A Study of Internet-Usage Among Youth In Jammu Province, J&K State: An Research Among The Merits And Demerits of Internet Usage

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Abstract – Quick and deep infiltration of Internet in India has obstructed every aspect of life across all ages. Fluctuations are brought in all facets of life and face to face social interactions have been transformed into virtual social networking over internet. Youth are the prime users of such services. Thus there will be huge physiological and psychological impact in the minds of the youth due to the conception of virtual world. The research paper examines various predicaments regarding the adjustment of youth of Jammu province and their overall development of personality due to internet.

Index terms – Internet usage, personality, adjustment, youth, Jammu

I. INTRODUCTION

Internet and youth become intimate. For an average youth, dwelling in the urban, semi-urban and even semi-rural areas of Jammu, the daily dose of web surfing, gaming and social networking is inevitability now. With the advent and increased usage of internet in all spheres of life, social interaction has also acquired a new ‘virtual’ dimension. Various popular social networking sites have become the all-embracing definition of ‘social milieu’ for the present generation. Ironically, the so claimed ‘socially-networked’ youth spending prime of their time in getting connected to the virtual world are in reality isolated and disconnected [Swaminath 2008] from the real world. The ever-increasing dependence on the social networking sites can alter the way teenagers mind work [Greenfield 2009] and bring about changes in the psychological structure.

The effects of internet and social networking are twofold. On the positive side, social networks can act as invaluable tools for professionals. They accomplish this by assisting young professionals to market their skills and seek business opportunities. Social networking sites may also be used to network professionally and for education also. In case of education and knowledge Internet produce very successful results as compared to traditional methodology Taraq Hussain and Samina Naz (2015).

On the negative side, the internet is overloaded with a number of risks associated with online communities. Cyber bullying, which refers to a type of bullying that is perpetrated using electronic technology, is one of the risks. In case of education and knowledge Internet produce very successful results as compared to traditional methodology Taraq Hussain and Samina Naz (2015). But the youth of the young generation are actively enjoying the negative be effects of the internet Taraq hussain(2012).

II. GOAL AND OBJECTIVES OF THE STUDY GOAL

The goal of this research is to address the impression and implications of internet and social media on the Jammu province youth the consequences of that use on their behaviour, especially personality
and adjustment of youth of Jammu province.

2.a **Specific Objectives:**

- To determine how the youth in Jammu province use internet and social media in their daily lives.
- To determine if the youth in Jammu province prefer internet and social media as means of communication as opposed to traditional methods.
- To find out the impacts of internet and social media on behaviour changes among the youths of Jammu province.
- To find out the effect of internet and social media for the adjustment of youth of Jammu.
- To determine the risks that comes with use of internet and social media on the Jammu province youth.

**III. RESEARCH QUESTIONS**

The following research questions guided the study:

- **R1.** How do the youth in Jammu use internet and social media in their daily lives?
- **R2.** Do the youth in Jammu prefer internet social media as a means of communication as opposed to traditional methods?
- **R3.** What are the impacts of internet and social media on the behaviour change, religious change and following the adjustments of youths in Jammu?
- **R4.** What are the risks that come with use of Internet and social media among the youths in Jammu province?

**IV. RESEARCH METHODOLOGY**

There are two sources of research methodology viz: primary source and secondary use.

Primary source the data collected by employing two different tools such as questionnaires and interviews from the people using internet cafe.

The Secondary source will be taken from the literature study, like newspapers, research papers, and internet. Depth and details study of literature will be taken for gathering, generalizing, authenticating and understanding the problem. After specifying the outlooks same will be implemented for the research area.

We have used a combination of quantitative and qualitative techniques for our study. We conducted a comprehensive survey of 20 registered cyber café of Jammu Province. We used the convenient sampling technique to select the Internet users. The total samples selected for study are 820. The data is collected their demographic variables like gender, age group. The collected data is used to analyse the purposes for which the internet is used and what are the effects of more internet use on health of internet user. For this study, we interviewed 680 Internet Users among eight age groups and two genders. Therefore random sample of users used for statistical analysis and for drawing inferences about the user population. Our main sources of qualitative data were from structured and close-ended interviews schedules with Internet users. The study was conducted during July 2015 – March 2016. The data has been analyzed by using simple statistical tools. The following table shows the status of respondents of five age groups of youth of Jammu province.
Table 1 shows the status of respondents of five age groups of youth of Jammu province using internet.

V. STATEMENT OF THE PROBLEM

This study will try to find out the impact that internet and social media has on the youth’s behaviour, their psychological adjustments in the Jammu province. Technology has many positive facets but, in the wrong hands, it can become hazardous. For the young people it is experiments to do what they feel is good or exciting to them and the friends and at the same time avoid adult supervision. Livingstone (2008) opines that for teenagers, the online realm may be adopted enthusiastically because it represents their space, visible to the peer group more than to adult surveillance, an exciting yet relatively safe opportunity to conduct the social psychological task of adolescence – to construct, experiment with and present a reflexive project of the self in a social context, as well as, for some, for flouting communicative norms and other risk-taking behaviours.

