

Health Demolition via Social Websites and E-Contents Addiction

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Abstract

Objectives: High usage of internet, e-learning and social web sites are causing psychological and social problems. The research therefore intends to find the impact of it on the society. **Methods:** In order to find the ill effect of social web sites and e-contents on the society a survey among 521 people of different age group had been conducted through a questionnaire. The data comprises parameters relating to sleeping habit, chatting, internet usage, working hours and social relationship. The t-test and χ^2 test are used to analyse the data. **Findings:** The research findings shows that internet addiction is growing very high and is identified as one of the upcoming causes of psychological disorders. This disorder is developing rapidly in youngsters. Out of 521 persons 61.61% are found to have eye problems, 59.11% have headache, 48.94% have backache, 52.78% have sleeping disorder, 40.49% have weight change and 67.37% have improper eating habits. Furthermore, some of the people are found to have lost their social circle due to social web sites. **Applications:** The present research has a great importance in healthcare application and is useful to know the depth of internet addiction among different generations which can spread awareness among them.

Keywords: Internet Addiction, Psychological Disorder, Social Web Sites, Social Problems

1. Introduction

In past years, the use of internet was highly paid and was used only by qualified persons, but today it is as cheap as buying some cookies or a ticket to the amusement park for entertainment. Out of every five person approximately three-four surf Internet, especially for social websites Figure 1 and Figure 2 chatting and blogging and that too very frequently and for a very long duration of time, which we found in our research. On the other hand, learning community of students spends a long time for online notes, tutorial, test assessment, etc. These habits are unavoidable and termed as Addiction. The term Addiction can be understood as obsession, impulsion

or excessive psychosomatic dependence, such as liquor addiction, tobacco addiction, gambling, video game addiction, pornography addiction, television dependence, etc. The addicted becomes dependent on their source of stimulation. Sources of addictive stimulation can be drugs such as cocaine, nicotine and heroin or alcohol, sensitivity as in sex or even related to information like gambling or work holism¹⁻⁴. Similar to that Social Web Sites and E-Contents (SWSEC) addiction has been identified as an uncontrollable, damaging and causes mental health problems that exhibit similar signs and symptoms as other established additions since the mid 90's. The addicted person becomes habitual and dependent upon the Internet and related sources, and feels unpleasant and

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even sometimes potentially lethal. One feels caught up with the cyber space. Addiction of Internet is identified as a psychological disorder and is recommended for inclusion to the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders, 5th revision (DSM-V). Korean researchers are in the development of a tool named K-scale to detect Internet related addiction and its severity identification. According to in four common characteristic exhibits for SWSEC Internet addiction⁵ shown in Table 1. Researches of Stanford University, 2006 have revealed following facts for web addiction⁶:

- One out of eight persons in U. S. is addicted to, the Internet.
- The common SWSEC addict today is “a bachelor, college-educated, in an age group of 20-30, who enjoy spending more or less than 30 hours a week on unnecessary computer usage”.
- 14% of respondents find difficulty abstaining for several days.
- 9% admitted honestly their excessive Internet usage impacted their family and social relationships.
- 8.2% accepted that they work on the Internet to avoid reality.
- 3.7% were anxious with the feeling of going online when they were offline.

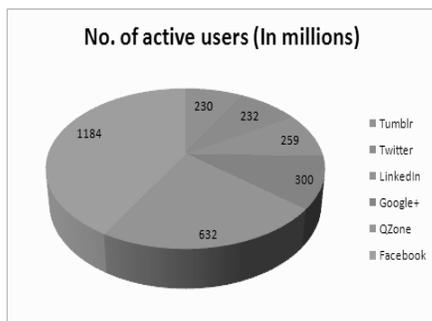


Figure 1. Percentage of number of users on Social Web Sites.

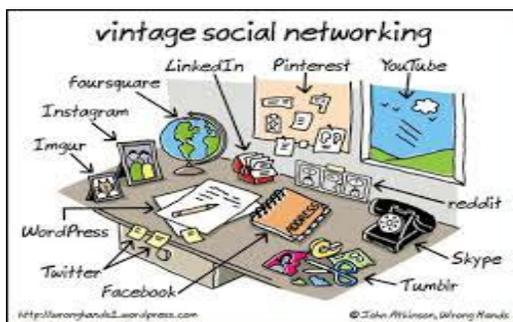


Figure 2. Common social networking websites.

