RESEARCH ARTICLE

A GROWING CONCERN IN INDIA IS INTERNET ADDICTION

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Manuscript Info

Abstract

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Internet addiction has become a potential issue in young people due to the accessibility and portability of digital media. The American Psychiatric Association has the vision to include Internet Use Disorder in the fifth edition of the Diagnostic and Statistical Manual for Mental Disorders (2012) for the first time, acknowledging the issues arising from this type of addictive disorder. This vision is based on a growing body of research. Due to the uneven development of their ability to set boundaries and exercise cognitive restraint, adolescents appear to be a demographic at risk for acquiring Internet addiction. The internet has become a powerful tool for removing physical barriers between people due to advancements in media and technology.However, excessive use of the Internet has resulted in negative consequences especially among the regular users labelling it as an addiction.

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Introduction:-
Idea of Internet Addiction:
Due to the internet's tremendous global usage growth, it is becoming a more integral aspect of daily life. In the past ten years, there has been a significant rise in the number of internet users globally, which has significantly altered the present communication landscape. According to reports, India had 749 million internet users in 2020, making India the second-largest internet user in the world (after China) in the near future. With the development of media and technology, the internet has become a powerful instrument for removing physical barriers between people. However, excessive internet use has had detrimental effects, particularly among frequent users who have labeled it an addiction.In the past ten years, internet usage has exploded, not just in India but also over the world. In urban India, there were approximately 341 million active internet users in 2022 compared to 263 million in 2016. There have been increasing worries about what is known as "internet addiction" throughout the world. Dr. Ivan Goldberg coined the phrase "internet addiction" in 1995 to describe pathological obsessive internet use. Any conduct that satisfies the six "fundamental components" of addiction—salience, mood modulation, tolerance, withdrawal, conflict, and relapse—is regarded by Griffith as falling under the category of behavior addiction.Davis used the term "pathological internet use," avoiding the term "internet addiction" (PIU). Young favoured the phrase "internet usage" to "excessive use of psychoactive substances," linking the latter to pathological gambling, a disorder of impulse control in the DSM IV, and adapting the DSM IV criteria to pertain to internet use in the internet Addiction Test she devised. She claims that there are several other types of internet addiction, including computer addiction, relationship addiction, information overload, and cybersex addiction. 9

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Arrangement of Internet Addiction into five Section:
1. Cyber-sexual compulsion: dependent people are locked in in review, downloading and exchanging on the web porn.
2. Cyber-social enslavement: these individuals are excessively associated with online relationship (discussion boards, informal communities) furthermore, think of them as more significant than genuine connections rather than conjugal conflict and family precariousness
3. Net impulses: these individuals are associated with on the web betting, shopping and exchanging exercises.
4. Information over-burden: under this extreme web surfing for data and data set search falls.
5. Computer enslavement: people are excessively participated in pre-modified games introduced in PC.

Risk Factors Associated With Internet Addiction
Social elements
Social problems, introspection and unfortunate up close and personal correspondence skills, absence of social help and loneliness, low parental involvement, negative parent-kid relationships, not living with mother and negative companion relationships have been viewed as connected with IA.

Mental variables
Earlier habit-forming or mental history34,36, earlier or co-bleak mental issues like misery and anxiety, consideration shortage hyperactivity jumble (ADHD), social phobia are accounted for to be related with web enslavement jumble. IA can likewise result from habitual utilization of online sexual entertainment because of its openness, reasonableness, and anonymity. Narcissistic elements are likewise answered to related with expanded selfie-taking way of behaving and later transferring it on the web-based social sites.

Segment risk factors
Segment risk factors incorporate male gender, metropolitan living area, living in countries with more prominent traffic time utilization, contamination, and disappointment with life in general, juvenile and youthful age. Parental instructive level, age at first utilization of the Internet, and the recurrence of utilizing person-to-person communication locales and gaming destinations are among other factors that are viewed as emphatically connected with dangerous Internet use.

Negative Health Effects Of Internet Addiction
The web is valuable in different parts of life yet in addition answered to have negative mental, physical, social, scholarly, workwhat's more, monetary outcomes whenever utilized irresponsibly.

Actual wellbeing impacts
Heftiness and visual disability are significant wellbeing impact of extreme web use as the singular purposes a ton of time taking a gander at the PC screen. An excessive amount of purpose of web can likewise influence development and improvement, particularly for teens and youthful adults, Psychological pressure and depression relating to absence of time to associate with others among web junkies can influence them truly and lead to a few wellbeing issues.

Social wellbeing impacts
Fiends invest a lot of energy online in mingling which don't pass on opportunity to associate with genuine loved ones. Web based betting and exchanging can bring about monetary misfortune, loss of work and status. Family relationship contortion, conjugal, scholastic, and occupation related issues emerge in light of the fact that accomplices, kids and managers are not prepared to acknowledge such behaviors.

Assessment &Diagnosis Of Internet Addiction
A variety of assessment tools are developed to assess the phenomena of internet addiction. The most commonly used questionnaire is Young's Internet Addiction Test (IAT)70 which is based on criteria of pathological gambling and used to screen out internet addiction. Individual is considered "addicted" when answering "yes" to five (or more) of the questions (in absence of Manic Episode) out of the following eight items.
1) Do you find yourself absorbed in the Internet (think about previous online activity or anticipate your next online meeting)?
2) Do you wish to use the Internet for longer periods of time to achieve your goals?
3) Have you repeatedly made vain attempts to regulate, curtail, or stop your use of the Internet?

4) As you work to reduce or eliminate Internet use, do you experience any anxiety, annoyance, discouragement, or crankiness?

5) Do you stay online longer than you had anticipated?

