

A Literature Review: Internet Addictions among Teens- Its Impact and Solutions

Farzana Begum

Received on 10.08.2016, Accepted on 17.08.2016

PhD Nursing Student, MGMIHS, Kamothe, Navi Mumbai

Abstract

Aims and Objectives: This paper presents a critical review of published literature detailing the prevalence of Internet Addiction among Teens and its impact and solutions. *Background:* Since last two decades, our life changed dramatically because of wide distribution of computers & easy access to internet. Every individual owns a gadget with internet facility. We are enjoying video calls, instant messaging, downloading music, videos, playing games, doing online shopping, doing railway & flight tickets booking and many more things. Like a coin has its two sides, there are disadvantages of internet use e.g., long hangouts on social media, compulsive web surfing, online gambling, online shopping, online trading, online relationship, use of cyber-porn etc. *Design:* This literature review study addresses the aims and objectives. *Methods:* Following a literature search of electronic databases, 13 articles were retrieved that met the criteria in relation to the aims and objectives. *Results:* There is significant impact of internet addiction on life and a lifestyle modification through CBTI is the solution. *Conclusions:* we can't abstain from technology thus; balancing life with digital culture world is the only solution. *Nursing Implications:* These findings will help the nursing professional to make the people aware about the new kind of addiction, its hazardous impact on life and can encourage the people to live a balanced life with the digital culture world.

Keywords: Internet Addictions; Cognitive Behavior Therapy.

Corresponding Author: Farzana Begum, College of Nursing, Rajendra Institute of Medical Sciences, Ranchi, Jharkhand 834009

E-mail: sweetfarzana786@gmail.com

Introduction

Over the past centuries, technologies have regularly come along completely changed our life, especially how we connect to each other. All technologies begin social revolutions. We are living through one such revolution now, called the internet. Benefits of internet are uncountable. It brings the world so close together today. It is always available and facilitates instant messages, video and audio calls, endless sources of information, entertainment, shopping, social networking, faster communication, easy to use, education and many more. However, apart from the uncountable benefits of internet use, purposeful and over use affects individual's life in a negative way too. Individuals are getting hooked on the Internet for pornography, Internet gambling, online shopping, searching non-important information or chatting for a very long time. Though very few interventional studies are carried out in this regard, but it is seen that Cognitive Behavior Therapy for Internet Addiction found to be useful in managing such addiction.

Internet Addiction

There are three basic factors to consider, preoccupation, withdrawal symptoms and tolerance (Young, 1998) [1] before we can ascertain that the youth have some form of Internet addiction.

Preoccupation-The youth's mind is constantly thinking of what he/she will be going to do online later while he/she is still in school. *Withdrawal Symptoms* - The youth tends to throw tantrums and exhibit violent behaviors not normally seen in other circumstances. *Tolerance* - Tolerance may develop as youth play game repeatedly over time. Youth have to spend considerably longer time online to feel the same

level of satisfaction as before.

Griffin (2005) [2] defined addiction as “any behaviour that features all the core components of addiction”.

The six core components of addiction, also given by Griffiths, are: *salience, mood modification, tolerance, withdrawal, conflict* and *relapse*.

Salience—A particular activity becomes the most important activity in a person’s life. It dominates their thoughts, feelings and behaviour. Even when the person is not actually engaging in the activity, they would still be thinking about it. *Mood modification* – The subjective experience that occurs in an individual after engaging in the particular activity is a modification in the mood. *Tolerance*—This refers to the process in which the particular activity needs to be consistently increased for the individual to feel the strength of the former effects. Basically, one dose of something has to be doubled or tripled for the individual to be affected by it again. *Withdrawal*—The unpleasant feelings, state or physical effects which occur when the particular activity is suddenly reduced or discontinued are called withdrawal symptoms. They may be psychological (e.g. moodiness) or physiological (e.g. insomnia). *Conflict*—The addicted person may suffer from interpersonal or intrapersonal conflicts. Someone who always chooses short-term satisfaction and disregards the consequences usually compromises their personal relationships, work, education, society and recreational activities. The intrapersonal conflicts usually involve feelings of guilt or helplessness which stem from the addict wanting to get better but feeling like they are simply unable to do it. *Relapse*—There will be a tendency for repeated returns to the earlier patterns of the particular activity. The most extreme patterns may be restored quickly even after years of abstinence or control.

Prevalence of Internet Addiction

Mishra et al. [3], conducted a survey with cross sectional design on 264 students from the different colleges of various streams like medicine, dental, nursing, pharmacology and agriculture, who are undergoing graduation found that 69.2% were normal and 30.8% were abnormal users in medical college, 68% were normal and 32% were abnormal users in nursing college, 50.5% were normal and 49.5% were abnormal users in pharmacology college, 57.5% were normal and 42.5% were abnormal users in dental college, 65.6% were normal and 34.4% were abnormal users in agriculture college.

