

# AN ANALYSIS OF INTERNET, NOVEL TECHNOLOGY ADDICTION AMONG ADOLESCENTS AND PSYCHOLOGICAL HEALTH EFFECT

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## Abstract

The study's goal was to investigate the link between problematic internet usage and psychological well-being in adolescents. Technology advancements and the widespread use of the internet have made our communication experience more convenient and fashionable in recent years, but a decade ago, such a means of communication did not exist. The Internet has not made our communication experience any easier, but it has brought about many changes in our lives. People have begun to spend the majority of their time online. Low-cost internet connections in the nation, as well as the ease with which cellphones can be used, have made many hooked to it. The internet has become ingrained in our daily lives. It has resulted in a rise in the number of users due to benefits such as quick communication, easy access to information, cheap cost, and minimal geographical restrictions. Furthermore, contemporary technologies such as smartphones, tablets, and laptops have resulted in a plethora of new and creative ways to use the internet. The majority of individuals have been hooked to social networking, online gaming, and other forms of online entertainment as a result of the Internet. With the ease of access to the internet and its widespread usage, there has emerged an issue of internet addiction among adolescents. Depression, clinical illness, anxiety, procrastination, and other issues have all been linked to internet addiction. The purpose of this research paper is to look at the degree of internet addiction among teenagers. Secondary data analysis and a large number of research articles published in this field have clearly demonstrated that the country's young are mildly or moderately hooked.

**Keywords:** Internet addiction, Internet Accessibility, Low cost Internet Services, Adolescents

## Introduction

The internet has now become an integral aspect of everyone's life. We now find it difficult to go a single day without using our smartphones, tablets, or laptops. These electrical devices handle the majority of the job. These technological devices have become extremely helpful in our daily lives. The way people utilise the internet differs from person to person. Some people use the internet seldom, while others use it often. The usage of the internet is increasing day by day in India, which is a growing nation concentrating more on each and every area in order to become a developed country. Furthermore, the Indian government is focusing on Digital India, which has increased Internet use throughout the nation. Every day, a growing number of people in the nation are exposed to the internet, making them internet reliant.

These days, internet addiction is a reality in our daily lives. Because of the rapid advancement in technology and widespread use of the internet for business, socialising, and education, it has become an integral part of many people's lives. Nowadays, talking online, making friends online, and sharing any event online has become a vital and essential aspect of many people's lives, but this was not the case before the internet.

Apart from all of the benefits of the internet in our lives, which have made our lives more easier and more comfortable as a result of technical advances, it has also had a detrimental effect on our lives. This technological development has had a psychological and physiological effect on the majority of people's lives. Many academics have begun to investigate the effects of it, particularly among teenagers who are addicted to the internet. Because of the Internet's pervasiveness, several academics have begun to delve further into this phenomena.

## Review of Literature

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A study on the prevalence of internet addiction and its association with psychopathology in Indian adolescents. The researchers evaluated internet addiction in three colleges in the Lucknow region for this study (U.P). Potential addicts, near addicts, and definite addicts were all categorised in this research. The study's goal was to assess the health risks of being addicted to the internet and the resulting behavioural difficulties among adolescents. The internet has become a significant part of every student's life, according to this research, and the girl-to-boy student ratio was high. The findings of this research revealed that the majority of students use the internet after school, i.e., in the evening or night, for social networking, academic reasons, talking, emailing, gaming, downloading media files, and pornography, among other things. The reason for using the internet differed from one student to the next.

Dr. Balvinder Kaur Buttar and Mrs. Vandana Chauhan et al (2017) Adolescents addicted to the internet, this study looked at the degree of internet addiction among pupils at a private school in Haridwar, Uttarakhand, India. According to the findings of the research, the majority of students use the internet for social networking via different popular applications for the sole purpose of talking. The majority of students had a moderate degree of online addiction, while just a few students had severe internet addiction, according to a research performed on students. Furthermore, the research found that teenage interest in utilising the internet for pleasure, particularly social networking sites and other applications, has skyrocketed. According to the findings of this study, the majority of India's young spend about 6 hours per week using social networking applications and inadvertently exposing personal information, posing a security risk to their lives.

