



HOW INTERNET ADDICTION LEADS TO TOXIC ROMANTIC RELATIONSHIP IN ADOLESCENCE

Psychology

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ABSTRACT

Adolescence is a transitional phase of growth and development between childhood and adulthood. Establishing social relationships is one of the basic needs of adolescences as any other human beings at any age. Especially, romantic relationships. Romantic relations are, to an extent, is good enough for adolescents. It is good for their social skills and good future relationships. Now relations are basing more on virtual platforms i.e. internet. Overuse of internet can be lead to the condition "internet addiction". Even though social media platforms are intensively unsung teens for initiating and sustaining romantic relationships internet addiction can lead one to the toxic relationship and finally unaccepted emotional physical, sexual, economical abuses to even suicide and homicide. The aim of the study is to analysis how Internet addiction leads to toxic romantic relationship in adolescence. It is concluded that jealousy and suspicion, narcissistic traits, aggression, mood swings, sexual harassment, social isolation, dishonesty, impulsivity is common in internet addicted teenagers. This can lead to toxic romantic relationships.

KEYWORDS

Adolescence, Internet addiction, jealousy and suspicion, narcissistic traits, aggression, mood swings, sexual harassment, social isolation, dishonesty, impulsivity

Adolescence is a transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19. The American Academy of Pediatrics explains that adolescence is a period of fast-paced development in five key areas: moral, social, physical, cognitive, and emotional. During adolescence, young people learn how to form safe and healthy relationships with friends, parents, caregivers, teachers, and romantic partners. Adolescents often try on different identities and roles, and all of these relationships contribute to their identity formation. Knowing how to establish and maintain healthy romantic relationships can help adolescents develop into well-functioning adults with healthy adult relationships (Suleiman, A. B., & Harden, K. P., 2016). Healthy dating during the teenage years can be an important way to develop social skills, learn about other people, and grow emotionally. These relationships also can play a role in supporting adolescents' ability to develop positive relationships in other areas including: in school, with employers, and with partners during adulthood.

Relationships are the state of being **related** or interrelated. It can be a romantic, sexual or friendship between two people. Romantic relationships comprise one of the most meaningful aspects of life, and are a source of deep fulfillment. Human connection appears to be innate but the ability to form healthy, loving relationships is learned. **Maintaining a strong relationship** requires constant care and communication, and certain traits have been shown to be especially important for fostering healthy relationships. Each individual should, for starters, feel confident that their partner is willing to devote time and **attention** to the other. They must both also be committed to accommodating their differences, even as those change over time. **Sternberg's triangular theory of love**, (1986) identifies three main components of love: passion, intimacy, and commitment. **According to him** Romantic love is the combination of passion and intimacy. Types of romantic relationships include: Dating, Committed relationship, Casual relationship, Casual sex, Situationship and Ethical nonmonogamy (Gonsalves, K., 2021).

Relation can be sometimes toxic. Dr. Lillian Glass, a California-based communication and psychology expert who says she coined the term in her 1995 book "*Toxic People*" defines a toxic relationship as "any relationship [between people who] don't support each other, where there's conflict and one seeks to undermine the other, where there's competition, where there's disrespect and a lack of cohesiveness. While every relationship goes through ups and downs, Glass says a toxic relationship is consistently unpleasant and draining for the people in it, to the point that negative moments outweigh and outnumber the positive ones. Toxic relationships are mentally, emotionally and possibly even physically damaging to one or both participants. Toxic relation includes: Lack of support, Toxic communication, Envy or jealousy, Controlling behaviors, Resentment, Dishonesty, Patterns of disrespect, Negative financial behaviors, Constant stress, Ignoring needs, Lost relationships, Lack of self-care, Hoping for change and Walking on eggshells.