Table 1. Social Web Sites and E-Contents (SWSEC) addiction common characteristics

Symptoms	Description
Excessive Usage	Including impaired sense of time passing or neglecting the basic needs like hunger and sleep
Denial of Internet	May be manifested in terms of anger, tension or depression
Tolerance	In terms of long sitting for online e-contents studying, downloading and uploading and online gossiping on social web sites
Negative attitude	Inhibition to the behavior, cause inclusion of arguments, fatigue, lying, and isolation
Isolation	A person use to prefer all alone along with a machine with Internet
No Thought Sharing	Generally avoid talking to the community and busy with own business

2. Types And Symptoms Of SWSEC Addiction

The latest data related to Internet usage⁷ shows that approximately 40% of the total world population is using the Internet. Figure 3 shows an exponential growth in the Internet users across the globe due to the popularity of social web sites and high availability of e-contents. The Internet users have increased from less than 15 million in 1993 to more than 2.9 Billion in 2014 and expected to cross 3 billion by the end of 2014. Moreover, these users belong to various backgrounds viz. home-maker, student, retired, self employed, factory workers and all kinds of businessmen and employees. Now it is not a small number and not anymore a minor issue. SWSEC addiction is defined to be a wide term to cover vast behaviors and impulses. Some of the specific Internet addictions are⁸ shown in Table 2. The person with this kind of addiction spends a long time before his computer screen along with Internet connection for the reasons that are not related to work. Sometimes this addiction becomes so severe, that it neglects all other important activities of life. And eventually it causes many problematic issues related to physical health, family life and academic achievements. The main symptoms of teen SWSEC addiction are almost similar to that of any other addiction or dependency. Youngsters and teenagers, those struggles with teen Internet addiction are probably facing a few of the following criteria:

- Tolerance — chat exhaustively

- Obsession — spending much time thinking about past Internet experiences and planning for forthcoming online sessions
- Feeling frustration, anxiety, and/or irritable when not on the Internet.
- Ignoring friends and other hobbies for the Internet.
- Continue spending time on Internet even after negative repercussions

Some particular signs to show SWSEC addiction are as follows:

- No time tracks when working on the Internet
- Finding trouble in completing, assigned tasks at the office or home
- Isolation from near and dear
- Feeling guilty or defensive most of the time
- Feeling a sense of euphoria when on the Internet
- Backache, Headache, neck pain, sleeping disorders
- Dried eyes
- Problems related to eyesight

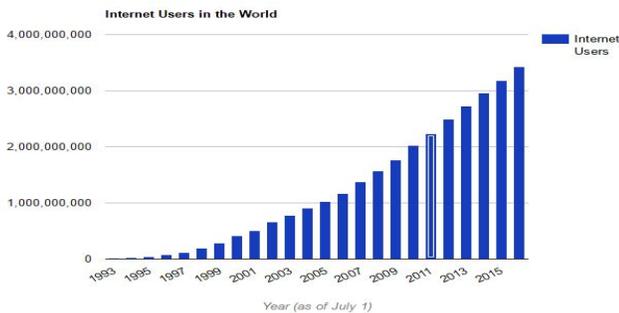


Figure 3. Internet users growth up to year 2015.

Table 2. Specific web addiction types

S. No.	Type
1	Addictions to chatting and watching porn sites
2	Cyber-relationship Addiction like gossiping and chatting with friends
3	Online trading, online auction, and online gambling
4	Web surfing
5	Database searches
6	Computer games or programming
7	Cyber Sex issues

8	Cyber Relationship issues
9	Spending excessive amounts of time on playing web games, gambling, shopping
10	The Desire to constantly monitor social networking sites like Facebook and Twitter

NAME: CATEGORY: Student/Faculty/Staff

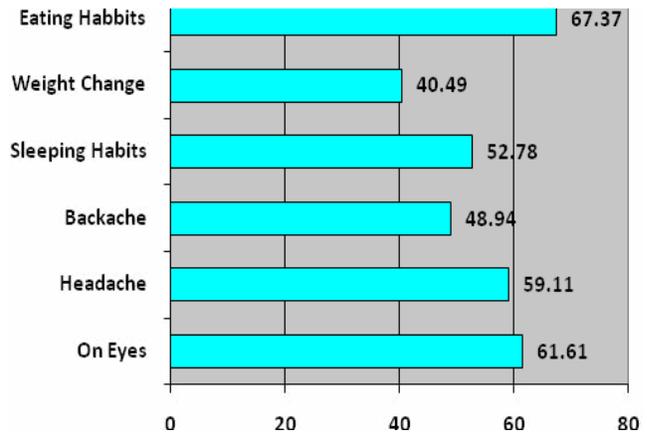


Figure 4. Percentage of problems in addicted persons.

