temel kavramlarından ve IYDP sürecinden faydalanmaları önerilmektedir.

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Introduction

The Internet has expanded its domain since it entered human life. Accordingly, the number of internet users is increasing day by day. Although internet applications have many benefits, some individuals experience problems due to excessive, uncontrolled, and dysfunctional use (Fernandes et al., 2019). As of April 2023, 75% of the 5.18 billion internet users worldwide are seen to be adolescents and young adults (Statista Internet Statistics, 2023), and it is emphasized that the tendency for internet addiction is higher in men (Zalewska et al., 2023). The symptoms of internet addiction, which is a type of behavioral addiction, have been frequently seen among young adults in recent years. It is stated that the blurred line between virtual reality and real-life caused by internet addiction is related to the duration of internet use and the participants' problematic internet use levels (Salubi & Muchaonyerwa, 2023). Similarly, individuals who use the internet extensively to cope with stress face health risks due to addiction or problematic use (Yang et al., 2023). Individuals who use the internet as a coping mechanism during the Covid 19 process have an increased risk of becoming problematic internet users. It is known that internet use and gaming rates increase during this period, which increases the risk of addiction (Wu et al., 2023). When clinical services for problematic internet use are assessed from a general perspective, it is evident that psychological and physiological disorders are quite prevalent in individuals who use the internet problematically (Roberts et al., 2022). It is thought that it is crucial to examine the possible negative consequences of problematic internet use as well as the interventions applied during the addiction process.

It is stated that with the increase in internet use, research and preventive studies on its effects on people have gained importance (Zalewska et al., 2023). Although cognitive behavioral therapy (CBT) is widely used in the intervention process, it is emphasized that other psychological treatments, such as reality therapy, family therapy, and pharmacological interventions, are also effective in reducing symptoms. However, more research is needed to understand better the different problematic behaviors facilitated by uncontrolled and excessive use of the Internet (Roberts et al., 2022).

Existing evidence has shown that interventions based on CBT are considered and recommended as an effective treatment for problematic internet use or internet addiction (Agbaria, 2023; Bağatarhan & Siyez, 2022; Erden & Hatun, 2015; Gökmen & Batmaz, 2024). In a case presentation based on CBT, it is emphasized that clinicians should take problematic internet use seriously, and intervening in accompanying psychological problems will effectively eliminate the negative consequences of internet use (Köroğlu et al., 2006). Although the effectiveness of CBT on problematic internet use or addiction has been proven, more

research is needed to evaluate other therapy methods (Malak, 2018). In this context, it is a matter of curiosity in what condition Reality Therapy, which forms the basis of the case in this study, is used in the intervention process for problematic internet use and addiction. Reality therapy effectively develops positive attitudes toward school, reduces problem behaviors disrupting discipline, and increases academic achievement, internal locus of control, positive self-concept, successful identity, and responsibility levels of elementary and middle school students (Türkdoğan, 2015). Similarly, it has been observed that reality therapy is effective for adolescents and young adults. In this context, it was reported that reality therapy reduces antisocial behavior, alcohol use, unhealthy eating habits, suicidal tendencies, school dropout rates, academic procrastination, problematic internet use, and cyberbullying behaviors. It also effectively increases self-regulation, responsibility, resilience, and internal locus of control (Dursun & Gamsız Tunç, 2021). In light of these research results, it is considered that reality therapy applies to Turkish culture and can be used in interventions targeting different developmental periods.

Numerous studies highlight the significant impact of reality therapy on various variables, one of which is problematic internet use. When the literature is examined, group studies highlighted the effectiveness of reality therapy in reducing the adverse effects of problematic internet use and increasing controlled usage (Berber Çelik, 2016; Dursun & Ceyhan, 2023; Kim, 2007; Safari et al., 2021). Furthermore, it is observed that fundamental concepts addressed in reality therapy such as control (Király et al., 2020), responsibility (Baltacı et al., 2020), and psychological needs (Dursun, 2022), are associated with addiction/problematic use. However, it is noteworthy that there is a lack of case studies/presentations focusing on problematic internet use within the context of Reality Therapy. Therefore, this study aims to present a case study that addresses problematic internet use within the framework of reality therapy. Despite various studies being conducted on the theory of reality therapy since its inception, it is emphasized that more in-depth studies are lacking (Litwack, 2007). However, case studies that deeply explore the process related to Reality Therapy research are rarely encountered (Prenzlau, 2006). Although film analyses have been done based on reality therapy in the national literature (Han & Bayram, 2022; Ülker-Tümlü & Voltan Acar, 2014; Tunç & Voltan Acar, 2017; Özdemir, 2022), there have been no case studies on any topic. Therefore, this study presents a reality therapy-based intervention for problematic internet use. Before moving on to the case study, the fundamental concepts in reality therapy and the wants, direction, evaluation, and planning (WDEP system) used in the therapy process are presented.