M.D. and Konstantinos E. Siomos (2008) et al (Internet Addiction among Greek Adolescent Students) Male students who play online games and frequent cafés were the focus of this study. The majority of male students (70.9 percent) have internet access, according to the survey. Male students used the internet more often than female pupils. The study's main goal was to see how many students used the internet for less than an hour each week, with 61.4 percent of students using it at least once a week and just a few pupils using it for more than 20 hours per week. Because male students in this research used the internet more often than female students, the study's findings showed that male students are more hooked to the internet than female students.

Serkan Volkan Sari and Betül Aydin (2011) (The role of self-esteem in teenage internet addiction) This research was carried out in Turkey to look at the function of self-esteem, specifically general self-esteem. Adolescents' social self-esteem, family home self-esteem, and internet addiction, among other things. The study attempted to determine whether these esteem were negatively or positively correlated with an increase in internet addiction among adolescents, and the findings revealed that these esteem had a negative correlation with an increase in internet addiction among adolescents. Furthermore, this study found that social self-esteem and family home self-esteem were major predictors of internet addiction among adolescents.

Arvind Sharma and colleagues (2014) (Internet addiction among professional courses students: A study from Central India) The purpose of this research was to determine the extent of internet addiction among students seeking professional degrees. The study's findings indicated that male students were more hooked to the internet than female students. Furthermore, the data revealed that 57.3 percent of students were normal users, 35 percent were mildly addicted to the internet, and just 0.3 percent were seriously addicted to the internet. The research revealed a significant worry about internet addiction among students enrolled in professional courses, since it has a detrimental effect on students' psychological and physiological well-being, as well as their social lives. According to the findings, diagnostic and therapeutic treatments should be used to help people overcome their internet addiction.

Satish Kumar Chetlapalli and Sharmitha Krishnamurthy (2015) (A cross-sectional research among college students in Bengaluru, India's Silicon Valley, to determine the prevalence and risk factors for internet addiction.) The main goal of this study was to uncover the significant health problem of internet addiction among teenagers in the near future. The usage of the internet was similar to that stated above in the literature studies of other researchers, who used it less for completing assignments or studying and more for meeting new friends online and being amused by different internet applications. This study attempted to highlight the main problems or variables that contribute to internet addiction among college students. It was also shown that male students were more likely to use the internet to meet new acquaintances and to engage in online interactions. According to the findings, internet addiction is a public health problem in India, and it has a detrimental effect on people's psychological and physiological well-being.

Dr.P.Sumitha Shalini and colleagues (2020) (Youths' Addiction to the Internet) The goal of this study was to see whether there was a link between internet addiction and the cost and usage of a mobile phone, as well as the availability of an internet connection. The majority of the respondents in this survey were moderately hooked to the internet, and the cost of their mobile phones ranged from \$5,000 to \$10,000, and 90% of the respondents only used their mobile phone or internet connection when it was absolutely necessary. The purpose of this research was to be descriptive, therefore a simple sampling technique was employed. Researchers wanted to determine whether there was a link between age, gender, degree of interest, and the cost of mobile phones and internet addiction in this study, and they discovered that the majority of the respondents were slightly impacted by it. However, the researchers propose in their study that the difference between internet usage and overuse should be taught or learned by the nation's young.

J. Venkatachalam and S. Arul Prabakaran (2020) (Internet addiction and Affects among Under Graduate Students) The researchers wanted to see whether there was a link between happy and negative emotions, as well as online addiction, among undergraduate students. The results of the research were similar to those found in the literature reviews described above. According to the current study, only minor impacts of internet addiction have been seen in undergraduate students so far, but with the passage of time, online addiction may become more prevalent in the near future. The cheap cost of internet services and the widespread availability of smartphones are two factors that may contribute to today's youth's addiction to the internet.

