

IMPACT OF EXCESSIVE USE OF INTERNET AMONG YOUTHS OF MANGALORE CITY

Veena B. K.*1, Anusuya Kamath*2, Laveena D'Mello *3

*1Research Scholar, Assistant Professor, School of Social Work, Roshni Nilaya, Mangaluru, Karnataka, India.

*2Research Scholar, Assistant Professor, School of Social Work, Roshni Nilaya, Mangaluru, Karnataka, India.

*3Associate Professor, Research Guide, College of Social Sciences and Humanities, Srinivas University, Mangaluru, Karnataka, India.

ABSTRACT

Internet is one of the major means which influences youth's life. This study showed that excess use of internet creates problems like, sleep deprivation, stress related issues, postponing of work. Some probable solutions for it are; to learn, aware and educate others about internet values, privacy and security, spending more time with family members than using social networking sites, to engage in mindfulness activities which enhance one's personality.

Keywords: Internet, over usage, stress, relationships, communication, personality.

I. INTRODUCTION

Invention of internet has been one of the greatest milestones in human history. From not knowing what is happening in and around the world to knowing everything just in click, we have come so far. Internet is one of the major means of development. It has become an in built part of daily lives of people including children and adolescents. But now we are in an era where internet has over powered us.

In recent years, with the increased use of internet, an interest in its social impact on everyday life has developed. The growing usage of internet changed the human culture and brings propaganda, stress, comparison, depression rather than helping people. Through internet social networking sites and gaming sites have become the most popular online destinations in recent years. One of the main concerns over the use of social networking sites is that as people spend more and more time communicating online and handling their daily tasks in cyberspace, it may be that they spend less time interacting with one another in the physical world. It has immensely impacted the life of everyone, but the youth takes the major part in addition to the internet population. This study is an exploratory effort to measure the impact of internet on youth's relationships.

Scope of the study:

- This study gives us a better understanding on the problems and challenges faced by the youth.
- This study helps us identify if over usage of internet affects social interaction and relationships among the youth.
- The study helps us to create an awareness among the youth about the over effects of internet use.

II. LITERATURE REVIEW

Nie & Erbring (2000), reported data from a U.S. nationwide survey of approximately 4000 people, explains that heavy Internet use resulted in less time spent with one's family and friends. The research on the social effects of the Internet been more contentious than as to its effect on close relationships, such as those with family and friends. This study concluded that Internet use led to negative impact on individuals, such as increases in depression and loneliness, and neglect of existing close relationships.

Young (2009), the study explained that the social media addiction is similar to the addiction of substance abuse. It creates the problems in social relationship as people spend most of their time in internet usage and gaming. Most of the people use internet and get addicted to it as they want to overcome their low self-esteem by exposing themselves through social media.

Pettigrew (2009) found that specific use of text messaging provided couples the ability to stay connected throughout the day based on interviews of dyads that were dating, engaged, married, or cohabiting.

Church et al., (2010) the human interaction is now mediated, if not governed, by the situation or the portability of particular devices. With the coming in of new media technologies like whatsapp, facebook, the twitter just to mention but a few, family members are forced to possess digitals that operate these systems. They may be too expensive for family members.

Kumar S, Singh S, Singh K, Rajkumar S, Balhara YP. (2019). Teenagers are likely to use social media in a way that may adversely impact many things in life. This study indicates that the Problematic Internet Usage (PIU) among engineering college students in India is a significant public health issue. There is a need to increase awareness among the youth, emerging adults, parents and concerned authorities of the harms associated with PIU. In addition, preventive strategies for establishing a pattern of comfortable and secure Internet use among them are required. In addition, there is a need to establish public health prevention and management of PIU and to undertake more work to enhance our knowledge of PIU.

Vidyashri C. Halakerimath and Shivagangamma B. Danappagoudra (2017) the study states that Social media stimulates unethical pictures, video clips and images among youth, anti-religious post and links which create negative impact among people of different communities, Negative use of social media is worsening the relationship among the countries, social media is playing a key role to create political awareness among youth. From the above study concluded that cent percent respondents are happy with browsing information on internet and 86 percent of the respondents felt that social media is useful in the field of education and it has both positive as well as negative effects on youth.

III. METHODOLOGY

This study is exploratory in nature and seeks to identify the impact of increased internet usage on youth's relationship. The study was conducted with fifty college going students of School of Social Work, Roshni Nilaya, Mangaluru of the age 18-25 years were selected using convenient sampling. Both qualitative and quantitative aspects that is interview and pre structured questionnaire method were used to collect the data and all the responses are valid and complete.

