# RIVETTED ADOLESCENTS IN THE LABYRINTH OF INTERNET

## Alok Kumar Mathur[*]

## Introduction:

Internet, as new media has become an unrestricted space to swap views and news in this era. Through the screen one can view what is happening around the globe. The sad part is that its dependence appears as a burgeoning problem in adolescents. Adolescence is defined as the period between puberty and adulthood, usually between the ages of 11 and 18 years [1]. Some other define it between 13-21 years. Adolescence maybe divided into 3 substages: early, middle, and late [2].Every stage has its own vulnerability. One of the foremost vital functions ofadolescence is to seek out one's own identity, abide by parental authority, and meet peer expectations [3].During adolescence, there's associate redoubled risk of emotional crises, often accompanied by mood changes and periods of anxiety and depressive behavior, which adolescents attempt to fight through withdrawal, avoidance of any in depth social contact, aggressive reactions, and addictive behavior [4,5].The Internet as a world network connects uncountable individuals throughout the globe and permits users to exchange data, that remains on the market at anytime and anywhere [6].However, because the most well liked and complex mass communication medium these days, the web conjointly poses perils for the adolescent's victimization, especially for the adolescents with free access to the content that's inappropriate for his or her age and stage of development [7].Unlimited access to information on the Internet can be a source of amusement and generator of new interests [8], but it can also be a source of new and unknown threats. Recently, web addiction has attracted nice interest from the general public and scientists alike [9].Some authors suggest that excessive web use ends up in social isolation [10].Other authors emphasize the physical aspects of addiction [11,12], whereas others underscore psychological signs and symptoms indicative of web addiction [11,13,14].

[*] **Associate Professor, IIHMR University, Jaipur**

## Methodology:

A sample of 4500 adolescents was selected that branching off to 900 adolescents per five districts, namely Ajmer, Jaipur, Jodhpur, Kota and Udaipur. In each district, 150 adolescents were selected from three public and three private institutions (two schools and one college each). Selection of adolescents was done after selecting all 6 institutions per district totaling to 30 institutions in the state. In each of the selected institution data of all the adolescents enrolled in class $9^{th}$ - $12^{th}$ was gathered with the help of attendance register. The students were selected through random sampling method. In all 4500 adolescents were selected for the study which meant 900 from each district. In each institution sample of 150 adolescents were selected, collectively making it 900 adolescents from 6 institutions in each district. Thus, the sample was representative of all the sections of the population.

## Findings:

### Web Usage Pattern of Adolescents

It was reported that majority of adolescents in Jaipur and Jodhpur has their private email ids. In Udaipur, three-fourth of the university going boys have their private email ids while less than one-fourth girls have their very own e mail ids. When it comes to availability of computer systems at home, the table depicts the easiest proportion in Jaipur and Jodhpur, on these places around 90% of adolescent people pursuing in colleges have computer systems at home.

It is also viewed that 90% girlspursuing their college in Jaipur also have computers on hand at home, whilst a drastic distinction can be seen in Udaipur, Ajmer and Kota the place these percentages counted to be as low as one-fourth of the whole adolescents. From those who have computers at home, majority of them have it situated in common room. It used to be seen that in Ajmer, Jodhpur and Kota, the computers at home have been situated equally in own room as well as living room. While in Jaipur and Udaipur, it used to be seen that majority of adolescent people have their PCs located in their personal room.

When the personalization of PCs was once noticed, it was reported that college going boys in Ajmer, Jodhpur and Udaipur have their personal PCs. In Jaipur it was seen that on an average, half of the children have their personal PCs whilst half of them shared it with the family.

**Web Usage Pattern of Adolescents**

*Percentage distribution of adolescents by district and institutions, according to place of access of web, availability of computers and personalization of computers*

