

.....

TO INVESTIGATE THE CONSEQUENCES OF INTERNET ADDICTION DISORDER

Ms. Shabnam S. Mahat

Bharati Vidyapeeth Deemed University, Pune,

*Department of Computer Applications,

Institute of Management and Rural Development Administration, Sangli, India

ABSTRACT

Around the world more than 80% of youth are spending a large amount of time on the internet. Therefore, it becomes essential for us to aware of its impact on adolescent behavior, their psychological well-being and development. In some respects, addictive use of the Internet resembles other so-called "process" addictions, in which a person is addicted to an activity or behavior (including gambling, shopping, or certain sexual behaviors) rather than a substance (mood-altering drugs, tobacco, food, etc.). This study investigated the continuation of Internet addiction and the extent of problems caused by such potential misuse.

Index terms: IAD, Adolescent.

I. INTRODUCTION

One survey reveals that 86% of responding teachers, librarians, and computer coordinators believe that Internet usage by children does not improve performance; they argued that information on the Internet is too disorganized and unconnected to school curriculum to help students and can even serve as a diversion (Barber, 1997). Young (1998) found 58% of students suffered from poor study habits, poor grades, or failed school due to excessive Internet use. Increasingly, college administrators are recognizing that they have put all this money in an educational tool that can easily be abused. Colleges are starting to see the potential impact of student Internet use. Counselors at the University of Texas–Austin began seeing students whose primary problem was an inability to control their Internet use, and in one of the first campus studies on student Internet abuse, they found that of the 531 valid responses, 14% met criteria for Internet addiction (Scherer, 1997). Given the popularity of the Internet, accurate diagnosis of Internet addiction is often difficult as its legitimate business and

personal applications often mask addictive behavior. The best method to clinically detect compulsive use of the Internet is to compare it against criteria for other established addictions.

II. ADOLESCENT USE INTERNET FOR

1. Information dissemination (e.g. Education purpose)
2. Social Interaction (e.g. email, chatting, Blogs, Social interaction etc.)
3. Entertainment (Online songs, games, videos films etc.)

III. TYPES OF INTERNET ADDICTION

Internet Addiction, otherwise known as computer addiction, online addiction, or Internet addiction disorder (IAD), covers a variety of impulse-control problems, including:

- **Cybersex Addiction** – compulsive use of Internet pornography, adult chat rooms, or adult fantasy role-play sites impacting negatively on real-life intimate relationships.
- **Cyber-Relationship Addiction** – addiction to social networking, chat rooms, texting, and messaging to the point where virtual, online friends become more important than real-life relationships with family and friends.
- **Net Compulsions** – such as compulsive online gaming, gambling, stock trading, or compulsive use of online auction sites such as eBay, often resulting in financial and job-related problems.
- **Information Overload** – compulsive web surfing or database searching, leading to lower work productivity and less social interaction with family and friends.
- **Computer Addiction** – obsessive playing of off-line computer games, such as Solitaire or Minesweeper, or obsessive computer programming.

IV. INFLUENCE OF INTERNET ADDICTION ON MARRIAGE LIFE

Online addiction is the problem of Internet infidelity.

1. An online affair is a romantic or sexual relationship initiated via online contact and maintained largely through electronic conversations that occurs through email, chat rooms, or online communities. Long-term and stable marriages are being damaged or destroyed by an online affair (Atwood, J.D., & Schwartz, L., 2002).
2. In one studies on Internet addiction nearly 53% of online addicts reported serious relationship problems including marital discord, separation, and even divorce. (Young, K.S. ,1998)
3. In a survey conducted by the American Academy of Matrimonial Lawyers 63% of attorneys said that online affairs were the leading cause of divorce cases.

V. (a) INFLUENCE OF INTERNET ADDICTION ON STUDENTS LIFE

Away from home and their parent's watchful eyes, college students long have implemented their new freedom by engaging in mischief, talking to friends to all hours of the night, sleeping with

their boyfriends and girlfriends, and eating and drinking things , they utilize that freedom by hanging out in chat rooms or message friends on Facebook or Watsapp at all hours of night.

Student Internet abuse, independent of culture, competition, or gender, is another common problem. College counselors have argued that students are the most at risk population to develop an addiction to the Internet because of the encouraged use of computers and mobile Internet devices.(Kandell, J. J. ,1998). College counseling centers in the US have even started Internet addiction support groups to help students who abuse.