In today, electronic medium plays a major role of initiating sustaining and destroying the relations. Especially the encroachment of internet. The internet has become an integral part of modern day life, and the global population using the internet has grown to almost 3.8 billion (Internet World Statistics, 2017). Youngsters use virtual communication widely and gain happiness and satisfaction through its. They spend more and more time on the internet, particularly on social media or forums. It can lead to internet addiction. Internet addiction is characterized by excessive or poorly controlled preoccupations, urges or behaviors regarding computer use and internet access that lead to impairment or distress. One of the more accepted diagnostic assessments of Internet Addiction Disorder has been proposed by K W Beard's 2005 article in *Cyber Psychology and Behavior*. Beard proposes five diagnostic criteria in the identification of Internet Addiction Disorder in the general population. Is preoccupied with the Internet (constantly thinks about past use or future use), Needs to use the Internet with increased amounts of time to gain satisfaction, Has made unsuccessful efforts to control, cut back, or stop use of the Internet, Is restless, moody, depressed, or irritable when attempting to control Internet use, Has stayed online longer than originally intended In addition, Beard (2005) suggests at least one of the following must also be present in a diagnosis of Internet Addiction Disorder: Has jeopardized or risked the loss of a significant relationship, job, educational, or career opportunity because of the Internet, Has lied to family members, therapists, or others to conceal their involvement with the Internet, Uses the Internet as a way of escaping from problems or to relieve a dysphoric mood (e.g., guilt, anxiety, depression, helplessness). Widyanto and McMurran (2004) found that the higher the amount of time spent online, the greater the extent of symptoms of Internet addiction.

Excessive Internet use has not been recognized as a disorder by the World Health Organization, the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) or the International Classification of Diseases (ICD-11) yet but internet addiction affects nearly 6 percent of the global population. In a study on young adolescents, it was found that about 74.5% were moderate internet (average) users and 0.7% was found to be internet addicts (Goel. D., Subramanyam, A & Kamath, R. A., 2013).

Despite media attention, few adolescents meet their romantic partners online. In 2015, only eight percent of all teenagers had met a romantic partner online. Of course, many teens have never dated anyone, but among those with dating experience, 24 percent dated or hooked up with someone they first met online. Among this 24 percent, half of the teens had met just one romantic partner online, while the other half had met more than one partner online (Lenhart, A., Smith, A., & Anderson, M., 2015). Excessive use of internet is dangerous in nature if we are not using it fruitfully. It is enough for controlling manipulating and destroying our relationships rather than enhancing it.

METHODS

PubMed, Scopus, Web of Science, Embase, PsycINFO, IndMed, and

Google Scholar were searched along with books. To find out Data, were collected by searched articles online along with books to find out information regarding romantic relationships and internet addiction.

DISCUSSION

Establishing social relationships is one of the basic needs of human beings (Heaney & Israel, 2008). Particularly, romantic relationships. Romantic relations are, to an extent, is good enough for adolescents. Now a day's relations are basing on internet or can say online platform. A study reveals that the digital realm is one part of a broader universe in which teens meet, date and break up with romantic partners. Online spaces are used infrequently for meeting romantic partners, but play a major role in how teens flirt, woo and communicate with potential and current flames (Lenhart, A., Smith, A., & Anderson, M., 2015).

It has been established in neuroimaging studies that Internet addiction is associated with structural and functional changes in brain regions involved in executive attention, decision making, emotional processing, and cognitive control. Recently various morphometric studies on cortical centres of the brain with Internet addiction have found possible neural mechanisms (Lin F, Yan Z, Yasong D, Lindi Q, et al., 2012). Internet addiction leads to many neuroanatomical and neurochemical alterations including cortical thinning of various components of the brain and altered dopaminergic reward circuitry (Tripathi, A., 2017). Research studies suggest that people with an Internet addiction have alterations in the brain similar to those individuals with an addiction to drugs and with the old compulsive gambling habit. In particular, it has been observed that there are changes in the area of the brain associated with attention, planning, and prioritising (pre-frontal area). These changes explain why people with addictions put the use of the Internet or consumption of drugs before basic everyday things, like eating or sleeping. The excitement we feel when our social media post is "liked," or otherwise validated, is due to the release of dopamine in our brain, which is also released during sex or a delicious meal. Increasingly, our brains are becoming conditioned and rewired to associate this boost of happiness with our online behaviors like social media, online games, email or aimless surfing. Unsurprisingly, this leads to a host of emotional and social problems (Dfarhud, D., Malmir, M., & Khanahmadi, M., 2014). Research into the effects of social media addiction on romantic relationships has increased (Abbasi, I.S., 2019).

A lot of psychiatric disorders have been correlated with internet addiction. It has been reported to be associated with low self-esteem, impulsivity, poor sleep quality, mood disorder, and suicide (Tripathi, A., 2017). Jealousy and suspicion, Narcissistic traits, Aggression, Mood swings, Sexual harassment, Social isolation, Dishonesty and Impulsivity are some common factors seen in internet addicted adolescents. It will ruin romantic relationships partially or completely. Internet addiction may have reduced face-to-face human interaction considerably. One just messages a love note to their lovers and fails to say things in person. These levels of social-media engagements lead to very limited in-person human interactions or declining investment in the relationship can lead to problematic or disrupted romantic relationships. In extreme scenarios, internet addiction can be leads to even murder of one partner that is what we unfortunately perceive in this 21st century.