Dr. Jitendra Kumar Tiwari, Kanishk Verma (2020) (A Research Scholars' Addiction to the Internet) This study was carried out by university research researchers, who discovered that regardless of the respondents' age or gender, they may all get hooked to the use of the internet. Gender roles, age, and other factors do not play a significant influence in internet addiction. Anyone of any age may get hooked to the internet. The current era has shown that advances in technology and low-cost internet services have increased the number of users throughout the nation, resulting in a gradual rise in internet addiction. In this study, a researcher attempted to determine the extent to which a research scholar may get hooked to the internet and how this addiction might impact his life mentally and socially. According to the findings of this research, the majority of pupils are addicted to the internet. Some respondents have moderate online addiction, while others have severe internet addiction, but just a few respondents have severe internet addiction, thus it can be stated that internet addiction is still in its early stages, but it will likely grow quickly in the future.

Simran Kaur is a 2020 candidate (Internet gaming addiction: a gender-based study of Indian adolescents) Because the majority of adolescents throughout the nation are engaged in playing the game online, the study's primary emphasis was on internet gaming addiction. The researcher attempted to assess the degree of gaming addiction among teenagers aged 13 to 16, and discovered that male and female adolescents had varied levels of online gaming addiction. The amount of time they spent playing online games was greater. It clearly demonstrates that the majority of today's kids prefer to spend time online, whether it is gaming, talking, or making friends, it is all about spending the bulk of their time virtually in the real world, which is a significant cause for worry.

### **Objectives of Research**

- I. Determine the extent of teenage addiction
- II. To learn about the many scholars' perspectives on internet addiction and recommended coping methods.
- III. To determine if the degree of addiction is the same for users of various ages.

### **Research Methodology**

This research study is based upon the secondary data analysis and existing researcher papers published in this area. All the data which have been mentioned in this research paper is completely secondary in nature and it shows the different researchers views on internet addiction and in most the research paper it has concluded that addiction to the internet is on its initial stage majority of the youth population has under mild addiction of internet but this can be severe if proper and effective measures are not taken on time. While drafting the conclusion proper care has been taken to make this research paper authentic and valuable.

### **Addictions to the Internet and New Technology**

Goldberg suggested the humorous and provocative inclusion of a new addictive condition dubbed "Internet addiction disease" in the DSM in 1995. Young published the first clinical study in 1996, comparing 396 dependent Internet users (referred to as "dependents") to a control group of 100 nondependent Internet users (referred to as "nondependents"). The diagnosis was made using a web-based exam (the "Diagnostic

Questionnaire") that adapted pathological gambling criteria to create a screening tool for compulsive Internet usage; the cut-off was achieved when users responded positively to at least 5-8 items. When using the internet takes up too much time and the subjects' job, education, and relationships suffer, it becomes pathological. Alterations in sleep-wake rhythm, chronic fatigue (due to the common preference for nighttime web connection), reduced immune system efficiency, abnormal appetite, poor self-care, headache, visual problems, back pain, and carpal tunnel syndrome due to prolonged mouse usage are all unspecific and thus under-recognized symptoms of new technology addiction. Because of their prolonged time in front of a computer screen, certain individuals may be susceptible to seizures induced by constant visual stimulation. Young identified five different kinds of Internet addiction:

Addiction to virtual sex (a compulsive desire to access virtual sex) is a kind of cyber-sexual addiction.