V. (b) INFLUENCE OF INTERNET ADDICTION ON EMPLOYERS' LIFE:

For companies, Internet addiction has been shown to be both a legal responsibility as well as efficiency problem. Employee Internet abuse and its potential for addiction has become a potential business epidemic. Studies show that employees abuse the Internet during work hours resulting in billions of dollars of lost (Young, K. S., 1998)

V. (c) INFLUENCE OF INTERNET ADDICTION ON PERSONAL LIFE:

Personally, a client who becomes addicted to the Internet may suffer from a number of emotional and personal problems. They see the Internet as a safe place to absorb themselves mentally to reduce their tension, sadness, or stress. (Young, K. S., 1998) Individuals may feel overwhelmed or be experiencing job burnout or money problems or life-changing events such as a recent divorce, relocation, or a death in the family can absorb themselves in a virtual world inside the computer. They can loose themselves in anything from online pornography, Internet gambling, or online gaming and once online, the difficulties of their lives fade into the background as their attention becomes completely focused onthe computer.(*Kimberly Young*).The Internet becomes a new way of escaping without really dealing with the underlying problems becoming a quick fix to wash away troubling feelings. (Lee, M. , 2007).

VI. RISK FACTORS FOR INTERNET ADDICTION

- **Suffer from anxiety.** You may use the Internet to distract yourself from your worries and fears. An anxiety disorder like obsessive-compulsive disorder may also contribute to excessive email checking and compulsive Internet use.
- **Depression.** The Internet can be an escape from feelings of depression, but too much time online can make things worse. Internet addiction further contributes to stress, isolation and loneliness.
- **Have any other addictions.** Many Internet addicts suffer from other addictions, such as drugs, alcohol, gambling, and sex.
- **Lack social support.** Internet addicts often use social networking sites, instant messaging, or online gaming as a safe way of establishing new relationships and more confidently relating to others.
- **You're an unhappy teenager.** You might be wondering where you fit in and the Internet could feel more comfortable than real-life friends.

- **Less mobile or socially active than you once were.** For example, you may be coping with a new disability that limits your ability to drive. Or you may be parenting very young children, which can make it hard to leave the house or connect with old friends.
- **Stress.** While some people use the Internet to relieve stress, it can have a counterproductive effect. The longer you spend online, the higher your stress levels will be.

VII. INTERNET OR COMPUTER ADDICTION CAN ALSO CAUSE PHYSICAL DISCOMFORT SUCH AS

1. Carpal Tunnel Syndrome (pain and numbness in hands and wrists)
2. Dry eyes or strained vision
3. Back aches and neck aches; severe headaches
4. Sleep disturbances
5. Pronounced weight gain or weight loss

VIII. HELPING A CHILD OR TEEN WITH AN INTERNET ADDICTION

If your child or teen is showing signs of Internet addiction, there are things that you can do to help:

- **Encourage other interests and social activities.** Get your child out from behind the computer screen. Expose kids to other hobbies and activities, such as team sports, Scouts, and afterschool clubs.
- **Monitor computer use and set clear limits.** Restrict the use of computers or tablets to a common area of the house where you can keep an eye on your child's online activity, and limit time online.
- **Use apps to limit your child's smartphone use.** If your child has his or her own smartphone, it's very difficult to directly monitor their time on the Internet. However, there are a number of apps available that can effectively do the monitoring for you by limiting your child's data usage or restricting his or her texting and web browsing to certain times of the day. Most of the major carriers offer parental control apps. Other third-party apps are also available that eliminate texting and emailing capabilities while in motion, so you can prevent your teen using a smartphone while driving. See Resources & References section below for more information.
- **Talk to your child about underlying issues.** Compulsive computer use can be the sign of deeper problems. Is your child having problems fitting in? Has there been a recent major change, like a move or divorce, which is causing stress?.
- **Get help.** Teenagers often rebel against their parents but if they hear the same information from a different authority figure, they may be more inclined to listen. Try a sports coach, doctor, or respected family friend. Don't be afraid to seek professional counseling if you are concerned about your child.

IX. INTRANET ADDICTION DISORDER (IAD)

IAD refers to the problematic use of internet, including the various aspect of its technology. Such as electronic mail (e-mail) and the World Wide Web. Many people believe that spending large amounts of time on the Internet is a core feature of the disorder. The amount of time by itself, however, is not as important a factor as the ways in which the person's Internet use is interfering with their daily functioning. Use of the Internet may interfere with the person's social life, school work, or job-related tasks at work

X. INTERNET ADDICTION TEST

The Internet Addiction Test is the first validated and reliable measure of addictive use of the Internet. Click here to read the study. Developed by Dr. Kimberly Young, the IAT is a 20-item questionnaire that measures mild, moderate, and severe levels of Internet Addiction. To assess your level of addiction, answer the following questions using this scale:

- 1 = Rarely.
- 2 = Occasionally.
- 3 = Frequently.
- 4 = Often.
- 5 = Always.