Causes of Internet Addiction

Goel et al. [4] conducted a cross-sectional study of sample comprising of 987 students of various faculties across the city of Mumbai, found that those with excessive use internet had high scores on anxiety, depression, and anxiety depression.

Bhagat et al. [5], conducted to study internet addiction in relation to parental bonding. For this purpose, a sample of 200 students’ revealed, Psychological security and social interactive support may be the motives for adolescents with low parental support to use the Internet more than those who have high parental support.

Varghese Titto et al., [6] conducted a study in an attempt to analyze the media (including the traditional media) habits of teenagers in terms of the time spent for it, place and medium of accessing internet and the motivations for the usage of these media. Results show that more time in internet is spent on Social Networking sites compared to the time they spend for educational needs. The gratifications obtained from the usage of social networking sites are factor analyzed to a four factor structure, namely Communication, Connectivity, Relaxation and User friendliness.

Impact of Internet Addiction on Life

Li W et al. [7] conducted an exploratory qualitative study, using the focus group approach among 27 U.S. university students who self-identified as intensive Internet users, spent more than 25 hours/week on the Internet for non-school or non-work-related activities. Study participants reported a variety of adverse health and psychosocial consequences related to intensive Internet use. Many students failed to exercise and engage in face-to-face social activities because of the excessive amounts of time they spent on the Internet.

Syed Shah Alam, et al. [8] conducted a questionnaire survey among undergraduate students from two public universities in Malaysia. 205 responded out of 400 approached to examine the impact of Internet addiction. The descriptive results show from 200 respondents, the most effect of Internet addiction impact is on Psychological aspects (M=3.45) and Interpersonal aspects (M=3.26), followed by Physical problems (M=2.98) and Work problems (M=2.58), and finally, Internet addictive Behavioral problems (M=2.55).

Nicola et al. [9], conducted a survey and found Nomophobia (no mobile phone) is considered a disorder of the contemporary digital and virtual society and refers to discomfort, anxiety, nervousness

or anguish caused by being out of contact with a mobile phone.

Davey et al. [10], conducted a study and found that, mobile phone (smartphone) usage has a significant effect in causing psychological problems, affecting classroom performance, hampering of studies, eating, stress, etc.

Kim, Soohyun [11], examined the impact of adolescent Internet use on youth outcomes in Korea, six hundred and nine adolescents (10th and 11th graders) and result revealed Social and recreational-Internet use of the Internet was associated with lower academic achievement.

Prevention and Management of Internet Addiction

Young Kimberly S. [12], A total of 114 clients were evaluated on the Internet Addiction Scale. In this study, cognitive-behavioral techniques were applied and the data suggested that clients were able to decrease thoughts and behaviors associated with compulsive Internet use.

Khazaal et al. [13], As proposed on CBT of substance use disorders, clients are trained to monitor their thoughts and identify affective and situational triggers linked with their Internet behavior. It is found that client's ability to engage in offline activities improve from 2.67 (0.89) at 3rd session, to 4.66 (0.52) at the 12th session. Client's ability to control their computer use improved along a mean of 3.95 (SD=1.21) by the 3rd session to 4.33 (SD=0.58) by the 12th session and remains good at 6-month follow-up 4.22 (SD=0.75). The ability to abstain from sexually explicit online material improved along a mean of 2.15 (SD=0.91) by the 3rd session to 3.26 (SD=1.02) at the 12th session.

Conclusion

Internet addiction can lead to serious problems for the individuals. Though we cannot abstain from technology use but a balance is very much essential to live in a healthy way in a digital culture world. Research on Internet addiction is still in its infancy. Thus, further research is needed in this field.

