

Problem-Based Project Form (*for Savar sections*)

Topic/Title	Internet Addiction of Teenagers
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Group Details:

Name of the Group Members	ID No.
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Hypothesis/Assumption:(Assumption about two causes and two effects related to the issue)

Causes

Internet infrastructure
Peer pressure
Desire for Social Interaction

Effects

Symptoms of depression and anxiety, negatively impacting mental health.
Time Mismanagement
Impact on Academic Performance

Research Methodologies: (Which data collection method will you follow and what type of articles do you plan to read? Explain the process.)

The majority of our research methods and secondary sources of data are the foundation of our methodology. We are depending on online trustworthy and honest documents as well as some professional critical analysis to correctly finalize our research. Additionally, we are applying the context of the present situation and our personal perspective to the data analysis. We also included some personal stories of how internet addiction has affected people, along with statements from individuals affected that describe how their lives have altered. Then, each step was verified by each team member and by extra professionals. In our research, we give preference to articles that clearly demonstrate various aspects.

Work Plan/Action Plan: (tentative; activities must be carried out equally by the members)

<u>Date</u>	<u>Activity</u>	Responsible Person
08/04/2023	Data Log of Research Articles BACKGROUND Research Methodologies:	Tasnim Rahman Moumita
<u>08/04/2023</u>	Cause and effect 1,2&3 Case Study and researcher's note on hypothesis	Ashraful Haque Bhuiyan
08/04/2023	Cause and effect 2	Shami Islam Khan
08/04/2023	Cause and effect 3	Tansim Rahman Eshan
08/04/2023	Expert Solution Case Study and researcher's note on hypothesis	Sajia Afsara

Data Log of Research Articles

BACKGROUND (explain how the problem arose/how severe it is, and how people are generally suffering due to this problem - include facts, statistics, etc.) **Must include visual information here in the form of a chart, line graph, pie chart, bar/column graph, flow chart, etc. and report on it.**

The concept of internet addiction first emerged in the 1990s, when the internet became more widely available to the general public (Young, 1998). The term "internet addiction" was coined by Dr. Kimberly Young, a clinical psychologist who identified a group of individuals who experienced significant problems related to their internet use, including loss of control, preoccupation, and negative consequences (Young, 1996).

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Internet addiction among teenagers is a serious concern that has emerged due to the proliferation of the internet and digital technologies. Teenagers are increasingly relying on the internet for communication, entertainment, and education. However, excessive use of the internet can lead to addiction, which can have serious consequences for their mental and physical health, social skills, and academic performance.

The problem of internet addiction among teenagers has arisen due to several factors. One of the primary factors is the widespread availability of mobile devices such as smartphones and tablets. According to a report by Common Sense Media, 53% of 11-year-olds in the US own a smartphone, and by the age of 12, more than 80% of children have access to a smartphone (Rideout, 2019). This constant access to the internet can make it difficult for teenagers to disconnect from the online world, leading to addictive behaviors.

Another factor contributing to internet addiction among teenagers is the prevalence of social media. Platforms such as Facebook, Instagram, and Snapchat have become central to teenagers' social lives, allowing them to connect with peers, share photos and videos, and stay up-to-date on the latest trends and news. However, the constant need to check social media, respond to messages, and update posts can lead to compulsive behaviors and addiction.

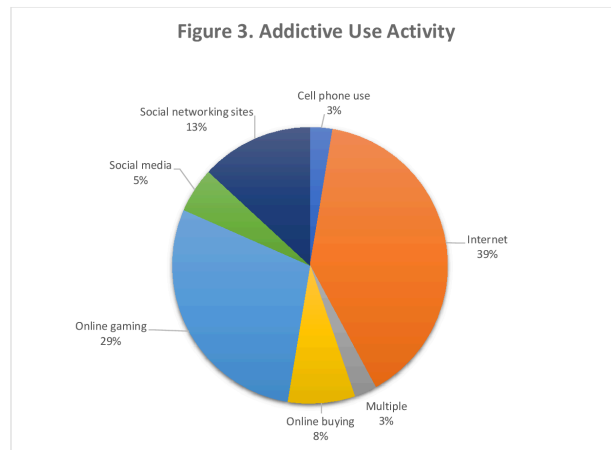
The severity of internet addiction among teenagers is evident from the statistics. According to a report by the Pew Research Center, 95% of teenagers in the US have access to a smartphone, and 45% say they are online 'almost constantly' (Anderson & Jiang, 2018). The same report found that 70% of teenagers use social media multiple times per day, and 24% say they are 'constantly online'. These statistics suggest that internet addiction is a widespread problem among teenagers and is likely to have significant consequences.

