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The effect of internet uses on youth

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Abstract
Internet is an integral part of most college students with more than 90 percent of the college students in have access to the Internet. Addiction to positively and negatively. The world of paper and print is giving way to a digital world where everything has digital form whether text, graphics or sound. The digitized world being fast and current, the younger generation is moving fast towards the digital way. Cyberspace and blogosphere are the new worlds of the young generation who exploit and experiment all possibilities of the digital environment. The Internet and online social network sites can affect a student's academic performance both.

The rapid growths of electronic media with all their potential to change the pattern one gathers and communicates information have brought about positive and negative possibilities of using and misusing the media. On the positive side, the electronic media like the Internet provide facility to communicate faster, retrieve and handle information in a more easy way and copying and distributing in innumerable number. On the negative side, it causes concern about the possibility of accessing and distribution of unwanted information, plagiarism, security threat, etc. These concerns can be worsened by parents' relative lack of the Internet sophistication compared to their children's. The combination of the rapid growth of the Internet, not knowing the effects of Internet use, and concerns about the negative consequences of Internet use has created a climate where bad news can become magnified.

Keywords: youths, internet abuse, effects, risk factors.

Introduction
Internet is one of the best inventions for us and importance of Internet is huge in our lives. It has become the best source to get knowledge about any aspect. We can't even imagine the life without Internet. Internet is nothing less than a boon for person related to any field- be it student, employee or anything else. We can stay updated with the latest happenings in the world, can stay connected with the world all the time, can get knowledge about anything we want and can do lot other things with the Internet. But as you know, nothing comes with 'only' benefits. Everything has got its negative points as well, and so the Internet has. The question might have hit your mind that what are the negative impacts of Internet, right? So, are you curious to know about that? If yes, then do read out the article ahead.

Internet effect (IE) is a relatively new field of academic inquiry. Empirical studies suggest that IE, like other well researched addictive behaviors, has an effect on many aspects of a person's life, including academic/work performance, relationships, and physical and mental health (Goldberg, 1996; Young, 1996, 1998) [1]. Evidence of IE has been suggested by the findings that some Internet users spend increasingly longer periods of time online and experience withdrawal symptoms when offline.

Statistical facts on internet usage in India
As of 2013, India was the third-largest online market with more than 154 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. Of the millions of internet users in India, 38 percent of those who use the internet at home or at work come from the 25-34 age brackets, a percentage which was higher than any other age group surveyed. Furthermore, men dominated internet usage with 61 percent to women's 39 percent.

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Internet Addiction and Health Effects

More and more people are getting engulfed in virtual world and drifting apart from their friends and family. Even children prefer to play online games rather than going out and mingling with other kids. This may hamper a healthy social development in children. The health effect due to unnecessary and more Internet use are, Carpal Tunnel syndrome (pain, numbness, and burning in your hands that can radiate up the wrists, elbows and shoulders),dry eyes, backaches, severe headaches, eating irregularities, such as skipping meals failure to attend to personal hygiene, sleep disturbances etc. Internet addiction is another type of disease. Internet users suffering from internet addiction due to more and more internet use or unnecessarily excessive use of internet.

Internet Addiction

Internet addiction disorder (IAD), or more broadly Internet overuse, problematic computer use or pathological computer use, is excessive computer use that interferes with daily life. Classification of internet addiction is as follows,

Cyber sexual Addiction

Individuals who suffer from Cybersex/Internet pornography addiction are typically engaged in viewing, downloading and trading online pornography or involved in adult fantasy, role-play, and chat rooms.

Cyber-Relational Addiction

Individuals who suffer from an addiction to chat rooms, IM (Instant Messaging), or social networking sites become over involved in online relationships or may engage in virtual adultery. Online friends quickly become more important to the individual often at the expense of real life relationships with family and friends. In many instances, this will lead to marital discord and family instability

Net Compulsions

Addictions to online gaming, online gambling are fast becoming new mental problems in the post-Internet era. With the instant access to virtual casinos, interactive games, and eBay, addicts loose excessive amounts of money and even disrupt other job-related duties or significant relationships

Information Overload

The wealth of data available on the World Wide Web has created a new type of compulsive behavior regarding excessive web surfing and database searches. Individuals will spend greater amounts of time searching and collecting data from the web and organizing information. Obsessive compulsive tendencies and reduced work productivity are typically associated with this behavior.

Computer Addiction

In the 80s, computer games such as Solitaire and Mind sweeper were programmed into computers and researchers found that obsessive computer game playing became problematic in organizational settings as employees spent most days playing rather than working. These games are not interactive nor played online.