Objectives:

1. To find out the extent of internet usage among the youth.
2. To identify the problems associated with internet usage and their social interaction.
3. To find out the excess use of internet that fosters emotional imbalance among youth.
4. To understand the increased use of internet that leads to health problems among youth.

IV. MODELING AND ANALYSIS

According to the Researcher's study the vast majority of the adolescents are becoming obsessed with internet.

Table 1: Age Category of the Respondents

Age Category	No. of Respondents	Percentage
18 – 20 years	15	30%
21 – 25 years	35	70%
TOTAL	50	100%

Majority 70% of the respondents belong to the age category of 21 – 25 years, 30% of the respondents belong to the age category of 18 – 20 years.

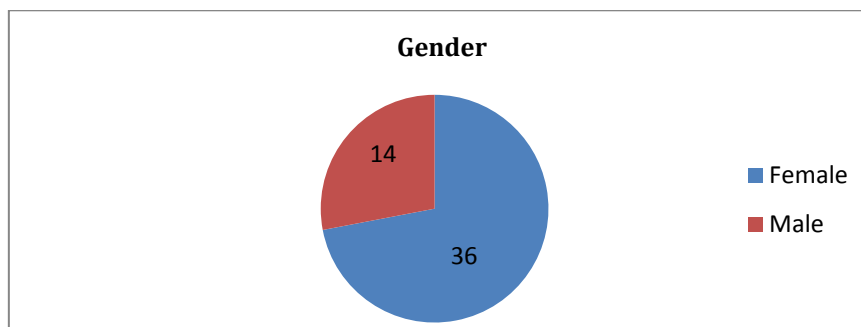


Figure 1: Gender of the respondents

Majority of the respondents belong to the category of female than male. There are 72% of female respondents and 28% of male respondents.

Time spent with family members:

Majority 50% of the respondents have responded that they spend 3 and more hour with their family, 24% of the respondents have responded that they spend only 30 minutes with their family, 16% of the respondents have responded that they spend only 2 hours with their family and 10% of the respondents have responded that they spend 1 hour with their family.

Table 2: Usage of Social Media to contact family members when under one roof

Response	No. of Respondents	Percentage
Yes	16	32%
No	34	68%
Total	50	100%

Majority 68% of the respondents have responded 'No', they don't use social media to contact family when under one same roof whereas 32% of them have responded 'Yes', that they do use social media to contact family members when under same roof. Although youths are increasingly spending time in using social media to keep in contact with family and friends, the irony is that the Internet is reducing the amount of time to spend with the family to have face to face conversation is not possible even when living in the same roof is a tragedy.

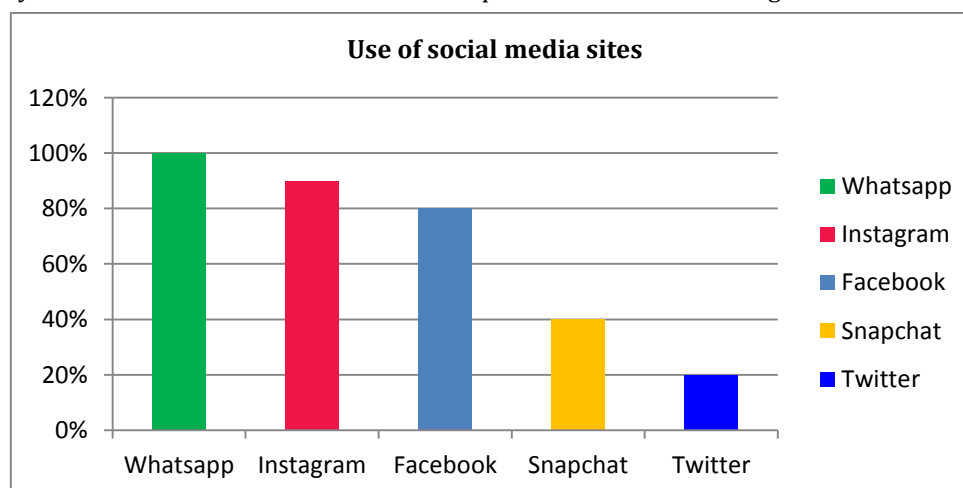


Figure 2: Use of Social Media Sites

100% of the respondents have responded that everyone use Whatsapp, 90% of the respondents use Instagram, 80% of the respondents use Facebook, 40% of the respondents use Snapchat and 20% of the respondents use Twitter. Majority 46% of the respondents have responded that they visit social media sites more than 10 times in a day, 34% of them visit 5 to 10 times a day, 14% of them visit 2 to 5 times a day, and 6% of them visit once a day. The youths are so engrossed to the internet; most importantly the social media and they log in first in the morning and see the updates before sleeping which becomes a regular routine to them.