One of the primary ways in which people are suffering due to internet addiction is through impact on mental health. Studies have shown that excessive internet use can lead to depression, anxiety, and other mental health disorders. For example, a study published in the Journal of Adolescent Health found that teenagers who spend more time on social media are more likely to report symptoms of anxiety and depression (Lin et al., 2016). Another study published in the Journal of Medical Internet Research found that internet addiction was associated with high levels of stress and lower levels of life satisfaction among teenagers (Kim et al., 2018).

Internet addiction can also have negative consequences for teenagers' physical health. Excessive use of mobile devices can lead to posture problems, eye strain, and other physical ailments. For instance, a study published in the journal BMC Public Health found that excessive smartphone use was associated with musculoskeletal symptoms among adolescents (Lee et al., 2018).

In addition to its impact on mental and physical health, internet addiction can also have negative consequences for teenagers' social skills and academic performance. Excessive use of the internet can lead to social isolation, reducing opportunities for face-to-face interaction and socialization. This can have a negative impact on teenagers' communication skills and ability to form relationships. Additionally, excessive use of the internet can lead to poor academic performance as teenagers spend more time online and less time studying or participating in other educational activities.

In conclusion, internet addiction is a serious problem among teenagers that has emerged due to the widespread availability of the internet and digital technologies. The severity of internet addiction among teenagers is evident from the statistics, which suggest that a significant percentage of teenagers spend a considerable amount of time online. The consequences of internet addiction on teenagers can be severe, including negative impacts on mental and physical health, social skills, and academic performance. It is important for parents, educators, and healthcare professionals to address this problem and take steps to reduce the risks of internet addiction among teenagers.



This figure shows how addiction to the internet is divided into various activities.

EXPERT (explain three major causes, three major effects and two possible solutions from experts, specialists, authorities, etc. regarding the problem - each point must be well-elaborated with citations/facts/statistics/etc.)

Cause

1. Internet addiction can be influenced by the design of internet platforms, which includes the personalized algorithms used by these platforms to create an engaging experience for users. According to Andreassen et al. (2017), the use of personalized social media was significantly associated with addiction symptoms. The study also revealed that the algorithms used by personalized platforms can create a reinforcing loop, making it challenging for users to break away from the internet. As users interact with content tailored to their interests, the algorithms learn from their behavior and provide more personalized content, leading to a cycle of engagement and reinforcement. The highly engaging and immersive experience created by these personalized algorithms can result in prolonged internet use, leading to addiction. Therefore, experts suggest that the design of internet infrastructure, particularly personalized algorithms used by social media and gaming sites, can contribute to internet addiction by making it difficult for users to break away from the internet (Andreassen et al., 2017). It is essential to be aware of these potential consequences and practice responsible internet use to avoid addiction.
2. Peer pressure is a significant contributing factor to internet addiction for several reasons. For example, peer pressure creates a strong sense of social pressure to conform to the norms and behaviors of one's peers (Bozoglan et al., 2013). This leads individuals to engage in compulsive internet use to fit in with their social group, even if it conflicts with their personal values or priorities. Peer pressure contributes to a fear of missing out (FOMO) on social or entertainment opportunities online. Young people are pressured to stay connected with their friends and social networks through the Internet, even at the expense of other activities or responsibilities (Liu et al., 2013). This can lead to excessive internet use and a loss of control over one's internet habits. Also, peer pressure creates a sense of competition or validation seeking, where individuals feel compelled to engage in online activities to impress or gain approval from their peers. This leads to a compulsive need for validation through online interactions, leading to addictive behavior patterns (Turel & Serenko, 2012).
3. According to a study published in the Journal of Adolescent Health, individuals who are socially isolated are more likely to become addicted to the internet (Kraut et al., 2002). This is because the internet provides a platform for social interaction that is more accessible and less intimidating than face-to-face interactions. For example, someone who struggles with social anxiety may find it easier to communicate with others through text or social media, where they can take their time composing responses and have more control over interactions. Additionally, the internet offers a wide range of online communities and forums that cater to specific interests and hobbies. People who feel isolated or misunderstood in their offline lives may find a sense of belonging and camaraderie in these online communities. However, if their internet use becomes excessive and begins to interfere with their daily life, it could be a sign of internet addiction. Furthermore, social media platforms provide an illusion of social connection that can lead to further isolation and addiction (Lin, 2011).

