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The Impact and causes of Internet Addiction during present scenario in India: a study

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Abstract: The 'Internet' is a global communication tool. This tool is very significant in everyday activities. Internet thus helps in promoting values such as interpersonal relations, uniformity, universalization, secularism and emotional integration, etc. It also collaborate human behaviour in the family or society. So, internet is a 'network of networks' that is linked by a broad area of electronic wireless and optical networking technologies in the world. It also carries a vast range of information, resources, knowledge and sources of data in the world. This information also collects every person for new purpose of knowledge. For this reason individual person can be engaged with the internet. If a person is involving long time with internet they do not attention other works properly. Now this time many problems are arising, such as physical problem, mentally disruption, personality problem, etc. Now in the present duration this problem is known as Net Compulsion or Addiction. Internet addiction is a relatively new phenomenon in modern technology which has similar impacts as substances dependent on one's cognitive and behavioral functioning. An Internet Addiction Disorder (IAD) ruin lives by causing neurological complications, psychological disturbances, physical and social problems. This study extends our knowledge regarding the impact and causes of Internet Addiction during present scenario in India.

Keywords: Internet Addiction, DSM, NCA, CRA, GA.

Introduction:

In the last decade, use of Internet has grown exponentially and has become an integral part of daily life. It's provides significant benefits to students, teachers, researchers, doctors, engineers and other many people. So it has many aspects, such as research access, socialization, globalization, entertainment and many more. Now it is a big communication tool which helps to connect families, friends and other person. It has become especially central within the adolescent and emergent young adult population for whom technological literacy is pivotal to both work and play. When computer and internet are invention, the world has become a global village. Recently www is change human thinking capacity and also significantly changed human lifestyle. It is a sort of revolution in true sense. With the explosion of knowledge and abilities, jobs and skills have further mobilized the pragmatic thinking of human beings across different nation and culture. So, it is an information revolution in cyber age. But it has negative effect which can motivated person to persons. This effect calls 'Internet Addiction Disorder' (IAD). Another name is 'impulse control disorder'. This disorder does not involve use of an intoxicating drug or alcohol. But this condition is very similar to pathological gambling or substance related disorder or substance abuse disorder.

Concept of Internet Addiction: Internet addiction has been called Internet dependency and Internet compulsivity. The term 'Internet Addiction' was proposed by Dr. Ivan Goldberg in 1995 for pathological compulsive internet use. Internet addiction is now a disorder which was first described by Kimberly Young in 1996 and sparked controversial debate among both clinicians and academicians. 'Internet Addiction disorder' is yet to be added by American Psychiatric in DSM-V as a "Substance Related Disorder"³². American Journal of Psychology discusses inclusion of internet addiction in the DSM-V. Diagnostic and statistical Manual (DSM-V) also explained, "internet addiction disorder as a pattern of spare and prolonged Internet gaming that results in a cluster of cognitive and behavioral symptoms, including progressive loss of control over gaming, tolerance, and withdrawal symptoms, analogous to the symptoms of substance use disorders"³. Webster Dictionary said that Internet Addiction is a "compulsive need and use of a habit-forming substance characterized by tolerance and by well-defined physiological symptoms upon withdrawal"⁴³.

Objective of the Study:

The aim of the current study is to analysis that the impact and causes of Internet Addiction during present scenario in India.

Methodology:

The present study is based on the review of information collected from secondary sources and some information has also collected through magazines, journals, internet etc.

Literature review:

