

# COMPUTER RESEARCH PROJECT

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## Table of Contents

<b>Internet Addiction and Abuse for School Students.....</b>	<b>1</b>
<b>Abstract.....</b>	<b>1</b>
<b>Introduction.....</b>	<b>2</b>
<b>Literature Review .....</b>	<b>3</b>
<b>Methodology .....</b>	<b>5</b>
<b>Results.....</b>	<b>6</b>
<b>Discussion .....</b>	<b>8</b>
<b>Conclusion .....</b>	<b>9</b>
<b>References .....</b>	<b>9</b>

## Internet Addiction and Abuse for School Students

### Abstract

**Introduction:** As the Internet can be accessed by everyone and anyone from any part of the world and the usage of the electronic devices is being increased day by day it has assisted the world with sharing knowledge, applications and also various other benefits but the inability to control the usage of the internet has resulted in many people being addicted to the internet and also being abused by it and facing variety of difficulties in their day to day lives.

Internet Addiction and Abuse can be referred to as the overuse of the Internet which overtime will lead an individual to an unhealthy mental condition and also affect their career, education and also social interactions.

**Objective:** The objective of this research is to analyzed and understand the addictions and abuses which the school students have to go through and finding out the methods to safeguard oneself from addictions and abuses and also provide solutions to overcome them.

**Methods:** This research was conducted using the assistance of resources and research papers of past researches. The past researches were well studied, reviewed and improvised into this research.

**Results:** Because of the Internet the school students are most prominent group who has fallen addicted to the internet which eventually make them lose the ability to control and manage their education and normal life which ultimately creates negative effects on their lives, health, their social interactions and also their relationship with their parents and siblings. The schools and

institutions creating awareness for the students regarding this matter, teaching them the effects of excessive internet usage and abused faced by the other through excessive usage and also the parents of these students taking good care of the child, listening to his/her requests and talks, understanding the child better and also watching the child's daily internet usage and creating limitations for the use of internet at home can create a great impact on the students' lives and allow them to focus more on what's important, their goals, objectives and dreams also allowing to pursue them in the future confidently.

**Concluded:** it can be concluded that the maximum efforts must be taken to create awareness on the risks of internet addiction and abuse for the school students, parents, teachers this research can be a guide for the current and future researches and also the internet addicts in the society to overcome internet addictions and abuse successfully.

**Keywords:** School Students, Internet Addiction, Adolescents, Abuse.

## Introduction

Internet Addiction can be said as excessive usage of the Internet which paves way to a person's mental and psychological state to be unbalanced and disturbed and also affect their career, job, studies and also social interactions. (Beard, 2001). Internet addiction has become a center topic for discussion within the past years while many people referring it to as a pathological disorder. (Griffiths M. ., 1998), (Griffiths M. , 2000), (Young K. , 1998). The internet addiction and abuse has been mentioned in the research where the internet addiction and abuse may be related but they are different (Giffiths, 2010).

In this research the term Internet Addiction and Abuse refers to excessive usage of internet and the addictive behavior which relates to the internet. The rates of internet addiction when considering school students in the age of adolescents seems to be the highest which ranges from 0.8% in Italy to 26% in Hong Kong (Kuss, 2014). These ranges may vary because considering the education, place, community, social welfare, environment, urban design and also the fiscal policy. (Gabrhelík, 2016).

Most of the researches agree to the decision that prevention methods regarding internet addiction and abuse must be mainly aimed for children and adolescents who are school students (Jang, 2012). As the children and Adolescents are in the age of learning basic and important things the age where the values and standards grow, they also tend to have the highest chances of getting addicted to the Internet (Šmahel, 2009). As for this purpose the Internet addiction and abuse prevention campaigns and programs must be conducted in the school environment mostly in the elementary school which is where changes of suspicious behaviors can be easily observed and identified (Jang, 2012). The surroundings of the school students must be paid attention to mainly the family, school environment and also the extracurricular activities (Lin Y. &. , 2013); (Park, (2008))

Certain researches also argue that factors such as the style of parenting has effect on promoting or increasing Internet Addiction on children and adolescents which makes them to function stressfully with unknown individuals but also the well-known close ones which includes their parents. Most of the mentions in researches focus on the school students' parents as most of them are focused on peers, teachers and also the employers (Gray, 2015), (Chen, 2013), (Zhou, 2015)

Providing information and also interactive interventions which are the widespread way of prevention of Internet Addiction is solely based on providing basic information based on internet addiction with real information containing the severe effects of internet addiction and abuse (Alavi, 2012), (Kwon, 2011). Educators must invite experts on this topic to provide awareness and give presentation to school students regarding internet addiction and abuse and also providing relevant methods to how to control the Internet Usage. These should also be taught at primary and secondary schools (Guosong, 2010).