1. pornographic websites) cyber-relational addiction (over-involvement in interpersonal relationships)
2. on the network) net-compulsion (obsessive behaviours associated with online activities such as surfing the web)
3. information overload (such as gaming, shopping, and e-commerce) (an obsessive search for news on the Web)
4. computer addiction (a proclivity for over-involvement in virtual worlds)
5. games such as role-playing games and multi-user dimensions)

The so-called cyberrelational addiction is one of the most interesting types of Internet addiction. It is characterised by a proclivity to form pleasant or even romantic connections with individuals encountered online, primarily via chat rooms, forums, or social media sites. It is a kind of connection in which anonymity is key, allowing people to "construct" particular physical and personologic profiles that are frequently dissimilar to their true personalities. Virtual relationships become increasingly important over real-life relationships, and the subject becomes increasingly isolated while living in a parallel world full of idealised people, where communication is frequently symbolised by a special linguistic, grammatical, and visual form known as IRC (Internet relay chat), which includes well-known emoticons. There are two types of Internet addicts: those who have previously suffered from other psychopathological disorders (most commonly mood, anxiety, eating, conduct, and impulse control disorders, but also personality and psychotic disorders) and those who have never presented with any psychopathological feature, at least ostensibly. The prior problems would be enabling factors in the development of any kind of addiction in the first group of patients. In the second, initial encounters with the "drug" (i.e., the Internet) would prompt a desire to continue and increase its "intake" (i.e., web connection). Mobile phones are a technical instrument that is becoming more and more common and smart. Parallel to the significant and rapid expansion of communication services, accessory availability, and technical features (short message service (sms), multimedia messaging service (mms), video calling, e-mailing, and instant messaging), psychosocial aspects of this tool underwent rapid transformation. Mobile phones reduced spatiotemporal, emotional, and relational distances, promoting new emotional experiences and connections that may grow more prominent over time. The danger of developing a full-fledged addiction is high, particularly among young individuals who are the primary users of this technology. Continuous Web access and sms and e-mail control, at any location and time, would lead to an increase in stress and generalised anxiety. Addictive syndrome develops when a person spends the majority of his or her time and energy on an instrument or associated activities, resulting in personal, relational, emotional, family, or school maladjustment. Addiction to mobile phones may develop quickly and intensify, with symptoms that are comparable to those of drug addiction, such as desire, tolerance, and habituation. Other signs of dependency include a strong connection to a mobile phone, a reluctance to leave it even for a short period of time, and its usage as the primary, or even only, source of information and interpersonal interactions.

Excessive usage of mobile phones may lead to illnesses like "disconnection syndrome" and "ring or phantom vibration syndrome." Individuals with poor self-esteem, social problems, high anxiety levels, strong interpersonal sensitivity, obsessive thinking, and compulsive actions are more likely to develop a mobile phone addiction. An abnormal (habit of TV watching alone, motionless, in strict silence, preventing contact with other people, or presenting violence if stopped during TV watching) and/or excessive (habit of TV watching alone, motionless, in strict silence, preventing contact with other people, or presenting violence if stopped during TV watching) TV use is defined as television addiction.

**The impact on the mental health of adolescents**

1. Adolescents' use of technology may boost creativity, identity development, social group connectedness, and self-esteem and well-being. However, there are a number of potential dangers, including cyberbullying, transmitting sexual material, excessive usage, and privacy breaches.
2. New study suggests a link between increasing technology usage and higher rates of depression among teenagers, as well as links between internet use and increased self-harm and suicide conduct.
3. Other research has shown links between greater electronic communication and worse psychological well-being, as well as problematic Facebook usage and psychological discomfort.
4. A large body of research has connected adolescent exposure to violent media to higher levels of dread and anxiety, a higher frequency of aggressive thoughts and violent actions, and overall desensitisation to violence. The present authors stated, "Parents may minimise these impacts by increasing exposure to prosocial video games, explaining the difference between on-screen and off-screen violence, and encouraging empathy-building civic experiences."
5. In a study of adolescents in the United States, 24 percent said social media had a mainly negative impact on their lives, 31 percent said it had a mostly good one, and 45 percent said it had had neither a positive nor a bad impact.
6. According to the latest assessment, "Although a platform for spreading achievements and cheerful pictures, social media also engenders emotions of self-doubt and discontent, leaving adolescents susceptible to affective disorders."
7. According to a 2015 Pew Research Study, exposure to friends' social media postings made 21% of adolescents feel worse about their life, and even seemingly positive material may make them feel lonely and alienated.
8. In the absence of their phone, however, 56% of adolescents have reported feeling lonely, worried, or disturbed.