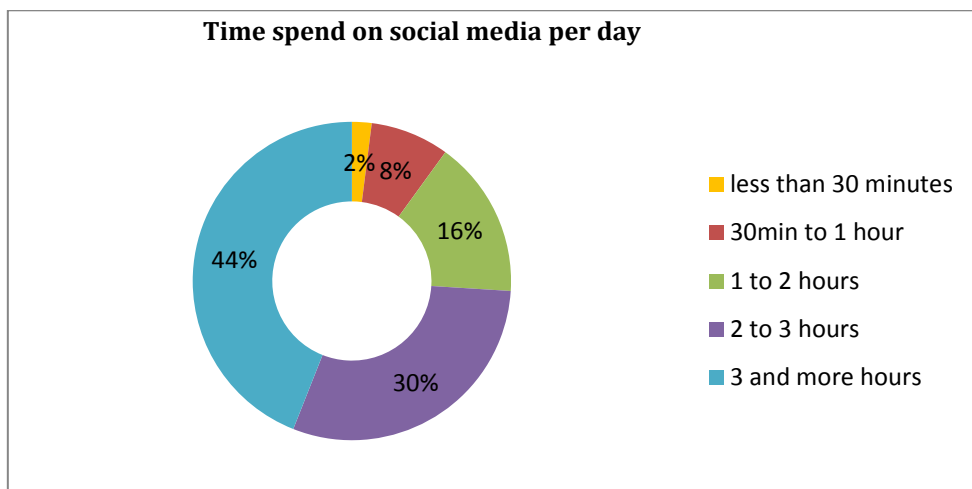


Figure 3: Time spend on social media per day

Majority 44% of the respondents have responded that they spend more than 3 hours in social media per day, 30% of them spend 2 to 3 hours in social media per day, 16% of them spend 1 to 2 hours in social media per day, 8% of them spend 30 minutes to 1 hour and only 2% of them spend less than 30 minutes in social media per day.

Table 3: Effect of Social Media in Relationships

Response	No. of Respondents	Percentage
Yes	20	40%
No	30	60%
Total	50	100%

Majority 60% of the respondents have responded that there are no effects of social media on relationship whereas 40% of them responded yes; there is an effect of social media on relationship it creates a lack of understanding and miscommunications among family members and leads to conflict.

Table 4: Sleep Deprivation Because Of Gaming

Response	No. of Respondents	Percentage
Yes	12	24%
No	38	76%
Total	50	100%

Majority 76% of the respondents have responded that they don't face sleep deprivation because of gaming whereas 24% of them have responded that they do face sleep deprivation because of gaming. Gaming also plays a vital role in Internet addiction. As gaming become more visually inciting and the recession leaves youths in making them to come out from online obsession. 62% of the respondents felt disturbed when anyone or anything interrupts while engaging in online games.

