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Internet Addiction & Social Values

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Abstract: Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling. Some internet users may develop an emotional attachment to online friends and activities they create on their computer and mobile screens. Internet users may enjoy aspects of the internet that allow them to meet, socialise and exchange ideas through the use of chat rooms. Social networking website or virtual communities are similar to other addiction. Those suffering from internet addiction use the virtual fantasy world to connect real people through the internet, as substitutions for real life human connection which they are unable to achieve normally.

Internet addiction results in personal family academic financial and occupational problems that are characteristics of their addictions, impairments of real life relationship are disrupted as a result of the excessive use of the internet. Spend less time without real people in their lives and are often viewed as socially awkward. They are regulating the social values. Social values from an important part of the culture of the society. Values provides the general guidelines for social conduct, values such as fundamental duties, Patriotism, respect for human dignity, rationally, sacrifice, individuality, equality, democracy etc. These are guides our behavior in many ways.

Adolescent is the important stage of life, it makes the aims and direction for the life. During adolescent period Internet addiction causes the social values deprived and it results as a failure and stress full person for society. Social values are required for the development of a good society but the adolescent are neglecting and giving less priority to these values which is a major problem for our society.

Keywords: Addiction, Technology, addiction, Obsession, social networking, networking, Psychological Risk factor, Physical Improvement, Impulsive internet use.

I. Introduction

Internet it is the facilities which affect very widely our day to day life. Without internet we cannot able to access the whole world. Internet makes our world very smaller. Within a second can get valuable information from internet. In literally internet is a means of connecting computer or a mobile or a tab to any other computer to anywhere. In the world via dedicated routes and computer servers when two computers connected over the internet, they can send receive all kinds of information such as text, graphics, voice, videos and computer programmes. The internet sometimes called simply "the Net". It is a worldwide system of computer networks a network of network in which users at any one computer can, if they have permission. It was conceived by the Advanced Research Projects Agency (ARPA). Of the U.S Government in 1969 and was first known as the ARPA Net. Now days it's developed forms can be used by the user. Without this means we can't imagine the development of person as well as society. The excessive use of it is harmful to our society. It may be name as internet addiction.

Addiction: Is Habitual Psychological or Physiological depends on a substance or practice that is beyond voluntary control. It is an urge which is too strong to control. In other sense we can say that addiction is a brain disease. These brain changes can last for a long time. They can cause problems like mood swing, Memory loss, even trouble thinking and making decision. A habit may eventually develop in to an addiction.

II. Internet Addiction

Internet Addiction is addicted to use internet. It may be called Internet Addiction Disorder (IAD) Problematic Internet Use (PIU), Compulsive Internet Use (CIU), Internet over use reforms to excessive computer use which interferes with daily life, habits

.Such as reading ,Playing computer games, and watching very large numbers of internet videos are troubling only to the extent that these activities interfere normal life.

Internet addiction is often divides into subtype's activities. Such as gaming on line social net working, blogging, Email excessive over whelming or inappropriate internet pornography use or internet shopping.

Internet Addiction is subset of a broader “ technology addiction” wide spread obsession with technology goes back at least to radio in the era of 1930 and television in the yrs 1960 , but it has exploded in importance during the digital age . A study published in the journal cyber psychology, Behavior and social net working (2014) suggest that prevalence of internet addiction various considerably among countries and is inversely related to quality of life. Excessive use of internet can be divided into seven types which affect in this following manner.

1. Psychological Risk Factor
2. Physical Impairment
3. Emotional Impairment
4. Social and functional impairment
5. Risky internet use.
6. Impulsive internet use.
7. Internet use dependence.

- ❖ Psychological risk factors are things that may affect a person's psychological response to their work place, conditions, social relationship. Exp:-high work load, tight idea line lack of control of the work and working methods.
- ❖ Physically impairments:-A physical disability or a limitation on a person's physical functioning, mobility or stamina. Other physical disability includes impairment which limits other aspects of daily living such as respiratory disorders, blindness, epilepsy and sleep disorder.
- ❖ Emotional impairment if a person exhibits one or more of the characteristics (unhappiness, depression, fear associated problems, socially maladjusted, an inability to build or maintain satisfactory interpersonal with others) over a long period of time and marked a degree that adversely affects educational and social performance.
- ❖ Social and functional impairment:-when disability showing in the social and occupational spare of life other important areas of functioning may be called social and functional impairment of an individual.
- ❖ Risky internet use: are behaviors that increase risks of adverse consequence. It is not just the amount of the time spent on the internet that puts on adolescent at risk.
- ❖ Impulsive internet use: The impulsive internet use constructs describes on inability to maintain balance or control of internet use in relation to everyday life Internet use dependence: Constructs, Reflects, the more seven symptoms that are typically associated with addictions.
- ❖ Internet use dependence: Constructs reflects the more severe symptoms that are typically associated with addiction. Such as with drawl symptoms. Thus internet addiction may represent a severe form of PIU(problematic internet use)