Jealousy and Suspicion

Jealousy is a negative emotion in which an individual resents a third party for appearing to take away (or being likely to take away) the affections of a loved one. Jealousy requires a triangle of social relationships between three individuals: the one who is jealous, the partner with whom the jealous individual has or desires a relationship, and the rival who represents a preemptive threat to that relationship. Romantic relationships are the prototypic source of jealousy, but any significant relationship (with parents, friends, etc.) is capable of producing it. It differs from envy in that three people are always involved (American psychological association). Suspicion is the mistrust of the motives or sincerity of others. Although a degree of suspiciousness in certain situations can be natural and likely serves the purposes of self-preservation or survival (American Psychological association). The literature suggests that Internet addiction negatively affects romantic relationships due to its tendency to create jealousy and suspicion.

Jealousy is a complex emotion that encompasses feelings ranging from suspicion to **rage** to **fear** to **humiliation**. It strikes people of all ages,

genders, and **sexual** orientations, and is most typically aroused when a person perceives a threat to a valued relationship from a third party. The threat may be real or imagined. Jealousy is often thought of in the context of **romantic relationships** for example, a boy friend who forbids his girlfriend from talking to other men. Studies investigating the events that elicit men's and women's jealousy consistently show that men's jealousy, more than women's jealousy, is triggered by a mate's sexual infidelity, and women's jealousy, more than men's jealousy, is triggered by a mate's emotional infidelity (Groothof, H. A. K., Dijkstra, P., & Barelds, D. P. H., 2009). Although jealousy is a painful emotional experience, evolutionary psychologists regard it not as an emotion to be suppressed but as one to heed—as a signal or a wake-up call that a valued relationship is in danger and that steps need to be taken to regain the affection of a mate. Jealousy is often motivated by insecurity or fear. There are different types of jealousy. In which romantic jealousy is result from a real or imagined threat to a romantic relationship, resulting in jealous thoughts or reactions. The internet addiction has made us more connected and aware of what others are doing, and this can lead to comparative behavior. we were comparing ourselves to our immediate social circle – our neighbors, friends, co-workers and others we came in contact with – but now, we are compare ourselves to is without boundaries, it's worldwide, constant and endless.

According to Muise and colleagues, Facebook can be jealousy-inducing because it connects us to a wider network of past and potential romantic partners. Many of teens stay friends with their exes on social media, which could threaten our primary relationship. Facebook also exposes us to ambiguous interactions between our partner and others in their network. Because we lack context for interpreting their interactions, imaginations can run wild. In such cases, scrolling through a partner's posts in an effort to ease our suspicions may actually make matters worse. Spending more time on Facebook may expose us to jealousy-provoking information, which can lead to even more surveillance of a partner's page. Although their study focused exclusively on Facebook, it's likely the results would extend to other platforms with similar features and affordances (for example, Twitter, Instagram) (Sharabi, L., 2021). Watching content or information continues in internet confirming our jealous thought will enchain jealousy towards our romantic partner much more. All these lead to poor and toxic romantic relationships. Infidelity, or the threat of infidelity, can cause extreme jealousy in both males and females. In various studies, this strong emotion was found to have been one of the top three motives for non-accidental homicides where the motive is known (Harris, 2004). Although an individual's reaction to jealousy is not always to a murderous extreme, it serves as an example of how strong an emotion can be. Other effects of jealousy include a decrease in one's perceived self-worth, emotional instability, feelings of bitterness, and the breaking of relationships, prolonged depression and extreme anxiety.

At least 10–15% of the general population regularly experience paranoid thoughts and persecutory delusions are a frequent symptom of psychosis (Freeman, D., 2007). In the seventeenth century Francis Bacon (1612), often credited as the founder of the scientific method, commented on the corrosive nature of the experience: 'Suspicious amongst thoughts are like bats amongst birds, — they ever fly by twilight. Certainly they are to be repressed, or, at the least, well guarded. For they cloud the mind, they lose friends, ruin relationships. The mechanism of suspicion itself is frequently linked with the concept of distrust (Kramer, R.M. 1998), which is conceptualized as a psychological state that is related to the lack of trustworthiness for others, caused by negative expectations and beliefs (Deutsch, M., 1958).