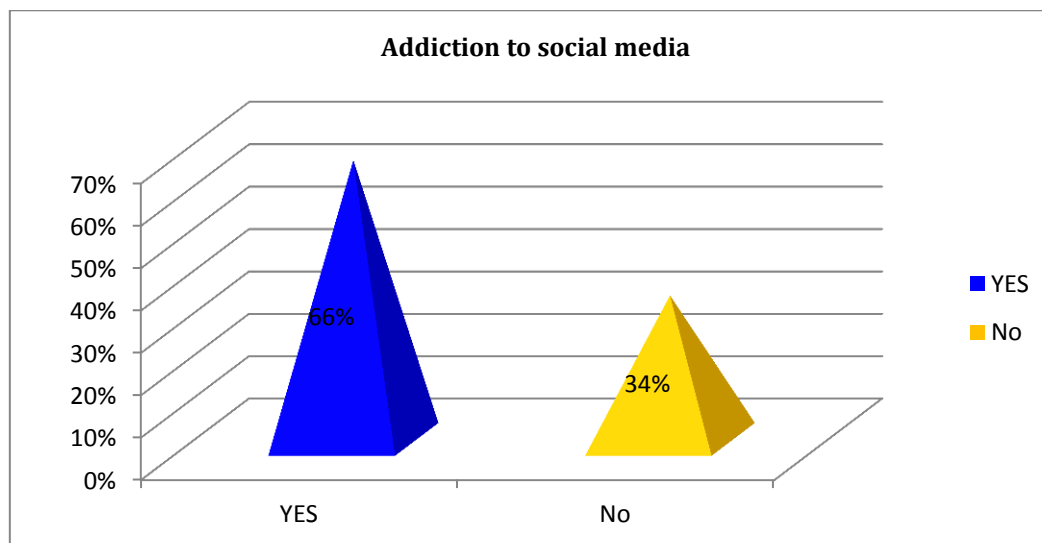


Figure 4: Addiction to Social Media

Majority 66% of the respondents have responded 'Yes' that they do consider themselves as social media addicts whereas 34% of them responded as 'No' that they do not consider themselves as social media addicts.

V. DISCUSSION

In this research 76% of respondents use internet for keeping in touch with friends and family, 70% of them to aware the happening of current issues in world, 12% of them use internet to interact online friends. Internet is a revolution in information technology which makes lives easy and simple by socializing and spread the information to each corner of the world. Every of us would access and are used to Internet but the youth takes the major portions of the population.

If youth find the difficulty in accessing the internet due to technical issues they get irritated and they show aggressive behaviour towards their family members. Due to the over usage of internet the young youth do not concentrate on their basic routine activities like maintaining their health and diet, not able to deliberate their time for studies which will have negative impact on their health and for future endeavours.

Suggestions:

To prevent and avoid over use of internet, we need a change, a change which is innovative, environment friendly and based on trust. The following are the suggestions to overcome increased usage of internet:

1. Learn, aware and educate others about internet values, privacy and security.
2. Spend more hours with family members and loved ones in spite of wasting time by using social media.
3. Giving quality time to yourself for personal development and indulge in things which will enhance your personality.
4. Engage in meditation, yoga, sports, arts and spiritual activities atleast for an hour.

VI. CONCLUSION

This study is done to provide a better understanding of young people in terms of unrestricted internet usage. Therefore, it concluded that internet has had significant impact on Mangaluru youth's life. From this analysis, we found that Growing and faster use of internet lead to addictions and end up to negative mental health consequence like anxiety, depression, attention seeking, hyperactive disorders etc., It brings changes in increasing family conflicts and disconnectiveness when family members are together. It reduces and restricts physical and psychological activity which hinders in development such as low self-esteem, obesity and so on. Virtual establishment of networks and relations has led to personality issues in many youngsters. It also contributes to sleep disorders as well as poor nutrition, unbalanced diets which eventually leads to malnourishments. Therefore, proper guidance and awareness is required among the youths in positive usage of the internet.

VII. REFERENCES

- [1] Church, K., Weight, J., Berry, M., & Macdonald, H. (2010). At home with media technology. *Home Cultures*, 7(3), 263-286.
- [2] Jonathan Pettigrew (2009) Text Messaging and Connectedness Within Close Interpersonal Relationships, *Marriage & Family Review*, 45:6-8, 697-716, DOI: 10.1080/01494920903224269
- [3] Kumar S, Singh S, Singh K, Rajkumar S, Balhara YP. (2019). Prevalence and pattern of problematic internet use among engineering students from different colleges in India. *Indian J Psychiatry*;61:578-83
- [4] Nie, N., and Erbring, L.(2000) *Internet and Society: A Preliminary Report*. Stanford, CA: Stanford Institute for the Quantitative Study of Society. Reprinted in this issue.
- [5] Price, C. (2018). *How to break up with our phone: The 30- Day plan to take back your life*. Ten Speed Press.
- [6] Vidyashri C. Halakerimath and Shivagangamma B. Danappagoudra. (2017). "A study on impact of social media on youth", *International Journal of Current Research*, 9, (05), 50868-50870.
- [7] Kutscher, m., Rosin, n., (2016). *Digital Kids: How to balance screen time, and why it matters*. Jessica Kingsley Publishers
- [8] McQuade, S., Gentry, S., Colt, J. (2012). *Cyber safety: Internet addiction and online gaming*. Chelsea House Publications.
- [9] Young, S., Abreu, C. (2010). *Internet addiction: A handbook and guide to evaluation and treatment*. Wiley publication.
- [10] Young, K. S. (2009). *Internet addiction test*. Centre for on-line addictions.
- [11] Greenfeld, D. (1999). *Virtual Addiction*. New Harbinger Publications.