In 1967, William Glasser presented information about reality therapy in his book called *Reality Therapy* (Kaner, 1993). Since then, the treatment, used to help people in various settings, emphasizes that individuals are responsible for their behaviors and have control over their lives. The fundamental concepts of the theory, basic needs, total behavior, quality world (picture album), control concept, identity, and the WDEP system (Kaner, 1993) are presented sequentially.

The five basic needs emphasized in reality therapy for humanity are survival, love and belonging, power, freedom, and fun (Glasser, 1998). Survival occurs through surviving with basic physiological behaviors. The need for love and belonging focuses on reciprocity, giving and receiving balance within a person's family and support system, belonging, and relationships. Power is the drive and instinct for success, self-worth, and competence. Freedom focuses on the need for autonomy and choice. Fun is the need for humor, activity, and pleasure. While the described basic needs may not require equal attention depending on the individual, they are interconnected. Some individuals may have a greater need for fun while others may require more freedom. However, it is emphasized that for a person to maintain balance, they must satisfy all their essential needs. Indeed, choices made by individuals to meet their basic needs directly affect their psychological balance (Wubbolding, 2013). Total behavior encompasses thought, feeling, behavior, and physiology. It highlights that behaviors serve a purpose; needs are attempts to close the gap between expectations, desires, and what is obtained in life (Corey, 2012). In reality therapy, the concept known as the quality world (picture album) contains everything individuals value. If healthy relationships are not established with individuals in the quality world woven with the five unique human needs, individuals may become unhappy (Duba et al., 2009). The concept of control is another essential concept emphasized in therapy. The importance of individuals having control over their lives is highlighted, and it is stressed that the only behavior that can be controlled is the individual's own behavior and that changing the environment is possible through controlling the individual's behavior (Kaner, 1993). Another concept valued in reality therapy is identity. There are two types of identity mentioned: successful and unsuccessful. Successful identity is defined as having numerous effective behavioral options while fulfilling needs, whereas unsuccessful identity is described as having limited behavioral choices to meet needs. Additionally, it is believed that Turkish clients are more likely to develop an unsuccessful identity (Yorgun & Voltan Acar, 2014).

Apart from the important critical concepts valued in reality therapy, there is a system used in the counseling process that represents the stages of the process. A reality therapy-based psychological counseling process consists of four main stages called WDEP (Want, Direction,

Evaluation, Planning) (Corey, 2012). According to this, discussing the client's desires and needs regarding the counseling process or life in general constitutes the want stage. Examining how the client acts to meet the expressed needs represents the doing and directing stage. Assessing the contribution of the client's choices to meeting their needs constitutes the evaluation stage, and exploring realistic choices the client can make to achieve their desires forms the planning stage (Wubbolding & Brickell, 2007). In reality therapy, techniques such as questioning, bibliotherapy, doing the unexpected, humor, metaphors, physical activities, meditation, and allowing or showing the consequences are used (Murdock, 2009).

