



ANALYTICAL STUDY OF THE USE AND IMPACT OF INTERNET ON YOUTH

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ABSTRACT:

The Internet, which has transformed our way of living, working and connecting over the years, still has a darker side: addiction. A lot of study has concentrated on IA and its impact on every corner of the life of a young person. The paper tried to highlight the psychological problems of internet addiction among youth. The results offer preliminary proof of the prevalence of internet addiction in students and indicate that IA directly impacts their academic life and could possibly harm other aspects of their lives, including health problems, social interactions, and relationships with families. This paper highlights the need for a multidisciplinary approach to tackle this problem and it would be important to include experts from a wide range of backgrounds, including physicians, academics, media professionals, and educators.

KEYWORDS:

ADOLESCENTS, INTERNET ADDICTION, MENTAL HEALTH, PSYCHOLOGICAL PROBLEMS, STUDENT.

INTRODUCTION:

The Internet has revolutionised the way people engage with each other, do business, and look for knowledge. As the introduction of smart mobile phones with inexpensive and instant Internet access has expedited the acceptance of the Internet by people, it has become an important part of their everyday lives. It is a centre of awareness, entertainment, development of brands, exchange, education and much more. In recent years, the use of the internet on school campuses and in society has grown significantly. While the internet's scholarly use is largely meant for studying and study, the internet has become an integral part of college life as well. Cases of over-involvement with the internet have, however, been observed on various campuses from time to time.

The Internet, which has transformed our way of living, working and connecting over the years, still has a darker side: addiction. A lot of study has concentrated on IA and its impact on every corner of the life of a young person. IA has been found to be correlated with clinical disorders ranging from self-esteem, psychiatric illness, hyperactivity disorder of attention deficit, depression, mood disorder, balance locus, sleep, self-regulation, clinical well-being, just to name a few. Social skills deficiencies, poor interpersonal relationships, social anxiety, problematic family relationships, unexcused school absences, and higher drop-out rates have all been tied to IA.

REVIEW OF LITERATURE

The year after the internet came into existence in 1976, the American Psychological Association (APA) predicted the internet to eventually contribute to user addictive activity. Dr. Ivan Goldberg suggested the term 'Internet Addiction' for pathological compulsive internet use in 1995. An

impulse control disorder is Internet addiction. On their computer screens, some internet users can grow an emotional connexion to online friends and activities that they make. Through using chat rooms, social networking networks or interactive contact, Internet users can appreciate facets of the internet that allow them to meet, socialise and share ideas. Some internet users spend several hours studying internet subjects or blogging. Many online resources are now available, such as online shopping, career hunting, buying tickets for your favourite films, advice resources on a variety of subjects that include all facets of life, and hotel reservations. These services are also not usable offline and can cost more. Excessive time spent online also results in neglect and interest in family social activities. The term cyber window has been used to refer to internet addicts' ignored partners. Internet addiction can lead to low academic achievement and reduced functioning at work in school and college. Employers also discovered that workers with internet conations spend a large portion of their working hours on non-work - related internet use at their desks. Loneliness, anger and depression are psychosocial manifestations of internet addiction. Few addicts who spend very long hours on the internet often suffer physical symptoms such as exhaustion associated with sleep loss, back pain, and carpal and radial tunnel syndromes, albeit not very general.

Young (1998) stated that Internet Addiction Disorder (IAD) is a modern day addiction. Persons with IAD can exhibit symptoms, suffer drawbacks and face consequences that are similar to individuals addicted to alcohol, gambling, narcotics, shopping and other compulsive behaviors. One way to characterise individuals

afflicted with this disease is to find the simulated world then the truth of the 28th daily. With their desire to be online, their everyday lives are dominated. Sadly, millions of teens and their families in every area of their lives are affected by this addiction.

Kimberly Young (2013) defined Internet Addiction by the consequences of the internet overuse rather than the number of hours spent online. There was a contrast between individuals who relied on digital technologies but were able to reconcile their online lives with their offline lives and individuals whose obsession stopped them from working normally. We look at whether it has adversely affected their future, whether they fib about their use or whether it interferes with relationships, much as any other drug. The Internet addicts were young, male, and very smart. They also emotionally fail and have poor self-esteem.

NEED FOR THE STUDY

In the last decade, the use of the internet has seen an exponential rise not just in India but also worldwide. Internet use is tremendous in India, especially among the young population. In 2022, the number of worldwide internet users was 5,985,249,355. India, according to a survey, has the third largest online population. Probably the most outstanding breakthrough in the world of connectivity in modern history has been the Internet. As for any other invention, the Internet has its own benefits and drawbacks, but its benefits are typically outweighed by a greater magnitude of benefits. As the internet is becoming increasingly part of our lives, a lot of focus has been paid to internet addiction disorder. Internet addicts, other than those on the Internet, may withdraw from social and interpersonal interactions. Family relationships and professional or academic functioning can deteriorate. Several withdrawal symptoms, including nervousness, anxiety and aggression, have been reported, as well as an addictive condition involving the occurrence of withdrawal symptoms, heightened resistance and lack of control. The internet was primarily developed to promote the activities of correspondence and science. In recent years, however, the drastic rise in the usage of the internet has contributed to pathological usage (internet addiction).