King Storm (1996) illustrated that, people who have Internet addiction are alone and shy and are suffering from depression¹¹. Young K.S and Rogers R.C, (1998) observed that, 5 to 10 percent of the world's online population is addicts. About 54% of Internet addicts have a background of depression and 34% of them have a background of anxiety³⁴. Mark G. Does, (2000), stated that, behavior addiction and any behavior that meets the 6 "core components" of addiction, i.e., salience, mood modification, tolerance, withdrawal, conflict, and relapse¹⁹. Kubey et al. (2001) analyzed that, the use of Internet as an entertaining tool is related to serious damages in individual function including educational problems, loneliness and insomnia¹⁵. Cepeda M. S.; Boston R.; Farrar J.T.; Strom B. L. (2003) examined that, the Internet addiction is more effective on observational studies⁶. Vizehfar F. (2005) observed that, 230 cases of Internet users 5.17% of users had mild addiction or the possibility of addiction and 2.2% were suffering from Internet addiction³³. L.L.Yang; M. Liu.(2006) concluded that, Conscientiousness is negatively related to Internet addiction¹⁸. R.D. Johnson et al. (2006) illustrated that; Personality has an impact on the way of people place themselves along the computing technology continuum of perspective²⁵. Dargahi and Razavi (2007) reported that 30% of Internet users are addicted to the Internet and all of them have shown different degrees of mental, social behaviors such as self-alienation, weakness and inability to do things, socially aberrant behavior, introversion and emotional behavior⁸. Moeedfar S.; E. Habbibpoor; K. Getabi and A. Ganjee, (2007) investigated that, Internet addiction disorder is an interdisciplinary phenomenon in medical and computer sciences as well as sociology, law and psychology²⁰. Qasemzadeh L. et al. (2007) described that, out 3.8% student of high school have Internet addicted in Tehran²³. S. Devaraja et al. (2008) found that, agreeableness is positively associated with perceived usefulness of technology³⁰. Shaw M, Black D, (2008), told that, psychological treatments tested for IA are self-imposed bans on Internet access²⁸. J. Zywicki and J. Danowski (2008) described that, extraversion; neuroticism and openness to experience are related to usage of social media¹⁰. S. Picazo-Vela et al. (2010) executed that, neuroticism and conscientiousness can significantly predict provision of online product review³¹. Akin A. and Iskender M. (2011) observed that, the negative effects of the excessive Internet and smartphone use in the realm of mental health¹. Korean J. Cousins (2012) executed that, the Smartphone addiction (SA) has emerged as a new form of addiction along with Internet addictions (IA) and

the clinical characteristic of the SA have received attention in recent years¹³. Reda et al., (2012) told that, there is no significant association between internet addiction and depression²⁶. Goel et al. (2013) found that, participants who are addicted to internet use it mostly at night or in the evening⁹. Krejcie Robert V. and Morgan Daryle W. (2013) concluded that, those who are addicted to the Internet feel less responsible toward their society and their surroundings, are more socially alienated, have more educational job failures, have less social support and feel less self-esteem¹⁴. Chathoth et al., (2014) observed that, majority of the participants (76.4%) addicted to internet were exposed to environmental stressors⁷. Lee Y. K.; Chang C. T.; Lin Y.; Cheng Z.H. (2014) described that, the excessive smartphone use is strongly associated with a number of mental health issues, including stress and an increased risk of abnormal anxiety¹⁴. Rajesh and Vyjayanthi.et al. (2014) reported that, more than half of the participants (75.9%) who use internet in the daytime were normal users²⁴. Kutty and Sreeramareddy (2014) found that, Internet addiction is being significantly associated with factors such as depression, anxiety, and stress. Increase in internet addiction led to subsequent increase in the level of depression, anxiety, and stress¹⁶. Muller K.W.; Glaesmer H.; Brahler E.; Woelfling K.; Beutel, M. E. (2014) investigated that, the effects of Internet Addiction (IA) and Smartphone addiction (SA) on depression and anxiety²¹. Sharma et al. (2014) illustrated that, participants using smartphone were more addicted to internet as compared to those who were using phones without the features of a smartphone. Most of the normal users started using internet for academic purpose (68.6%)²⁹. Banjanin N.; Dimitrijevic I.; Pantic I. (2015) said that, with regard to psychopathology, several studies reported a positive correlation between Internet addiction, depression and anxiety⁵. Aljomaa S. S.; Qudah M. F. A.; Albursan I. S.; Bakhiet S. F.; Abdul jabbar A. S. (2016) stated that, the educational level and monthly income dimensions, a recent study in people with Smartphone addiction (SA) found significant differences in the health dimension in favor of those who had a lower income and a lower degree of education². Krishnamurthy S, Chetlapalli SK. (2015) substantiated that, Internet addiction is to be associated with male gender¹². Anderson E. L.; Steen E.; Stavropoulos V. (2017) found that, problematic Internet use is most relevant to both adolescent and emerging adults (19 years and older)⁴. Nitu (2017) describe that, the magnitude of Internet Addiction was found to be 57.7%, with males more than the females and there a close association between Internet addiction and depression which signifies the need to have a controlled and balanced usage of Internet²². Seoul Korea (2017) observed that, the smartphone user rate in South Korean population is approximately 85%, the highest worldwide²⁷.