Effects

1. Internet addiction can have a detrimental impact on mental health, specifically causing depression and anxiety (Yang et al., 2019). According to the study, individuals with internet addiction are more likely to suffer from depression and anxiety than those without addiction. Additionally, Liu et al. (2020) found that problematic internet use is associated with increased symptoms of depression and anxiety, as well as suicidal ideation. The study suggests that internet addiction can cause serious mental health issues. Excessive internet use can contribute to the development of negative cognitive patterns, including rumination and social comparison, which are linked to increased symptoms of depression and anxiety (Chen et al., 2020). Furthermore, internet addiction can result in a decreased sense of control over one's life and a lack of meaningful social connections, which may lead to feelings of isolation and hopelessness. This can further exacerbate symptoms of depression and anxiety. Hence, individuals must be aware of the potential consequences of internet addiction and practice responsible internet use to mitigate the negative effects on their mental health. In conclusion, research suggests that internet addiction can significantly impact mental health, particularly causing depression and anxiety. It is essential for individuals to understand the potential consequences and take proactive steps to practice responsible internet use. This can include seeking professional help, establishing healthy boundaries, and engaging in meaningful social interactions outside the online world.
2. Internet addiction can have negative effects on family relationships, including decreased communication and increased conflict. For example, one study found that adolescents with internet addiction had poorer family functioning, including less communication and more conflict with their parents, compared to those without addiction (Liu et al., 2013). Internet addiction can also lead to neglect of family responsibilities and obligations. In a study of adult internet addicts, researchers found that addiction led to neglect of work, family, and social responsibilities, leading to strained relationships with partners and children (Chen et al., 2017). Furthermore, the secrecy and isolation associated with internet addiction can erode trust in family relationships. A study of internet addicts found that they were more likely to conceal their internet use from family members, leading to a breakdown in trust and intimacy (Jiang et al., 2017). Overall, internet addiction can lead to decreased communication, increased conflict, neglect of family responsibilities, and erosion of trust and intimacy in family relationships.
3. A study published in the *Journal of Computer-Mediated Communication* found that students who spent excessive amounts of time online had lower grades than those who used the internet in a more balanced way (Kirschner & Karpinski, 2010). Specifically, social media, online games, and other forms of entertainment can be addictive and consume a large amount of students' time and attention, leaving little room for studying, reading, or other academic tasks. Spending too much time online leads to distractions that interfere with a student's ability to focus on their academic work. For instance, the study conducted on over 1,000 university students found that there was a negative correlation between Facebook usage and academic performance, as students who spent more time on Facebook had lower GPAs than those who spent less time on the platform. One possible explanation for this correlation is that the use of Facebook can be distracting for students, as they may be interrupted by notifications, messages, or updates from their friends, taking away their attention from their studies. Additionally, excessive use of social media can also lead to procrastination and time management issues, as students may prioritize scrolling through their feeds instead of completing their academic work. Moreover, internet addiction can lead to poor sleep quality. Students who stay up late browsing the internet or engaging in online activities are more likely to be tired and less alert during class, which negatively affects their ability to learn and retain information.

