

NET4SOCIETY Brokerage event

Meeting point for SSH researchers

16<sup>th</sup> October 2009, Brussels, Belgium



# *Lifestyle: addiction or emptiness?*

*Alessandra Sannella*  
Sociologist-Anthropologist  
Research



net4 society

## *Our questions*

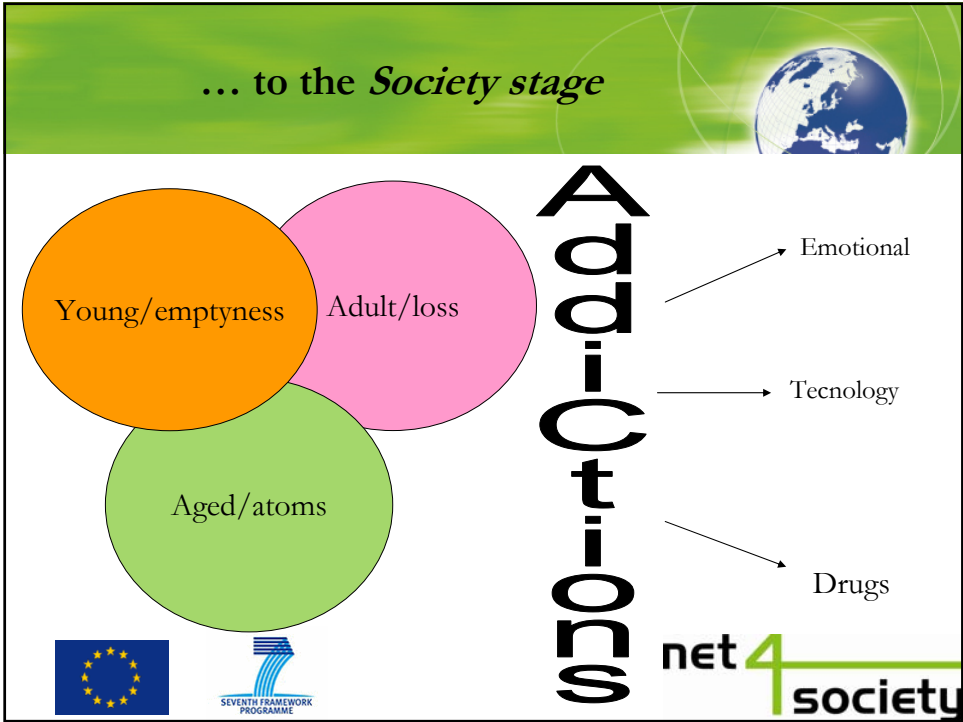
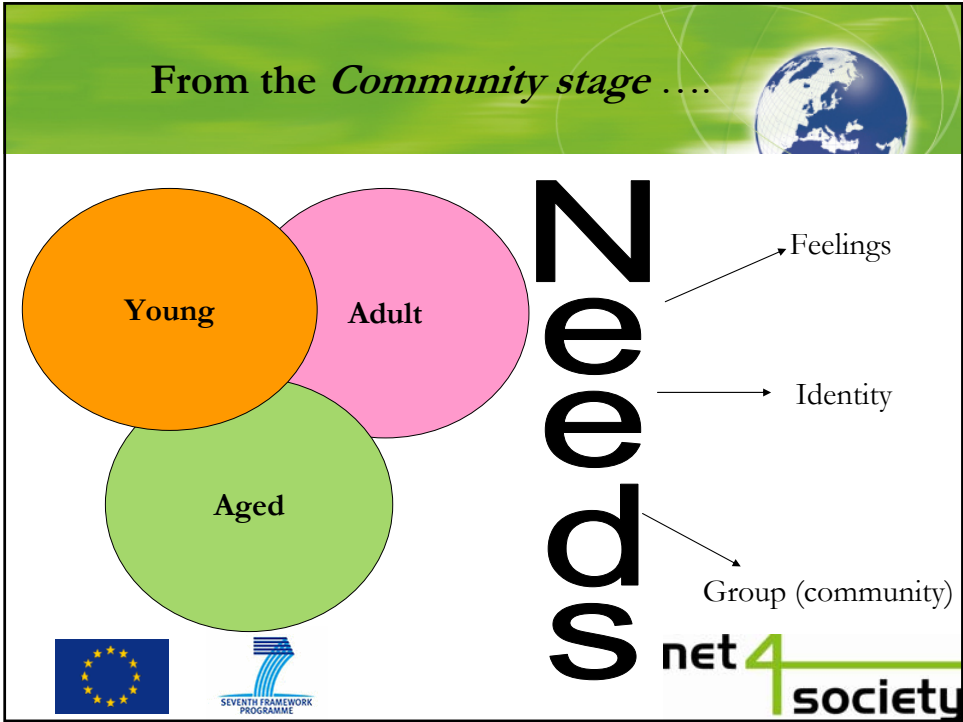


*Where are the*

*Ideals  
Values  
Identity  
Communication  
Prospects*



net4 society



## The various Addictions



**Emotional:** speed relationships, gambling (sport, games etc.), Sex, TV, Belonging, Reference Group, Work

**Technologies:** Fantasy worlds - Internet – Chat – Role Playing – SMS – Facebook – MSN – etc.

**Drugs:**  
Chemical/Alcohol/  
Pharmaceuticals



net4society

## Cultural models: *the use of time*



We see ..

*Speed Emotions are experienced as Feelings*  
*Speed Identities are experienced as Reality*  
*Speed Groups are experienced as Communities*



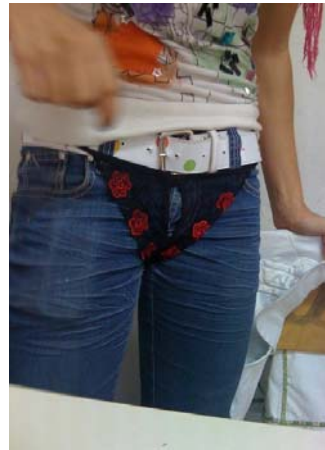
net4society

## Individual freedom ...

*To be different is to be 'normal'*

Lifestyle based on:

- Community (Family-Group-Friends...)
- Scholarship (Life long learning)
- Ethical issue (religion, beliefs...)



net4society

## ... and social responsibility

*Public health system*  
*Trust in public institutions*  
*Belief in the future*  
*Better use of time*



net4society

## Strategies

- *Learn to grow and accept the good and bad in life*
- *Reduce discrimination between **identities** (ethnic, age, sex, handicap etc...)*
- *Increase the cohesion of **groups***



net 4 society

## *Our opportunities/challenges* net 4 society

Offer cultural models based on **community** and a sense of **reality**

*Ideals*  
*Values*  
*Identity*  
*Communication*  
*Prospects*



## I propose...

- We de-emphasise the ‘bad, the ‘evils’ of drugs, the use of the internet, etc in our education policies.
- We should look at depressurizing, distressing the growth process

### Contact details

Name	<i>Alessandra Sannella</i> <i>Sapienza - University of Rome -</i> <i>Faculty of Medicine</i>
E-mail	<a href="mailto:alessandra.sannella@uniroma1.it"><i>alessandra.sannella@uniroma1.it</i></a>
Telephone	<i>+39 328 62 90999</i>
City - Country	<i>Rome - Italy</i>

I thank you for your attention