Social and Psychological Effects of the Internet Use

Dr. Poonam Deshwal

Assistant Professor, Tika Ram College of Education, Sonipat

Abstract

Over the past two decades there was an upsurge of the use of Internet in human life. With this continuous development, Internet users are able to communicate with any part of the globe, to shop online, to use it as a mean of education, to work remotely and to conduct financial transactions. Unfortunately, this rapid development of the Internet has a detrimental impact in our life, which leads to various phenomena such as cyber bullying, cyber porn, cyber suicide, Internet addiction, social isolation, cyber racism etc. The main purpose of this paper is to record and analyze all these social and psychological effects that appears to users due to the extensive use of the Internet.

Keywords: Internet, Social Network, Cyber bullying, Cyber racism, Internet Addiction, Internet Risks, Online scams. Social and Psychological Effects of the Internet Use

INTRODUCTION

It is undeniable that both computers and the Internet have become one of the most importantachieve ments in modern society. They bring their own revolution in everyday life (science, education, infor mation, entertainment, etc.), eliminating distance and providing instant and easy access to informati on and communications. The continuous development of new technology allows internet users to shop online around the world, use it as an educational tool, work from afar, and carry out financial tran sactions on a wide range of services offered by banks. The endless possibilities offered by the Intern et can often be misused or used for malicious purposes against other users, organizations, and public services. The rapid spread and growth of the Internet has exposed social phenomena such as cyberbullying, internet pornography, social networks, cyberselfmalder, internet addiction, social isolation, and internet racism. Furthermore, there is always a risk of fraud exploitation by experts called by SOS in technical systems that use the Internet as a means to carry out illegal activities. Humans are of ten considered social beings. Therefore, it is not surprising that the Internet will become an easy tool for publishing information about the value of the product.

Social

Networks Social Networks is characterized as an online service that allows for public profile cr eation in network systems that are firmly rooted. Additionally, it publishes a list of other users w hose connections and views are exchanged for users created by other users in the system with the ir connections and other users. Social networks are a number of interactions and relationships. Th is term is also used to describe websites that allow for an interface between users to share ratings, photos, and other information. The most famous of these websites are Facebook, Twitter, My Space, Skype, LinkedIn, YouTube and Trip Advisor. These websites are virtuacommunities where people can communicate contacts and develop contacts through contacts.

The most important issues on social networking websites are:

Online groomingdescribes behaviors that try to awaken young users so thatcan carry out secret di scussions with users. Sexual abuse of victims, physical violence or prostitution, child abuse throug h pornography, could be the result of this conference. This makes it more like a psychological trea tment done online. According to another definition, "care" usually begins without a sexual approach, but is an intelligent handling process that causes sexual shock to the victim. Additionally, temptation can be characterized to emphasize the slow and gradual process of disclosure of information from younger users and building trust.

Cyberbullying is an aggressive behavior with electronic means. Such behavior can lead to the fact that young people feel lonely, unhappy, frightened, uncertain, and think something is wrong. You may lose confidence in yourself and don't want to go back to school or find a way to isolate yourse lf from your friends. Furthermore, in extreme cases, continuous, persistent, and intensive bullying have had terrible consequences such as suicide intentions. Nast among children and adolescents can occur in very different ways, not only rough house and a ggression, but also by the various types of threats exposed by the victim.

Cyber suicide and Cyber Racism

Suicide grows on the Internet. It was believed that the use of the Internet, especially websites, cou ld promote suicide through suicide, and therefore increase the rate of cyber self- murder. People who don't know each other gather together, meet online, then gather in certain plac es to commit suicide together. Expressions of racism on the Internet are frequently and frequently mitigated by the anonymity provided by the Internet. Essentially, it is associated with an increasin g number of people reporting the Internet increasingly to increase the satisfaction and systematic i ncrease in time to pump this feeling.

Internet addiction

Internet addictionis not officially recognized as a clinical unit. This is a disease that causes a signif icant reduction in the social and professional or academic functioning of an individual. Mental hea lth professionals are increasingly invited to medications that have problems with internet use.

Online

scams: In fact, navigation on websites, including transactions, must be carried out with extreme ca ution, and must be considered for future laws and mandatory insurance transactions related to pers onal data. The most common scam is phishing methods. This comes from the combination of wor d password (code) and fishing (fishing). This is an intelligent technology for economic deception, particularly by revealing both personal data and the specific information about financial transactio ns. Personal information can be passed on the Internet in fake form, regardless of unsuspecting use rs. The evidence of fake victims is a double cross and is used to gain access to personal data.

Physical problems related to computer use: Continuously increasing use of computers affects the health of users that affect different systems and cause physical and psychological probl ems. Due to these issues, there is a discrepancy in the physical functionality of some user

systems, resulting in changes in the quality of life. The most important of these problems affect the followi ng systems: a) Ophthalmic system, b) Nerve system, c) Musculoskeletal system, d) Prone to heada ches and obesity.

Internet Security: Used as a tremendous source of information and services the Internet should filter the bulk of such information, so that would never be accepted without criticism. Some readily provided information seeking valid practices and technique are listed below: Search of information sources by using valid techniques

1.   Assessment of the information provided
2.   Disclosure of information provided for ideological or economic benefits
3.   Safe management of electronic transactions
4.   Protection from potential online scams

The spread of the Internet and the growing influence of it to such an extent as to constitute a dominant element in the lives of users, led to the exploration of the consequences that may cause the frequent usage of the internet in the physical and mental development of both young people and adults.

Conclusions

The benefits of the Internet are numerous and contribute to the advancement and prosperity of h umans in all fields. Provides rapid access to information and promotes communication. However, the Internet is abundant and easily accessible, and the illogical use of the Internet is extremely d angerous, especially for younger users. For this reason, users must be aware of information hand ed over on the website, ensure proper operation and prevent excessive use. The results do not ap pear to be the effect of putting the user's personal well at risk. In fact, logical use and latency is k ey to maximizing the benefits of the Internet.

REFERENCES

1. Boyd DM, Ellison NB. Social Network Sites Definition History and Scholarship. Journal of Computer-Mediated Communication. 2007 Oct;13(1):210–30.
2. Choo KR. "Online child grooming" [Retrieved 22-10-2013]; Aic.gov.in.,2005:7.
3. Bishop J. The effect of deindividuation of the Internet. Troller on Criminal Procedure implementation: An interview with a Hater. International Journal of Cyber Criminology. 2013:28.
4. Biddle L, Derges J, Mars B, Heron J, Donovan J, Potokar J, Piper M, Wyllie C, Gunnell D. Suicide and the Internet: Changes in the accessibility of suicide-related information between 2007 and 2014.
5. Moreno M, Jelenchick L, Christakis D. Problematic internet use among older adolescents: A conceptual framework. Computers and Human Behavior. 2013.