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Internet on Teenagers' Mental Health: Psychosomatic Factors

Review Paper

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Abstract

In this digital era, the advanced technology has genuinely influenced all aspects of our lives. Internet has made today's lifestyle much easier than the past. But using internet may bring negative consequences to some extents. It affects teens' psychology intensively more than the adults as teenagers are vulnerable to change. In numerous researches works, it has been proved that excess internet usage controls human's psychology and behavior especially the teenagers are the primary victims of it. Easy access to internet is the main reason for adolescents to be addicted to this web world. This is high time to save our future generation from the extreme hazards caused by internet. Hence, the present study focuses on the causes and effects of the negative impacts of internet on the teenagers' mental health and based on the previous studies discusses on psychosomatic factors.

Keywords: Teenagers, technology, internet, psychology, behavior

1. Introduction

Humans grow up with rapid mental ability and development since birth. Although a human has control upon his/her brain, they can hardly control their mind. The scenery becomes more crucial when a human child turns into an adolescent. This period is a hazardous time for any teenager. In this modern era, these teenagers and young adults are the primary users of internet. They use internet either for academic purpose or for gaming or social networking. Internet has emerged as a magical genie that makes everything pretty easier to get within a moment. Internet has brought up the globe in one hand. Accessibility and availability of internet are responsible for numerous problems for the adolescents. Availability of the internet is killing their time. There have some guidelines for internet usage but the teenagers rarely maintain them. After using random internet teenagers and students suffer from mental imbalance (Tripathi, 2017).

The Internet has a great impact on their brains and so it appears in their behaviors. The study portrays how teenagers suffer from the negative side of the internet and become a victim of it. In the present world, the internet has grabbed almost everything even the human mind. We cannot think without the internet for a single moment. At the age of teenage time, the teenager cannot adjust himself or herself with an environment without internet. At this growing age they want to explore themselves more than they are. That hunger of knowing the world and about themselves let them go toward the unexpected world, which never meant to be expected.

Besides, internet has become the great time killer for the adolescents. When a teenager should pass his/her time with academic studies and proper entertainment like physical games, they spend their time by gaming or social networking in the virtual world (Compton & Atkinson, n.d.). The

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Internet has numerous branches in the web world. Youngsters mostly pick up the unproductive and unnecessary sites for their entertainment and fantasy. Like the internet, gadgets have become very common and popular among them. Smartphones, tablets, laptops, etc. are very accessible to them. In the recent decades, technology has become more reachable to all. Besides, this becomes a problem to some extents as teenagers are using internet back and forth. No matter how the world is developed with the internet and modern science, human psychology always haunts for curiosity. Teenagers run after unconsciously for what they want. They scarcely checked the originality of the information that they are surfing about. Lots of fraud groups want to utilize teenagers in the wrong way (Fowler, 2020). They seek an exciting mood with viral stuff on the internet that ruins their valuable time. Internet may bring some facilities to teenagers but the disadvantages are more. It is making them lazy and making them stay inside the box. Teenagers cannot generate new ideas when they have every scope to think something innovative out of the box. Sometimes, excess facilities cause of danger. Family care or moral ethics can stop them from wasting time on the internet (Morgan, 2016). In the adolescence period, they should be careful about having a group of friends or the company they are accompanied by. They want to flow themselves with the trends around them happening in the particular fashion and buzz. There is the influence of the environment as well. Most of the teenagers even do not have control on themselves.

Thus, the internet has grabbed the adolescents with its algorithm chain. These days teenagers hardly can get rid of such barriers. In a harmful way, the internet grasps teenagers' psychology, valuable study time, morality and they are beautiful to boot. So, the current article is an attempt to combine the psychosomatic issues of the impact of internet on children's mental health and its related aspects.

2. Accessibility of Internet

Today's world cannot be even imagined without internet for a day. Undoubtedly internet has numerous positive impacts on modern society, it has also caused various societal concerns about privacy, security, pornography, Internet crime, and virtual community (Greenfield & Yan, 2006). Adolescents and young people get attracted more to these dark sites of internet. Teenagers go through frequent changes during adolescence which control their abilities functional to self-regulation that are still relatively immature (Casey et al., 2005). Hence, easy accessibility of internet creates greater risks and dangers for youth. Since the internet should be maintained with proper guidance, under 18 and teenagers should not enter adult content sites. Besides, teenagers nowadays are involved with various types of games, which make them pay both costs and attention. In the wrong way, they waste time and money as well. As it becomes an addiction after a certain range of time, they cannot come back from internet addiction (Gregory, 2020). They can easily find what they want. It leads them to be disobedient and they do not listen to their parents. Random use of the internet makes teenagers out of their nature and uncontrolled behavior.

Some children often face their eye problems and psychological disorder like psychosomatic factors. If we look back to our previous decades when the internet was unavailable, teenagers could not get easy access to any addiction portal like the present days. Now it has come in one hand with a piece of tiny gadgets. Availability of smartphones, laptops, and internet easy access are making teenagers crazy about their impractical wishes (Anderson & Jiang, 2018).

The modern usage of the internet is making teenagers social butterflies. They want to decorate their lives as the celebrity showing off their amazing lives. Teenagers barely check the authenticity of any news they see on the internet (Dumitru, 2020). That is very harmful to their psychology. The impact is precisely strong when they post or upload anything to social media. If they could put their full of concentration upon study or to any productive tasks, our education of teenagers could have more developed. In regular life, they ignore the positive issues and pick up the negative matters for their temporary enjoyment.