References

1. Young Kimberley s., Handling children and youth internet addiction- a report <https://www.webroot.com/in/en/.../family-internet-addiction-what-can-parents-do> accessed on 12/11/2015.
2. Griffiths Mark, Addictions and ICDS, blog psychology, 2005 <https://blogpsychology.wordpress.com/a2-psychology/abnormality/addiction-and-icds/> accessed on 18/11/2015.
3. Mishra Subhasree, Rout Ranjitha Priyadarshini, K Jayakrishnan, A correlative study to assess the internet addiction and psychopathologies among the students of SOA University Bhubaneswar, IOSR Journal of Nursing and Health Science (IOSR-JNHS) e-ISSN: 2320-1959.p- ISSN: 2320-1940. 2015; 4(1): 66-69. <http://iosrjournals.org/iosr-jnhs/papers/vol4-issue1/Version-1/L04116669.pdf> accessed on 14/11/2015.
4. Goel Deepak, Subramanyam Alka, Kamath Ravindra, A study on the prevalence of internet addiction and its association with psychopathology in Indian adolescents, Indian J Psychiatry. 2013 Apr-Jun; 55(2): 140-143. <http://indianjpsychiatry.org/article.asp?issn=0019-5545;year=2013;volume=55;issue=2;spage=140;epage=143;aulast=Goel> accessed on 11/11/2015.
5. Bhagat Geeta, Sehgal Meena, The relationship of parental bonding and internet addiction, issn-0976 9218, 2011 December; 2(2). www.napsindia.org/wp-content/uploads/2016/07/29-37.pdf accessed on 11/11/2015.
6. Varghese Titto, et al., Teenagers' Usage of Social Networking Media in a South Indian State, International Journal of Scientific & Engineering Research. 2013 December; 4(12).
7. Li W, O'Brien JE, Snyder SM, Howard MO, Characteristics of Internet Addiction/ Pathological Internet Use in U.S. University Students: A Qualitative-Method Investigation. PLoS ONE. 2015; 10(2): e0117372. doi:10.1371/journal.pone.0117372, 2015. www.ncbi.nlm.nih.gov/pubmed/25647224 accessed on 10/11/2015.
8. Syed Shah Alam, et al., Negative and positive impact of internet addiction on young adults: Empirical study in Malaysia, IC. 2014; 10(3): 619-638. www.intangi.blecapital.org/index.php/ic/article/download/452/437 accessed on 09/11/2015.
9. Nicola Luigi Bragazzi, Giovanni Del Puente, A proposal for including nomophobia in the new DSM-V Psychology Research and Behaviour Managment. online publication; 2014; 7: 155-160. <https://www.dovepress.com/a-proposal-for-including-nomophobia-in-the-new-dsm-v>. accessed on 11/11/2015.
10. Davey Sanjeev, Davey Anuradha, Assessment of Smartphone Addiction in Indian Adolescents: A Mixed Method Study by Systematic-review and Meta-analysis Approach, International Journal of Preventive Medicine. 2014 Dec; 5(12): 1500-1511. <http://connection.ebscohost.com/c/articles/100465311/assessment-smartphone-addiction-indian-adolescents-mixed-method-study-by-systematic-review-meta-analysis-approach> accessed on 18/11/2015.

11. Kim, Soohyun, "E Effects of Internet Use on Academic Achievement and Behavioral Adjustment among South Korean Adolescents: Mediating and Moderating Roles of Parental Factors" Child and Family Studies - Dissertations. 2011; Paper 62. http://www.academia.edu/20767319/E_Effects_of_Internet_Use_on_Academic_Achievement_and_Behavioral_Adjustment_among_South_Korean_Adolescents_Mediating_and_Moderating_Roles_of_Parental_Factors accessed on 10/11/2015.
12. Young Kimberly s., Treatment outcomes with internet addicts, Published in Cyber Psychology & Behavior, 2007; 10(5): 671-679. <http://netaddiction.com/articles/Treatment.pdf> accessed on 11/11/2015.
13. Khazaal Yasser, Xirossavidou Constantina, Khan Riaz, Edel Yves, Zebouni Fadi and Zullino Daniele, Cognitive-Behavioral Treatments for "Internet Addiction", The Open Addiction Journal. 2012; 5 (Suppl 1: M5): 30-35. <http://benthamopen.com/contents/pdf/TOADDJ/TOADDJ-5-30.pdf> accessed on 11/11/2015.

Introducing a new sister concerned company of Red Flower Publication Pvt. Ltd.

RF Library Services Pvt. Ltd.

RF Library Services Pvt. Ltd. is a global market leader in managing professional information. We develop and deliver innovative services that enable the use of knowledge to its full extent. As the only information Service Company globally we play a key role in today's complex information marketplace. Founded in 1985 as a registered company under sub-section (2) of section 7 of the Companies Act, 2013 and rule 8 of the Companies (Incorporation) Rules, 2014, the business draws on more than a decade of experience within the information industry. With this knowledge, we satisfy the needs of thousands of customers from over 30 countries. We are a division of Red Flower Publication Pvt. Ltd.

Where we are based?

RF Library Services Pvt. Ltd is located in Delhi-91 in India.

RF Library Services Pvt. Ltd.

D-223/216, Laxmi Chambers, Laxmi Nagar,
Near Laxmi Nagar Metro Station,
Delhi-110092(India)

Tel: 011-22756995, Fax: 011-22756995

E-mail: custsupport@rflibraryservices.com, rflibrary.delhi@gmail.com

Website: www.rflibraryservices.com