## Literature Review

In the countries where Internet Addiction is considered to as a serious health issue are beginning to come up with Internet Addiction Prevention methods on the environmental level and also impose regulations which relates to Internet Addiction. For instance, in China the government has imposed strict rules for Internet café and anti-addiction or a fatigue system. The regulations for internet café are that internet cafes are not allowed within 200 meters range of an elementary or a middle school or the internet cafes must function between the time limit of 8.00 am to midnight A fatigue system or an anti-addiction system can be said as a monitoring system which watches the number of hours a specific user spends on online games and the character in the users game will lose power and also points as the game playing limit is exceeded (Hsu, 2009).

When internet is used excessively problematic outcomes occur to the individuals which affects his/her life such instances are lose of sleep or skipped meals as they were spending more time on the internet or internet addiction has resulted in family conflicts within family members or lose a job and also perform low academically for school students. most of the research on internet addiction is based on (Young K. , 1998) who is meant to refer internet addiction as an impulse-control disorder, taking the diagnostic criteria from the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) diagnosis for pathological gambling.

Most of the researches on internet addiction have been done focusing on the direct effects models which discovers the links between the psychological vulnerabilities and internet addiction. The studies have revealed vulnerabilities such as depression (Kim K. R., 2006), low self-esteem (Fioravanti, 2012) and high sensation-seeking (Armstrong, 2000), (Velezmoro, 2010), (Widyanto, 2004) loneliness and shyness (Caplan, 2002), (Caplan, 2003), (Caplan, 2005), (Kim J. L., 2009) focus of control and online experience (Chak, 2004) attention-deficit/hyperactivity/impulsivity symptoms (Yoo, 2004) and suicidal ideation (Kim K. R., 2006) Certain studies have mentioned the links of internet addiction with psychological well-being

(Young K. &, 2011) and also the relations with various personality traits (Leung, 2007), (Lo, 2005), (Whang, 2003) interpersonal skills and intelligence (Byun, 2009).

The psychological problems in internet addiction and abuse as per the studies are psychological vulnerabilities and dangerous outcomes of internet usage. A general problem faced by internet addicts' users are high on social anxiety and loneliness are normally the ones who neglect schoolwork, have problems with their parents because of the internet.

Maltreatment of children can be one of the main factors for behavioral problems like Internet addiction. The parents failing to taking care of their children and satisfy their basic needs, maltreating them physically, injuring the child and also using the children for sexual maltreatment, use of the child for sexual stimulation. The children who go through neglect or violence tend to bury themselves in the Internet since it can be recognized as a maladaptive avoidance coping strategy. These children who are also school students try to avoid post-traumatic stress disorder more than go through it.

Both the Internet addiction and drug dependence can be mentioned as addictive behavioral problem syndromes because they tend to have similar characteristics such as excessive use, withdrawal symptoms, growing tolerance, immobilizing preoccupations and functional impairment (Beard, 2001), (Hall, 2001), (Leung, 2004). Moreover, they have the same family risk factors for instance conflict between parent and the child and family functioning is very low are linked with a huge risk of Internet addiction among the adolescents (Yen, 2007).

Internet addiction can also be a self-medicating behavior and way of evading coping strategies. It is also mentioned that neglect and abuse on children at the age of schooling can weaken the trust they have on their parents and on others around them, the school student's temptation to handle post-traumatic stress disorder using the social platform in the Internet can get stronger which will make them highly reliant on maladaptive coping strategies like pathological internet use. Neglect and abuse on children at the age of schooling can reduce the child's need for effective support which makes them deal alone with psychological distress and rely solely on Internet addiction to get away from psychological distress.

Using technological devices since early childhood and using it through out adolescence and using the internet for long term can cause many problems in addition to internet addiction worse sleeping habits, obesity, negative emotions, and also bad social development and also trouble in emotion regulation are some of them. It is uncertain how the use of technological devices for a long time period affects the posture of the children it is acceptable that there can be physical problems like postural disorders, chronic pain, anomalies and also discomfort when using the devices for a long time period continuously (Balci, 2021).