## Result and Discussion

Adolescence is often regarded as a formative time in one's personal and professional growth and development. Adolescents go through a variety of physical and psychological changes at this stage, including the development of a feeling of independence and freedom. Some writers believe that establishing meaningful social relationships throughout adolescence is critical to the development of adolescence and that these ties contribute to effective social functioning during this period. Peer connections, according to Gillen-O'Neel and Fuligni (2013), improve adolescent wellbeing while also encouraging greater learning possibilities for the young people. However, when adolescents feel discomfort in the context of their peers, they engage in maladaptive behaviour, which has the potential to have a negative effect on their current and future development. The majority of research studies have concluded that the internet is an important part of people's everyday lives nowadays, especially for those who are in their adolescent years. Many studies have shown the various ways in which teenagers interact with and use the internet. Teens, according to research, mostly utilised the internet to accomplish school-related tasks, seek for academic materials, maintain social connections with both nearby and faraway acquaintances, chat with others, and schedule meetings. It was the opinion of Blais, Craig, Pepler, and Connolly (2008) that communication via instant messaging provided the communicating parties with freedom from the constraints of geographical location, particularly when time constraints or other considerations were in play, for the communicating parties. For adolescents, online communication in any form, whether through instant messaging or social networking sites (SNS), became appealing because it allowed them to unmask their identities at their own pace, arguing that online interaction facilitated more self-disclosure, which was associated with better psychological wellbeing. Problematic internet use and psychological well-being Research indicates that internet addiction poses a health risk, and in this study, the student-to-teacher ratio was high, which may be a consequence of high attendance in the class, which demonstrated that addiction has a negative impact on our lives as well as our health.

This research demonstrates the trend of students' use of the internet for self-entertainment, but it also demonstrates that they are less dedicated to their studies. The availability of low-cost internet services and cellphones is a contributing factor to this trend. According to the findings of the study, men have a tendency to adopt a pattern of internet use. The majority of the male students had access to the internet, and they spent an average of more than 20 hours a week on the computer or on the internet. revealed that male students in professional courses are more likely than female students to use the internet and get hooked than

male students, but that this is just the beginning stage of addiction and that if the suggested measures are not implemented, the situation may deteriorate. This study has shown that students are vulnerable to utilising the internet and that their studies are of less significance as a result of this. Male students were found to be the most indulgent responders in this study when it came to meeting acquaintances online or becoming involved in relationships. According to the findings of the study, not only college and high school kids, but even research academics, have become hooked to the internet, which has a negative impact on their lives both mentally and physically as a result of their addiction.

## Conclusion

In this ever-changing situation, advancements in technology have undoubtedly made our lives easier, but, as we all know, everything has its drawbacks, we must not overlook the bad repercussions of the internet, namely addiction. Today's kids must be able to distinguish between proper internet use and excessive use. In all of the studies reviewed above, it was apparent that all of the young are still suffering from mild or moderate internet addiction, which is likely to worsen in the near future. As a result, effective strategic measures to deal with teenage internet addiction should be implemented. The goal is to develop a standardised, comprehensive, and multidisciplinary approach that can coordinate biochemical and genetic research, behavioural restructuring, social/environmental conditioning factors (risk and resiliency) analysis, social and health system programming and organisation, political acts, and appropriate legislative changes leading to focused prevention in the near future. The primary educational institutions that should be engaged in raising awareness about the potential risks of excessive Internet usage are schools and families, but politicians can also play a role. As a result, it seems to be critical to adopt behavioural addictions educational programmes in order to avoid the development of mental problems in children and adolescents. Teenagers could be inspired to learn more about the phenomenon through seminars and/or meetings involving parents and teachers, as well as psychologists and psychiatrists who should develop guidelines for approaching new technology use by examining cognitive, emotional, behavioural, and social factors.

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