Technology brought about internet and social media which is a valuable tool but is somewhat misused by today’s youth. The two main forms that the youth use to access social media are cell phones and the Internet which have brought about major changes in their lifestyle. With the current exposure and easy access that the youth are able to get out of these mediums, this study will establish the impacts it have on the youth of Jammu province. Issues that are expected to arise out of this research include exposure to problematic materials, online victimization of youth, exposition to unnecessary online marketing and advertising, exposure to dangerous online behaviours, issues of identity theft, the emergence of digital divide and generation gap between parents and the youth.

VI. POSITIVE ASPECTS OF INTERNET USE

Despite the perils, the Internet can also be a positive tool for student learning as well as youth enablement and well being. There is evidence that computer and Internet use improves test scores, history chronology learning, and inspiration to learn. Although promising, the benefits are not without limits. Older students seem to benefit more from online aids than younger students, and the very youngest of students actually do worse in technological formats compared with traditional paper and pencil formats. But recent survey result the internet learning i.e E-learning plays crucial role for improving the quality of education. There is also evidence that the Internet may help to empower youth, particularly those in deprived circumstances. Barak and Sadovsky found that hearing-impaired youth took advantage of the heavily visual medium of the Internet to communicate. Doing so also had a positive effect on their well being. A recent review concluded that adolescents are primarily using the Internet to reinforce offline relationships, adolescents also seem to use online forums such as homepages and blogs to gain positive feelings of mastery and competence. In addition to this, participation in the e-PAR program has allowed youth to use the Internet and other technologies (photography and video cameras, music production software) to document their lives and create awareness for health and community issues such as drug-use, violence, discrimination, and homelessness.

Youth have not only been creating media to help promote health issues, they have also been using the Internet to look for information about health and in particular about sex. It is estimated that one
in four adolescents have used the Internet to search for health information. Young people are especially likely to seek this information online if it is not available from personal face-to-face sources like friends or family. They are also likely to turn to health websites when they are unable to confide in others or are uncertain they can disclose certain information.

The Internet has been used to provide free counselling, smoking prevention, obesity and eating-disorder prevention, anger management and violence prevention, and substance abuse prevention. Researchers have also discovered online gaming formats as a means to carry out psychotherapeutic treatment. Internet-based interventions have generally had small effects some limitations of online interventions are low exposure rates, misrepresentation, low program adherence, communication problems that result from lack of nonverbal cues or time lapses, high dropout rates and low log-on rates. Despite the need for better execution and development, the Internet can be a valuable health tool for adolescent populations because of the probable anonymity it provides, popularity among youth, and wide range of access as well as in the education empowerment.[22] Taraq Hussain and Samina Naz (2015).

VII. NEGATIVE ASPECTS OF INTERNET USE

For youth, the adverse aspects of the Internet include Internet addiction as well as online risks such as exposure to sexually explicit material[23] and online victimization including harassment or cyber bullying and sexual solicitation[7].

VIII. INTERNET ADDICTION

Excessive Internet use is emerging as one of the more negative aspects of young people's online activities. In the literature, such extreme use is often synonymous with the terms 'compulsive Internet use', 'problematic Internet use', 'Internet dependence', 'computer addiction' and 'net addiction'. Internet addiction, the term we use here, has been defined as the use of the Internet to escape from negative feelings, continued use of the Internet despite the desire to stop, experience of unpleasant emotions when Internet use is impossible, thinking about the Internet constantly, and the experience of any other conflicts or self-conflicts due to Internet use.[4] There is evidence that Internet addiction has a negative effect on academics (a drop in grades), family relations (having to hide their excessive Internet use from parents), physical health (sleep deprivation due to long hours of Internet use), mental health (depression), and finance (cost of accrued Internet expenses).[5-7] Interactive communication applications such as chat rooms, instant messaging, e-mail, and online games have most commonly been associated with Internet addiction among youth.[4,8-10]
In a study of the influence of online-game playing on life pleasure of gamers on different personality dimensions, Chen et al.\textsuperscript{[12]} found that neuroticism in gamers had a negative influence on life satisfaction. Neuroticism also has a significant damaging impact on subjective well being in teen gamers.\textsuperscript{[13]} A undesirable relationship between web surfing frequency and life contentment has also been found.\textsuperscript{[14]}

It has been imagined that, because adolescence and young adulthood is a time of identity and relationship investigation, those who have trouble steering through these developmental challenges are particularly vulnerable to using the Internet as a coping mechanism.\textsuperscript{[8]} Current research does indicate that ego-identity achievement (the resolution of Erikson's\textsuperscript{[15]} adolescent-stage conflict resulting in an established sense of self) in middle school students is negatively related to obsessive and extreme Internet use.\textsuperscript{[9,16]}

To get a better handle on this problem, we need to understand the characteristics of youth who may be at risk for online addiction. The scholars suggest that addiction to the Internet, gaming, and gambling may be etiologically linked rather than three separate phenomena. The idea that Internet addiction, online gaming, and online gambling may be part of a broader proneness-toward-dysfunctional-behaviour has implications for prevention and intervention.