Social networking websites (SNSs) have gained popularity among Internet users. SNSs addiction has negative implications on users' lives including romantic relationship quality (Abbasi & Alghamdi, 2017). Evidence suggests that merely using SNSs interferes with romantic relationships and is linked to lower relationship satisfaction (Coyne, 2016). Moreover, high levels of SNSs use is significantly linked to physical and emotional infidelity, relationship dissatisfaction, low commitment, breakup, etc. (Clayton, Nagurney, & Smith, 2013). This link may be due to the availability of online potential alternative partners and the ease by which users are able to interact with them (Drouin et al., 2014). These options are known to new generation including adolescents so that chance to suspect their romantic partner may be high. Relationship commitment curbs interest in alternatives

because committed partners are likely to derogate potential partners, develop optimistic thoughts about their relationship and/or partner, and devalue others' relationships (Rusbult, Agnew, & Ximena, 2011). The interdependence theory (Thibaut & Kelley, 1959) advanced two concepts: Commitment to the romantic partner is strengthened when partners are satisfied with their relationship, and commitment is weakened when alternatives to the partner or relationship status are present (e.g., potential partners, preference to be single). Social media use in association with internet addiction can lead to suspiciousness about their romantic partner like whether he/she poses any other partner. Multiple partner relationship will destroy the primary romantic relationship. Adolescents use social media to connect with alternative romantic partners (Drouin et al., 2014). Findings and suggest that the perception of an ideal partner or an ideal relationship portrayed social media may lead to partners negatively evaluate their own partner or relationship and decrease their commitment in relationship which may lead it to toxic one. Use of social media, Facebook, in particular, has been shown to increase feelings of suspicion and jealousy in romantic relationships among college students. Mistrust, hypervigilance, difficulty with forgiveness, defensive attitude in response to imagined criticism, preoccupation with hidden motives, fear of being deceived or taken advantage of, inability to relax, or are argumentative. All these are the characteristics of a suspicious individual. All these factors are enough for making a romantic relationship problematic and toxic.

Narcissistic traits

The term "narcissism" is etymologically rooted in Greek mythology and specifically a story of unrequited love, jealousy, and revenge. Narcissism is characterized by an inflated self-image and addiction to fantasy, by an unusual coolness and composure shaken only when the narcissistic confidence is threatened, and by the tendency to take others for granted or to exploit them. Narcissistic personality disorder is usually diagnosed through clinical evaluation. Excessive social media use/Internet usage is linked to narcissistic traits in some cases (Andreassen, C.S., Pallesen, S. & Griffiths, M.D., 2017). Research confirms that addictive social media/internet use reflects a need to feed the ego and an attempt to improve self-esteem, both of which are narcissistic traits. And different types of social media play into different aspects of narcissism. For example, people who frequently tweet or post selfies may be displaying grandiosity, one of the common traits of narcissism. Since you can be narcissistic without having a personality disorder, it's possible to develop these traits over time—and at least one small study has found excess social media use may be a trigger (Reed, P., Bircsek, N.L., Osborne, L., Viganos, A.C & Truzoli, R., 2018). And of being in a relationship with a narcissist is not healthy and can lead to trauma later on.

When someone posts one too many selfies or flex pictures on their dating profile or talks about themselves constantly during a first date, we might call them a narcissist. Relationship with the narcissist is chronic. If one is in a relation with a person having these traits must care about us, because they might be narcissist: They were charming at first sight. They hog the conversation, talking about how great they are, They feed off your compliments, They lack empathy, They don't have any (or many) long-term friends, They pick on you constantly, They gaslight you, They dance around defining the relationship, They think they're right about everything... and never apologize, and They panic when you try to break up with them. These situations worsen the romantic relationship of partner either of them if having narcissist qualities. Below are some common traits that a narcissistic relationship partner is likely to have: Sense of entitlement or superiority, Lack of empathy, Manipulative or controlling behavior, Strong need for admiration, Focus on getting one's own needs met, often ignoring the needs of others, Higher levels of aggression, Difficulty taking feedback about their behavior. Narcissistic relationships tend to be very challenging. Narcissistic partners usually have difficulty really loving someone else, because they don't truly love themselves. They are so focused on themselves that they cannot really "see" their partner as a separate person. They tend to only see the partner in terms of how they fill their needs (or fail to fill their needs). When one is in a narcissistic relationship, may feel very lonely and might feel like he/she is just an accessory and needs and wants are unimportant. Narcissistic partners act as if they are always right, that they know better and that their partner is wrong or incompetent. This often leaves the other person in the relationship both angry and trying to defend themselves or identifying with this negative self-image and feeling badly about themselves (Firestone, L., 2020). This will lead to toxic relationships.

