



Internet Dependency and Emotional Maturity: Theoretical Perspective

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Abstract

The internet has become a potent tool for global communication and information exchange in the digital age. The internet has an impact on students' lives as well as on the social, political, and economic spheres in both positive and negative ways. Internet addiction has been brought on by the internet's sharp rise in popularity in recent years. The degree of addiction caused by internet use has a negative effect on students' lives. For internet users, it is crucial to genuinely grow and emotionally mature in order to control and manage their own emotions and consistently deal under any conditions. Everybody's life is greatly impacted by their emotions. The balancing of internal growth with external reality is one definition of emotional maturity. It is the ability to handle situations without needlessly exaggerating them. They attempt to resolve the problem themselves rather than seeking to blame others for their problems or behaviour. A person who is emotionally mature is capable of adjusting to any situation. In light of this, the current research aims to investigate the theoretical perspective of internet dependence and emotional development.

Introduction:

Social media is a key factor in how individuals are changing their lifestyles. Social media comprises blogging and social networking services that enable quick connections between users. Through social networking, users can connect with friends, family, and acquaintances online. Despite the fact that this may occasionally happen, social networking platforms are not always about meeting new people online. Instead, they focus mostly on engaging with real-life friends, family, and acquaintances. These websites let you schedule events, speak about them, download music, and even play online games like Scrabble and Chess. Your friends, family, and acquaintances are frequently friends with a number of other people. People are connected to one another through a network of links, much like in real life.

Emotional maturity is the state of being able to comprehend various types of things. Your emotional maturity will enable you live the lifestyle you desire. There are many indicators of emotional maturity. Some of

these include adaptability, accountability, vision, personal growth strategies, alternate viewpoints, resilience, and so on. The emotional development of students is significantly impacted by the internet. The greatest ways to gauge how the internet affects students' emotional development are to look at their levels of self-awareness, self-control, motivation, self-regulation, social skills, and empathy. Internet users must be emotionally mature in order to control and monitor their own emotions, gauge others' emotional states, and respond to events consciously and appropriately. It has been noted rather frequently that adolescent internet users become emotionally immersed in this virtual world and behave in that emotional flow, which occasionally causes an emotional trauma that leaves a long-lasting effect. The emotional development of the person has an impact on their actions. Students' emotional maturity is crucial since they are the foundation of future generations. The goal of the current study is to assess pupils' emotional development. The emotional development of a person influences their actions. Students' emotional development is crucial because they will support future generations. Everybody's life is greatly impacted by their emotions. The balancing of internal growth with external reality is one definition of emotional maturity. It is the ability to handle situations without needlessly exaggerating them. They attempt to resolve the problem themselves rather than seeking to blame others for their problems or behaviour. A person who is emotionally mature is capable of adjusting to any situation.

India has the second-highest global internet user population and has seen rapid growth in recent years. Social media networks are typically coupled with internet access. There were 143 million social media users in India as of April 2015, with 118 million of them living in urban regions and 25 million of them coming from rural areas. According to a 2017 survey by IMRB, there are currently 481 million internet users in India, and that figure is expected to increase to 500 million by the end of June 2018. Social media is fast gaining popularity among the young people and youth in the age of globalization. Students that are enrolled in colleges and universities are the main consumers of social media. Social networking sites are web-based tools that let users create semi-public or public profiles in constrained systems and list other users with whom they can interact and exchange ideas. The nature, form, and type of these relationships, however, may vary from site to site. Because social networking sites are unique, users can discuss and publicly display their social networks in addition to meeting strangers. This leads to relationships between people that would not otherwise be feasible through any other currently in use media. Most frequently, users of social networking sites engage with others who are already their friends or acquaintances there and who have similar mindsets, interests, and viewpoints.