Case

The twenty-five-year-old client, H.D., has sought counseling for reasons such as "inaction, procrastination, inability to enjoy life, and feeling of meaninglessness." The client was informed about the process, and informed consent was obtained. While continuing his undergraduate education in engineering, H.D. dropped out of school, believing there was a job guarantee in the healthcare field, which he has recently completed. However, H.D. experiences indecision and a lack of motivation to start a job and needs to try to look for a job. According to information obtained about his family, H.D.'s parents have a conflicted relationship and face financial difficulties. H.D. mentioned that his father, even if he occasionally goes to work, has mentioned not receiving his pay regularly. H.D. also noted that his mother sometimes works cleaning jobs. He also stated that he had difficulty establishing a close relationship with both his mother and father. H.D., who said that he had a brother, noted that there was a significant age difference between him and that his rarely communicated. Recently, H.D. mentioned having more conflicts with his family, shouting at him due to being tired of poverty, being subjected to violence by his father, and being kicked out of the house. H.D. meets his needs with the pocket money given by his grandmother and thinks that working life is not suitable for him and his lifestyle. H.D. also provided information about his lifestyle, where he stays up all night, wakes up during the day to eat, and lives a solitary life without interacting with those around him. When H.D. was asked what he did when he did not sleep at night, he emphasized that he spent time on the internet. H.D. stated that the only activity he took action without delay or difficulty was spending time on internet applications. He prefers to sleep when he wants to take action on other issues related to his life. He emphasized that otherwise, his father thought, "You are useless; the only thing you can do is eat and sleep," and this thought caused him to feel nervous by causing emotions such as anger, shame, and anxiety. H.D., emphasized that he had no positive memories, especially when he thought of his family.

When H.D. is asked about the areas in which he feels competent; He stated that he was very good at computer games, so he added that he had been playing computer games intensively for a long time. Stating that the only environment in which he feels competent and happy is the internet, H.D. emphasized that although he does not have many friends in his social life, he has more than one friend who respects him on the internet. During this explanation, a faint happiness was observed on H.D.'s face. H.D., who thought he needed money or had to take action when he wanted to go somewhere in his social life, stated that he did not need these while spending time online. In addition, H.D. considers the internet as the only environment where he can laugh and has seen the internet environment as a shelter for himself since his childhood. Therefore, H.D., who found the idea of his family turning off the Internet due to financial problems terrifying, stated that he could not imagine a life without the Internet. H.D. thinks he is not satisfied with himself physically and is reluctant to enter into romantic relationships. H.D., who has experienced a romantic relationship once, thinks that his girlfriend always has control of the relationship. He stated that his girlfriend was not happy with this situation. H.D., expressed that he hoped to be more willing to take action for the decisions and responsibilities he would take in his life at the end of the counseling process.

Case Formulation

The client's life, who sought counseling for reasons such as inaction, procrastination, and questioning the meaning of life, can be evaluated within the framework of meeting his needs. In reality therapy, there are five basic needs. Apart from physiological needs like survival and reproduction, the remaining needs of belongingness, freedom, fun, and power are considered psychological needs. When examining what H.D. expressed during the counseling process, it can be considered that he has difficulties meeting his needs. At 26, due to not achieving financial independence, H.D. continues his life dependent on his family to meet his physiological needs. Furthermore, H.D.'s intensive use of the internet at night and sleeping during the day may negatively affect survival needs related to body functions, health, and mobility (Skeen, 2002). According to reality therapy, belonging is one of the most important needs. However, it can be said that H.D. cannot meet this need with his family, social circle, or romantic relationship. It is thought that he does not feel valuable and cannot meet his need for love and belonging healthily. Another need that H.D. cannot meet healthily is power. Because when there is control over life, a sense of accomplishment, and an effort for personal development (Wubbolding, 2015), the need for power can be met. H.D. has not provided information about positive experiences that could meet the need for power in his life. However, it appears that H.D. is trying to meet his power needs by using the internet and playing online

games. When considering that meeting psychological needs in the virtual environment instead of the social environment leads to problematic internet use, H.D. can be said to be in the risk group for problematic internet use. Similarly, cognitive structures such as “The Internet is the only place where I am respected” and “The Internet is my only friend” are considered indicators of problematic use (Yalçın, 2006). These indicators indicate that H.D. sees the internet as a safe haven and the only place where he can have fun. It may be thought that H.D. cannot meet the need for freedom (Wubbolding & Robey, 2012), which includes making choices, taking responsibility, meeting needs in a balanced way, and maintaining a balanced life (Wubbolding & Robey, 2012), in a healthy way. Because, as in H.D.'s relationship with his girlfriend, he prefers to postpone his responsibilities to someone else instead of taking responsibility. In addition, focusing on H.D.'s need for entertainment and power instead of finding balance while meeting his needs also points to H.D.'s problematic internet use. Therefore, it can be thought that H.D. has difficulty living a healthy life in terms of relationships and meeting his needs. According to Glasser (2000), the most accessible need to meet is entertainment, which has many options available and is not faced with many obstacles when met. It is observed that H.D. meets his entertainment needs by playing games or socializing in the virtual environment. Meeting his entertainment needs only in the virtual environment can be considered a factor that may cause him to use it intensively.