In 2022, nearly 79% (3.4 billion) of all internet users in the world live in the top 20 countries. The remaining 25% (0.7 billion) is distributed among the other 178 countries, each representing less than 1% of total users. China, the country with most users (642 million in 2014), represents nearly 22% of the total, and has more users than the next three countries combined (United States, India and Japan). Among the top 20 countries, India is the one with the lowest penetration: 19% and the highest yearly growth rate. The use of internet, especially online social network is fast rising in India. In 2015, India had 277.4 million internet users. As of 2022, India was the third-largest online market with more than 208 million internet users,

ranked only behind China and the United States and declaring itself as a market not to be ignored on the global stage. Due to recent suicides related to the supposed anti-social activity that internet usage encourages, many of the Indian Institutes of Technology (IIT) are banning campus internet use during night hours. It is obvious, though, that internet addiction is more of a symptom than a source of larger social issues. Such an oppressive change does not prove necessary to resolve the major challenges posed by students in managing the burden of being in these high-pressure institutions in the sense of a globally dynamic global economy.

INTERNET ADDICTION AND PSYCHOLOGICAL EFFECTS

Youth Internet addiction and mental health findings demonstrate that the excessive advancement of the internet has had an immense effect on psychiatric science in understanding its role in mental health and increased interest in the internet's addictive capacity (Griffiths, 1998). There are a variety of causes that could be linked to internet addiction, the writers report (Kandell, 1998). The most notable causes are depression, fatigue, relationship disturbance, anxiety, social alienation, and sleep habits. Depression is a symptom of mood and dysphoric effects, lack of interest in life activities, and feeling hopeless (Derogatis & Melisaratos, 1983). Depression, lower self-esteem and lower life satisfaction have been recorded by teens addicted to the Internet. Clinical depression related to elevated internet use levels (Young, Rodgers, 1998; Yen et. al., 2008). The research showed that anxiety could be related to the rate of internet use (Shepherd & Edelman, 2005).

The ties between internet addiction and fear, depression and stress were explored by Ahmet AKIN and Murat ISKENDER (2011). The participants were students from universities. The findings revealed that internet addiction was shown to be strongly linked to depression, anxiety, and stress in the association study. Anxiety, depression and stress were strongly predicted by internet addiction, according to the route analysis findings. This research showed that internet addiction has a direct impact on, anxiety, depression and stress.

Sara Thomée Mats Eklöf, Ewa Gustafsson, Ralph Nilsson, Mats Hagberg (2007) investigated whether high ICT use is a risk factor for young users to experience psychiatric symptoms. Variables of exposure, such as diverse types of users of information and communication technologies, and affect variables, such as perceived discomfort, depressive symptoms, and sleep disturbances, were analysed. Results found that prolonged stress was associated with high cumulative use of computers, cell phones and online messaging, and although internet browsing raised the likelihood of experiencing sleep disturbances.

Sanders, Christopher E.; Field, Tiffany M.; Diego, Miguel; Kaplan, Michele (2000) studied that higher levels of depression and social alienation among teenagers are correlated with greater use of the Internet. A survey was

conducted by high school seniors specifying their demographic statistics, internet use, peer / family relationship efficiency, and extent of depression. The study concluded that there are stronger social relations with mothers and peers for teenagers reporting fewer internet use.

SUGGESTIONS AND RECOMMENDATIONS

- It is possible to perform a related analysis in wider groups of teenagers.
- For continuity and efficacy, a longer duration of intervention may be studied.
- In order to alleviate psychiatric issues such as depression, anxiety, tension, isolation and strengthen coping, treatments such as the mindfulness curriculum, various psychological therapy, counselling sessions, etc. should be offered.
- Related research can be carried out using therapy as a treatment and therapy to resolve the psychiatric condition and to determine the level of depression, anxiety, fatigue, isolation and sleep quality.

CONCLUSION

The results of the research found that most teenagers with internet addiction had a psychiatric disorder, most of whom suffered from poor sleep consistency, accompanied by feelings of isolation, fatigue, depression and anxiety. The investigator concluded that if information is provided and recognised at an earlier level, the psychological issues related to internet addiction can be avoided and coping can be increased. The results offer preliminary proof of the prevalence of IA in students and indicate that IA directly impacts their academic life and could possibly harm other aspects of their lives, including health problems, social interactions, and relationships with families. The last few decades have seen a decrease in students' literacy, arithmetic, and science skills, and growing Internet usage may possibly be one of the reasons leading to this decrease.

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