The Internet and Adolescents

The younger generation views the Internet as a useful source of information and channel for speedy communication. It is also an effective medium of socialization. Using a couple of keywords and clicks on the mouse, students have sufficient material to cobble together an assignment. The speed of the cut-and-paste process serves to reduce the opportunities to reflect, leading to carelessness in thought, carelessness in citing material`l and ultimately to plagiarism (Ellery, 2008) [9]. However, there is every possibility that the adolescents might use the Internet for experimentation. They may be interested in information relating to violence, sexual content, adventures etc. The experimentation may sometimes lead to cybercrimes including the intrusion to others' data, plagiarism, using and spreading pornographic material and sending anonymous messages. This is because of the lack of proper awareness on the part of the adolescents about the seriousness of the matter. The excessive use of the Internet may also cause distraction from their studies.

Though the Internet has the advantage of providing a platform for socialization, interaction of the adolescents with people with different culture may cause accepting the culture of other society's society in which he/she lives. This will create identity confusion among the youngsters.

Adolescents, while being online, are whole new, worse like in a pretend world. These experiences can influence their emotional wellbeing as well as their safety. There is no guarantee of avoiding the exchange of verbally harassing or sexually aggressive chat (Laidi, 2006) [10]. Many children go to cybercafés even when they have the Internet connection at their homes because some parents are aware of the serious effects of over dependence on the Internet and the possibility of its abuse.

Adolescents with the Internet addiction exhibit more impulsivity than controls and have various comorbid psychiatric disorders, which could be associated with the psychopathology of the Internet addiction (Cao *et al.*, 2007) [8].

Experts say that net nerds are sick people. Those who serve the Internet for more than four hours a day are clinically ill and need medical treatment, the Internet addicts will be regarded the same which may be taboo to the

Way as alcoholics and gamblers (Yunus & Khayel, 2000) [12]. Complain about online service fees or their refusal to eat dinner with the family or help out with chores.

4. No monitoring or censoring of what they say or do online - When they move on to the job world, college students may find suspicious bosses peeking over their shoulder or even monitoring their online time and usage. Even e-mail to co-workers could be intercepted by the wrong party. In college, no one's watching. Computer lab monitors tend to be student volunteers whose only responsibility is to assist anyone who needs help understanding how to use the Internet - not tell them what they can or cannot do on it.

5. Full encouragement from faculty and administrators - Students understand that their school's administration and faculty want them to make full use of the Internet's vast resources.

Risk Factors for Student Internet Abuse

1. Free and unlimited Internet access - When freshmen register today, they get a student ID card, a meal card, and most, important, a free personal e-mail account. They've got no online service fees to pay, no limits to their time logged on, and computer labs open for their convenience round-the-clock. It's an Internet user's dream.

2. Huge blocks of unstructured time - Most college students attend classes for twelve to sixteen hours college students long have exercised their new freedom by engaging in pranks, talking to friends to all per week. The rest of the time is their own to read, study, go to movies or parties, join clubs, or explore the new environment outside their campus walls. Many forget all those other activities and concentrate on one thing: the Internet.

3. Newly-experienced freedom from parental control - Away from home and their parent's watchful eyes, hours of the night, sleeping with their boyfriends and girlfriends, and eating and drinking things Mom and Dad would not approve of. Today, they utilize that freedom by hanging out in the MUDs and chat rooms of cyberspace, and no parent can Abstaining from all Net use is seldom an option - in some large classes, professors place required course materials solely on the Net and engage in their only oneon-one contact with students through e-mail! Administrators, of course, want to see their major investments in computers and Internet access justified.

6. Adolescent training in similar activities - By the time most kids get to college, they will have spent years staring at video game terminals, closing off the world around them with Walkman's, and engaging in that rapid-fire clicking of the TV remote. Even if they didn't get introduced to the Internet in high school, those other activities have made students well-suited to slide into aimless Web surfing, skill-testing MUDs, and rat-a-tattat chat room dialogue.

7. The desire to escape college stressors - Students feels the pressures of making top grades, fulfilling parental expectations, and, upon graduation, facing fierce competition for good jobs. The Internet, ideally, would help make it easier for them to do their necessary course work as quickly and efficiently as possible. Instead, they turn to their Net friends to hide from their difficult feelings of fear, anxiety, and depression.

8. Social intimidation and alienation - With as many as 30,000 students on some campuses, students easily can get lost in the crowd. When they try to reach out, they often run into even tighter clicks than the in-crowds of high school. Maybe they don't dress right or look right. But when they join the faceless community of the Internet, they find that with little effort they can become popular with new "friends" throughout the U.S. and in England, Australia, Germany, France, Hungary, Japan, New Zealand, and China. Why bother trying to socialize on campus?

9. A higher legal drinking age - With the drinking age at twenty-one in most states, undergraduate students can't openly drink alcohol and socialize in bars. So the Internet becomes their substitute drug of choice: no ID required and no closing hour!

Negative Effects of the Internet
1. Children, young adults and even adults get addicted to games online.
Online games can be addictive to children, young adults and even adults. This can rob away precious time which otherwise should have been used for something more productive.