Questionnaire Developed by Dr. Kimberly Young

1	How often do you find that you stay on-line longer than you intended?	<input type="checkbox"/> Rarely	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Frequently	<input type="checkbox"/> Often	<input type="checkbox"/> Always
2	How often do you neglect household chores to spend more time on-line?	<input type="checkbox"/> Rarely	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Frequently	<input type="checkbox"/> Often	<input type="checkbox"/> Always
3	How often do you prefer the excitement of the Internet to intimacy with your partner?	<input type="checkbox"/> Rarely	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Frequently	<input type="checkbox"/> Often	<input type="checkbox"/> Always
4	How often do you form new relationships with fellow on-line users?	<input type="checkbox"/> Rarely	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Frequently	<input type="checkbox"/> Often	<input type="checkbox"/> Always
5	How often do others in your life complain to you about the amount of time you spend on-line?	<input type="checkbox"/> Rarely	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Frequently	<input type="checkbox"/> Often	<input type="checkbox"/> Always
6	How often do your grades or school work suffers because of the amount of time you spend on-line?	<input type="checkbox"/> Rarely	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Frequently	<input type="checkbox"/> Often	<input type="checkbox"/> Always

7 How often do you check your e-mail before something else that you need to do?

Rarely Occasionally Frequently Often Always

8 How often does your job performance or productivity suffer because of the Internet?

Rarely Occasionally Frequently Often Always

9 How often does your job performance or productivity suffer because of the Internet? How often do you become defensive or secretive when anyone asks you what you do on-line?

Rarely Occasionally Frequently Often Always

10 How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?

Rarely Occasionally Frequently Often Always

11 How often do you find yourself anticipating when you will go on-line again?

Rarely Occasionally Frequently Often Always

12 How often do you fear that life without the Internet would be boring, empty, and joyless?

Rarely Occasionally Frequently Often Always

13 How often do you snap, yell, or act annoyed if someone bothers you while you are on-line?

Rarely Occasionally Frequently Often Always

14 How often do you lose sleep due to late-night log-ins?

Rarely Occasionally Frequently Often Always

15 How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line?

Rarely Occasionally Frequently Often Always

16 How often do you find yourself saying “just a few more minutes” when on-line?

Rarely Occasionally Frequently Often Always

17 How often do you try to cut down the amount of time you spend on-line and fail?

Rarely Occasionally Frequently Often Always

18 How often do you try to hide how long you've been on-line?

- Rarely Occasionally Frequently Often Always

19 How often do you choose to spend more time on-line over going out with others?

- Rarely Occasionally Frequently Often Always

20 How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line?

- Rarely Occasionally Frequently Often Always

(Source : <http://netaddiction.com/internet-addiction-test>)

After answered all the questions, add the numbers selected for each response to obtain a final score. The higher score, the greater level of addiction and the problems users Internet usage causes. Here's a general scale to help measure users score:

20 – 49 points: user is an average on-line user. user may surf the Web a bit too long at times, but user have control over their usage.

50 -79 points: user is experiencing occasional or frequent problems because of the Internet. User should consider their full impact on life.

80 – 100 points: user Internet usage is causing significant problems in user life. User should evaluate the impact of the Internet on user life and address the problems directly caused by users Internet usage.

XI. METHOD AND DATA SOURCES

Subjects participating in this study were 60 school students and 60 under graduate students of sangli city. Questionnaire is a widely used and useful instrument for collecting survey information, providing structured data being able to administrate by researcher and being comparatively straightforward to analyze. **Questionnaire Developed by Dr. Kimberly Young** was used to collect primary data. It conations data about students Internet Addiction for testing Internet Addiction disorder.

XII. ANALYSIS

Sr.No	points	No.Of School Students	%
1	20-49	12	24
2	50-79	27	54
3	80-100	11	22

(Source: Generated by researcher). Table 1

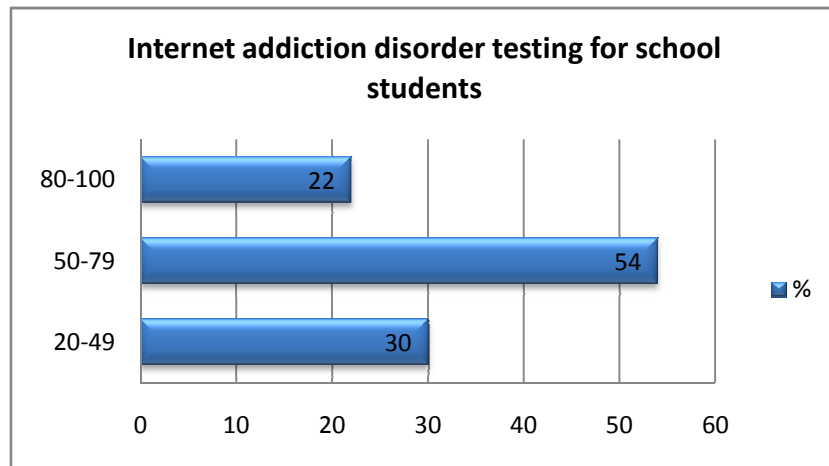


Fig: 1

From Table 1 & Fig.1 , researcher would find out that, there were 54% school students have got **50 -79 points** in IAD test and 22% students have got 80-100 points in the same. Students are experiencing occasional or frequent problems because of the Internet.

