

Are you addicted?

Last of three parts

PSYCHOLOGIST Kimberly Young is best known for her Internet Addiction Test, used worldwide by therapists. But she has also come up with variants, such as the Quiz for Obsessive Online Gaming, which appears on her site www.netaddiction.com.

If you answer "yes" to any one of the questions below, you may be at risk of being obsessed with online gaming.

1. Do you need to play online games with increasing amounts of time to achieve your desired excitement?

2. Are you preoccupied with gaming (thinking about it when offline, anticipating your next game)?

3. Have you lied to friends and relatives to conceal the extent of your online gaming?

4. Do you feel restless or irritable when attempting to cut down or stop online gaming?

5. Have you repeatedly tried, but were unsuccessful, to control, cut back, or stop online gaming?

6. Do you use gaming to escape from problems or to relieve helplessness, guilt, anxiety or depression?

7. Have you jeopardized or lost a significant relationship (even your marriage) because of your online gaming habit?

8. Have you jeopardized your job or education because of your online gaming habit?

Porn

Young has also come up with another self-test, the Cybersex-



Queenia N. Lee-Chua

ual Addiction Quiz, which can be accessed at her site.

I have discussed gaming obsessions with my college students, who are usually candid about their interests. But I am uneasy about bringing up the topic of pornography, believing that it is really none of my business what my students do in their spare time.

However, in the past year, to my shock, I have been asked to give seminars to parents, counselors and teachers in five different private schools on how to deal with children and adolescents who indulge in online porn.

According to Philip Zimbardo, Stanford University psychology professor, the average American high school boy watches porn for two hours a week. A total of 13,500 porn movies came out last year in the United States, compared to 600 films produced by established Hollywood companies.

I have no statistics on the habits of Pinoy children and teens. But, according to counselors and teachers in the five schools, porn addiction is be-

coming a problem with boys as young as those in Grade 3.

High school boys, I am told, are drawn to real-life porn (done by real adults), while younger kids visit anime porn sites. I did not even know that anime porn existed till last year.

In their book "The Demise of Guys: Why Boys Are Struggling and What We Can Do about It," Zimbardo and psychologist Nikita Duncan argue that boys who are addicted to cybergaming and porn are less capable of facing ordinary life.

Unhealthy relationships

Zimbardo and Duncan quote the US Centers for Disease Control and Prevention which say that porn users are more likely to be depressed and report "poor physical health." Porn can "start a cycle of isolation and become a substitute for healthy face-to-face interactions, social or sexual."

"The incredible array of pornography that is available to young men is creating an addiction to arousal and habituating young men to similarity," Zimbardo tells the paper The Stanford Daily. "They are thus unable to perceive reality as it is and are much less prepared for significant and meaningful sexual relationships."

While I may not have data on college porn, I do know that several of my male students find it hard to maintain healthy romantic relationships and, when breakups occur, they become bitter and resentful, lay-

ing the blame on their exes or, in extreme cases, stalking them.

Guys addicted to porn tend to objectify women. They are "totally out of sync in romantic relationships, which tend to build gradually and subtly, and require interaction, sharing, developing trust and suppression of lust at least until 'the time is right,'" Zimbardo and Duncan tell CNN.

"Young men—who play video games and use porn the most—are being digitally rewired in a totally new way that demands constant stimulation. And those delicate, developing brains are being catered to by video games and porn-on-demand, with a click of the mouse, in endless variety."

Not surprisingly, these young men also do badly in school.

"Such [addicted] brains are totally out of sync in traditional school classes, which are analog, static and interactively passive," Zimbardo and Duncan say. "Academics are based on applying past lessons to future problems, on planning, on delaying gratification, on work coming before play and on long-term goal-setting."

As with any addiction, the best treatment is prevention. Do online gaming if you must, but stop before you succumb to its lure.

Visit Kimberly Young's website at www.netaddiction.org. Catch Philip Zimbardo's talk at www.ted.com.

E-mail the author at bless-bok@yahoo.com.