3. Moral Teachings of Family

A set of values is the indication of morality. Morality is the scale that defines someone as an individual. It leads individuals to learn about appropriate or inappropriate, good or bad, right or wrong. For adolescents, morality or moral value is a measuring tool in doing and behaving in social life (Ardi, Viola & Sukmawati, 2018). Lack of moral teaching from family leads the teenagers to the wrong track in life and they get diverted into the wrong path and intend to do unexpected deeds. Since birth of a child until being adolescent, parents should guide teenagers (KidsHealth, n.d.). Want of moral teachings, teenagers do not have a conscience, which is very significant in negative sense in social life. All the bad deeds happen because there are no moral teachings in them. Moral teachings can keep humans from the wrong path where we should not take in our life. Many teenagers are deprived of moral ethics because of having uneducated parents (Wynne, 1998). Moral thinking keeps the human mind away from crimes. Playing games on virtual life even sometimes can be more dangerous than the real life. For an instance, a game got much popularity among the youths before a few years ago named the Blue Whale Challenge Game (BWCG). It was a suicidal game where a mentor gave instructions and encouraged children and adolescents to perform minor challenges that gradually led them to commit suicide on latter period. The first suicide case was reported in south-eastern Russia in 2015 (Adeane, 2019). Thus, many adolescents and young youth committed suicide all over the world on the latter days. Lack of morality and lack of proper monitoring are responsible for such criminal and harmful occurrences. Morality begins at home. Family care can save the youths even from committing suicide. Moral teaching can be from a religious perspective, too. Moral concern can make them stop misusing of internet. Moreover, roaming on the internet without proper reason makes people unproductive, too. Sometimes, children get addicted to internet when parents do not give them much time and attention. Hence, parents should be more aware and conscious about their children for their bright and better lives.

4. Company of Friends and Society

Social media introduces people with each other and connects the entire world very easily. Therefore, making friends on the virtual life is much effortless than the real life. In making friends on internet, adolescents often make mistakes because they are not quite mature or concerned about the practical life. Mixing with the bad company of friends can spoil teenagers' psychology through social media (TARGET STUDY, 2018). Teenagers should be aware of making friends on the internet. During surfing the internet, parents should be more concerned about their children. Teenagers are not able to choose the right company in this cycle of life. A negative companion can direct them to the wrong way of life. Parents should be careful of their children where they go, which company they are choosing, what sites they are visiting. Mostly the teenage students are involved in social media buzz and cybercrimes. The influence of friends makes them be what their other friends are. A teenage boy or girl becomes the average personality of his/her friends. Most of the times, they like to enjoy unproductive and unnecessary works with the internet dark world. Having friends like keeping harmony in society but should be within control especially for teenagers (Newport Academy, 2018). The parents and senior citizens should teach the teenagers about their surroundings of both real-life and internet world. Teenagers ought to be properly guided about having company what they have chosen and what they should ignore in this particular time of their lives.

5. Influence of Trends

Another crucial facet of the present internet society is the trend. In this digital era, spreading and expanding of a particular trend through social media is only a matter of moment. However, users especially teenagers often misuse social networking by following popular trends which are uncreative, outrageous and anti-social sometimes. Adolescent people are mostly involved in trends around them (PR Newswire, 2019). They can forget their valuable time for study but the trends that they always cannot hold as tight as they can. Now, it can happen in several ways. The dress they wear, the meme they share, the post they upload everything is supposed to be in trends of the present internet world. They even do not have time to check what they share or upload. They do not justify

the source of what they are scrolling. Teenagers consider following trends as modernism. They think if they can flow them with the trends, it will get much popular on the internet. Maximum trendy posts are unproductive and useless for teenagers' lives. With the influence of friends, they become concerned about the present trends. Teenagers ignore previous or backdated issues even if they are positive for their life. In the very wrong way of trends, the impact of the internet has been ruining teenagers' lives numerously (TCOR, 2018). The trend is a very common passing matter but it is not obligatory to follow blindly what the teenagers do for some likes and comments on social media. Everything should be in control, so are the trends of internet users of teenagers.

6. Tend to Commit Crimes

All the negative thoughts and unproductive thinking finally turn into committing crimes. In virtual life, there are some crimes like cybercrimes, hacking, spamming, etc. Teenage people enjoy hacking others' privacy. They can feel the heroic sense by doing this. Most of the students are involved in cybercrimes (Brown, & Wang, 2008). A large number of teenagers visit the dark web of the internet world for the search of cybercrimes. They like spamming and stealing other's information. Sometimes, young hackers hack national and international database which is really alarming. Hacking others' phones or computers by spreading malware is also a crime. Teenagers are the most certainly criminal and victim of it. In the teenage age, they are not so conscious about the dangerous internet world (Collier, 2012). They do not understand what they should do and what they should not do on internet. They just post or download what they like which seems they not have the mature sense for internet use.

7. Suggestions and Conclusion

In the above illustration, it is clear that there is no alternative of awareness. The negative impact of the internet has been manifested in the discussion. The accessibility of internet at anywhere has brought the world in a grip. Moreover, to stop the misuse of internet service, holding moral values, being more conscious about the net world and having self-control from involving in wrong companies are needed (Hokke et al., 2018). Bad habits and the bad company can ruin teenagers' lives. Because of friends, teenagers flow their influence with trends whether it is positive or not. These activities lead them to commit crimes, because, after having tons of negative thoughts teenagers do not even fear to do any crime (Case, 2016). Therefore, social awareness and proper guidance and monitoring can prevent the negative impacts of the internet on teenagers that can stop the psychosomatic disorder and can make the relief of it.

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