HARMFUL INTERNET

Language

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ABSTRACT

Internet is the most easier and less physical stressing partner of human beings. Which can do most of our all activities in few seconds but the over use of internet may cause different problems. This articles is being research to find out the problems and managements of misusing of internet.

KEYWORDS

Summery

The HARMFUL INTERNET is the research paper is written in Guwahati India where actually I use to stay. Moreover young Adolescents are staying in Guwahati who are almost seen busy with mobiles, desktops and laptops more over they are busy in socials sites like Facebook, what's App and others social media and while clinical posting I use to see every mothers is handlings mobiles to the 2-3years of child to stops them for crying but its create only one side communication between child and mobile. Every child need active participation from mother and other family members due to which the child's will be age appropriate otherwise he/she may have delayed speech and language development and its may also harm in cognitive area as well as physical areas. In some cases the child is fully busy with mobile and he is become expert in social sites and others application like YouTube and Etc. which may help child to learning rhymes and others concepts but in other side its may distract child attention from mother to YouTube which may effects in relationships. Internet use to carry electromagnetic and some high rays which runs whole over the world and bring fast internet like 3G,4G due which the browsing become too fast due to which the children and youngsters become more interested in websites and get addicted. Nowadays peoples are so busy in social sites so they even don't have times for there family members. Somewhere in the room near the electric sockets connecting with mobile via charger and his/her journey began with Data on. At first its gives so happiness when we see lots of messages from someone whom we love then after that only we don't have anything but still we are scrolling and searching useless things. Which is one of the time wasting things we do in our daily life after the internets came to our life. After using day by day the grades of exam is decreasing and the interesting in social sites increasing, slowly the children learns some undesirable behavior due to passive communication after that's its will cause depression, anxiety and so on, And which treatment is not even so easy.

Internet should used but according to its needs and schedules. Its even too bad then abusing the substances, so every person should try to be less connected internet and try to connected face to face then its will give strong bonding in life.

Introduction: Internet is known to be a vast source of information. Which can help human being in day to day activities to solve biggest to biggest problems in few seconds.

The Telecom Regulatory Authorities of India has reported in 2016 that India has 36.74 crore (367.48 million) internet users are there. Based on a populations count of 127.7 crore, it translate this into 28.77 internet scribers per 100 populations. Only 28% of India population isn't connected to the internet (1).

As the Global Internet Usage has reported India has 391,292,635 internet users which is 143 ranks in all over the world, whereas Ireland is in number one in using internet all over the world (2).

The term Internet is used to refer to the specific global system of inter connected Internet Protocol(IP) networks (3).

Findings:
Its becomes all to common to dismissed over flustered, uninterrupted

lives as just part of the everyday. Undeniably, modern society is defected by our constant connection to upgrade internet and technologies ,nowadays internet and electronics gadgets such as mobiles, laptops, desktops, tablet and others devices are wife and husband of every human beings, for better or worse, but actually its quite serious and dangerous .Moreover those peoples specially young children, toddlers even adolescents are seen in addicting in internets. In 2013-14 parents had to search there kids all over the village but from last 2,3 years all are so busy in internets so they almost feel lazy to join some physical activities like playing games and etc.

Those Children who are seen busying and addicting in internets and social media are going deep in some behavioral, educational, psychological, neurological as well as socials problems.

In 2011 researcher estimate that the energy used by the internet to be between 170 to 307GW,less then two percent of the energy used by the humanity (4).

When the Human being is suffering from fevers or any weakness abnormalities such as malnutrition at that periods the energy of the internet cross the energy of human beings. Whose makes child suffering from depression, anxiety and short term memory dysfunctions

The using too much internets and electronics devices such as mobile, laptops, desktop can also cause writing problems(Dysgraphia), Calculation problems(Dyscalculia), spellings errors, readings problems and also effects in oral communication due to using short texts in social medias, which is also reason of spellings and writings problems.

Benefits of internet:
The internets and technologies has bring less hardworking habits in human being life. Its has overcome as surprises to all human beings because it is have many benefits

- Always available,
- Easily in contacts,
- Easy to works
- Less empowerments
- Option for time pass
- Connecting with peoples, and lots.

Disadvantages of Internet:
How internet and upgrade technologies brings joys and happiness and relaxing periods to human beings along with its, its brings serious and dangerous disadvantages which of them are not manageable.

Some of disadvantages of internets are below:
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- Its Causes Distractions,
- Its causes addiction due to over use of it which cause wasting of times,
- Adopting the bad habits faster then good habits,
- Its cause migraine,
- Its causes sleeping disorders,

- Its causes Depression,
- Its causes Reading, Writing and Spelling problems,
- Lack of physical activity,
- Lower productivity of work,

- Digital Dementia is caused of using of digital technologies in resulting in the breakdown of cognitive abilities(5).

- Internet Addiction Disorders cause neurological, psychological, Social, Intellectual, Educational problems in every ages of populations(6).

- TheAmericanSocietyofAddictionMedicine(ASAM)recentlyrelea sed new definition as a Chronic Brain Disorder(CBD),officially proposing that addiction is not worst then substance abuse used (7)

- University of Chicago psychologist said that over used of internets may cause Attentions problems which can diagnosed with Attention Deficits Disorders(ADD)(8).

Management: Some of the above problems can be modifying by using medicines and others types of psychological, Neurological and others management process.
Some of the managements are below:

Reality Therapy (RT) – Reality therapy is supposed to encourage individual to choose to improved their living by communicating to change their behaviors (9).

Commutating Reinforcement and Family Training Programs (CRFTP) – This is the process where the psychologist counsel to the parents and advice them "if the child tries to communicates then reinforce(rewards) him/her its will create positive motivation to communicating with others"(10).

Acceptance and Commitment Therapy(ACT) - The ACT therapy process is the protocol including several exercises and mediation for maintained the behaviors(11).

Cognitive Behavioral Therapy(CBT) – Cognitive Behavioral therapy is to control the behavioral addictions/ Impulse control disorders. Such as pathological gambling, compulsive shopping, Bulimia nervosa, Binge Eating Disorders(BED) where different Behavioral Modification Therapy(BMT) are used to decrease behavioral problems of individual (12).

Result:
The disorders or problems due to misusing of internet may cause Educational, Psychological, Neurological, Physical as well as Behavioral problems which can damage our livings in different ways and can make our life ruin but the using of internets as schedules and as needed then its can overcomes as good learning materials.

Conclusions:
The internet such a vast and developed device in the world through which everyone is connected with each others becoming more closed and doing there jobs without any physical stress but in others sides its causing ophthalmological and neurological problems as well as behaviors and educations problems in life so, the individuals must used internets in needed with using of several preventions likes using spaces while using mobiles, laptops and Etc , doing meditations and playing some activities with friends in free field which is make alive both body and brain.

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