Sr.No	points	No.Of Under Graduate Students	%
1	20-49	15	30
2	50-79	14	28
3	80-100	21	42

(Source: Generated by researcher) Table 2

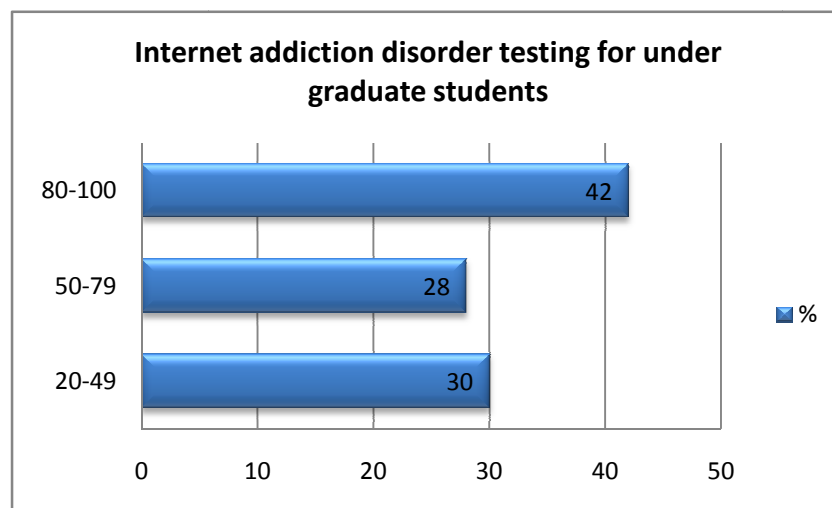


Fig: 2

From Table 2 & Fig.2 , researcher would find out that, there were 28% UG students have got **50 -79 points** in IAD test and 42% students have got 80-100 points in the same. Those students are also experiencing occasional or frequent problems because of the Internet.

XIII. CONCLUDING REMARKS

This study demonstrates some interesting findings related to the consequences of Internet Addiction Disorder problems, the IAD have major impacts on students life and performance. 42% UG students have got high point score in IAD test (80-100) and 54% school students have got high point score in IAD test (50-79) Due to high level Internet addiction, students often hurt or lose significant real-life relationships, such as a teachers, a parent, or a close friend. Often, these were individuals who provided the addict with support, love, and acceptance before the Internet and their absence only makes the addict feel worthless and reinforces past notions that they are unlovable. Addict must modify and reestablish these broken relationships to achieve recovery and find the support necessary to fight the addiction. The recovery process is an ongoing self examination. Family therapy may be necessary to help educate loved ones about the addiction process and engage them more fully in helping the user maintain boundaries established with the computer.

ACKNOWLEDGMENT

This work is motivated by Dr. Kimberly Young. My special thanks for comments and suggestions to the draft manuscript. I am grateful to team for giving me this opportunity. I express my deep sense of gratitude to my parents for his valuable guidance and support. His inspiration and kind co-operation helped to shape this study properly. Additionally, thanks to my dearest friend & my husband Mr. Santosh Mane for the support of writing this paper.

REFERENCES

- [1] Young, K.S. (1998) *Caught in the Net: How to recognize the signs of Internet addiction and a winning strategy for recovery*. New York, NY: John Wiley & Sons.
- [2] Young, K. S. (1998) Internet addiction: The emergence of a new clinical disorder. *CyberPsychology and Behavior* 1: 237-244.
- [3] Atwood, J.D., & Schwartz, L. (2002). Cyber-sex: The new affair treatment considerations. *Journal of Couple & Relationship Therapy*, 1(3): 37-56.
- [4] Kandell, J. J. (1998). Internet addiction on campus: The vulnerability of college students. *Cyberpsychology & Behavior*. 1:11-17.
- [5] Lee, M. (2007). "China to limit teens' online gaming for exercise" Accessed on August 7, 2007 at: <http://www.msnbc.msn.com/id/19812989/>.
- [6] Shabnam S. Mahat and Dr.Pallavi P.Jamsandewkar, "To Investigate the Consequences of Teachers Disorientation Problems About the Use of "Sakshat Portal", International Journal of Computer Engineering & Technology (IJCET), Volume 4, Issue 2, 2013, pp. 158 - 165, ISSN Print: 0976 – 6367, ISSN Online: 0976 – 6375.

AUTHOR

Prof. Shabnam Sikandar Mahat, (B.Sc-electronics, MBA-IT, M.Phil, Ph.D (Appearing)) Department of Computer Applications, Bharati Vidyapeeth Deemed University, Pune, Institute of Management and Rural Development Administration, Sangli, India.