| | I S A | I S B | I C A | I C B | II S A | II S B | II C A | II C B | III S A | III S B | III C A | III C B | IV S A | IV S B | IV C A | IV C B | V S A | V S B | V C A | V C B |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | n=449 | n=151 | n=76 | n=224 | n=389 | n=211 | n=270 | n=30 | n=258 | n=342 | n=241 | n=59 | n=385 | n=215 | n=196 | n=104 | n=546 | n=54 | n=137 | n=163 |
| (I. Ajmer, II. Jaipur, III. Jodhpur, IV. Kota, V. Udaipur, S- School, C-College, A- Boys, B- Girls) | | | | | | | | | | | | | | | | | | | | |
| **Place of Access of Web** | | | | | | | | | | | | | | | | | | | | |
| Home | 46.5 | 16.6 | 25.0 | 41.5 | 72.2 | 76.3 | 33.7 | 60.0 | 60.1 | 77.8 | 36.9 | 64.4 | 37.9 | 40.9 | 30.6 | 38.5 | 32.1 | 35.2 | 31.4 | 22.7 |
| Mobile phone | 52.1 | 25.2 | 67.1 | 32.1 | 41.4 | 25.6 | 41.5 | 30.0 | 62.0 | 40.1 | 74.3 | 55.9 | 53.5 | 43.3 | 53.6 | 39.4 | 66.7 | 48.1 | 67.2 | 33.1 |
| InternetCafé | 32.7 | 53.0 | 34.2 | 30.4 | 25.2 | 24.2 | 34.1 | 33.3 | 60.5 | 25.4 | 41.9 | 28.8 | 42.6 | 40.5 | 48.0 | 40.4 | 28.8 | 38.9 | 22.6 | 49.7 |
| Computer lab | 8.5 | 13.9 | 1.3 | 34.4 | 9.3 | 11.4 | 14.1 | 16.7 | 45.0 | 32.2 | 14.5 | 11.9 | 18.2 | 23.3 | 15.8 | 23.1 | 8.8 | 7.4 | 5.1 | 31.9 |
| Neighbors/relatives place | 19.4 | 7.9 | 5.3 | 8.0 | 11.3 | 11.8 | 8.9 | 6.7 | 18.6 | 16.7 | 11.6 | 16.9 | 9.9 | 14.0 | 8.7 | 13.5 | 11.9 | 13.0 | 2.9 | 3.1 |
| Others includes Father's office, Hostel | 0.2 | 0.0 | 0.0 | 0.0 | 0.5 | 0.5 | 1.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 0.5 | 0.0 | 0.7 | 1.8 |

| **Percentage of Adolescents having own Email Address** | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Yes | 45.7 | 4.6 | 43.4 | 43.8 | 88.4 | 77.7 | 68.9 | 86.7 | 78.3 | 71.9 | 76.3 | 67.8 | 57.4 | 50.2 | 52.0 | 46.2 | 43.8 | 33.3 | 74.5 | 27.0 |
| **Percentage of Adolescents having PC/ Laptop at home** | | | | | | | | | | | | | | | | | | | | |
| Yes | 51.7 | 26.5 | 31.6 | 50.4 | 92.5 | 89.6 | 50.4 | 90.0 | 84.9 | 90.6 | 40.7 | 62.7 | 50.6 | 61.9 | 31.1 | 45.2 | 38.3 | 57.4 | 37.2 | 30.7 |
| **Percentage of Adolescents having own PC/Laptop** | | | | | | | | | | | | | | | | | | | | |
| | n=232 | n=40 | n=24 | n=113 | n=360 | n=189 | n=136 | n=27 | n=219 | n=310 | n=98 | n=37 | n=195 | n=133 | n=61 | n=47 | n=209 | n=31 | n=51 | n=50 |
| Yes | 42.2 | 2.5 | 62.5 | 41.6 | 44.0 | 22.8 | 45.6 | 33.3 | 40.6 | 21.6 | 58.2 | 32.4 | 40.5 | 21.8 | 45.9 | 38.3 | 51.7 | 25.8 | 58.8 | 14.0 |
| **Location of the computer** | | | | | | | | | | | | | | | | | | | | |
| Own Room | 37.5 | 15.0 | 45.8 | 44.2 | 45.0 | 44.4 | 40.4 | 48.1 | 38.4 | 30.3 | 57.1 | 35.1 | 38.5 | 41.4 | 31.1 | 44.7 | 47.8 | 38.7 | 60.8 | 20.0 |
| Common Room | 48.7 | 77.5 | 41.7 | 48.7 | 44.2 | 43.4 | 51.5 | 37.0 | 53.4 | 51.3 | 41.8 | 45.9 | 52.3 | 50.4 | 63.9 | 48.9 | 39.2 | 38.7 | 35.3 | 66.0 |
| Parents Room | 13.8 | 7.5 | 12.5 | 7.1 | 10.0 | 12.2 | 6.6 | 14.8 | 8.2 | 12.6 | 1.0 | 16.2 | 9.2 | 8.3 | 4.9 | 6.4 | 12.0 | 19.4 | 0.0 | 12.0 |
| Others include study room, siblings' room | 0.0 | 0.0 | 0.0 | 0.0 | 0.8 | 0.0 | 1.5 | 0.0 | 0.0 | 5.8 | 0.0 | 2.7 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 3.2 | 3.9 | 2.0 |