It is imperative to note that online gaming and chatting can be enjoyable leisure activities for youth that do not always lead to Internet addiction. Although there is some evidence that frequency of computer use can have a negative effect on academics\textsuperscript{[22]} and that using the Internet for playing games and general entertainment purposes decreases the quality of friendships and romantic relationships,\textsuperscript{[23]} there is also evidence that computer games can have positive effects on cognitive development.\textsuperscript{[24]} It seems that, while moderate use of the Internet can have positive effects, these beneficial outcomes diminish or disappear with excessive use and even non use after the survey of the internet users of adolescent age groups of Jammu Province.

**IX. ONLINE RISKS**

Online risks facing young people include exposure to sexually explicit material as well as online victimization on the Internet\textsuperscript{[25]}. Exposure to sexually explicit Internet material is an important concern as there is evidence that such exposure is related to greater sexual uncertainty and more positive attitudes towards uncommitted sexual investigation among youth. However, online victimization in the form of online harassment and sexual solicitation was a big focus in the recent literature and we focus here on these two concerns.

Online harassment is defined as 'threats or other offensive behaviour (not sexual solicitation) sent online to the youth or posted online about the youth for others to see'. Sexual solicitation is defined as 'requests to engage in sexual activities or sexual talk or to give personal sexual information that were unwanted or, whether wanted or not, made by an adult (18 years old or older)'. In a recent survey of Internet users, 33% of 10-15-year-olds reported having experienced online harassment and 15% having received a sexual solicitation in a 1-year period\textsuperscript{[7]}.

One of the more common forms of harassment among youth is that of cyber bullying, which is defined as 'will full and repeated harm inflicted through the medium of electronic text'. It is often perceived as the online version of offline bullying, or 'traditional bullying', which is characterized as the 'aggressive intentional act or behaviour that is carried out by a group or an individual repeatedly and over time against a victim who cannot easily defend him or herself'. Estimates of the incidence of cyber bullying vary and range from 23 to 72%.
Although it was initially feared that posting identifying information online led to increased risk of online abuse, recent research does not bear this out. Mitchell et al. found that, whereas bloggers were more likely to post personal information online, posting personal information did not add to their risk of experiencing sexual solicitation. Making personal information available online, at least on the social networking site of MySpace, may also not be as rampant as once believed.

The potential for hazardous offline consequences makes online abuse an important concern. In the past two years, there have been at least 285 cases of child cyber crimes. The reality is that most Internet youth-adult sex crimes are characterized by an open seduction that may begin with a sexual solicitation. It has also been suggested that factors related to immaturity, impulsiveness, histories of abuse and interaction styles make certain youth more susceptible. The more prevailing concern for online harassment and cyber bullying is the negative effect victimization has on the mental, emotional, and social development of its victims. Being a victim of cyber bullying has been linked to increased social anxiety and there is evidence that both cyber bullies and cyber victims are more likely to exhibit off-line maladaptive behaviors(school problems, assaults, and substance use) than youth not involved in cyber bullying. Overall, recent findings on victimization will likely lead to changes in intervention and prevention messages by shifting away from advocating complete avoidance and limiting online disclosure for all youth to a targeted focus on high-risk youth and behaviours.

X. CONCLUSION

For youth, the internet offerings a number of perils along with an assembly of intervals. The study reviewed recommends that some of the online risks facing youth are addiction, exposure to inappropriate material, cyber bullying and sexual solicitation. Taraq hussain (2012) Research is only now beginning to determine which youth may be at most risk for online addiction in the Jammu Province. With regard to treating addiction, cognitively based treatment approaches have shown some success, but more research is needed. Study also suggests that some youth may be more likely to be victims of online harassment and sexual solicitation, suggesting that interference efforts should target high-risk youth as well as hazardous online behaviours in the Jammu Province.

Despite these risks, the study also suggests that the Internet can be beneficial for youth. It provides a vehicle to promote cognitive, social, and physical development. Although there are limits to which the Internet can be used as a means of learning, health promotion, and interference delivery, nevertheless the Internet can be used to accompany more outdated methods of delivering treatment interventions. But it can be beneficial for among the youth for the empowerment of education methodology Taraq Hussain and SaminaNaz (2015).learning and overall development of the personality. Overall, research suggests that specific and targeted efforts may be needed to counter online risks in order for youth to benefit from the many occasions offered by the Internet.

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