Obstacle of Internet Addiction: The internet addiction occur many causes. These are given below;

A.) Physically changing the brain structure: Internet Addiction Disorder changes the brain structure; specifically affecting the amount of gray and white matter in regions of the prefrontal brain.

B.) Variable reinforcement: The variable reinforcement effects of Internet addiction is another effect of this behavior caused due to the high usage of gaming, gambling, shopping, pornography, Facebook, etc.

C.) Biological predisposition: Biological predisposition is another important effect of Internet Addiction Disorder. Internet addiction results in high level of dopamine and serotonin may be deficient compared to the general population.

D.) Mental problem: It is another important effect of Internet addiction. If a person is addicted to internet they can be suffering from anxiety, depression etc.

E.) Sense of reward: Reward is another reinforcement which is an effect of internet addiction. When Internet users get rewarded from playing game, shopping and other activities, then they tend to suffer from internet addiction.

F.) Environmental factors: Environmental factor is another part of internet addiction which is effected or mobilized toward human life style⁴².

G.) Personality Problem: It is another important effect of Internet addiction. If a person is addicted to internet they can be suffering personality disorders. Such as; Schizophrenia, Obsessive compulsive disorder, Bipolar disorder, etc.

Types of Internet Addiction:

Internet addiction is a broad term that covers a range of behavior and impulse-control problems involving an internet. Researchers have identified 5 sub categories of specific types of internet addiction. Such as;

1. Cybersex Addiction: A Cybersex addiction is one of the more independent compulsive internet addictions. It involves online pornography, adult websites, sexual fantasy/adult chat rooms and porn web-cam services among others. An obsession with any of these services can be harmful to one's ability to form real-world sexual, romantic, or intimate relationships.

2. Net Compulsions Addiction: A net compulsion is concerned with extremely harmful interactive online activities such as online gambling, stock trading, online auctions (such as E- bay) and compulsive online shopping. These habits can have a detrimental impact on one's financial stability and disrupt job-related duties. Spending or losing excessive amount of money can also stress one's relationships. With instant and easy access to online casinos and stores, it is easy for those who are already susceptible to gambling or spending addiction, to get hooked online³⁶.

3. Cyber (Online) Relationship Addiction: Cyber (Online) Relationship addiction is an impulsive problem related addiction. It is defined as an 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, friends and other closely related person. People are constantly on social media connecting with others by viewing others profiles on Facebook, devoting time to browse others photographs on Instagram, seeing what others are posting on Twitter and send photo through Snapchat. It is starting to become the way of everyday people to connect with one another³⁵.

4. Information Seeking Addiction: This type of internet addiction is compulsive addiction. It can happen unexpectedly because especially when curiosity gets encouraged in kids. Life-long learning promotes health and longevity. It is not the nature of looking up info online that is the issue. The main issue is that doing so amplifies anxiety and overthinking. Even basic decisions can get complicated. Keeping up with new facts can replace important tasks³⁶.

5. Online gaming or Computer gaming Addiction: Online gaming or Computer gaming is another type of internet addiction. Gaming addiction is a compulsive mental health disorder that can cause severe damage to one's life. Game addicts tend to be moody and irritable, depressed, physically aggressive, and refuse to go to school or work due to gaming. The World Health Organization (WHO) recognizes it as "Gaming Disorder" in their International Classification of Diseases (ICD-11) as "a pattern of persistent or recurrent gaming behaviour, which may be online or offline, manifested by impaired control over gaming, increasing priority given to gaming to the extent that gaming takes precedence over other life interests and daily activities and continuation or escalation of gaming despite the occurrence of negative consequences"³⁷.

Internet usage trends in the World: According to International Telecommunication Union (ITU) in developed countries, there has been a slow and steady increase in the percentage of population using the Internet, from 51.3 per cent in 2005 to 80.9 per cent in 2018. In developing countries, the sustained growth has been much more; from 7.7 per cent in 2005 to 45.3 per cent at the end of 2018. The strongest growth was reported in Africa, where the percentage of people using the Internet increased from 2.1 per cent in 2005 to 24.4 per cent in 2018. According to the estimates, the regions with the lowest growth rates were Europe with 79.6 percent and the Americas with 69.6 percent of the population using the Internet. In the Commonwealth of Independent States (CIS) region, 71.3 per cent uses the Internet; 54.7 per cent in the Arab States and 47 per cent in the Asia-Pacific region. At the end of 2018, 51.2 percent

of individuals were using the Internet accounting for 3.9 billion people. This represents an important step towards a more inclusive global information society. In developed countries, 4 out of 5 people are online, reaching saturation levels. In developing countries, though, there is still ample room for growth, with 45 percent of individuals using the Internet^{50, 51, 52}. Youth (ages 15–24) is the most connected age group. Worldwide, 71 percent of the populations are online compared with 48 per cent of the total population³⁸.

