IMPACT OF INTERNET ADDICTION ON MENTAL HEALTH WITH RESPECT TO GENDER AND AGE

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ABSTRACT

Therefore, this research examined the burden of IA among Delhi college students, its risk factors and their relationship with depression, anxiety and stress. Most times, it minimizes the effect on people's lives. This chapter aims to help physicians identify and manage addiction to the Internet more efficiently thirdly, how the causes of the initiation of pathological internet use are tested and defined correctly. Fourthly, a variety of methods for healing are highlighted. Finally, since Internet dependency is an evolving disorder, potential practice ramifications are presented.

Keywords: internet addiction, risk factor, health, Physical symptoms

INTRODUCTION

In this paper, excessive internet use or IA and IGD is stated to associate with several psychological and psychosocial conditions. Structural shifts and their effects have often been explored in Internet-addicted minds. The de-addiction method for IA patients has been seen to be successful by integrative therapies such as meditation for awareness. In the last 10 years, a significant amount of Internet users have faced most nations. In 2009, 32 million users were online at the Iranian Internet Network Knowledge Centre. This figure demonstrates the significance of this dilemma in Iranians' lives today. The Internet is an important part of our lives, for easier entry. The possible detrimental effects of heavy Internet use and associated physical and mentally-related disorders are well informed of social pathologists, psychiatrists and education specialists. Individuals who lose sight of their lives and typically spend more than 38 hours a week on the Computer are deemed addicted to the Internet. Internet dependency is commonly defined as a reward management condition that does not require the use of a substance poisoning and is somewhat close to obsessive gambling. Internet dependency is a concern for industrial society and this problem has been discussed in various reports. During these years, the incidence of Internet use is rising dramatically. In addition to all the advantages of the Internet, issues of over-use of the Internet have become clear. The interdisciplinary concept of internet dependency disorder is investigated from different points of view by a variety of sciences such as health, computers, sociologies, law, ethics and psychology.

CHARACTERISTICS OF INTERNET ADDICTION

- **Feel preoccupied with the internet:**

According to a British report, it is more possible that people who spend much time browsing the Internet suffer from stressed symptoms. These consumers report further symptoms on the inventory of Beck

depression, which tests mental and physical factors including hopelessness, irritability, shame, tiresomeness and weight loss. Furthermore, limited subsets of internet surfers show elevated levels of depressive symptoms. This people invest more time searching blogs, play pages and on-line forums for sexual pleasure. The Internet tends to overtake real-life social contact.

Feel the urge to expand internet and satisfy: - The inability to regulate internet usage and the desire to:

- Feeling stressful or irritable while using the internet:
- Preventing depression, helplessness, shame or anxiety relief problems: •
- A great deal of Internet involvement:
- Internet usage obsessive and compulsive:

SYMPTOMS OF INTERNET ADDICTION

Internet addiction signs can be widely separated into two different groups.

(A) Psychological symptoms

- Every day without skipping using the online facilities.
- Time loosing after a link is made.
- Less and less heading out.
- Waste less time on home or job meals and feed before the monitor.

(B) Physical symptoms

- Tunnel Carpel Syndrome (pain, numbness, and burning in hands that can radiate up the wrist, elbows and shoulders)
- Dry eyes dried
- Fried dough
- High headaches
- Anomalies including skipping food
- Incompliance of personal health
- Relief of sleep

LITERATURE REVIEW

LIU C, LIU Z, YUAN G (2020) although prior study has indicated that cyber bullying is related to behavioral and psychiatric issues, it is also uncertain if cyber bullying is influencing the problems of physical and mental wellbeing. Our objective was to examine, through potential medial positions, the lengthy relationship between cyber bullying victimization and problem-sensitive Internet usage (PIU).

EL-KHOURY J, HAIDAR R, KANJ RR, BOU ALI L, MAJARI G. (2020) Growing use of social networking platforms among young adults has contributed to increased use levels. Although the correlation with mental well-being is controversial, a high degree of social media use has been attributed to problematic behavior, poor self-esteem and depressive symptoms. The word 'internet medium detoxification' is used to define voluntary initiatives to limit or stop the usage of social media in order to boost welfare. We carried out a pilot analysis to examine the features of the detoxification of social networking by 68 university students.

CHEN HC, WANG JY, LIN YL OR YANG SY (2020) the eight Yes or No questions in YDQ They involve the following issues: internet concerns; tolerance (a desire to spend more time on the internet in order to gain satisfaction), inability to limit or avoid Internet use; spending more time online than intended; detrimental effects in interpersonal, educational or professional life; lies in disguising the problem. It also contained the following questions.