Aggression

In psychology, the term "aggression" refers to a range of behaviors that can result in both physical and psychological harm to you, others, or objects in the environment. Aggression is the behavior aimed at harming others physically or psychologically. It can be distinguished from anger in that anger is oriented at overcoming the target but not necessarily through harm or destruction. When such behavior is purposively performed with the primary goal of intentional injury or destruction, it is termed hostile aggression. Other types of aggression are less deliberately damaging and may be instrumentally motivated (proactive) or affectively motivated (reactive). Instrumental aggression involves an action carried out principally to achieve another goal, such as acquiring a desired resource (American Psychological Association).

The harmful effects of aggression are reported in the media on a daily basis and people can recognize the social significance of aggression through the media including the aggressive act between romantic partners physical attack to murders. Ironically, an estimated 10% to 30% of violence in society can be attributed to the impact of media violence, although it is debatable whether the media is a significant factor of violence (Strasburger, 2007). Among various forms of modern media, one of the most influential forms is the Internet. Studies have reported associations between aggression and Internet addiction. A study indicate that adolescents with Internet addiction appear to be more disposed to aggression than are non-addicted ones (Lim, J. A., Gwak, A. R., Park, S. M., Kwon, J. G., Lee, J. Y., Jung, H. Y., Sohn, B. K., Kim, J. W., Kim, D. J., & Choi, J. S., 2015). "Bobo doll Experiment" the classic experiment conducted by Bandura (1961) investigate if social behaviors (i.e., aggression) can be acquired by observation and imitation. Experiment demonstrated that children are able to learn social behavior such as aggression through the process of observation learning, through watching the behavior of another person. It is directly applicable to teenagers who are addicted to internet especially violent videogames. Regular playing of violent contented video games increase aggressive traits in teens. The relationship between violent video games and adolescent aggression are proved already (Wiegman and Schie, 1998; Anderson and Bushman, 2000). "One study reveals that young men who are habitually aggressive may be especially vulnerable to the aggression-enhancing effects of repeated exposure to violent games," said psychologists Craig A. Anderson and Karen E. Dill. "The other study reveals that even a brief exposure to violent video games can temporarily increase aggressive behavior."

When internet addicts come in to romantic relationships, it is suggested that in romantic relationship, partner aggression is uniquely personal and painful. Being directly harmed, devalued, dehumanized, dominated, or controlled by a partner elicits significant and persistent concerns that eventually cause personal distress (Arriaga, X. B., Cobb, R. J., & Daly, C. A., 2018). Aggression in romantic relationship is a continuing factor for breakups, physical assault, kidnapping, acid throwing, rape and even murder. Relational aggression also includes flirting with others to make a romantic partner jealous, threatening to breakup with a partner if the partner will not comply, or giving a partner the silent treatment when angry predisposed at risk for adjustment difficulties including peer rejection, depression and maladaptive personality features (Crick, N.R., 1996). The individuals who reported perpetrating relational aggression in their romantic relationships believed that aggression was most acceptable (social-cognitive risk), whereas individuals who reported experiencing relational aggression (as victims) were more likely to indicate that their self-worth was contingent on relationships and that romantic relationships were very important to them (Sara, G.E., Chesir-Tera D & McPaul., 2008). Studies have also documented the gender differences in the experience and expression of relational aggression. Females reported higher levels of perpetration, whereas males reported higher levels of victimization. (Marsee, M.A., Weems, C.F. & Taylor, L.K., 2008). Males experienced more relational aggression in romantic relationships. Males reported more loneliness, whereas females experienced more depression (Saini, S. & Singh, J., 2008). Variety of adverse psychological consequences often accrue from experiencing relational aggression, with anxiety and trauma symptoms from experiencing physical relationship aggression. Recent years have seen an upsurge in the frequency of relational aggression in India and other nations.

Mood swings

Mood is any short-lived emotional state, usually of low intensity (American psychological association). A **mood** is an emotional state that may last anywhere from a few minutes to several weeks. Mood affects the way people respond to stimuli. Sleep is a major contributing factor to mood, and people suffering from lack of sleep are more likely to have depressed moods. Diet, medication, and other lifestyle factors can also affect mood. Several studies have demonstrated that decision-making is affected by mood. Directedness and time pattern are two important characteristics that distinguish moods (e.g., feeling happy vs. unhappy, feeling relaxed vs. tense) from emotions (e.g., pride, anger, or sadness) (Frijda, 1993). A mood swing is a sudden or intense change in emotional state. During a mood swing, a person may quickly switch from feeling happy and upbeat to feeling sad, irritable, or angry. Some causes of rapid changes in mood can be related to mental health, hormones, substance use, or other health conditions. The term may refer to minor daily mood changes or to significant mood changes as seen with mood disorders such as major depression or bipolar depression. Mood swings are a natural part of growing up. Most of the time, those rapid and intense mood shifts are a normal part of adolescence. But sometimes, teenage mood swings can signal a more serious problem. Difficulty managing intense emotions, like anger or hopelessness, increased impulsivity and risky behaviors, more interpersonal conflict, longer-lasting periods of intense emotions, such as days or weeks and unstable sense of self are some cause of mood swings in adolescents.