3. Method: Data Collection and Analysis

A survey has been done upon the health of adolescents to examine risk factors that are associated with SWSEC addiction. This research is done among the students, faculties and staff of some of the Academic Institutions in India, where potential of finding Internet users is more. This study identifies the extent of SWSEC addiction and the depth of the problem caused by it. We can call this addiction as “The Arrival of New Psychological Disorder”. This study is highly significant as it spreads light on the adverse effect of highly internet dependence of society in today’s life, especially for adolescents and youngsters in schools and colleges. Nowadays Internet has become highly useful for user to gather information related to his or her work. On the other side it is used not only to get information, but also to make use of leisure time. Hence it is evident that if this usage continues without any awareness, the destructive effects of the internet will soon be noticed. Thus, along with investigation of the seriousness of social web site addiction, the consideration is to start with a solution to this problem with all possible efforts. The possible misuses and negative effects of excessive Internet use have been focused on this study. Moreover, the study is equally significant to the people, who are

involved in handling it such as parents and teachers. In² stated that Internet addiction strongly and negatively affects students' performance in academics. Further the academic performance of the students is disturbed by the uncontrollable Internet usage. In order to perform the study, the questionnaires shown in Table 3 were distributed to the participants with a consent form whereby the nature of the study was explained to the participants. The process is repeated for 15 days for different set of persons. The characteristics of participants are shown in Table 4. The filled in questionnaires were collected and compiled for result interpretation.

Table 3. Questionnaire

	Questions
1.	Time consumed per day on Internet(hrs) :-
2.	Top social website accessed by you :-
3.	Amount of data downloaded from _____ to _____ in (Gb)
4.	Amount of data uploaded from _____ to _____ in (Gb)
5.	Equipments used (mobile, laptops, any other gadgets) :-
6.	Any effect occurred in your eye sight due to internet :-
7.	Have you skipped meal because of working on internet :-
8.	Have you gone through a weight change , head ache , backaches :-
9.	Is there any change in your sleeping habits :-
10.	Are you feeling guilty or ashamed about how much you go online :-
11.	Like to watch porn videos and pictures on internet :-
12.	Are you neglecting family and friends due to Internet:-
13.	Are you fond of E-Contents/Materials/Software?(if YES)
	How long you access them? (hrs)
	How long you read them on line? (hrs)
	Time span for surfing material on Internet. (hrs)
	Time span for downloading materials. (hrs)
14.	How long you stay on line on social web sites? (hrs)
15.	Interested in chatting (Y/N)
16.	How many times you access your mail? (hrs)
17.	How long you play Internet Games? (hrs)
18.	How long you watch online movies?(hrs)

4. Statistical Analysis and Results

Continuous variables in our analysis are treated as mean, Standard Deviation (SD) and categorical variables are taken as frequency and percentage. Participant's t-test, χ^2 test are used to determine differences between SWSEC-dependent and non-dependent groups wherever needed. Data collected in terms of questionnaire is summarized in Table 5 and Table 6. Table 5 shows data usage in GB and average usage time of the persons in the institutions. Data depicts the clear picture that among Internet user students, i.e. teenagers are highly addicted to its usage (877.237). It is evident from Table 6 and Figure 4 that SWSEC addicted persons highly faces the problem of eating disorder and hence health demolition. Secondly the next high impact of addiction is observed on Eyes of the person. Due to long sitting hours and continuous gazing backache and headache are commonly observed problems. Weight change and sleeping disorder are the additive consequences relating to the highest order of Internet usage.