Suggestion

1. According to Zhang et al. (2020), the Solution-Focused Social Interest Program is an intervention that aims to enhance the social skills and interests of individuals to reduce the risk of internet addiction. It focuses on addressing the underlying causes of the addiction, such as loneliness or social isolation, by engaging individuals in social activities and helping them develop meaningful interests. The program typically involves group sessions led by trained professionals, where individuals engage in activities that promote social interaction and skill-building. The activities may include role-playing, team-building exercises, problem-solving games, and discussions on various topics of interest. By participating in these activities, individuals develop social skills, form meaningful connections with others, and find new interests that can replace their unhealthy internet use. For example, they may develop a passion for music, art, or sports, which can motivate them to spend more time engaging in these activities instead of being online. Research has shown that this approach can be effective in reducing internet addiction among older adolescents in polytechnics in Oyo State, Nigeria. This suggests that the solution-focused social interest program could be a valuable tool in addressing internet addiction in other populations as well.
2. According to Chou et al. (2013), creating a conducive environment for healthy internet use involves establishing a physical space or workspace that is separate from leisure areas such as a bedroom or living room. This approach can help individuals reduce the temptation to engage in unhealthy internet use, as the designated workspace signals to the brain that it is time to focus on work or productivity, rather than leisure or entertainment. For example, if someone establishes a workspace in a library or a quiet area of their home that is specifically designated for work or study, their brain associates that space with productivity and focus. This can help them stay on task and avoid getting distracted by social media, online games, or other potentially addictive online activities. Overall, creating a conducive environment for healthy internet use is a simple but effective solution to internet addiction. By separating work and leisure spaces, individuals can reduce the temptation to engage in unhealthy internet use and promote a more balanced and productive lifestyle.

CASE STUDY (present a real-life incident or case from the perspective of the victim/target group) The information below should include causes, effects and possible solutions from the victim's perspective.

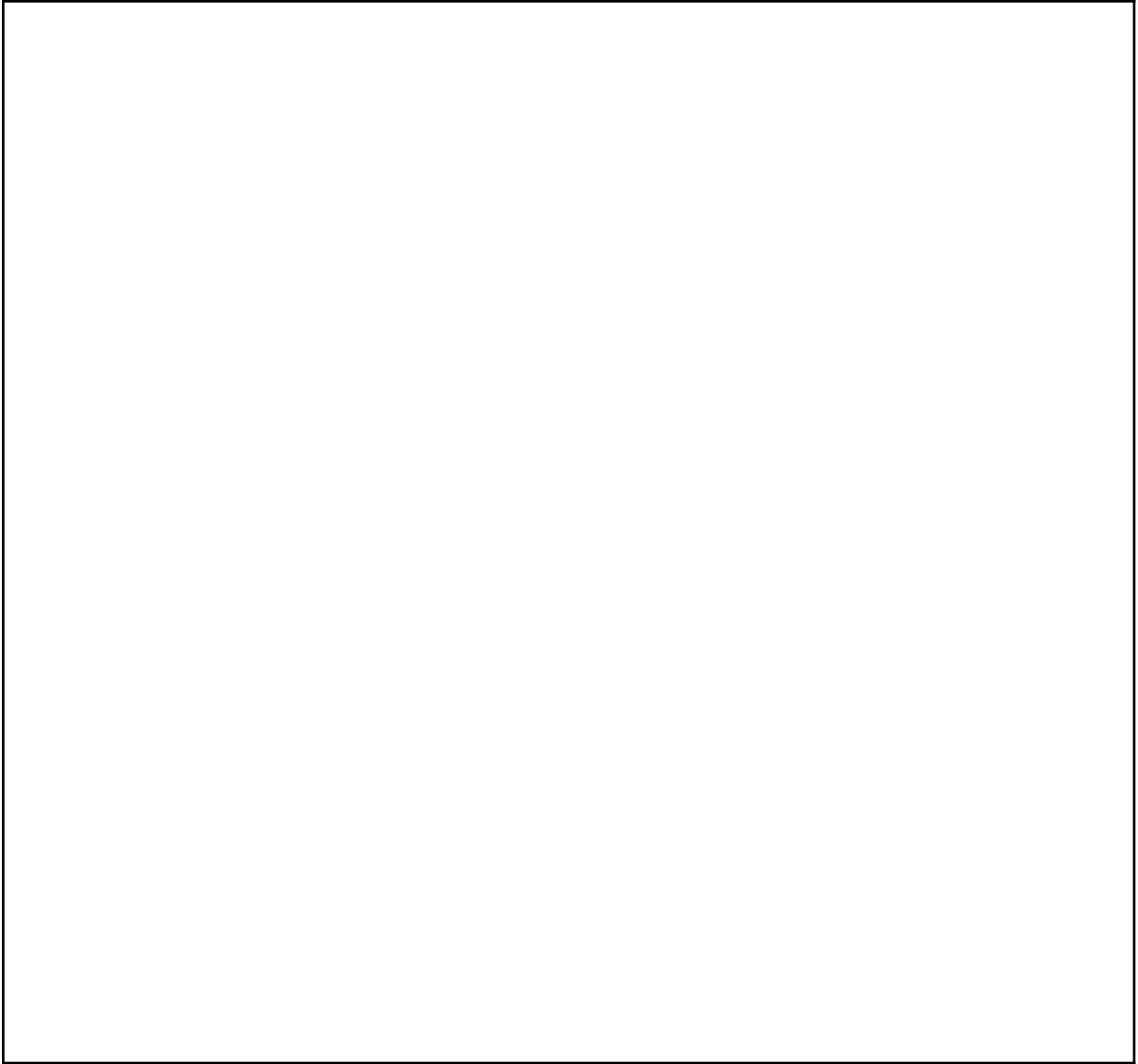
Mr. Arif is a 24-year-old university student in Dhaka, Bangladesh. He spends an average of 8-10 hours per day on the internet, primarily on social media platforms and online gaming. He often stays up late at night and misses classes due to his excessive internet use. He has also experienced a decline in his academic performance, as well as social and family relationships. He finds it difficult to control his internet use and experiences withdrawal symptoms when he is unable to access the internet. This internet addiction is likely due to a combination of factors, including the ease of access to the internet, social pressures to stay connected, and the gratification he receives from online activities. Excessive internet use has had negative effects on his mental health. He experiences anxiety and depression when he is unable to access the internet or when he has to limit his use. He also feels disconnected from the real world and has trouble engaging in face-to-face communication. As a result, his social and family relationships have suffered, and he has become increasingly isolated. His academic performance has also declined, and he is at risk of failing his courses. Internet addiction is a serious problem in Bangladesh, and it can have negative effects on mental health. This case study illustrates the causes and effects of internet addiction on a young man's life in Dhaka. It is important to raise awareness about the risks associated with excessive internet use and to provide support and resources for individuals who may be struggling with internet addiction.