In a study Romano enlisted 60 young adult men and women to participate in the study. The participants were assessed for addiction, anxiety, mood, autism, depression, and psychosis. They were allowed to use the Internet for 15 minutes, after which time they were reevaluated for anxiety and mood. They had sharp drops in mood after they stopped using the Internet, compared to those who had no Internet addiction. The results suggest that perhaps these individuals use the Internet to return their moods to positive states. A Chinese study stating that teenagers who are addicted to the internet are more likely to develop depression or other psychiatric problems than teens that are classified as normal internet users. Teens that pathologically use internet may be about 2.5 times more likely to become depressed. A study from India found significant association between Internet addiction and depression (Saikia, A. M., Das, J., Barman, P., & Bharali, M. D., 2019).

Mood swings can affect relationship in significant ways. Typically, a small mood swing creates a small ripple in the relationship. Big mood swings, however, can cause a big splash, disrupting the relationship in significant ways. Big mood swings can create significant effects on the relationship. One may go from being romantic and warm to cold and distant. Changing moods in this way can lead the other person to believe they have done something wrong or possibly that are no longer interested or invested in the relationship. If one blame for the bad attitudes, which can ruin self-esteem and lead to guilt and anxiety. A partner who is always moody may also pick fights, and it can seem as if one walk on eggshells around significant other. The relationship may be full of conflict, to the point that it looks like the two of never get along. It may spend so much time trying to please partner and prevent them from sinking into a bad mood that neglect own needs and happiness. Ultimately, mood swings in relationships can lead two people to separate if one partner has difficulty dealing with mood swings. Research shows that people who have mood disorders like depression are more likely to divorce, suggesting that even when there is a legitimate reason for mood swings, they can lead to severe problems within relationships. Poor mood swings can lead to conflicts, misunderstanding even to breakups. It leads to one to toxic in the romantic relations.

Sexual harassment

Sexual harassment is unwelcoming sexual behavior that's offensive, humiliating or intimidating. It can be written, verbal or physical, and can happen in person or online. Anybody can experience sexual harassment, regardless of their gender. When it happens at work, school, sexual harassment may amount to a form of discrimination. Sexual harassment can include someone: touching, grabbing or making other physical contact with you without your consent, making comments to one that have a sexual meaning, asking one for sex or sexual favors, leering and staring at one, displaying rude and offensive material so that one or others can see it, making sexual gestures or suggestive body movements towards one, cracking sexual jokes and comments around or to one, questioning about ones sex life, insulting

one with sexual comments, behavior on a phone call that makes feel uncomfortable, indecently exposing themselves tone, sexually assaulting one.

It is normal and healthy for teenagers to develop curiosity in their sexuality. In the past, young people could not easily access pornographic materials. Even children armed with only rudimentary computer skills can unlock the floodgates to a barrage of X-rated images and videos. Unfortunately teens are inundated with a barrage of sexual stimuli before their capacity to integrate such materials into their sexual identity is fully developed. The chance for internet addict to lean towards pornography is quite common. Cybersex Addiction is seen common in adolescents. Unfortunately, the effects of pornography negatively impact teenagers in more ways than might realize. Some pornography sends negative messages about sex and relationships. It might harm teenagers' ability to form healthy relationships. When the brain sees pornography, it cannot differentiate between what is real life and what is a picture, movie, or video game. Porn activates the attraction center of the brain, creating very powerful feelings that can be difficult for kids to control. In normal life, the attraction center creates feelings of happiness and makes people fall in love. When that attraction is activated by porn, however, teenagers internally experience what they're seeing. This results in either wanting to reenact the pornography or becoming desensitized, which will damage their ability to form healthy, long-lasting relationships. Pornography can send negative messages like: mutual consent and safe sex aren't important, violent sexual acts are normal and appealing, the point of sex is to satisfy people with sexual or other kinds of power, often men, sexual relationships in which women have no power are normal and OK, loving relationships aren't important, aggressive behavior towards women is normal and OK. Teenagers who look at pornography regularly might develop unhealthy or stereotypical views about gender roles, sex and sexual performance. These views can make it harder for them to develop respectful and enjoyable sexual relationships in with their romantic partner. It fails adolescents to know what respectful relationships look and feel like. It will lead to relationship problems. It has a big chance to lead the relationship toxic.