Other researches also stress the fact the internet addiction disorder is not a un-dimensional construct but a multi dimensional Construct. Significantly effects socially, psychologically and occupationally.

III. Causes of internet addiction

Negative life consequence such as job loss, marriage, breakdown, financial debt. Academic failure, online plays (game addicts). It states that interpersonal difficulties and stress are the major causes.

According to a study by Kathy Scherer: a psychologist from the University of Texas of Austin “13%” of college internet users fit the criteria for internet addict's Scherer (1997) in her study enlisted 531 college students. She discovers that 72% of the internet addicted students were men.”

The China Communist youth League Clamed in 2007 those over 17 % of Chinese citizens between the age group of 13 and 17 were addicted to the internet.

According to Maressa Orzack director of the computer addiction study at Harvard University's McLean Hospital between 5% and 10% of web surfers are suffer from internet addiction.

According to the centre for internet addiction Recovery (Whose director is Kimberly S. Young) Internet addicts suffer from emotional problems such as depression and anxiety related disorder and often use the fantasy world of internet to psychologically escape un present Feelings or stressful situations.

Scientists have found that compulsive internet use can produce morphological changes on the structure of the brain.

Social networking, as the most commonly used social media technology is at the forefront of the social media research on users. Internet usage on well being (Morrison and Gore 2010) this research subsequently branched out to include and explore the linkage between negative outcomes referred to as the dark side of social networking.

As the most of time users spend with social networking increase, they have less time for other ends over which can result in negative life indicators.

Attention conflicts. It refers to the situation where the individual feels the tendency, desire or obligation to, locate attention to those two (or more) exclusive inputs.

Highlighted interlined problems, lower academic achievements and retreating from alternative activities.

Values are important and lasting beliefs or ideals shared by the members of a culture about what is good or bad and desirable or undesirable. Values have major influence on a person's behavior and attitude and serve as broad guidelines in all situations. These ideals are used in social settings are called social values. Social values form an important part of the culture of a society. Social values, norms and institutions explain the way in which social processes operate in a given society. Values account for the stability of the social order they provide general guidelines for conduct. It facilitates social control. Social values are the root of all virtues that pave the way for the harmony of a society. Social values are key to the harmony of a society. Social values are key to the development of a society. With social values a person shapes up as a good human being and plays an important role for social development. The meaning of the term "Social Values" has changed over the years. In modern times along with the particular beliefs. It also refers to the life style that people think that they should accept. In the past honesty, Sincerity, Truthfulness, piety, fellow feeling etc. were regarded as the social values. But in modern times the definition has changed and that is due to the change in the life style of the people. Without social values a society cannot advance. In the absence of social values, there is chaos and confusion in society. With the lack of these values, bad and harmful elements of society are allowed to grow.

According to Aristotle: "A sound mind can be created in a sound body" Internet addiction makes a person with different problems such as psychological and physical. A psychologically sound person prepares a good society. A good society can be created with the help of good social values. Internet addiction affects the younger generation over society (Adolescents) who are the citizens of the society. The degradation of the social values may be caused a chaos and confusing society. So this is our major responsibility to pave the way in a direct appropriate manner. The following measures are suggested to overcome this problem.

1. Watch and monitor the child in a social peer situation as well as during loneliness.
2. Look for emotional causes and as well as physical problems.
3. Set rules for the child and for the person to use internet when it is necessary.
4. Talk openly with the child and with the person about his emotional disturbances and provide them the appropriate suggestions.
5. Provide a congenial atmosphere for personal and social development.
6. Ask your child if something has happened to him or her. Children sometimes act out an attempt to draw attention to a problem they are having and afraid of discussing.

Some small imitative may be useful to solve the problem of internet addiction helpful for the enrichment of social values.

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