

Internet Addiction among Adolescents

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Abstract

Internet addiction among adolescents is a growing concern with significant social, psychological, and environmental causes. Adolescents, particularly younger individuals and males, are vulnerable due to factors like psychological distress, social pressures, abundant online content, low self-esteem, and family dynamics. This research investigates the prevalence of internet addiction in adolescents aged 12-18, using both qualitative and quantitative methodologies, including surveys, diagnostic tools, and analysis of secondary data sources. The findings highlight the detrimental impact of internet addiction on mental health, academic performance, and social relationships, contributing to issues such as anxiety, depression, isolation, and declining academic achievement. The study proposes various interventions, emphasizing the importance of a multi-pronged approach. Education and awareness programs for adolescents, parents, and educators are vital to understand the signs, risks, and consequences of internet addiction. Parental guidance, including setting boundaries, monitoring content, and fostering open communication, is crucial in establishing healthy digital habits. Encouraging offline activities, such as sports, hobbies, and social interactions, can provide adolescents with alternative sources of engagement and fulfilment. Mental health support, including counselling services, is essential for addressing underlying issues that may contribute to or result from internet addiction. Promoting healthy digital habits, such as mindful consumption and scheduled breaks, empowers adolescents to navigate the digital landscape responsibly. As technology continues to evolve, a multi-faceted approach involving families, educators, and policymakers is essential to guide adolescents towards a balanced and healthy relationship with the digital world. By fostering a supportive environment and implementing proactive measures, we can ensure the overall well-being of adolescents in the face of this pervasive challenge, empowering them to leverage the benefits of technology while minimizing its potential risks.

Keywords

Internet addiction, adolescents, technology use, mental health, interventions, social impacts

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1. Introduction

In the digital Era, the internet is ingrained in the daily lives of adolescents, serving as a primary platform for social interaction, education, and entertainment. While the internet offers numerous benefits, excessive usage can lead to the development of internet addiction, a condition characterized by compulsive online behaviour that disrupts daily life. Adolescents are particularly susceptible to internet addiction due to their developmental stage, marked by exploration and identity formation. As they navigate this formative period, the internet can present both opportunities and risks. This article seeks to explore the complexities of internet addiction among adolescents, highlighting its causes, impacts, and potential solutions.

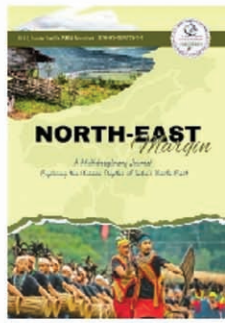
The internet is an omnipresent medium in the modern day that provides many opportunities for learning, connecting socially and for entertainment. In any case, the continuous and open opportunities of online access can bring about potential problematic behaviours in adolescents like addiction. It is a phenomenon known as problematic or pathological internet use, where an adolescent uses the Internet in ways that are excessive and compulsive - often doing lasting harm to their health, development and overall well-being. In this article, the writer explains to us what can cause a person internet addiction and its consequences on a teenager then he gives his opinion with various solutions.

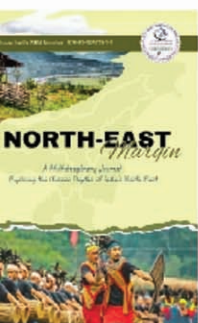
2. Literature Reviews

Bickham (2021). conducted a study where the researcher found aims at presenting the recent research evidence and the current attitude towards teenage internet addiction. Some of the variations arises from the differences in the terminology used and different geographic regions associated with the studies. prevalence studies. The likely risk factors likely to lead to internet addiction among teenagers are impulsivity, aggressiveness, and neuroticism.

Kavitha, (2019) conducted a study where the researcher found young people in this generation are more dependent on the World Wide Web. Literature review also indicates that the attention of teenagers is totally concentrated on the application of online social networks. Today, it is impossible for any adolescent to at least think about what he or she wants to do in the future without, it has become almost a necessity to have access to the internet; such is the level of dependency on social media. Advertisement addiction is emerging due to the interactions of teenagers. Ways that the youth socialize and communicate with others Through the social media or conferences, through the excessive use of the internet. Nevertheless, it can be stated that the impact of Internet usage is normally regarded as having catastrophic negative consequences.

Gangwar, (2016) conducted a study where the researcher found conduct health, school performance, social relations, eating routines, studying routines, sleeping habits, and





approach to life. life. As a result, Internet utilization has dramatically increased in the past few years by becoming almost readily accessible. Because it benefits every to a particular person the internet is the most important aspect of life. This paper defines adolescence as encompassing the ages of 11-19 and explores how the internet affects it. concentrated among youths who are within the age of 13-18 years. Pulling it all together, one can single out a primary problem that teenagers have: they are addicted to the internet.