Social networking sites are well-known for giving users a forum for conversing, sharing links, movies, photos, and other content, but they are also used to address social issues. The phenomena of social networking has grown during the last ten to fifteen years. Since then, social networking sites have developed from a

specialised online activity to a popular one that is used by tens of millions of internet users both for leisure and for work. On the socioeconomic effects of these locations in the Indian setting, however, there hasn't been much study. Social networking websites have had both beneficial and harmful effects on Indian youth. Social networking has been a thing since the dawn of civilization. With more people using and comprehending email, being able to shop online, searching the web for recipes, or finding a long-lost instruction manual for a piece of equipment in the garage, etc., the internet medium is evolving. Today, the internet is more about Facebook, Myspace, Orkut, blogs, and podcasts. These are some of the devices and technological advancements related to the widespread contemporary phenomena known as social networking.

Social media sites have become the most efficient instrument for learning, knowledge sharing, and education, and young people use them for more than just personal communication. Traditional approaches to ICT have been superseded with Covid-19-based teaching and learning strategies in educational institutions from the primary level to higher education. The use of social networking sites, IT platforms, and other ICT technologies is expanding for efficient knowledge exchange, information distribution, learning, and teaching. Even institutions of higher learning and training are hosting online classes, webinars, and other academic events. This has increased the reach of global networking, extensive collaboration, wider engagement, and knowledge sharing. Therefore, the government has encouraged the use of ICT in educational institutions and has provided the fundamental framework for online teaching and learning. The popularity of social networking sites demonstrates a substantial shift in Internet users' social and private conduct. Among young adults, social networking sites have emerged as a vital form of entertainment and communication. Social networking sites will continue to be popular even though they have begun to interfere with everyday activities of regular people. Everything in this world has a potential for both good and negative use. As social networking sites have grown in popularity, people are now connected in new ways and are able to engage with one another virtually. Additionally, the expansion of social networking websites in Indian society demonstrates a substantial shift in the social and private lives of adolescents. Although these websites assist young people in disclosing personal information, they also encourage them to exaggerate about many areas of their lives. These favourable elements do, however, come with concerns like identity theft and cyber-blackmail. Addiction, concentration problems in school, and mood fluctuations are further harmful consequences on teenagers. Additionally, these websites give teenagers a place to participate in some immoral behaviour. On social networking sites, users can experiment with emotions and conceal their true identities. On these social networking sites, they put their best foot forward, giving the impression of perfection. Internet crime has also increased as a result of social networking sites. Through the use of social networking sites, crime has become simple, anonymous, and efficient. Researchers and thinkers around the world are becoming concerned

about the rise of cybercrime in network culture. Analysis of numerous studies and works done in this field is crucial.

Conceptual Framework:

The dissemination of information, images, and videos is greatly aided by this online social networking. Internet usage has increased significantly in the past ten years; most young individuals now use it everyday, if not more frequently (Lenhart& Madden, 2007; Lenhart, Madden,&Hitlin,2005;Sun et al.,2005). Generation Y, often known as the Millennial generation, or today's college students, are exposed to a variety of technologies in many areas of their lives (Browning, Gerlich, &Westermann, 2011). On a daily basis, they actively participate in social networking, text messaging, blogging, content sharing, online learning, and many other activities using desktop computers, laptops, E-readers, tablets, and cell phones (Cassidy, Griffin, Manolovitz, Shen, &Turney, 2011). Online social networks (OSNs) are now a common form of communication across all Internet user generations, but especially among students. Thus, to engage with present and potential students and to disseminate educational material, academic institutions and professors are increasingly turning to social networking platforms like Facebook and LinkedIn. (2012) Paul, Baker, and Cochran Additionally, a lot of studies have stated that the Internet's allure can encourage excessive use. This tendency has been labelled as Internet addiction in previous study (Griffiths, 2000; Soule et al., 2003; Widyanto and Griffiths, 2006). However, Young (1998) stated that while highly engaging programmes like online chatting can be addictive, the Internet itself is not addictive. Additionally, Balakrishnan and Shamim (2013) published a piece titled Malaysian Facebookers: Motives and Addictive Behaviors Unraveled that discussed how the internet has evolved into a sophisticated platform for compulsive sexual behaviour, sex trafficking, and sex crimes as well as a highly effective and lucrative way to distribute sexually explicit material (Galbreath and Berlin, 2002).