KINDT S, SZÁSZ-JANOCHA C, REHBEIN F, LINDENBERG, K (2019) The increasing study focusing in the research field on Internet use risk factors (IUD) highlights the impact of socio demographic variables such as age, gender or co morbid psychiatric illnesses on symptoms of IUDs. To date inadequate focus has been taken on the relationship between IUD symptoms and school variables. This research closes this gap by analyzing the correlation between school-relevant variables such as absenteeism, education grades, and delays, social activity in schools and learning behavior as well as IUD symptoms in a high-risk sample.

HSIEH WH, SHIH DH, SHIH PY (2019) Internet use has significantly raised in recent decades through this increasing pattern has also dramatically increased the harmful impacts of Internet use. One persistent problem is the usage of the Internet-by-Internet consumers whose use has been overwhelming and their lives interrupted. A safe EMBAR (ensemble grouping of case-based reasoning) framework is proposed in this study to classify internet addiction consumers and disable their improper behavior.

RESEARCH METHDODLOGY

Research Design

The goal of this research would be to examine the mental wellbeing, fear, violence and adaptation of people who are addicted to the Internet. This template is used for this factory.

What is Factorial Design?

Nearly any experimental plan is seen as complicated. Factorial architecture is used where the influence of two or more independent variables is experimented or analyzed. He also decided to explore the influence of these variables' interactions. Dual mode design is any design that involves studying two independent variables.

The following two tend to be the factorial present design:

1) Number of variables of freedom

(2) Amount of each independent variable 2 and of another independent category 3, with two levels known as factor design [2x2x3]

For this analysis, the factorial research architecture is as follows. It consists of 12 cells; each cell has 40 samples to collect details. Thus, the analysis took 40x12 = 480 tests. The following table provides the description of these samples.

Table 1.1: Sample of the Study

	A1		A2		Total
	B1	B2	B1	B2	
C1	40	40	40	40	160
C2	40	40	40	40	160
C3	40	40	40	40	160
Total	120	120	120	120	480

EXPERIMENTATION & DATA COLLECTION

DATA COLLECTION

The goal of this research is to assess mental wellbeing, attack, anxiety, adjustment... a total of 480 people have been selected. The samples were also classified into two categories. For eg, there was 1 community of 240 internet addicts, and the other category with 240 average citizens was a Control Group. The questionnaires were submitted to both samples.

- **Sample Selection**

The survey was split into two categories in this analysis. The first was a Monitoring Category comprising 240 internet addicts (120 males & 120 females) and a further group of 240 non-addicts (120 males & 120 females). The demographic population split into 3 separate age groups: 1) 13-19, 2) 20-30 & 3) 31 years and over. The category composed of 480 men, 120 men & woman internet toxicants and 120 men & women non-toxic

DATA ANALYSIS& VALIDATION

Table 1.2: Perceived Problems Experienced from Internet Use

Problems	Percentage Experiencing This Problem as a Result of Internet Use
Reduced sleep	92.4%
Decreased Social Interaction	80.4%
Decreased Outdoor Activities	80.4%
Reduced productivity in the workplace or in study	81.5%
Absenteeism (from work or school)	48.9%
Neck pain	42.4%
Back pain	37%
Dryness of eyes	25%
Loss of job	2.2%

The perceived advantages of internet use as indicated in Table 1.1 All recorded improvement of their awareness in general, more than half reported improvement of their education or the number of mates, and half reported better attitude, more resources and energy

Table 1.3: Perceived Benefits Experienced from Internet Use

Benefits	Percentage Experiencing This Benefit as a Result of Internet Use
Improve general knowledge	100%
Increased number of friends	64.1%
Facilitation of schoolwork	57.6%
Improved mood	44.6%
Earning money	30.4%
Increased energy	23.9%

More than half of the survey sought to minimize internet use (53.3%). Of those heavily trustworthy on internet use this proportion was significate smaller (34.8% vs. 65.3%, $\beta 2(1) = 4.2$, $p = 0.042$). Strategies that were endorsed to limit the usage of the Internet cut down internet connections (43.5%), close down technology gadgets (42.4%), stay away from buddies (29.3%) and connect with family members (14.1 percent).