3. Objectives

The primary objectives of this study are as follows:

1. To quantify the prevalence of internet addiction among adolescents age 12-18.
2. To identify the social, psychological, and environmental factors contributing to internet addiction in this demographic.
3. To explore the impact of internet addiction on adolescents' mental health, academic performance, and social relationships.
4. To propose effective strategies and interventions for mitigating the risk of internet addiction among adolescents.

4. Methodology

A method is a way of coping with a problem. To get methodical information about a problem, the only way is to take methodical steps. The objective and nature of the issue are key factors for selection in turnstile design. A systematic examination of fresh aspects of the research challenges is called research method. But the term "methodology" in its wide sense encompasses the whole research process, both its outlook and how it is conducted. It suggests principles on how to fuse data and reach conclusions. That is to say research methodologies should be adopted for good results. Research demands thorough study of the subject. The research method used in this current study is doctrinal. Research methodologies in studies involving adolescent internet addiction generally include quantitative surveys and diagnostic to assess levels of internet use and its correlation with various psychological and environmental elements. Secondary data sources used for statistical analysis are-

5. Causes of Internet Addiction

1. Understanding the multifaceted causes of internet addiction is crucial for developing preventative measures. The primary causes include:
2. Psychological Factors: Adolescents may utilize the internet to escape reality, cope with stress, or manage emotional discomfort. Individuals with underlying mental health issues, such as anxiety or depression, are often more susceptible to developing addictive behaviours.

3. **Social Influence:** Peer pressure and the desire for social acceptance can drive adolescents to engage in excessive internet use. Social networking platforms often depict an idealized version of life, creating unrealistic benchmarks that compel continued engagement.
4. **Availability of Content:** The vast array of online content, including gaming and streaming services, can lead to prolonged engagement. Many adolescents become engrossed in immersive environments that alter their perception of time.
5. **Low Self-Esteem:** Adolescents who struggle with self-worth may gravitate towards virtual interactions that provide a fleeting sense of achievement and connection, fostering addictive habits.

5. Factors Affecting Internet Addiction

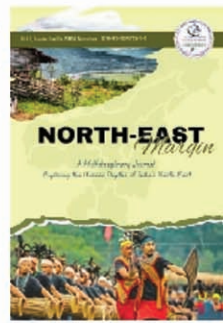
Several demographic and environmental factors may influence the likelihood of internet addiction among adolescents:

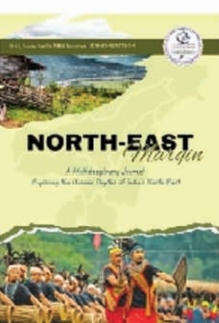
1. **Age and Gender:** Research indicates that younger adolescents and males are often more prone to internet addiction when compared to females and older adolescents.
2. **Parental Guidance:** Children with less parental supervision or those whose parent's model excessive internet usage may develop maladaptive patterns of internet engagement.
3. **Socio-Economic Status:** Adolescents from lower socioeconomic backgrounds may have limited access to engaging offline activities, resulting in a reliance on the internet for entertainment and socialization.
4. **Family Dynamics:** Families with high levels of conflict, poor communication, or lack of emotional support may inadvertently push adolescents towards excessive internet use as a coping mechanism.

6. Suggestions

To address the growing issue of internet addiction among adolescents, the following strategies are recommended:

1. **Education and Awareness:** Schools and communities should implement educational programs to inform adolescents and their families about the signs and risks of internet addiction.
2. **Parental Control and Guidance:** Parents should set boundaries regarding internet usage, including time limits and monitored content access, while fostering open communication about technology use.
3. **Encouraging Offline Activities:** Encourage adolescents to engage in extracurricular activities, sports, and hobbies that promote face-to-face interactions and reduce screen time.
4. **Mental Health Support:** Schools should provide resources for mental health support, including counselling services that address underlying issues related to internet addiction.





5. Promoting Healthy Digital Habits: Teaching adolescents' strategies for balanced technology use, including mindful consumption and scheduled breaks, can foster healthier online behaviour.

7. Conclusion

Internet addiction among adolescents is a complex issue that requires a multifaceted approach for effective intervention and prevention. As technology continues to evolve, so too must our strategies for addressing the risks associated with its use. Through education, parental involvement, and a focus on mental health, the adverse consequences of excessive internet usage can be minimized. As society grapples with this pervasive challenge, it is imperative to recognize the importance of fostering a balanced relationship with technology. Family dynamics, educational efforts, and community resources all play an essential role in shaping adolescents' experiences with the internet, ultimately guiding them towards healthier digital habits that promote their overall well-being. By adopting proactive measures and creating supportive environments, we can help adolescents navigate the digital landscape while safeguarding their mental health and social development.

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