It is also acknowledged that the income of the family of adolescents increased so does their level of internet addiction also increases. It is mentioned that higher income level makes it convenient to get access to technological devices and the internet which increases the risk of Internet addiction on adolescents, also increasing their time on the Internet. The Epidemiological studies

on Internet addiction and abuse have reported that internet addiction has become common worldwide. The research which was conducted in Europe and United States show it is common to have Internet addiction from 7.9% to 25.2% among adolescents (Ko C. H., 2012), (Phillips, 2012), (Bernardi, 2009), (Durkee, 2012) While the Middle-East and Africa rating from 17.3% to 23.6% (Ghassemzadeh, 2008), (Adiele, 2014). Research in Asia has shown a higher variation on commonness among young students and adolescents ranging from 8.1% to 50.9% (Kim K. R., 2006), (Mak, 2014) China alone it ranges from 6% to 10% (Cao, 2011), (Lai, 2013), (Wu X. C., 2013).

## Methodology

When it comes to Internet Addiction and Abuse factors such as social applications, chat rooms even online games must be also considered. Internet addicts tend to use the two-way communication functions in the Internet for instance as previously mentioned Chat Rooms, Multi-user games or Role-playing games, Newsgroups or even Emails. The people who are not regular users of the Internet mostly use the Internet and the World Wide Web in order to gather Information, collection of data and study or learn something.

This Research is conducted in order to analyzed and understand the addictions and abuses which the school students have to go through and finding out the relevant measures to protect oneself from addictions and abuses and also provide solutions to overcome them.

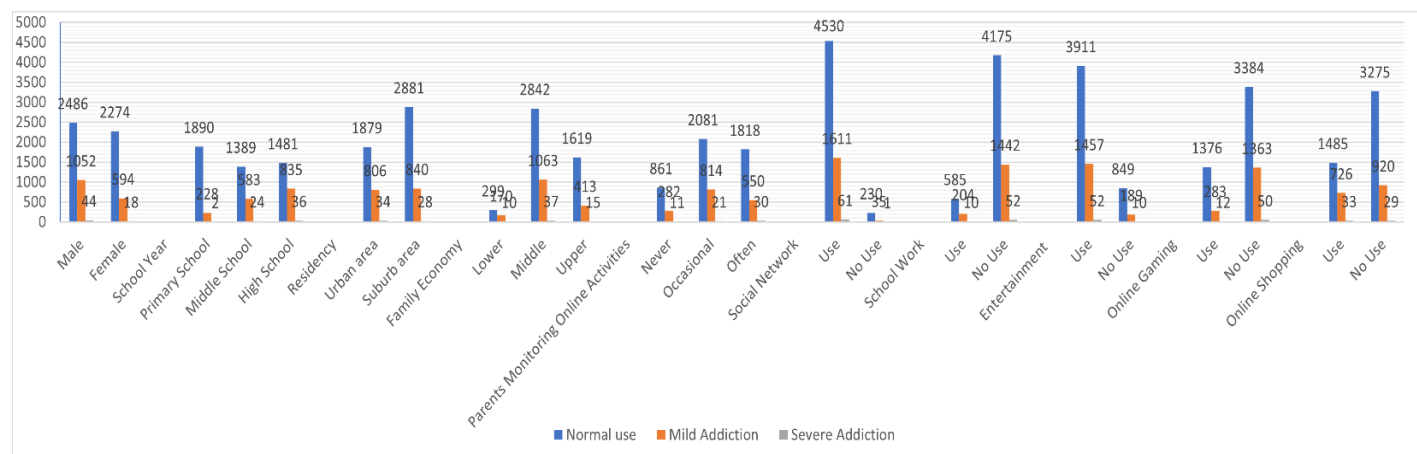
The Resources and Researches which were previously published were well studied, reviewed and improvised into this research. The previously published researches help get an understanding of how the school students who are in their early childhood and at the age of adolescents get attracted to the internet and get abused by it, we find out the root cause of the need to get addicted to the Internet which later causes a major issue in the child's life and also tarnish the child's goals and dreams.

This research method has been chosen because the addiction and pattern of addiction of people during different time period can be identified by referring past literatures. different perspectives by professionals regarding this mental condition can be identified and acknowledged and various ways to overcome this addiction mentioned by researches can be identified and the most successful ones can be implemented. The data and information used in this research will be from the past literatures, researches and studies done by various authors and people.