Stratmark 2012 goes techno

SIX THOUSAND students are expected to attend The Philippine Marketing Association's (PMA) Stratmark Conference 2012 on July 31, 8 a.m. to 5 p.m., at SM Mall of Asia Arena in Pasay City.

The "Marketing Mash Up!," held in cooperation with Sun Cellular, SM Arena, Gardenia Bakeries and Yahoo Philippines, features companies and individuals that broke new ground in the use of technology and social media in business, particularly e-commerce.

PMA has held Stratmark for the past nine years to mark National

Marketing Month and to give students real-world experience in marketing and product development.

Presentations will feature noted marketing experts like Agora awardee Simplicio Umali of Gardenia Bakeries; Leah Besa of Net-booster Asia; Anubha Saha-rabuddhe, marketing director, Coca-Cola International; blogger Janette Toral, and Havas Manila chief marketing officer Ed Mapa. They will present trends in marketing and commerce, particularly in distribution and brand building.

Deadline extended for NZ scholarship application

DEADLINE for submission of applications to the New Zealand-Asean Scholars (NZAS) program is extended until Aug. 31.

NZAS is a postgraduate scholarship program funded by the New Zealand government through the New Zealand Aid Program. Eligible Filipino scholars can pursue development-related postgraduate degrees in areas where New Zealand has globally recognized expertise.

Fields open to scholars are agriculture, tourism, governance, public sector management, trade, development, disaster risk management, climate change adaptation and renewable energy.

National libraries congress

THE ASSOCIATION of Special Libraries of the Philippines (ASLP) Inc., with the Economic and Financial Learning Center (EFLC), will hold its Second National Congress of Special Libraries of the Philippines on Aug. 2-3 at the EFLC Audiovisual Room of Bangko Sentral ng Pilipinas, Roxas Boulevard, Manila. Theme of the conference is

A total of 18 scholarships will be available in the 2013 academic year to Filipinos.

Applicants should present an unconditional offer from a participating New Zealand institution on or before Aug. 31, along with the accomplished application form, to the NZAS program.

Visit www.nzembassy.com/philippines for more information, including eligibility criteria and application forms.

The New Zealand embassy has also asked Bato Balani Foundation Inc. to help in the application process. Contact Reina P. Lino, NZAS program administrator of Bato Balani, at bbfi@diwamail.com or tel. no. 632-8925462.

"Achieving a Balanced Scorecard: Best Practices in Philippine Special Libraries."

Visit <http://aslpwiki.wikispaces.com/Achieving+a+Balanced+Scorecard>. Contact Alicia Paraiso at asap9523@yahoo.com or 8405723, or Joseph Yap at joseph.m.yap@gmail.com or 7534611 ext. 103.

New book on alternative dispute resolution out

CENTRAL Books has released the book "Alternative Dispute Resolution" that law students can use as resource material.

It was written by lawyer Gabriel T. Robeniol, who teaches alternative dispute resolution (ADR) and intellectual property law at the University of Santo Tomas.

ADR teaches law students the benefits and advantages of alternative modes of dispute resolution.

The book by Robeniol, who is also head of the Litigation and Intellectual Property Rights Department of the Fera Tantoco Robeniol Law Firm, contains in-depth analyses of different modes

of ADR, as well as various general and specific laws on the subject, such as those from the Civil Code of the Philippines,

Revised Penal Code, Local Government Code, Administrative Code, Rules of Court, Republic Act No. 9285 (Alternative Dispute Resolution Act of 2004) and its implementing rules and regulations, RA 876 (Arbitration Law), and the Special Rules of Court on ADR.

The book also contains a dissertation of the salient features of the UNCITRAL Model Law.

Robeniol wrote the book in response to his students' clamor for a compilation of his notes, lectures and researches.



Better English, Better Future program launched

AEGIS, with the Department of Education (DepEd) and Vicsal Foundation, the corporate social responsibility arm of the Gaisano chain of department stores, has launched the Better English, Better Future program.