Table 4. Characteristics of the subject involved in the study

Total (N=521)	Count	% age
Age(Range)	18-40 yrs	
Gender		
Male	347	60.84 %
Female	174	33.39 %
Education Level		
XII level	38	7.29 %
Graduate	118	22.64 %
Engineers	267	51.24 %
Others	98	18.8 %
Working Status		
Students	315	60.46 %
Professor	48	9.21 %
Faculty	56	10.74 %
Staff	45	8.63 %
System Analyst/	22	4.22 %
Technical Staff	35	6.71 %
Common Users (Library/Office)		

5. Discussion

The objective of the study is to identify the impact of social web sites and e-contents learning on to the person of age group 18-40 yrs. For the purpose a questionnaire

was designed consisting of 18 questions and distributed among 521 persons of different locality like hostels, day-scholars, staff members, faculty of some of the academic institutions. The data usage by the users and a daily average is summarized in Table 5. The common problems faced by the users are shown in Table 6. From Table 6 it is understood that excess usage of Internet firstly affects eating habits (67.37%) of the user. Improper and untimely eating habits make adverse effects on health. One of the immediate effects that can be seen is weight loss (40.49%). Secondly eyes are affected (61.61%) by continuous gazing and working on the Internet for long hours of chatting and reading e-contents. Eyes become dry and weak. Headache is identified as a third major symptom of high Internet usage (59.11%). Due to chatting contents and thought of e-learning and searching sleeping disorder (52.78%) are produced. An addicted person is not able to have sound sleep because of the amount of thought process arises in mind. Because of improper sitting posture the next evident problem is backache (48.94%). Though these are the most commonly occurring symptoms to any addicted person, but it is not the end. Some more unforeseen or unpredictable harms arise due to this addiction.

Table 5. Average data transfer (15 days) and time consumed per day

S.No,	Heads	Data Usage (per day) Gb	Avg. Time per Day
1.	Student (Day Scholar)	231.953	3.5 hrs
2.	Student (Hosteller)	877.237	9.1 hrs
3.	Professor	82.5725	1.3 hrs
4.	Shopkeeper	61.596	0.82 hrs
5.	Faculty	198.842	2.64 hrs
6.	Library Staff	40.25	0.53 hrs
7.	Office Staff	21.96	0.29 hrs
8.	System Analyst	691.35	9.22 hrs

6. Some Proposed Remedies

A number of approaches have been suggested by researchers to prevent Internet addiction. In¹⁰ suggested the most prominent way to prevent Internet addiction is complete denial of Internet. This approach is practically impossible today and is opposed in¹¹ and insisted on that the addiction can be cured by abstemiousness and can be treated

like other mental disorder. However, following techniques are identified to be fruitful to deal with the problem:

- Practice small time schedule: On diagnosis of excessive Internet usage, try to limit the Internet usage time.
- External business affairs: One can use external social constraints like meetings, gossiping with friends to make oneself offline.
- Setting Target Goals: Set clear targets and goals for an addict to minimize Internet usage by following a scheduled Internet usage.
- Reminding family importance: Explicit reminders can be made to addict regarding valuable time with family and love ones.
- Personal Inventory: One needs to create a database of all the practices and activities that have either been abandoned or are being done in a restrained manner after the addiction has caught up.
- Support group: One needs to schedule the support groups and social activities that demonstrate a situation closer to real situations and mental setup of addict to decrease its dependence on online material.
- Family therapy: The family therapies need to be arranged for the people whose relationships with family have been disrupted and influenced due to Internet Addiction.

7. Conclusion

Over the years, social web sites and e-contents usage has grown manifold and is rising fast for the reason of development in technology today. People are more prone to making resolutions on the Internet through social websites and learners spend much time for reading, downloading and taking online tests. As a result, internet dependency increases as well. Therefore, this study is done to observe the level of SWSEC addiction among people to examine the harms of it, especially in adolescents. The study and results reveal that the level of excessive net usage among the teenager today is a little high to moderate level and increasing rapidly. Although, addiction is approximately moderate level, but the serious and harmful effects of it cannot be overlooked. Since young people are the backbone of the society as they are the future of the country, therefore proper observation and concern must be taken for teenagers. Thus, not only society, but parents and

Table 6. Health Effects (survey involved 521 persons)

Symptoms	Problem Identified	Problem Traced (Person)	No Problem	% Affected (Person)	% Non Affected (Person)
1.	On Eyes	321	200	61.61	38.38
2.	Head Ache	308	213	59.11	40.88
3.	Backache (Cervical)	255	266	48.94	51.05
4.	Sleeping Habits	275	246	52.78	47.21
5.	Weight Change	211	310	40.49	59.50
6.	Eating Habbits	351	170	67.37	32.62

teachers also play a significant role in observing and guiding the children and teens who are using the internet.

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