When children were measured for their conduct in terms of online activities, it came out that children belonging to age group 15-17 and 17- 20 years, around two-fifth from every group, felt a more advantageous compulsion to use web than the children belonging to age group 13-15 years counting to be around thirty per cent of the whole group. It can be inferred that there was once a positive correlation between age and behavior to use web. As the age increases, adolescents' behavior can extra definitely be manifested by means of their online activities. When adolescents were measured on the dimension of cognitive development, it was seen that around four-fifth of the children between the age group of 13- 15 years typically used web for creative and innovative ideas. Whilst a decline was observed in the share of adolescent people as the age group increased. It was once also viewed that adolescents of the age group 17- 20 years showed more conformity toward their on-line peer group than others. Around one-third adolescents from the age group of 17-20 years exchange their views as online friends, while one-fourth adolescents each from the age group of 13-15 years and 15-17 years conformed to this fact. It can be inferred here that as the age increases, adolescents acquire a tendency to improve their cognition by the most influential factors present round them. Peer group was one of the extensive factors that influenced their mind set in their age. When adolescents were seen on the social developmental scale, it was seen that adolescents from the higher age group considered web to be greater concerned in grooming their lifestyle. Around four-fifth of the adolescents from the age group of 17-20 years and round three-fourth of the adolescent people from the age group of 15-17 years thought that use of internet coaches lifestyle, while less than three-fourth youth from the age group of 13-15 years determined the same.

On viewing bodily improvement dimension, it was considered that the problem of pressure in eyes was severe in adolescents of all age groups. It used to be observed that adolescents of the age group 17-20 years confronted health troubles like headache, fatigue, lack of concentration, sleeplessness greater than the adolescents of other age groups.

**Recommendations:**

The use of web influences the way adolescents think, act and behave. Being uncovered to all kind of content material on internet, the adolescents' behavior, well- being and development tend

to get affected. There ought to be sizeable modifications in the way adolescent people assign themselves to web. The state of thinking influences adolescents physical, social & cognitive wellbeing. Hence multi-pronged strategy is required:

• Active participation of teachers, parents and adolescents in awareness generating sessions would fulfill the motive up to a massive extent. The urge to be on net ought to be appreciably reduced by active counselingof adolescents.

• In order to prevent destruction of one's personal creativity and originality, immoderate use of web need to be restricted/ prohibited. Adverse impact on physical as well as mental growth has been considered because of immoderate use of web. Some of signs and symptoms can be headache, fatigue, sleeplessness, lack of concentration etc. Thus, meditation and mindfulness workout routines would be of great importance.

• Adolescents should no longer be allowed to devour snacks whilst working on internet. Excessive consumption of junk food articles and packaged drinks with chemicals etc. can also result into serious health problems in future like obesity, diabetes, Blood pressure, stress etc. Awareness about consumption of nutritious and healthy meals must be generated so that there can be appropriate ingesting habits of adolescents.

• Group counseling sessions needs to be conducted at least once a month whereby the adolescents should be taught that in times of being bullied by someone on net, they must let their parents be aware of the whole lot and must ask for external help.

• There are un-written norms in every family. The behaviors that do not fit with the values, customs and traditions of the family should be discouraged by parents and open and honest discussion ought to be done.

• History of the browsed website should be checked every time as quickly as the adolescent finishes up with his/ her work. If the parents locate that the history has been deleted, adolescent need to be told strictly, that this should not be repeated in future.

If mother or father look at secretive behavior, they must make attempts to create at ease surroundings so that the adolescents can share what they sense and do. If the length of online undertaking of adolescent is prolonged, they should be interrupted. The interruption must be in a simple way i.e. involvement of the adolescent in household chores, asking them to play outside with friends or with siblings, asking them to attend social gatherings, organizing family outing

etc. These types of interruption would create nice disturbance in their on-line glued activities; eventually make them physically active and mentally alert. They need to understand that web use should not suspend but facilitate thinking process.

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