The launch was attended by Rhea Mar Angtud, DepEd's Cebu City division school superintendent; Edward Gaisano, Vicsal Foundation president; Joelyza Miguel-Arcilla, principal of Lahug Elementary School; Joy Augustus Young, Cebu City vice mayor and chair of the committee on education, and executives and Happy World ambassadors of Aegis, a global business services and experience management company, led by Dennis Tagamolila, assistant vice president for Aspire People Solutions, an Aegis subsidiary.

The program, under Aegis' corporate social responsibility initiative Happy World, aims to improve the conversational English skills of public elementary school students through classroom activities and teacher seminars.

Gaisano said the program would give Cebu students an edge, as Cebu tried to be a top Asian business and tourist destination.

During the launch, Aegis Happy World



REPRESENTATIVES of Vicsal Foundation and Aegis Happy World ambassadors with (standing) Tagamolila (third from left), Gaisano (third from right), DepEd English specialist Grecia Bataluna (sixth from right), and Arcilla (seventh from right)

ambassadors conducted tutorial sessions for students of Lahug Elementary School, the program pilot site.

With Aspire People Solutions and Foundation Training teams, Aegis also conducted a seminar for 140 teachers. Aegis is preparing a module for future use.

Arcilla thanked Aegis for making their school the pilot area, as she expressed the hope students would learn to use English effectively.

Christine Pereira, vice president of Aegis Happy World, said the program was aligned with the company's philosophies and efforts to promote a happy world. The Happy World initiative has three philosophies: happier people, healthier planet, and inclusive progress.

Aegis implements the Happy World program across 13 countries. So far, it has implemented 980 activities that reached 200,000 people and were participated in by more than 50,800 employee volunteers.

He values integrity, competence and passion

limited to Coke and crackers. That was throughout my elementary and high school years. My allowance was 25 centavos—10 centavos for the Coke, 5 centavos for the crackers and 10 centavos for bus fare ... I guess that was a very strong impetus for me to tell myself: "I can't live like this. I have to do something better than this."

Then, as well, my relatives, a number of my cousins, were rich. They owned department stores and such. When you went to their homes they had all sorts of food that I never saw in my home. For birthdays they had cakes and ice cream, which I never had. Sometimes my mom would send the help to the corner store to buy a cake that was small and hard like a large *hopia*.

It was the sense of deprivation that sort of gave me the impetus. In a way, that is not so good because it is a negative kind of impetus or motivation.

What were you like in school? Any bullying?

I was quiet in school, so all sorts of taunting happened ... I wasn't entirely sociable when I was young, maybe partly because of the insecurities of being small and not so rich.

In what subjects did you excel? Any favorite ones when you were a student?

Those would be history, religion—I was not good in mathematics actually—and literature, which is why I went to the Ateneo (de Manila University for college), I guess.

Was there a time that you would consider as a first step

into becoming what you are now? Or that completely changed your life?

I guess, if you look at the spectrum of my life, there are events that have happened that have changed the course of my life, for better or for worse ... Certain of those events are negative and certain of those events are positive. It's like the hand of God just moving us, placing the direction but you are given the options ... You are here to choose what you want to do. There are events that will happen in your life that will sometimes force you to make a decision, and sometimes you have no choice.

So considering where you are now, do you think you made the right choices?

I would say on the whole, yes, but I've made some mistakes ... In our particular world, the business world, you're only as good as your last deed. You're only as good as your last results. You're only as good as your last year's performance ...

In a way, success is fleeting. You succeed this time; then people say, "Well, when is the next success?" What you want is possibly to be a bigger success. So, you have every right to relish the moment of your victory, but bear in mind that after a few days the world is waiting for you to do more.

And now, if you flip it, failure is the same thing. People will hate you for it, but you have no choice. You're still alive, right? You can't give up. I know some people do, but you have a re-

sponsibility to continue, so you should treat failure as fleeting as well.