Another concept to be examined within the framework of reality therapy is control, which is one of the fundamental concepts of therapy. Individuals must have control over their lives and make effective choices for this purpose (Seligman, 2001). Making choices also brings responsibility. Indeed, in reality therapy, which believes that choices make up individuals, the importance of taking responsibility for choices is emphasized (Corey, 2012). Control is a concept that is also considered and examined in terms of problematic internet use. It is observed that problematic internet users need help maintaining control over their internet usage. When H.D.'s experiences are evaluated within the framework of the concept of control, it is seen that he has difficulty standing behind his decisions, such as in school selection, and experiences indecision. Similarly, H.D. avoids taking responsibility for his romantic relationship and job search. An example of this is not taking action to look for a job even though he needs money.

In reality therapy, two other concepts that can be examined in H.D.'s experiences are quality world and total behavior. The concept of the quality world, which includes essential memories, people and information that affect and are valued by the individual, as well as the information that begins to form from birth and meets the needs of individuals, and the total behavior consisting of emotion, thought, action and physiology components, are two crucial

concepts that help H.D. gain awareness. (Glasser, 2000). Indeed, the statement of H.D.'s father, "You are useless; all you do is eat and sleep" can be considered as information in the quality world and an obstacle to meeting his needs. When H.D. wants to take action for his life, he remembers the words his father said and experiences procrastination, bringing to mind the thought and action dimensions of total behavior. In addition, H.D.'s feelings of anger, shame, anxiety, and body tension indicate that the emotional and physiological dimensions are affected. Another point to consider in the world of quality is that H.D., sees the internet as the only place where he can take shelter and have fun. H.D., who thinks that he easily meets his energy and entertainment needs via the internet, states that internet use is the only action he does not delay. The fact that H.D. does not have positive memories of his family also shows that he does not evaluate him positively in the world of quality.

Finally, when H.D.'s experiences are evaluated in terms of the concept of identity, avoiding taking responsibility, not being in control, not being able to meet the need for love, and exhibiting symptoms of low self-esteem suggest that H.D. exhibits unsuccessful identity patterns. It can also be assumed that H.D., who is a problematic internet user, also shows signs of behavioral addiction. Because H.D., who tries to meet his needs over the internet, finds the situation of not being able to access the internet terrifying, cannot imagine a life without the internet, and sees the internet as a safe haven. The fact that H.D. does not stay away from internet use despite postponing everything indicates that he is at risk of behavioral addiction.

When H.D.'s behavior is evaluated within the framework of addiction, it can be said that he exhibits excessive gaming behavior due to intense and uncontrolled internet use. The social and occupational impairment caused by excessive video game playing is often described as pathological. However, the term "gaming addiction" remains a controversial concept. It is observed that individuals who play intense games spend more time playing games as time goes by, choose games to escape from problems and feel good, and experience daily procrastination (Gentile, 2009). This situation is similar to H.D.'s experience. However, it is stated that the behavioral symptoms that occur in individuals who play excessive games are due to ineffective time management skills or symptomatic reactions to different problems they avoid rather than the addictive nature of the games (Wood, 2008). It can be said that a similar situation exists in the case presented in the study. Because H.D.'s relational problems and lack of responsibility, preferring the online environment to meet his psychological needs, may be indicators of avoiding his problems. It is also thought that this causes H.D. to increase his internet use and gaming behavior to feel good/adequate.