Researchers' notes on: (i) comparison of findings with hypothesis, (ii) individual and unique solution/s to the problem, and (iii) personal observation while working on the problem.

There are striking parallels between the proposal and expert research when it comes to internet addiction. Experts have identified excessive use of online activities as the primary factor contributing to negative outcomes, including mental health issues, social isolation, and decreased productivity. In recent years, this concern has only grown, with more and more people, specifically teenagers experiencing the negative consequences of internet addiction. For example, a recent study found that college students who spent more time on social media reported higher levels of anxiety and depression than those who spent less time online. Additionally, excessive use of digital devices has been shown to lead to strained social relationships, with individuals becoming increasingly disconnected from their loved ones and communities. It is clear that internet addiction is a serious problem that requires attention and intervention. Hence, the hypothesis concurs with the opinion of the experts, indicating that internet addiction is a serious problem that requires a solution.

The Solution-Focused Social Interest Program is an intervention that has shown effectiveness in reducing internet addiction among adolescents. By focusing on enhancing social skills and interests, individuals are provided with meaningful activities that occupy their time and reduce the risk of internet addiction. The approach addresses underlying causes of addiction, such as loneliness or social isolation. For instance, the mental health awareness campaign held at the BRAC University Residential Campus on February 18, 2023, is an example of how creating a conducive environment through social activities can help reduce the risk of internet addiction. The campaign included activities such as memory lanes, showing gratitude by placing handprints on a whiteboard, answering specific questions to assess mental conditions, writing anonymous letters, and stress relief activities. These activities provided the students with a platform to discover their mental conditions, find ways to improve their state and relieve stress.

Changing communication patterns can indeed be a helpful solution to internet addiction among teenagers. By increasing face-to-face communication with family and friends, teenagers can reduce their reliance on online communication and develop more meaningful relationships in real life. Meeting up with friends and family members for outdoor activities or simply hanging out can provide a healthy alternative to spending excessive amounts of time online. In addition, replacing online games with outdoor activities or visiting video game stores with friends can help teenagers reduce their dependence on digital entertainment. By engaging in physical activities or socializing with friends in person, teenagers can find new hobbies and interests that promote a healthy and active lifestyle. Overall, increasing intimacy with family and friends and changing communication patterns can be effective solutions to reducing internet addiction among teenagers. These strategies not only help to reduce the amount of time spent online but also promote healthy relationships and positive habits.



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