Social isolation

Everyone needs social connections to survive and thrive. Social isolation describes the absence of social contact and can lead to loneliness. It is a state of being cut off normal social network, which can be triggered by factors such as loss of mobility, unemployment, or health issues. Isolation can involve staying at home for lengthy periods of time, having no access to services or community involvement, and little or no communication with friends, family, and acquaintances. Hikikomori is a syndrome of severe social isolation, from rarely leaving home to never leaving one's room. Initially described in Japan and then reported internationally, including in the U.S. It occurs primarily in adolescent boys, many of whom are immersed in online gaming. (Tateno M et al, 2019). Socially isolated people may lack friends or close coworkers, and they often feel lonely or depressed. They can suffer from low self-esteem or anxiety. Typically, social isolation for teens is the result of social anxiety or other mental health challenges. In those cases, teenagers isolate themselves in order to avoid discomfort in social situations. Or symptoms of depression, such as lack of motivation and low self-esteem, may prevent them from reaching out to others. Therefore, withdrawing usually exacerbates symptoms of anxiety social phobias, and can lead to a rise in depression. Social isolation as a result of physical distancing and shelter in place is a very different situation. However, it can also have a negative impact on adolescents. The effects of social isolation in this case may include loneliness, distress, an increase in symptoms of anxiety or depression, or a feeling of being oppressed due to lack of alone time.

Individuals lacking fulfilling interpersonal interactions may experience feelings of loneliness. Consequently, these individuals may over-rely on their romantic partners to fulfill the need to belong (Hasan, M. & Clark, E.M., 2017). Trouble meeting one's own emotional needs can have a significant impact on their romantic relationships, but the effects can also extend to other areas of life. Emotionally dependent people typically need a lot of reassurance and support from their partners. These fears of abandonment can, in turn, lead to attempts to control their behavior to hold on to them. But trying to control people usually backfires. People who feel manipulated or unable to make their own choices may end up wanting to leave the relationship. A pattern of failed relationships is fairly common with

emotional dependence. Isolated partners end up venting their frustrations against each other. Furthermore, socially isolated partners are more likely to break up than those who are socially connected. (Ludden,D, 2021). Sevier social isolation cause chronically conflicted and distressed relationship. (Sha'ked, A., 2015).

Dishonesty

Dishonesty is usually viewed as a moral infraction and socially reviled behavior (Bok, S., 1978). Dishonesty such as lie-telling is a common feature of day-to-day social interactions. Dishonesty incorporates a range of behaviors including lying, cheating, and other acts of deception (DePaulo, B. M., Kashy, D. A., Kirkendol, S. E., Wyer, M. M., & Epstein, J. A., 1996). These can range from the innocuous (e.g., "white lies") to the very serious (e.g., fraud). Overall, we generally perceive dishonesty as being bad and give negative evaluations of individuals who are dishonest (Seiter, J. S., Bruschke, J., & Bai, C., 2002).

Before the huge growth of social networks, a study was performed at the University of Western Sydney in 2002 about honesty in chat rooms. Out of the 320 people surveyed, they found that men were more likely to lie than women and the lie was typically about how much money they made. Women were found more likely to lie for safety reasons. Internet dating sites were once rife with people lying about their looks, height, weight and how much money they made. That seems to have tapered off some as the less legitimate sites have gone away, leaving more reputable sites to honest people looking for a partner or friend. Lying on dating sites doesn't really do anyone any good anyway. Most individuals (92%) admit having lied to a romantic partner (Knox, Schacht, Holt, & Turner, 1993). people experience the most positive relational outcomes when they do not engage in deception and they believe that their partners refrain from such behavior as well. Actually using deception, however, is related to negative outcomes for oneself, but it has a modest positive impact on a partner, unless of course it is detected (Cole,T. 2001). In a study examining 80 online daters, Hancock, Toma, and Ellison found that two thirds of participants lied about their weight by five pounds or more. In a large sample of over 2,000 people in England conducted by Custard.com, 43 percent of men admitted to making up facts about themselves and their lives that were not true online. These kind of dishonest completely ruin the relationship especially if it happens in between romantic partners. "The Effects of Dishonesty on Relationships, even little "white lies" damage relationships over time because it hides the lover's authentic self. Dishonesty can erode a relationship in many ways. Not only does one feel miserable, but, once some time passes, one will inevitably start thinking about all the other things that the betrayal has affected. When dishonesty plays in relationship **the trust is gone, Lying hurts the partners, it shows disrespect to the victim, Lying is always selfish and** in dishonest partners, if their actions remain unaddressed, continue to be dishonest. Dishonesty destroys a relationship Internet addiction and Social isolation.