Psychological Counseling Process

In reality therapy, the process continues in initiation, development, and termination stages. In the initiation phase, H.D.'s participation is highly valued. Attention to principles such as respect, trust, and sincerity are necessary to facilitate H.D.'s participation (Sarı, 2014). It is observed that H.D. lacks confidence in his surroundings and in himself, cannot meet his need for love healthily, and does not feel respected outside the online environment. Therefore, at the beginning of the counseling process, an attempt was made to listen to H.D. without judgment to establish therapeutic collaboration. In the initial sessions, attention was paid to progress at H.D.'s pace, and skills like confrontation were avoided due to H.D.'s unreadiness. In the initiation phase, apart from therapeutic collaboration, the "Wants" stage of the WDEP system used in the counseling process of Reality Therapy, which is based on reviewing what H.D. does in the "Direction and Evaluation" stage, is addressed. H.D. stated that he exhibited inertia and procrastination behavior during the desires stage, did not enjoy life and wanted to take action. In this stage, techniques such as questioning, reframing, and role-playing were used to examine what H.D. does and does not do due to his current behaviors. H.D.'s inaccurate self-assessments were addressed, and an evaluation was made in the context of experiences existing in his quality world and affecting him. Evaluating behavior, thought, emotion, and physiological state in the total behavior dimension has raised awareness in H.D. about his experiences. H.D. was encouraged to make a cost-benefit analysis of how effective his current behaviors were in achieving his desires. During this process, it was concluded that H.D. could not healthily meet his psychological needs, used the internet as a world of escape and relaxation, and triggered problematic use due to the negative experiences he had with his family and the relationships he could not establish in the social environment. At the end of the initial phase, which lasted six sessions, H.D. discovered that what was hindering him was his internet use and the meanings he attributed to it by focusing more on his behavior. At this stage, H.D. changed his counseling goal to being able to control his internet use and implement his life goals.

Making and implementing purposeful plans during the development phase is very important. Short, medium, and long-term goals should be determined when creating a behavior plan, and simple, achievable plans should be made. In this context, it has been determined that while H.D. aims to regulate the duration and timing of internet use in the short term, the focus is on meeting psychological needs in the social environment instead of delaying behaviors in the medium term and on achieving goals in the long term. Based on these goals, H.D. took responsibility for what he could do and prepared an action plan. During this time, H.D. needs to focus on the plan. The action plan provides H.D. with the opportunity to

experience a sense of control and take responsibility. In this process, reality therapy techniques such as confrontation, bibliotherapy, and experiencing the results were used. In the early stages of the plan's implementation, points were observed where H.D. did not comply with the action plan. In line with the principle of no excuse, no punishment, the behaviors that H.D. could not do were re-evaluated, the plan was re-created, and the process continued in the same way until H.D. achieved what he had determined for himself in the action plan. This phase covers the sessions between the 7th and 15th sessions. At the end of this period, H.D. began working in the healthcare industry during the day and managed to limit nightly internet use to one or two hours. Sometimes, when he has much free time, H.D. finds the Internet more appealing. Despite this, H.D. tried to create options to meet his psychological needs in social life. Exercising, taking up different hobbies, and trying to make friends in social life are examples of actions taken by H.D. Even though H.D. had unsuccessful experiences during the process, every experience in which he could control and take responsibility was reinforced. H.D., who is trying to expand his social circle, still believes that he needs to progress in his relationships with his family.

During the termination and follow-up phase, H.D. tried to gain control and responsibility by emphasizing the changes he had made since the beginning of the process. It was also stated that the action plan is available after the process is completed and can be updated if it does not work. Due to frequent relapses in internet use and behavioral addiction, follow-up sessions were held in the sixth and twelfth weeks after the termination session, and H.D.'s progress was monitored. H.D. stated that he had difficulty controlling his internet use immediately after the sessions and that the duration of his use increased slightly; and emphasized that he started to cope more quickly in the following weeks with the support he received from his friends and the options he had. The difficulty he experienced immediately after the sessions may be due to his difficulty in using decision-making and responsibility skills without the support of the psychological counseling process. However, maintaining control throughout the process can be seen as a sign that H.D. is starting to take responsibility for his choices.