The studies, researches and data were searched in the Internet using the terms such as \*school students, \*internet addiction, \*internet abuse, \*adolescents, \*children, \*social media addiction, \*excessive internet use, \*problems of internet use, \*gaming and online addiction, \*social media abuse, \*pathological internet use

## Results

As the current generation is living a fully wired culture, they have to know the relevant measures and protections that is to be taken against risks and dangers of the high-tech uprising, a better proper understanding must be given regarding the huge risks related to Internet addiction and abuse sometimes the effect of internet addiction and abuse is not based on how much time is spent on the electronic devices rather on how it is spent which creates huge problems in these innocent school students lives. The games that have virtual reality in where the players of this game act as another identity or collaborate with members around the world can have huge risks when it comes to Internet addiction as continuous online presence is important and also playing this game offline can have penalties to the player who is playing it offline. Great concern must be given based on this research is to the children who are ignored. As many parents have no relevant knowledge of how and what their children are doing online and what risks do, they pose.



This is a research data shown above which was obtained from the data's collected by previous literatures there are 6468 Participants for this research as per the chart mentioned above as you can see the gender affected the most is the men who are of 1052 men with mild addiction and 44 severely addicted while in women 594 are affected mildly and 18 severely addicted.

When we consider the school year of the participants students in High school are affected high as mentioned 835 students are mildly addicted while 36 students are affected severely. At middle school 583 students are mildly addicted and 24 of them are addicted severely. Considering the Primary School 228 of the students are mildly addicted and 2 are affected severely.

According to the statistics of residency area of the student's school students in the urban who are mildly addicted are 806 and severely addicted 34 while in the suburb area the students who are mildly addicted are 840 and severely addicted students are 28. As mentioned previously the economy of the family also plays a role in the addiction of Internet among school students. When considering the chart above the number of students who are in the lower economy that are mildly addicted to the Internet are 170 and who are severely addicted are 10. The middle economy students that are mildly addicted are counted as 1063 and the number of severely addicted

students in the middle economy are 37 and the count of upper economy students who are mildly addicted are 413 and severely addicted are 15 respectively.

As per this data chart the students who are monitoring by their parents regarding the online activities which is important to understand the mental state of child and allow the parent to get closer and be an emotional support for the child. The parents who never monitor their child who regularly use the internet is 861 and mild addiction is 282 and the count of students who are never monitored by parents who are severely addicted by the internet are 11.

The students' parents who occasionally monitor their internet usage for the mildly affected students are 8124 and 21 for severely addicted students and the parents of the students who often check on their children's internet usage for the students who are mildly affected are 550 and severely affected are 30.

The students who use internet for social network purposes and are regular users are 4530 and 1611 of students are mildly addicted to the social network and 61 of the students are severely addicted. The students who do not use social network are addicted to the internet are 230 and 35 students are mildly addicted to the internet while 1 is severely addicted.

The number of students that use the internet for school work purposes and are regular users are 585 students who are mildly addicted are 204 and 10 of the students are severely addicted. Students who do not use for the purpose of school work and are regular users are 4175 and students who are mildly addicted to the internet 1442 and 52 of the students are severely addicted to the internet.

Students who use internet for the purpose of entertainment and are regular users are 3911 students. the students who are mildly addicted to the internet and use it for the purpose of entertainment are 1457, the students who are severely addicted to the internet are 52. The students who use internet and do not use it for the purpose of entertainment and are regular users are 849, and the students who are mildly addicted to the internet are 189, and the students who are severely addicted are 10.

Students whose purpose of using the internet for online gaming and are regular users are 1376 the students who are mildly addicted to it 283 and the count of students who are severely addicted to it is 12. students who use the internet not for the need of playing online gaming and are regular users are 3384, the students who are mildly addicted to it 1363, and students who are severely addicted to it is 50.

Students whose purpose of using the internet is to do online shopping and are regular users are 1485, the number of students who are mildly addicted to it is 726, and the students those who are severely addicted to it is 33. The students those who use the internet without the need of doing online shopping is 3275, the number of students that are mildly addicted to the internet and do not use it for online shopping are 920, the students who are severely addicted to the internet and do not use it for online shopping purpose are 29.