Almost every element of contemporary life has been impacted by the digital era's progress. The internet becomes a necessary tool for people and has a big impact on our social, political, economic, and even emotional lives every day. People use the internet for a variety of purposes including communication, business, shopping, online bill payment, entertainment, and more at work, school, home, and in public spaces. Smartphones, laptops, tablets, computers, and smart televisions can all access the internet. Although the internet has significantly improved our daily lives, excessive internet use can cause addiction, which has a detrimental effect on our quality of life. Internet addiction is defined as the inability to control one's want to use the internet, which finally results in challenges in one's life on the social, psychological, educational, and/or professional fronts (Chov and Hsiao, 2000; Spada, 2014). According to a study done in Malaysia by Dr. NorharlinaBahar, a child and adolescent

psychiatrist, men under 24 have the greatest levels of internet addiction (The Syar 2016). Students, especially undergraduates, are thought to be more prone to internet addiction while they are between the ages of 19 and 24. (Lee 2010; That Cher &Goolam 2005). The majority of those who use the internet excessively engage in social media and online gaming.

Anxiety, despair, health issues, playing, weariness, unemployment, lower productivity at work, and social isolation were some of the adverse consequences of the excessiveness. The internet addiction may also contribute to melancholy, boredom, low self-esteem, and attention deficit hyperactivity disorder (Norharlina 2016). College students today rely heavily on the internet for a variety of activities, including informational searches, social networking, entertainment, online shopping, and online gaming. Online education is being improved by colleges all around the world using the internet. Students who use the internet sensibly and for the correct purposes, such as researching, learning, developing their soft skills, exchanging knowledge and experience with overseas students, and other activities, benefit. While the internet offers numerous benefits and increases productivity, if kids develop an addiction to it, it could be hazardous to their academic performance. Low academic performance and mental instability may result from it (Oskenby et al. 2015). (Yeapet al2016).

The larger body of literature on sex offender typologies in general informs the research on typologies of offenders who sexually entice adolescents online. For instance, Lanning (2010) described a continuum of sex offenders, contrasting "preferential" offenders with "situational" offenders who are more indiscriminate toward their victims (specifically fantasising and seeking out specific types of victims such as children). Elliott and Beech (2009) and Krone (2004) concentrated on Internet sexual offenders for whom pornography is a part of the offence. Again mentioning the relevance of pornography for some, Alexy, Burgess, and Baker (2005) concentrated primarily on Internet sexual offenders while also expanding the focus to include offenders who do not use pornography in their offence. According to a 2008 study by Wolak, Finkelhor, Mitchell, and Ybarra, adult men who approach youngsters in online chat rooms for sexual contact are frequently not hiding their age or sexual intentions. A meta-analysis was carried out by Babchishin, Hanson, and Hermann (2011) to determine whether online offenders were an unique group of criminals or simply regular sex offenders who had adopted a new form of crime commission.

Internet addiction has been brought on by the internet's sharp rise in popularity in recent years. The degree of addiction caused by internet use has a negative effect on students' lives. For internet users, it is crucial to genuinely grow and emotionally mature in order to control and manage their own emotions and consistently deal under any conditions. The Internet offers recommendations for the improvement of children and young people's

physical, psychological, social, and behavioural (Finkelhor, Mitchell, and Wolak, 2000; Finkelhor, Mitchell, and Wolak, 2003; Greenfield, 2004;; Katz and Rice, 2002; Kraut et al., 1998; Subrahmanyam et al., 2001; Thornburgh and Lin, 2002 and Yan, 2006). It has frequently been observed that adolescent internet users become truly involved in this virtual world and act in that impassioned stream, which occasionally causes an emotional hurt that leaves a long-lasting impact. The emotional maturity, emotional instability, emotional regression, social maladjustment, and personality disintegration levels among web-addicted students are rising.