INTERNET ADDICTION AMONG INDIAN HELP SEEKING PATIENTS WITH MENTAL HEALTH DISORDERS

The univariate variance study ("F" test) with a mental wellbeing level of 0.05 degree for the category of addict, sexuality and age

Table 1.4: Type of Addict, Gender and Age [A x B x C]

A	B	Statistics	C1	C2	C3
A1	B1	Mean	21.9	27.925	25.525
		SE	0.886	0.886	0.886
		SD	5.486	5.523	6.512
		N	40	40	40
	B2	Mean	23.475	28.05	27.525
		SE	0.886	0.886	0.886
		SD	6.038	6.085	6.277
		N	40	40	40
A2	B1	Mean	23.125	28.125	26.8
		SE	0.886	0.886	0.886
		SD	4.43	5.269	6.034
		N	40	40	40
	B2	Mean	26	28.125	27.925
		SE	0.886	0.886	0.886
		SD	4.039	5.229	5.574
		N	40	40	40

Table 1.5: Mean difference of Type of Addicts, Gender and Age

Variable	Symbol	Levels	N	Mean	Mean Difference
Type of Addict	A	Addict [A1]	240	25.733	A1-A2 = 0.95
		Non Addict [A2]	240	26.683	
Gender	B	Male [B1]	240	25.567	B1-B2 = 1.283
		Female [B2]	240	26.85	
Type of Age	C	13-19 [C1]	160	23.625	C1-C2 = 4.431
		20-30 [C2]	160	28.056	C2-C3 = 1.112
		31 & Above [C3]	160	26.944	C3-C1 = 3.319

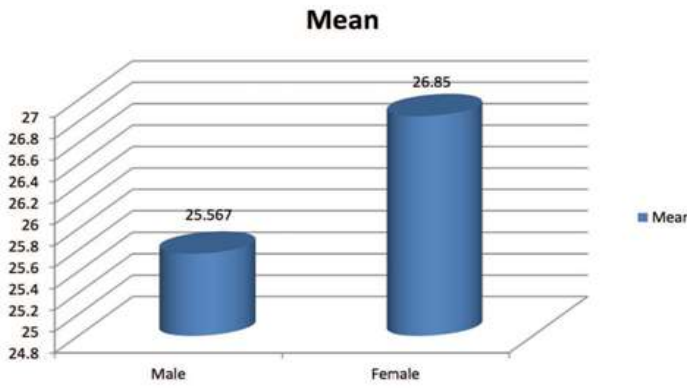

Figure 1.1: Gender VS Mental Health

Figure 1.1 shows that the mean difference of above figure of Male is lower than the figure of Female, as well as means score comparison to the difference was 1.27. The highest mean score of figure Female and lowest score of figure Male

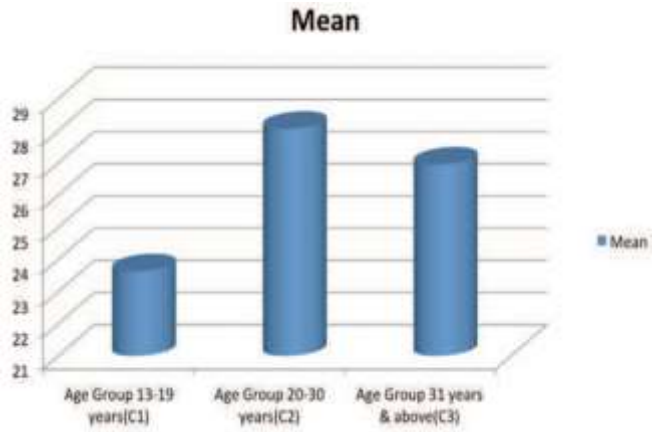

Figure 1.2: Age VS Mental Health

The mean gap between age groups C1 and C3, as seen in Figure 1.2, is smaller than the figure C2 age group and the mean score is 4,431, 1,112 and 3,319. Fig C2 is the maximum mean score of age and Age Group C1 and C3 are the lowest score.

RESULT & DISCUSSION

The average male addict internet score was 25.117 (N=80), female addict internet was 26.35 (N=80) and male non addict internet score was = 26.017 (N=80), females not an addict internet was = 27.35 (N=80).The effect of this research is that excessive and problem-based website, face book and gaming addictions prevail in psychiatric patients and that more systematic monitoring suggests a better identification of these co-morbid problems. Evidence indicates that existing internet dependency interventions produce substantial and long term results on signs of Internet dependence, time spent online, and co-morbid depression and anxiety. In the sense of psychosocial therapy such focused approaches may be especially relevant. In reality, it might not be feasible for patients who rely heavily on the internet to learn or sustain the requisite adaptive behavior in another way.

CONCLUSION

We infer that IA was strong and was correlated with depression, anxiety and tension among undergraduate students. IA can be considered in the case of common mental health issues like depression, anxiety and depression among college students presenting to primary care medics. Regarding the findings of this research this pattern can be regarded as a psychological issue that impacts the potential culture of the younger generation. Right Internet usage should be taught and ultimately misuse replaced with proper home, college, and university schooling. The results of this analysis further show the value of strategic intervention for students in education and guidance programs for the proper and realistic usage of the Site. Furthermore, the challenge and problem of networking technology such as the Internet should provide the foundation for adequate preparation and promote the attention of parents and their families to utilize the internet appropriately and effectively.

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