Using Trend of Internet in India:

India stands second largest country in the world with approximately 500 million Internet users. Fast technological improvement have increased the accessibility and use of internet among all age groups, tremendously since past decade arising threat that many individuals especially adolescents, will be affected by internet addiction. Young people also are spending most of their time in online activities including pornography, gambling, online video games, excessive chatting, cyber bullying and cyber-crimes etc. a flow chart given below.

Table-1 Internet usage on age groups between urban and rural area in India:

Age group	Urban area	Rural area
<15 Years	58%	75%
<15-24 Years	60%	75%
<25-34 Years	66%	76%
<35-44 Years	73%	76%
>45 Years	78%	85%

Source: KANTAR-IMRB I-Cube 2017, All India Rural Internet Users Estimates, December 2017⁴⁴

According to a report “Internet in India 2017”, published jointly by the ‘Internet and Mobile Association of India & Kantar IMRB’, the number of internet users was expected to reach 500 million by June 2018 and the overall internet penetration was 35% of total population. The number of Internet users in India was estimated to be 481 million in December 2017, a growth of 11.34% over December 2016 estimated figures and the internet user market was still a male preserve in India.⁴⁴ The report also projects double-digit growth for 2019 and estimates that the number of internet users will reach 627 million by the end of this year. Internet User Estimated Growth Rate - 11% December 2018 (Est.) 566 Million December 2019 (Est.) 627 Million. Number of internet users in India.

Table-2 Growth rate of Internet Registered users in India (2017-2019):

Year	2017	2018	2019
	481 Million (18%)	566 Million (11%)	627 Million

Source: Kantar IMRB, ICUBE 2019 December estimate, All India⁴¹

Table-3 Internet Adoption users: Urban vs. Rural area in India:

Year	→ 2017	2018	2019	
Area	Rural	186 Million	251 Million	290 Million
	Urban	295 Million	315 Million	337 Million

Source: Kantar IMRB, ICUBE 2019 December estimate, All India⁴¹

The recent trends of Internet users are viewing many purposes in India. Rural and Urban area also be affect by the internet. Internet is now an inseparable part of human life. In the present time, internet usage radically changes on

gender basis, Such as, male and females. They are also equally engaged and active in the digital world – consumption as much time on the Internet. If the higher proportion an internet usage can be observed on urban area.

Table-4 Comparing Spending time between rural and urban area in India:

Area of Internet usage	Urban area		Rural area	
	Male	Female	Male	Female
%	67	63	85	63

Source: KANTAR-IMRB I-Cube 2018, All India Rural Internet Users Estimates, December 2019⁴¹

Table-5 Report of Internet Addiction in India:

The prevalence of internet addiction in Indian Society was given below the table:

Normal Students	Addicted Students
1-5 year: 473 (81.98%)	104 (18.02%)
6-10 year: 185 (77.41%)	54 (22.59%)
11-15 year: 20 (66.67%)	10 (33.33%)
Data card: 626 (80.15%)	155 (19.85%)
Broadband: 85 (78.70%)	23 (21.30%)
Education: 559 (82.23%)	121 (17.79%)
Social Networking: 236 (78.15%)	66 (21.85%)
Games: 207 (79.31%)	54 (20.69%)
Recreational: 92 (85.19%)	16 (14.81%)
Others: 78 (77.23%)	23 (22.77%)

Source: Indian Journal of social psychiatry 45.

Conclusion:

The Internet use has completely changed of our lives, more than any other technological medium. Now smartphones play a central role to connect the people. So, internet and smartphone has also radically changed our lifestyle, culture, motivation, attention and attitude. The prevalence of Internet usage is maximal globally in younger people. The number of Internet users in India has registered an annual growth of 18% and is estimated at 566 million on December 2018 where 40% overall internet penetration. Internet Adoption users of urban area are higher than rural area and also the spending time of male internet user (urban area) are higher than rural area. The spending time of female internet user is same between urban and rural area. This study proved that the increasing usage ratio of internet especially among young and adult populations at urban and rural area in Indian society. However the internet activities of persons have become an integral part of everyday life.

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