Conclusion

In this case, where problematic internet use was discussed within the framework of reality therapy, it was observed that H.D. used the internet intensely and uncontrollably to escape from his problems instead of taking responsibility for meeting his needs. When problematic internet use, which has become a global and social problem, is generally conceptualized as the individual's inability to control internet use and encountering negative

consequences in daily life (Spada, 2014), it is concluded that H.D.'s internet use is problematic. In addition, it is considered an environment where H.D., who mostly uses the internet to play games, prefers to get away from the problems he is experiencing rather than healthily meeting his needs rather than being addicted to games (Wood, 2008).

Glasser sees the source of the problems individuals face as the inability to establish healthy relationships and meet their needs healthily (Duba et al., 2009). H.D. also has difficulty establishing healthy relationships with the people around him, including his nuclear family, and tries to meet his need for love and belonging through the internet. Similarly, he frequently meets his needs for power, freedom, and entertainment from the internet and gaming platforms. H.D.'s intense and uncontrolled use of the internet makes him vulnerable to the risk of addiction. Because internet use is fierce and for gaming purposes, it opens the door to the risk of addiction due to problematic use (Salubi & Muchaonyerwa, 2023). It is also emphasized that problematic internet users use the internet to meet their needs for love, belonging, power, freedom and entertainment (Dursun, 2022) and that problematic internet use is related to psychological needs (Can & Zeren, 2019). However, it is also seen that intense internet use is associated with problems in friendship and family relationships and leads to procrastination (Dursun, 2022). It is noteworthy that H.D. showed similar experiences in meeting and procrastinating his needs through the internet. During the counseling process, it is seen that H.D. gains more control over his internet use as he implements plans to meet his needs in a healthy and social environment. H.D. is also trying to meet his needs by gaining independence from his family. In this regard, intervening in the psychological problems accompanying the situation will help eliminate the adverse effects of internet use (Köroğlu et al., 2006). In addition, cognitive behavioral therapy contributes to coping with the symptoms of addiction resulting from internet use and using the internet in a controlled manner (Erden & Hatun, 2015). In the case presented in the context of reality therapy, H.D. showed improvement in internet use. In this progress, it has been observed that the principles of reality therapy, with no punishment and no excuse, are beneficial for H.D. The client states that when he does not take responsibility in his relationships with his family, he often faces punishments such as cutting off the internet and insults, and that he makes excuses and transfers control to others for not taking responsibility in his romantic relationship. Not giving punishment or accepting excuses during the counseling process may have contributed to H.D., creating a different perspective. It is also thought that supporting H.D. until he feels that he is in control and encouraging him to take responsibility and keep control may strengthen H.D. in taking responsibility and maintaining control.

To cope with problematic internet use, taking responsibility and feeling in control are two essential concepts to consider. Individuals who can control themselves have a lower risk of becoming problematic internet users (Eroğlu et al., 2023). In this regard, at the end of the counseling process, H.D.'s feeling that he can control his internet use can be considered as an indicator of moving away from the risk of addiction. It is also stated that if most of the time is spent on the Internet, it is inevitable to postpone responsibilities in business and social life (Liu & Potenza, 2007). Procrastination is seen as something H.D. experiences before the counseling process. After the counseling process, H.D. starts to spend time in social environments instead of procrastinating, tries to improve his work and relationship problems, and takes on similar responsibilities, indicating that he has moved away from being a problematic internet user.

As a result, counseling processes designed with reality therapy can be effective in solving problematic internet use. In this respect, it can be recommended as an alternative therapy method for professionals working with problematic internet use cases. However, the study also has some limitations. Quantitative measurements were not used to evaluate the consulting process. It may be suggested that the individual counseling process designed in the light of reality therapy be made more concrete with quantitative and different qualitative measurements. Additionally, there is a 26-year-old male client in this case. The generalizability of the results can be increased by studies based on reality therapy with individuals at different developmental stages and genders. Finally, this study was based on reality therapy and focused on problematic internet use. Based on reality therapy, studies in the form of case presentations that focus on issues that may be important in the lives of young adults, such as relationship problems and different types of addictions, can be recommended. Similarly, case presentation studies focusing on problematic internet use in various theoretical frameworks will be helpful in terms of intervention diversity.

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Informed consent was obtained from the client before the study.