## Discussion

Internet connects the world together today through its positive aspects like conducting research, performing business transactions & communications, accessing the library journals and communicating with social relations. But the internet is used in a wrong way by some individuals or individuals. Certain people used to get obsessed in the middle of being exposed and get comfortable with the Internet (SUKUNESAN, 1999) When these children go online, they feel excited, thrilled, uninhibited, attractive, supported and also desirable. When during offline situations they get frustrated, worried, angry, anxious and also heavily depressed. As these strong positive emotions reinforce the compulsive behavior it refers to internet addiction of young adults having a numbing effect (YOUNG, 1999) The Internet addicts do not focus much on their health and good health habits they do not have a healthy diet, do not consume nutritional supplements, do not engage in physical activity and are mostly over weight, they tend to go through migraine or headache, improper sleeping and also back pain due to long hours of Internet Usage (SHUHAIL & BERGEES, 2006). School students will not be able to perform well in their studies and also their immune system will get weak and get them prone to various diseases.

It is recommended that the counselors, teachers and parents of the school students to focus on developing of certain skills in students who are severely addicted to the internet and also the others linked to the students like the parents, peers and teachers. The skills of preventing Internet Addiction and Abuse can be divided into four areas (1) the skills which are related to Internet use like the reduction of the positive outcome expectancy of Internet use, self-control, self-efficacy or staying away from online applications that are addictive (Echeburúa, 2010), (Kim E. J., 2008), (Li H. W., 2009), (Lin M. P., 2008), (Lin M.-P. K.-C.-W., 2011), (Oh, 2003), (Wang, 2016). And also, the ability to identify the maladaptive thoughts which are connected to addictive behavior (Peng, 2010).

(2) Skills that are linked to controlling stress and emotions specially the development of individual coping strategies (Li H. W., 2009), (Rehbein F. &, 2013) improvement of the capacity to control, manage and process emotions (Lin M. P., 2008), (Lin M.-P. K.-C.-W., 2011) decrease of aggression (Ko C. H., 2007) encouraging positive personality traits (Yu, 2013) enhancement of self-esteem (Ko C. H., 2007). (3) skills that are connected with interpersonal circumstances (Ko C. H., 2007) reinforcement of emotional intelligence (García del Castillo, 2013), improving social skills which will reinforce the rules of fairness and tolerance within the school environment (Rehbein F. &, 2013) the capability to have face to face conversations and run group activities and free time activities with friends (Echeburúa, 2010), (Yang, 2016). (4) developing skills required for day-to-day activities and making good use of the free time like having a good sleep schedule (Lin Y. &, 2013) encouraging the students to involve in creative, exploratory and exciting healthy activities (Ko C. H., 2007).

Some professionals tend to focus on main two skills (1) they focus on developing a stronger and closer parent-child relationship and increase the time parents spend with their children and

understanding the child's needs and improving the parental mental health (Echeburúa, 2010), (Ko C. H., 2007), (Lam, 2015), (Lin Y. &, 2013). (2) the skills which relate to monitoring of the Internet usage of the school student and also understanding the child's needs when it comes to Internet Usage (Kalmus, 2013), (Wu X. H., 2013) knowledge and awareness on their children's online activities (Ang, 2012) monitoring their children's online activities (Li X. L., 2013) This can be done by establishing rules which regulates the contents in the online activities and also restricting excessive Internet usage without setting strict time limits for Internet Use (van den Eijnden, 2010) by educating the children on Internet use in form discussions and using the Internet together with them (Xiuqin, 2010) using restrictive strategies when using the Internet (Kalmus, 2013), (Xiuqin, 2010), (Liu, 2012) adopting of adaptive standards when using the Internet and also listening to the parents and also collaborating with teachers on how to conduct effective prevention interventions (Walther, 2014).

## Conclusion

As per our findings it can be known that the literature on the research Internet Addiction and abuse is scarce. It is a need to let the world known about the dangers of Internet addiction and abuse so there must be new interventions introduced and implemented for school students as they are the future of the country and the society. The prevention interventions must be mainly focused on school children and also their parents, teachers and peers and also others who are a part of the children's environment.

The Internet abuse or Internet Addiction can lead the school children in to serious problems its very concerning as these school children are at the age of growing their mental and physical health. This study mentions the Internet abuses and its impact on the young children such as psychological problem, interpersonal relationship problem, physical problems and performance issues. This research is only in the primary stage so researching on various patterns of students who have been affected and also understanding the behavior and disorder deeper and further with the latest data of the victims, symptoms and prevention interventions for future research will be beneficial.

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