The objective of this report is to investigate the relationship between Internet addiction and social isolation. The present study used 40 prior published empirical works on internet addiction, mental health, relation between internet addiction and its role in causing anxiety/depression/stress and relationship between internet addiction and social isolation and social withdrawal. An in-depth analysis was done and the result was concluded (Singh, Action Research for Educators, 2014b). The basic base of the study is exploratory empirical analysis.

Internet addiction has been recently addressed as a mental disorder and gradually the number of patient referrals to psychiatric clinics because of this disorder is increasing. The Internet is not an enemy, but the people depend on it for various reasons, because it goes them away from their real life and has a negative impact on their life (Singh, Strategies for Development of Life Skills and Global Competencies, 2015). Using the Internet due to its false appeal to the people slowly makes them addicted to it and can provide them the emotional and psychological needs. It is while overusing Internet causes the mental, social and emotional growth of the users become behaviourally disordered due to lack of conventional and group experiences with the other people and leads.

Impulsivity

An impulsive behavior is when you act quickly with no thought to the consequences. There's nothing on your mind beyond that exact

moment. Impulsivity is describing or displaying behavior characterized by little or no forethought, reflection, or consideration of the consequences of an action, particularly one that involves taking risks (American psychological association). Eysenck holds that impulsivity is characterized by unplanned risky behaviors, and making up one's mind quickly. Barratt distinguished three dimensions of impulse: motor (action without thinking), cognitive (quick cognitive decision-making), and non-planning (decrease in orientation towards future) factors. From a biological and neuropsychological perspective, impulsivity is characterized by failure in inhibiting a potentially risky impulse for the individual or the others around (Chamberlain, S. R., & Sahakian, B. J., 2007). From a cognitive viewpoint, impulsivity is the inability to inhibit behavioral impulses and thoughts. It considers impulse control as an important component of executive functions. Acting on impulse is spontaneous. There's no consideration to how it could affect others. They show behavior like **starting over, destruction of property, over sharing, physical violence, higher risk sex, and self-harm.**

Internet addiction has been considered to be associated with poor impulse control. A study proved that those suffering from Internet addiction showed increased levels of trait impulsivity and internet addiction can be conceptualized as an impulse control disorder and that trait impulsivity is a marker for vulnerability to Internet addiction (Lee, H., Jung-Seok, C., Young-Chul, S., Jun-Young, L., Hee, J., & SooJ.K.,2012). A study done by Fenglin,C., Linyan,C., Tieqiao,L & Gao,X. in 2007 suggests that adolescents with Internet addiction exhibit more impulsivity than controls and have various co morbid psychiatric disorders, which could be associated with the psychopathology of Internet addiction.

Individuals with Pathological love have higher levels of impulsivity and they keep dissatisfactory romantic relationships said Sophia, E., & et.al. According to a new study published in the *Journal of Research in Personality*, the more dissimilar one in terms of impulsiveness, the lower their relationship satisfaction may be. To come to this finding, researchers collected a series of behavioral and self-reported measures of impulsivity from a slew of couples. They find that that if only one partner is impulsive, relationship quality will suffer; that if a couple's impulsiveness matches, their relationship quality will be positively affected; And the more dissimilar the partners' impulsiveness is, the worse their relationship quality will be. So Impusivity can be lead to problematic romantic relationship and sometimes to a toxic one.

CONCLUSION

Internet is one of the most powerful tools invented and if we use it in the positive direction, it can be very much productive. Adolescents can gain access to information and learning opportunities, practice written communication, connect with people who have similar interests and explore creativity through videos, blogs, and online art or music creation. With the positive comes the potential for danger, especially for adolescents who may lack the self-regulation to use the Internet appropriately. Jealousy and suspicion, Narcissistic traits, aggression, mood swings, sexual harassment, social isolation, dishonesty, impulsivity is common in internet addicted teenagers. It can ruin relationships especially romantic relationships, sometimes it lead to so toxic even more seriously to aggressiveness and crime like physical attacking, injuring, it can even lead to homicide also.

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