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Problemlı İnternet Kullanımı Üzerine Gerçeklik Terapisi Temelinde Bir Olgu Sunumu

Özet

İnternet, insan hayatına girdiđi günden bu yana etki alanını genişletmiştir. Buna bađlı olarak da internet kullanıcılarının sayısı her geçen gün artmaktadır. İnternet uygulamaları, birçok faydayı barındırmasına rağmen bazı bireylerin internet uygulamalarını aşırı, kontrolsüz ve işlevsiz kullanımına bađlı birtakım sorunların ortaya çıktığı görülmektedir (Fernandes ve diđerleri, 2019). 2023 yılı Nisan ayı itibarıyla dünya genelinde 5,18 milyar internet kullanıcısının yüzde 75'ini ergen ve genç yetişkinlerin oluşturduğu görülmekte (Statista İnternet İstatistikleri, 2023), erkeklerde, internet bađımlılıđı eğiliminin daha yüksek olduđu vurgulanmaktadır (Zalewska ve diđerleri, 2023). Problemlı internet kullanımına yönelik klinik hizmetler, genel bir bakış açısı ile değerlendirildiğinde; interneti problemlı kullanan bireylerde psikolojik ve fizyolojik boyutta hastalıkların oldukça yaygın olduđu görülmektedir (Roberts ve diđerleri, 2022).

İnternet kullanımının artması ile birlikte insanlar üzerindeki etkisine dair araştırma ve önleyici çalışmaların önem kazandıđı ifade edilmektedir (Zalewska ve diđerleri, 2023). Müdahale sürecinde, bilişsel davranışçı terapi (BDT) yaygın olarak kullanılmakla birlikte; gerçeklik terapisi, aile terapisi gibi diđer psikolojik terapilerin ve farmakolojik müdahalelerin de belirtileri azaltmada etkili olduđu vurgulanmasına rağmen internetin kontrolsüz ve aşırı kullanımının kolaylaştırdığı farklı problem davranışların daha net anlaşılması için daha fazla araştırmaya ihtiyaç duyulmaktadır (Roberts ve diđerleri, 2022). BDT temelli müdahaleler, problemlı internet kullanımı veya internet bađımlılıđı için etkili bir tedavi olarak önerilmesine (Agbaria, 2023; Bađatarhan ve Siyez, 2022; Erden ve Hatun, 2015; Gökmen ve Batmaz, 2024) rağmen diđer terapi yöntemlerinin değerlendirildiđi daha fazla çalışmaya ihtiyaç duyulmaktadır (Malak, 2018). Bu bağlamda, bu çalışmadaki olguya da temel oluşturan gerçeklik terapisinin problemlı internet kullanımı ve bađımlılıđa müdahale sürecindeki kullanımının ne durumda olduđu merak konusudur.

Gerçeklik terapisinde ele alınan kontrol (Király ve diđerleri, 2020), sorumluluk (Baltacı ve diđerleri, 2020), psikolojik ihtiyaçlar (Dursun, 2022) gibi temel kavramların bađımlılık/problemlı kullanım ile ilişkili olduđu görülmektedir. Buna rağmen gerçeklik terapisi temelinde problemlı internet kullanımını ele alan vaka analizi/olgu sunumuna rastlanmaması dikkat çekmektedir. Bu nedenle, bu çalışmada problemlı internet kullanımını gerçeklik terapisi bağlamında ele alan bir olgunun sunumu amaçlanmaktadır.

Yirmi beş yaşında olan danışan, danışmaya “eylemsizlik, erteleme, hayattan zevk alamama ve anlamsızlık yaşama” gibi nedenlerle başvurmuştur. Danışanın ebeveynlerinin çatışmalı bir ilişkileri bulunmakta ve maddi sorunlar yaşamaktadır. Ayrıca danışan, ailesi ile yakın bir ilişki kuramadığını düşünmektedir. Geceleri uyanık kaldığı zamanlarda yoğunlukla internette zaman geçirmektedir. Sosyal yaşamında çok arkadaşı olmamasına rağmen çevrimiçi ortamda çok arkadaşı olduğunu belirten danışan, çevrimiçi arkadaşlarının kendisine saygı duyduklarını düşünmektedir. Benzer şekilde romantik ilişki kurmaktan çekinmektedir.