6) Due to the Internet, have you jeopardized or taken a chance on losing a crucial relationship, job, educational opportunity, or professional opportunity?

7) Have you lied to loved ones, advisors, or others to conceal your level of Internet usage?

8) Do you use the Internet to escape problems or to relieve a dysphoric state of mind (such as feelings of vulnerability, guilt, tension, or melancholy)?

Treatment
Though till now internet addiction is not an officially recognized disorder, it is demonstrated to have significant negative health, social, mental, and financial effects and thus requires prevention, control and treatment. The goal of treatment is to control problematic Internet usage and not to abstain from internet use completely.80 Clinicians working in the field of IAD have examined the efficacy of the various treatment options and have provided the treatment guidelines. Psychotherapy, pharmacology or a combination of both are the established strategies that are commonly used in other behavioral addiction problems such as OCD, impulse control disorders and substance use disorders etc are also have been shown to have effect in symptoms related to internet addiction81. Published studies on this topic are few and most of them are inconsistent with the definition and diagnosis of internet addiction, thus precluding any strong recommendations82. Treatment options for internet addiction can broadly be categorized under three categories including psychological, pharmacological and multi model treatment modalities.

Psychological Treatment
- **Cognitive-social treatment (CBT)**

Mental social treatment (CBT) is commonest and successful mental treatment of IA (Young, 2013) which centers around recognizing the triggers for habit-forming internet based conduct furthermore, figuring out how to alter them into more versatile ones. CBT additionally supports exercises that are useful in battling against IA, for example, Participation in proactive tasks would make up for decline in dopamine which results due to diminished web use face to face impacted with IA. Individuals has recommended a few exercises, for example,

(a) practice inverse season of Internet use (disturb patient's examples of Internet use by new timetables),

(b) utilize outer plugs (external events causing the patient to log off),

(c) put forth objectives (in relation to the duration of time),

- **Motivational meeting**

Motivational interviewing By examining and resolving clients' ambivalence, motivational interviewing (MI), a client-centered yet prescriptive technique, can increase intrinsic motivation to change. 88 It helps people feel more intrinsically motivated to stop engaging in addictive activities. Learn new behavioral techniques, such as open-ended questions, thoughtful listening, affirming, and summarising, that assist people in exploring and resolving ambivalence about addiction. 89 In the treatment of alcoholism, drug addiction, and issues with food and exercise, MI is only modestly helpful. 90, but it hasn't been tested in the IAD field.

Reality treatment (RT)
Reality treatment (RT) incorporates meetings to show clients that compulsion is a decision and acquaints elective exercises with the risky behavior. RT is a compelling dependence recuperation device for various problems like medications, sex, food, and Internet.

- **Community Reinforcement and Family Training**

It includes mediations with relatives or different family members that can be helpful in upgrading the inspiration of an individual impacted withIAin lessening Internet use. Fundamental ability preparing may likewise be useful in counteraction and the executives of IA as it viewed as powerful in fighting against other addictions.

Other mental medicines tried for IA are purposeful prohibitions on Internet access, restraint programs, directing programs, CBT-IA which is a variety of mental social treatment (Young 2011), Acceptance and Responsibility Therapy (ACT)electro needle therapy (EA) alongside CBT and multifamily bunch therapy.

- **Pharmacological Treatment**

Pharmacological mediations tried by some analysts are found powerful might be because of the co-grim mental side effects of IAD (for example despondency and tension). Escitalopram (a SSRI), citalopram (SSRI)- quetiapine (antipsychotic) combination50 naltrexone (a narcotic receptor antagonist), Methylphenidate (a psycho energizer

drug), mind-set stabilizers and bupropion (a non-tricyclic antidepressant) are accounted for to diminish riskyweb use.

▪ **Multi modal Treatments**

A multimodal or multidisciplinary treatment approach incorporates a combination of various mediations from different disciplines like pharmacology, psychotherapy, caseworkers and family advising all the while or sequentially. A mix of status to change (RtC), CBT and MI mediations was viewed as powerful for dangerous Internetenabled sexual way of behaving (IESB)108 though a multimodal school-based bunch CBT (counting guardian preparing, educator schooling, and gathering CBT) was viewed as successful for young people with IAD86. The blend of arrangement centered brief treatment (SFBT), family treatment, and CT109 in one review while bunch directing project (counting CBT, social ability preparing, preparing of discretion methodologies and preparing of correspondence skills)110 in another Chinese review are accounted for to be powerful.

▪ **India's web de-fixation focus**

A web de-fixation focus with the name of 'closed down' has been set up in the National Institute of Mental Health and Neurosciences (NIMHANS), India for sound utilization of innovation. Likewise, a center for conduct habit is started in AIIMS, New Delhi. Not many comparative places has been set up in a different urban areas yet India need a lot more such focuses across the country thinking about that great many Indians are either as of now or on the other hand liable to be impacted with IAD,.

Implications:

Researchers in past decades have strived to conceptualize and operationalize the problematic internet use but still internet addiction is not officially recognized as a separate and distinct behavioral disorder. There is disagreement on its diagnostic criteria as well, but given the fast-expanding usage of the internet, it appears essential to have some efficient strategies for managing and preventing internet addiction. India has the youngest population in the world, but it is our duty to teach the next generation the proper habits so we don't lose the influence of our youth to online browsing and ensure that they are available in the real world as well as the virtual one.

Conclusion:-

With expanding utilization of web particularly among youthful populace it is normal that issues of IA will turn out to be more common and inability to recognize it can influence a great many individuals, particularly kids and teenagers. As Internet use is energized in extensive variety of exercises of expert, instructive and daily existence, complete restraint from web is neither conceivable nor suggested and accentuation ought to be on dependable utilization of web.

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