2. Pornography is rampant
Anybody can easily upload pornographic material for commercial purposes or just for fun. The young minds of children will be corrupted through their exposure to things which are reserved for adults. Many well-known personalities are also victimized by opportunistic and malicious people who want to discredit others using their personal encounters.

3. Loss of the human touch
People absorbed in their activities online tend to forget that there are real people in their surroundings who need their attention or have socialization needs. Social networking gives more importance to virtual friends than real ones.

4. Criminal elements use information to advance their malicious intents
Unsuspecting internet users can fall victim to criminal elements that meddle with their emails or do something nasty with their credit card information. Phishing or fooling other people into believing that criminal-owned websites are legitimate led to millions of money lost to misleading business transactions.

5. Abandonment of family
In one instance, a couple in Korea was preoccupied with their virtual baby forgetting to feed their real baby who died of hunger. People become insensitive as they are absorbed by the hidden hand of the internet into its lair.

Considering that the effects of the internet to people can be both positive and negative, there is a need to manage this technology for man's overall benefit. Of foremost concern is the need to make sure that internet security is well in place to prevent the negative effects of the internet to innocent people.

6. Neglecting other activities to spend time on the Internet;
7. Having relationship problems with family members, friends, or others;
8. Having academic problems, such as school absences, poor grades, or low performance due to Internet use;
9. Being unable to control, decrease or stop use of the Internet;
10. Emerging negative behaviors, such as acting aggressively, yelling, swearing and unprovoked bad temper, isolation, sleep deprivation, skipping meals and exercise;
11. Lying about or hiding the amount of time spent on the Internet, or other online activities;
12. Exhibiting psychological symptoms, such as restlessness, anxiety, short attention span, depression, or agitation;
13. Exhibiting physical health problems, such as back pain, eye strain, hand corns, weight gain, weight loss, or dehydration;
14. Increasing the time of Internet use; and 10) Making Internet use a priority in the user's life

Disadvantages of internet
although there are many advantages, researchers argue some disadvantages of an internet based society. Most of these drawbacks are a result of decreased face-to-face communication and the ability to escape identity
1) There is a lot of wrong information on the internet. Anyone can post anything, and much of it is garbage.

2) There are predators that hang out on the internet waiting to get unsuspecting people in dangerous situations.
3) Some people are getting addicted to the internet and thus causing problems with their interactions of friends and loved ones.
4) Pornography that can get in the hands of young children too easily.
5) Easy to waste a lot of time on the internet. You can start surfing, and then realize far more time has passed than you realized. Internet and television together of added to the more sedentary lifestyles of people which further exacerbate the obesity problem.
6) Internet has a lot of "cheater" sites. People can buy essays and pass them off as their own far more easily than they used to be able to do.
7) There are a lot of unscrupulous businesses that have sprung up on the internet to take advantage of people.
8) Hackers can create viruses that can get into your personal computer and ruin valuable data.
9) Hackers can use the internet for identity theft.
10) It can be quite depressing to be on the internet and realize just how uneducated so many people have become in today's society.

Suggestion of Internet effect
Since IE was first introduced in the media and research literature, many research studies have been undertaken in an attempt to define, explore, investigate, and predict addiction and identify possible interventions or treatments for IE. Seven possible interventions have been identified as well as therapeutic approaches such as Cognitive Behavioral Therapy (CBT), Reality Therapy Group Counseling, and Psychopharmacology.

Seven possible techniques the seven possible treatment techniques introduced by (1999) [2] to address Internet effect are composed of:

- Practice the opposite (construct a new reduced schedule or time pattern for using the Internet);
- External stoppers (use concrete things such as time to work, or places to go, as prompters to help log off);
- Setting goals (set clear and achievable goals to help develop new tangible Internet use schedules, prevent cravings, withdrawal, and relapse; and give the addict a sense of control),
- Reminder cards (use tangible, portable reminders of what addicts want to avoid and what they want to do);
- Personal inventory (generate a list of every activity or practice that has been neglected or curtailed since the online habit emerged);
- Social support (organize support groups tailored to addicts" particular life situations to decrease their dependence on online cohorts); and
- Family therapy focusing on moderation and controlled use (arrange therapy for addicts who have marriages and family relationships).

Yang and Hao (2005) investigated the effect of the seven interventions among 52 adolescents in China. The researchers found that IA scores and length of time online significantly decreased after three months of the treatment.

Study Suggestions
Internet is a marvelous invention in this modern era. It provides lots of benefits to internet user. The internet user should get the benefits from Internet to maximum level. They should not waste their precious time and money for unnecessary sites. They should use it for a reasonable time so that the excessive use of Internet may not affect their health. The several techniques to treat Internet addiction are, practice the opposite time in Internet use, use external stoppers, set goals, abstain from a particular application, use reminder cards, develop a personal inventory, enter a support group, and family therapy.

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