Your successes help you build an arsenal of confidence that you can succeed in the future. Your failures tell you that it's not the end of the world. Keep on trying. And you should learn from your failures. In the end, it is your moral courage that counts ... Don't get caught up in the ego that success can give to you nor the desperation that failure can get into you. You have to stay above it and, I think, if you do, you will stay humble. In the end, your talents are God-given. It's not you. It's you but it's not really you.

When you were abroad, were any of your experiences difficult?

I would say, not really ... I had difficulty adjusting personally, plus the work environment [was really different from the Philippines]. Hong Kong hosts an international community of professionals, and they are good. The level of quality of work and people is extremely high, so you compete on that basis. It was a very inspiring environment for me. It took me years to learn, but it's an episode of my life I don't regret and am grateful.

What motivated you to come back?

Maybe it is a personal reason—come home, do something useful for the country. I was also growing old and tired.

What are the core values of your companies?

There are only three things that are important to us. No. 1 is

integrity ... financial integrity and mental integrity. Nobody steals money from the company. You should be paid well. (We should pay) you more than the competition. That's our philosophy. Mental integrity means if there is a problem, tell us. We like to know. We're here to help. We encourage you or force you to make decisions ... we allow you to make mistakes.

Second is competence. We have to hire the right people for the right jobs. After all, quality decisions are made by quality people. If people are good, they will make the right decisions, more or less. So competence is very important to us.

No. 3, and I think the most important to us, is passion. People have got to have the drive and determination to succeed. The problem with this country is apathy ... People have no drive. It's so much harder pulling somebody at work and so much easier if you don't have to push a guy. If a guy is self-driven and self-motivated, he's more fun to be with. And if you have good people in your team, people with the same objectives, it's so much fun to work with them and the burden of pulling or pushing people is diminished.

Who do you see following in your footsteps or continuing your business?

The issue of succession has been raised. It is time to develop the younger managers. It is a process of identifying the talents who can become the future CEO of the group ... exposing them, training them and sharing expe-

From page H1

riences with them ...

I don't want my successor to be—I would encourage him not to be—like me. Same basic attributes or principles, but a different way of managing people ...

I don't want (him) to be a clone of myself. Times change and my style will not apply in the future. I want (the new person) to have his/her own style, his/her own way of managing that conforms to the times. (But the) values are eternal to us. As I said, integrity, competence and passion.

Also I'd like to make our decision-making process a collegial consultation. We'd like our people to talk. The job of the leader is not to be upset when someone speaks up and either criticizes or disagrees with a decision. So the decision-making process should be as collegial and consensual as possible.

But I want to emphasize personal responsibility and accountability. At the end of the day, you should be able to ask who made the decision ... If it's wrong, then be prepared to lose your job. If you know that you may lose your job because of this decision, you will certainly think about it very carefully. It builds character.

If you acquire GMA 7, what will happen to TV5?

It will be no different from what we did with Sun Cellular. We have to keep the brand. At least, you have two different franchises, two studios and two separate organizations. It's difficult to kill one (and keep) the

other. Firstly, (we have) a responsibility to the people at TV5. These people took huge risks when they joined us. It's not right to just close it because the other one is bigger. So we'll operate them separately with a different culture, different programming. It will have its own culture and personality, but there should be cooperation.

What do you expect from the youth today?

More ... I expect you to be greater risk takers, more entrepreneurial, to do more things that will improve the lives of people, especially the poor ... You're young enough to fail, so go ahead and venture out and fail. You can afford it. That's what I did ... You have to keep on reaching beyond what you can grasp ... You will find out that you are more than what you are and what you think you are. Don't be afraid.

The public sees you as a powerful and influential man, but how would you like to be remembered?

More for the deeds, the legacy in terms of work, the improvement that our companies have brought to the lives of people. That's how I like to be remembered. Not as someone powerful. If somebody asks you what you have done with your life and you answer, "I was the most powerful and influential person," and then they ask, "Did you help the poor?" how would you reply? "No, but I'm still the most powerful and influential person?" That's such a hollow thing.