MANTECH Publications

Journal of Internet of Things and Information Technology
Volume 5, Issue 2, May-August, 2022

Sociological and Psychological Status of Internet Addiction Among Students

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Abstract

We live in a time when high technology has a high value. The Internet has become an indispensible part of our daily lives. He completely dominated all aspects of existence. For the time being, no mobile device or computer can function without access to the Internet. You'll be astonished at how many survived without them a few years ago and how quickly they get accustomed to it. The topic of this article is relevant because social networks are becoming increasingly popular. They have mastered all of the free time of youth and children to date. This article expresses views and comments on the psychological status of internet reliance among students and young people.

Keywords: *Dependence on Internet, Sociological and Psychological, Social Networks, Youth, Internet*

INTRODUCTION

Some scientists take the issue of Internet reliance, particularly dependence on social networks, seriously. Every day, millions of individuals use the Internet in their spare time to look for work, meet new people, contact with friends and colleagues, get the information they need, share their expertise with others, and learn new things. Young people nowadays hardly watch the news. Many people have become accustomed to the fact that any information they require can be accessed on the Internet with little effort. You don't have to go to the library and sort through the books, for example. You may sit at home with a cup of tea and a computer, type in what you need in the search area,

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and the Internet will return hundreds of results. According to the fact of internet reliance, more than half of young people need to use the website at least once a day, and about a quarter of teenagers access social networks multiple times a day (from the report).

A person flees his issues and goes straight to social media, where he may forget about them and fantasise about a new life, a new name, and "getting rid of." Man comes to regard his "ideal world" as a part of reality and loses sight of the distinctions between them. A person constructs his own unique image, filling himself with attributes that he may not possess in real life. In a social network, for example, a meek, self-absorbed individual might appear as a nice, open person. In the virtual world, a person can present himself as self-sufficient and without need, and he can meet his spouse, who may appear to be quite far away from him. This "virtual image" frequently has nothing to do with the individual who is seeking for what is missing in real life on social networks, therefore this "perfect existence" will be more expensive for him than actual.

Many young people cannot function without internet contact, entirely disregarding real-life interactions. People frequently encounter such images on their phones without pausing, for example, in public areas, on the street, or even when they meet with friends. Over time, a person develops a habit of continuously checking his mail in the hopes that someone would write to him or visit his page. A person becomes connected to it. It will be crucial for him not only to demonstrate how he lives, but also to observe how others live. It's no longer only for a memory album, where you may store the major events of your teenage life, but also to post them all on social media, and then start shooting images to see who likes your photos and read the evaluations of friends and acquaintances. When acquaintances or friends share images from a wedding, graduation, or trip, curiosity takes over; no one wants to miss out on intriguing news or learn something new from their friends' lives. After going through the images one by one, one page, the second, and the third sheet, the individual loses track of time.

There are such "loyal" users today. Day and night on social media. They check their mail first thing in the morning at work or school, often spending more time than on the primary business. They use a phone or tablet to browse social networks while driving home or to work, waiting in

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line, or eating. When they go home in the evening, they sit down at the computer once more, and everything starts over in the morning. It is worth noting that such people are particularly fond of lighting up their entire lives in social networks, i.e. through status updates. Statuses fluctuate not only based on the type of action, such as "eating," "sleeping," or "going to work," but also on the emotional experiences of this individual. The human situation described above is similar to reliance on alcohol or, for example, narcotics, and we might conclude that dependence on social networks is a sickness of youth.

Constantly using social media is not the ideal exercise for our brain. This cannot be considered full-fledged mental labour. A person wastes his spare time by doing nothing; alternatively, he may read a book or go for a walk with friends. When viewing a friend's news video or images, a person does it swiftly and without regard for the incoming data flow. Also, posting sensitive information about oneself on public display, such as a cell phone number, age, address, or intimate images, might attract scammers. Intruders can compromise your account and get sensitive information from your correspondence with your parents, friends, or acquaintances. Despite all of the disadvantages of using social media, there are some advantages. But first and foremost, it is vital to understand when to stop and how to utilise it responsibly. There is nothing wrong with meeting and getting to know new people on social media; you may locate similar individuals and speak about mutual interests, find relatives, listen to music, or watch movies. Internet communication may boost a person's self-esteem and importance. The important thing to remember is that this is only a secondary link; the essential thing is communication in real life. The Internet's potential are nearly limitless; the one thing it will never replace is the joy of live communication, the pleasure of letters written with the hands of a friend or a loved one, and sitting in front of other people. In real life, you can never go on a picnic with your buddies because of the flashing screen. This is, of course, a significant disadvantage of the network, but it is also a significant advantage, because you cannot stay in virtual reality forever; after all, we are not computers, but live humans. Finally, it should be mentioned that social networks are consuming more of the time of today's young, replacing actual conversation and pastimes.

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CONCLUSION

Despite their benefits, social networks frequently have a negative impact on learning and the learning process itself, but there are exceptions. As a result, you must restrict your time spent on the internet; it is critical to know your limit and not exceed it, otherwise it will work against you. Many people, I believe, will agree with me that there is a lot of material on the Internet, particularly for the younger age, that cannot be read or even viewed! Children quit reading books, teenage dialogue is restricted to virtual communication in chat rooms and forums, and violence among young people is on the rise, thanks to an excessive and often painful love for computer games. All of this contributes to the individual's slow degeneration.

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