Danışan, süreç hakkında bilgilendirilerek aydınlatılmış onam alınmıştır. Gerçeklik terapisinde süreç başlangıç, gelişme ve sonlandırma şeklinde devam etmektedir. Başlangıç aşamasında, terapötik iş birliği dışında, gerçeklik terapisinin danışma sürecinde kullanılan İstekler, yapma, değerlendirme ve plan yapma aşamalarını içeren İYDP sisteminin “İstekler” ve “Yapma ve Değerlendirme” aşaması ele alınmıştır. Altı hafta devam eden bu aşamada soru sorma, yeniden çerçeveleme, rol oynama gibi teknikler kullanılarak mevcut davranışları irdelenmiştir. Danışanın kendine dair doğru olmayan düşünceleri ele alınmış, kalite dünyasında var olan ve onu etkileyen yaşantılar bağlamında değerlendirmesi sağlanmıştır. Danışanın mevcut davranışlarının onun isteklerine ulaşması konusunda nasıl etkili olduğunu fark etmesine yönelik kâr zarar analizi yapması desteklenmiştir. Danışan, psikolojik ihtiyaçlarını sağlıklı karşılayamadığını, interneti bir kaçış ve rahatlama yeri olarak kullandığını, ailesi ile olumsuz yaşantılarının ve sosyal ortamda kuramadığı ilişkilerin de problemleri kullanımı tetiklediğini fark etmiştir. Gelişme aşamasında ise amaca yönelik plan yapma ve uygulama oldukça önemlidir. Davranış planı yapılırken kısa, orta ve uzun dönemli amaçların belirlenmesi ve basit, uygulanabilir olmasına önem verilmiştir. Bu bağlamda, kısa sürede internet kullanım süresi ve zaman yönetiminin düzenlenmesi amaçlanırken, orta vadede psikolojik ihtiyaçları sosyal ortamda karşılamaya odaklanma, uzun vadede ise ertelediği davranışları yerine getirme amaçları belirlenmiştir. Bu amaçlar doğrultusunda danışan yapabilecekleri konusunda sorumluluk alarak eylem planını hazırlamıştır. Bu sürede danışan amaçları belirlerken internet kullanımını bırakmak gibi gerçekçi olmayan ve genel amaçlar ifade ettiğinde, onun somut ve uygulanabilir amaçlara odaklanması desteklenmiştir. Bu süreçte yüzleştirme, bibliyoterapi ve sonuçları yaşama gibi gerçeklik terapisi tekniklerinden yararlanılmıştır. İYDP sisteminin planlama aşamasında, danışanın eylem planına uymadığı noktaların olduğu görülmüştür. Bahane yok ve cezalandırma yok ilkesi doğrultusunda yapamadıkları davranışlar gözden geçirilerek plan yeniden oluşturulmuş ve danışanın eylem planı üzerinde kendisi için belirlediklerini gerçekleştirene kadar süreç benzer şekilde devam etmiştir. Bu aşama 7 ile 15. oturumlar arasında kapsamaktadır. Sonlandırma ve izleme aşamasında, danışanın sürecin başından beri gerçekleştirdiği değişimler vurgulanarak

danışana, kontrol duygusu ve sorumluluk aşılarmaya çalışılmıştır. Ayrıca süreç sonlansa bile eylem planlarının işleyeceği ve işlemediğinde güncellenebileceği bilgisi verilmiştir.

Sonuç olarak, gerçeklik terapisi odağında sunulan danışma sürecinin problemlı internet kullanımı üzerinde etkili olabileceği söylenebilir. Bu açıdan problemlı internet kullanım belirtileri gösteren danışanlar için alternatif bir terapi yöntemi olarak önerilebilir. Bununla birlikte çalışmanın bazı sınırlılıkları mevcuttur. Danışma sürecinin değerlendirmesinde nitel-nicel değerlendirme yapılmamıştır. Benzer nitelikteki olgu sunumları farklı değerlendirmelerle desteklenebilir. Ayrıca bu vaka 26 yaşında erkek bir danışana özel durumu içermektedir. Farklı gelişim dönemlerinden ve cinsiyetten bireylerle gerçeklik terapisi temelinde gerçekleştirilecek çalışmalar ile sonuçların genellenebilirliği artırılabilir.