

Information Technology and Quantitative Management (ITQM2017)
**Cyber psychology and cyber behaviour of adolescents-the need
of the contemporary era**

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Abstract

Cyber psychology is also addressed as Internet psychology or web psychology. In the modern era it is gaining momentum as a field, as more and more people are embracing the virtual world. Changing lifestyles and a constant digital presence is impacting the minds of millions of youngsters as the average amount of time spent on the internet increases rapidly. Youngsters are spending a lot of time online-chatting with their friends through social networks, playing online games with their peers, and shopping products online. As the individual need for recognition and self actualisation grows, youngsters are trying to form and establish identities online. This hunger for appreciation, coupled with long hours spent online are paving way for several problems regarding the health and well being of the adolescents. This manuscript proposes a research framework which will enable classification of adolescents as **Expressive, Impatient, Connected, Impersonal, and Knowledgeable**, based on their social media presence.

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Peer-review under responsibility of the scientific committee of the 5th International Conference on Information Technology and Quantitative Management, ITQM 2017.

Keywords: Cyberpsychology, Social networks, Netnography, Clustering

1. Introduction

Psychology is the study pertaining to individual behaviour and human mind, which explains diverse issues related to conscious and unconscious individual experiences. This is the field which relates to the human thought process. Studies of psychology aim at using various research methods and tools to analyze the mental state and capabilities of an individual. Various dimensions of applied psychology include clinical psychology, educational psychology, consumer psychology, organizational psychology, social psychology and sports psychology. Another fast emerging domain is that of cyber psychology.

With the internet being an important part of one's life, many people have started looking up to the internet as a savior, a friend and a source of coping stress. Some people derive a lot of pleasure while using the internet as it acts as a platform which allows them to express their thoughts and feelings. The ease of usage and navigation, makes the internet a virtual domain thronged by people of all ages. There are many social networking sites to which people are constantly hooked up. Apart from uploading their pictures to sharing relevant information

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about their hobbies, favorite books, friends, restaurants, movies, places visited etc., they can communicate with others on the networking sites. Individuals can create their profiles on Instagram, Twitter or Facebook to gain interesting social experiences and chat with their friends. People also use the internet to avail various facilities. For many people shopping online or purchasing online tickets is feasible as it helps them in making their decisions while sitting at home. Due to availability of internet, people have started reading books on the internet. Reading books on the internet helps them as it saves their time and money. People download music, movies and online games which help them in using the internet for recreation and satisfying their hedonic needs.

Two researchers, *Hoffman* and *Novak* suggested the concept of *flow*, which stated that the ease of using the internet, and the associated pleasure in the experience, makes people get lost in the online journey. Needless to say, in present times, youngsters spend huge amount of time on the internet, making this habit a threat for them. Subsequently, the all pervasive and ubiquitous internet is becoming a boon for some on one hand and a curse for the others. Overuse of the internet is leading to some problems like depression, low self esteem, social isolation, sleep deprivation, eating disorders and anxiety disorders. Over exposure to the happenings in the lives of others, makes certain people feel upset and inadequate in their lives. They gradually start receding from other social activities, hence feeling isolated and distressed. A feeling of negativity engulfs them and they form cocoons around themselves. Gradually internet addiction sets in giving birth to several issues like sleep disorders etc. A high incidence of such cases has increased the interest of researchers associated with psychological disorders, thus making the field of cyber psychology very relevant in the modern era. For instance, the commonly used parlance for a person who is addicted to the internet is *Infomaniac*. *Infomania* is currently not classified as a psychological disorder in ICD-10: the International Classification of Diseases. The symptom of this disorder is constant and a person who is suffering from this continuously imagines feeling of receiving messages from others. This feeling leads to constantly checking of phone. Further exploration of *Infomania* by cyber psychologists can aid the appropriate classification and subsequently benefit internet addicts worldwide.

Internet addiction has been described as “excessive or poorly controlled preoccupation, urges, or behaviours regarding computer use and internet access that leads to impairment or distress” [1]. Internet addiction is fast becoming a sensitive issue, and people should show enough courage to stop the overuse of internet. In extreme cases, patients should meet cyber psychologists, who can help them in getting rid of their problems.

2. Literature Review

2.1. Cyber psychology and Individual Personalities

Personality of an individual is influenced by many factors including family, environment, personal experiences and thought processes etc. In the changing times, as more and more people take to the internet, a new era has dawned-that of individual self - expression using social media. Social media refers to the use of social networks for expression of personal thoughts, for recreation, for sharing ideas and achievements and as a medium for showcasing our talent to the world.

The Internet can provide a unique venue for expressing alternate selves. According to [2] some individuals, particularly those high in social anxiety, feel able to express hidden self-aspects (characteristics currently part of the self, but not normally expressed in everyday life) on the Internet. This medium gives individuals the opportunity to share their emotions, their thoughts, their style statements, their likes and dislikes and other things going on in their lives. Several people take to this medium, merely to derive pleasure out of the experience and to connect with others. Several youngsters, including school going children are connected to each other using social networks. Creating accounts on social media helps children in creating an identity of their own and flaunting their skills and experiences in front of others.

H.J Eysenck proposed the dimension of **Introversi**on vs. **Extroversi**on. According to him there are two types of people in this world-Introverts and Extroverts. Introverts are those individuals who are socially withdrawn,

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