Emotions play a crucial role in everyone's existence, just as important as life itself. The term "emotions" refers to feelings, along with their specific thinking, biological and psychological states, and a variety of acting propensities (Goleman,1995). Emotional maturity is an internal growth that balances the mind and intellect with the external reality. Mature emotional behaviour at any level is that which represents the outcome of emotional development. A person has integrity and behaves with it if they are truly emotionally mature. A person's attitudes and behaviours are emotionally mature if they have integrity. A decent response to a circumstance by distancing oneself from the pulls and pushes of both positive and negative emotions is what is meant by emotional maturity. An emotionally mature individual is one whose emotional life is well under control, according to Chamberlain (1960). Everyone who wants to have the appropriate understanding needs it. A correct knowledge helps someone mature. A person who has emotional maturity sees things clearly and without distortion. It involves comprehending the facts. An emotionally mature individual can always find a way out of any situation. A child that is emotionally stable can adjust to himself, family members, and peers in a productive way (Smithson 1974). Gurmit Singh (2014) investigated how adolescents' mental health related to their emotional development and parent-child relationships. The study's findings indicated a favourable and significant relationship between mental health and emotional development as well as between mental health and parent-child relationships.

Emotional maturity, in the words of Walter D. Smithson (1974), is the process through which the personality constantly aspires to a higher feeling of emotional health, both internally and interpersonally. When explaining the traits of an emotionally mature individual, Kaplan and Baron note that one of them is the ability to tolerate delays in demand fulfilment. He can take a little bit of frustration, but not much. He believes in long-term planning and is able to defer or modify his expectations in response to circumstances. A youngster that is emotionally mature has the ability to successfully adjust to oneself, family members, and classmates in the classroom, community, and culture. However, being mature also implies being able to completely embrace such attitudes and behaviours, not only having the capacity to do so. While effectiveness is a reflection of emotional intelligence, emotional maturity predicts the capacity to control and monitor one's own emotions as well as the capacity to judge others' emotional states and shape their perspectives. The ability to handle problems appropriately

and consciously, and to maintain emotional stability and control even under the most trying circumstances, is the most notable indicator of emotional maturity. People who are emotionally mature typically feel more at ease around themselves and find that activities that involve other people are more pleasurable and orderly than activities that do not involve other people. According to Ellison (2013), internet usage in our society and in colleges has increased recently. The younger generation, who has grown up with these modern technology, is better able to use them than the older generation. The use of the internet by young people is very popular. Internet use and other digital technologies are employed for a variety of reasons, but communication remains the main one. Social networking sites and web 2.0 tools have changed the way people interact with one another and with the world at large. Internet use has both positive and negative impacts, just like everything else. On occasion, it can be used to relieve tension, but excessive internet use can lead to a number of health problems. According to research by Newness et al. (2012), those who exhibit high levels of emotional intelligence and honesty/integrity reveal less improper social network information. Honest and emotionally astute people appear to be aware of the drawbacks of divulging unsuitable social network stuff.

Conclusion:

It may be concluded that young internet users lack emotional maturity. The findings of this study can encourage parents and instructors to limit their students' online usage. Young people and youngsters are currently dealing with a lot of challenges in life. Numerous psycho-somatic issues, such as worry, stress, irritation, and emotional problems in daily life, are being caused by these difficulties. Thus, spiritual science has developed in addition to the perceived need for Raj Yoga and meditation among college-bound youngsters. Yoga and meditation have enduring effects on character development, optimistic thinking, and healthy physical and mental growth. Finding long-lasting methods to control emotions became important because, without them, a distorted mind, driven by a chaotic thought pattern, would only result in volatile words and acts, causing great disruption to oneself, one's family, and the entire community. The term "emotional intelligence" refers to a broad range of personal aptitudes and temperaments, which are typically referred to as "soft skills," "life skills," or "intra-personal and interpersonal skills," as opposed to the more traditional definition of "general intelligence," which also includes "general technical and professional aptitudes.

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