
Internet Addicted: Only Online

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Have you ever imagined what if the Internet was suddenly moved out from our lives one day?

That's right you can't even dare to imagine what havoc it'll wreck. All the world is a global stage; the games you play, the Smartphone you use, the place you just checked in, the food you tasted, the feelings you have felt during all the time, the friends who were with you during all these personal events and the spirits you felt are ought to be public because all the world's a global stage. Our lives have been influenced by the technological revolution to such an extent that we feel incomplete when we don't have access to the internet or even mobile phones. Since the advent of technology, life has taken a vivid shot, home visits are being replaced by Skype Sittings, Letters have been replaced by the E-mail and SMS, sparing some time for reading any cossetting Book has changed from specific to any time by E-Books, womenfolk can get dose of retail therapy anytime & anywhere thanks to online shopping portals and of course Men aren't far behind in the race, researching from books is a big No when the Google Scholar is available, learning any culinary or procedural skill is being replaced by YouTube, talking by mouth has being replaced by Thumbs. But is this revolution bringing us together or actually tearing us apart. This question has paved way for Psychologists to develop a new field called Media Psychology and the American Psychological Association has setup The Society for Media Psychology and Technology of, i.e., APA division 46. From Friendster to Facebook, Twitter to Google+: there are around 200 social networking sites .Since, the rise of social media Parents have always been vexed and anxious about what their children are doing online but the real apprehension is what influence does social media have on all of us. The most imperative issues that we face in this tech-world are online identity, online relationships, addiction to computers and Internet, iDisorder, Facebook Addiction Disorder (F.A.D); regressive behavior in cyberspace and of course some people's inclination of online gender-switching.

There is a catch about what we know about ourselves. Real self is our traits, characteristics, and our persona. Ideal self is what we idealize of becoming usually due to the social and environmental inspirations. From a broad-spectrum attitude, many of us are motivated by opposition, triumph, and high social standing. Social networking sites provide a prospect for

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everyone to present themselves to others and as assumed no individual would like to present an image of him/her wherein s/he will be a blend of flaws and perfection henceforth, the portrayal of Ideal selves takes the shot.

As the custom of social media remains to progress; the perception of presenting our ideal selves versus our real selves has become more permeating on social media platforms because SES not only provide the chance of making more friends Globally but also building a stronger social support system. Deliberate upon the fact that on the popular SES Facebook our profiles are ought to be demonstration of who we are. Therefore, through this interaction, the real and ideal selves transect; and the ideal self is at least in some measure realized. In crux, our online selves represent our ideal self and jettison many of our other actual traits. This raises an important issue that we actually don't try to rectify our flaws but we just hide them and the SES take the users into an artificial utopian world wherein everyone is perfect but the fact stays that at the end of the day we have to deal with a non-utopian based real world where imperfection's do exist and are acceptable as long as it isn't hampering their progress. So rather than presenting the hyper-idealistic description of ourselves we should try to put right our flaws and teens who use SES more often show more Narcissist propensities which can exacerbate to anti- social behavior, Mania and Aggressive tendencies Plus daily run riot can make them more predisposed to Anxiety, depression and other disorders and making them susceptible to future health problems.

The Internet has the potential to make people crazy. No, not talking about persons who suddenly get excited on seeing notice about free Wi-Fi available in any premises. We are talking about persons who have a different life at SES and you will usually come across those people who act totally opposite on the social networking sites. Some of the examples are:

1. The Rage-o-holic.

Like Psychopath, these people seem normal at first. They'll carry on comical, pleasant conversations in a forum or comment division. But then something, anything, sets him/her off and s/he devolves into an outburst that would make an atheist say, "Save me Please God!"

In technical terms it's called as intermittent Explosive Disorder. I.E.D is an impulse control disorder where a person throws tantrums & fits of wild rant and rave in situations that don't call for it. What sets them off is the mild hit to their ego which will result in abusive name calling behavior and expression of hatred towards you with 200 words or more. Most of us hold back our real-life spurts of rage for apprehension of getting punched in the face by the person we're screaming at. On the Internet, where looks, job, income won't buy you any respect, some people seem to think they have to protect their reputation like an old west Cow boys: shoot down those who disrespect you. The strangest part is that while the person is releasing volley of abuses on the internet at the same time s/he is talking to someone else respectfully.

2. The cursed Egyptian

These are the people who hang out innocently, and then, one fine day, tragedy strikes. Accidents, broken relationship with parents and friends where the one person is always victimized by cruel people around him/her. You feel sorry and send this person your prayers and well wishes, maybe a few dozen flower pictures and you hope they will get through it. Then, a few weeks later, another tragedy strikes them. Their cat dies or they are involved in accident that has resulted in minor injuries. A few months after that, something tragedy again strikes. Soon it becomes apparent that they are either living under an ancient curse, or they're making it all up. In real life it's called as Munchausen Syndrome. The basis of need here is the attention-seeking habit. It's easier to fake online where there's no simple way to verify the claims than in real life.

3. The ultimate hater

There's a place for everyone on the Internet to feel at home. Yet, each forum, chat room or other online community seems to have a person or people who just don't fit in. It's not that they are necessarily hideous persons; they're just the trapezium trying to fit into the circle. They get ridiculed constantly and these people are free to leave the website at any time but they never do.

This behavior is called as self-abasement. These persons are staunch believers in one famous proverb, "something is better than nothing" and yes negative attention is still attention and better than being ignored. So when in any online forum you say someone "XYZ you are retard". That XYZ is happy that somebody used his name and acknowledged his existence. Even if the only reason you used his name was to tell him to get roasted to death in fire.

Social networking sites are something that most of us check every day. We sink hours into the social networking sites fervently clacking from Profile to Profile, looking at pictures, posts, activities and comments thereof. This Time-sink has not only become a biggest form of social interaction but also a way of killing time. These interfaces may be bouncy gabfest for the self-assured but for the people with low self-confidence it appears to be horrid snare tempting them into self-disclosures.

As On September 2014, 71% of online adults use Facebook, 23% of online adults use Twitter, 26% use Instagram, 28% use Pinterest, 28% use LinkedIn (PRC, 2015).The ensuing Pie chart gives a picture of Usage of S.N.S

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Usage Percentage



It has been debated that the social media creates a false sense of self through the use of likes, unknown friends, comments, posts, etc. Women have stated that they feel crestfallen if the number of Happy Birthdays posted on their timeline is not sufficient enough to make them feel important. For many users, it is an appreciation booster, which is why so many people spend so much time on Facebook. Relationships get mostly affected because people who have up in the air issues with each other announce this on public platforms rather than just resolving them by just talking. With the advent of SES, One of the drifts that have been popular during years is password sharing, not of bank locker but of SES and emails. Couples engage in the habit of sharing passwords and if by any chance a person declines to share the password it is sufficient to provoke suspicion and build up jealousy and tension in relationship. SES is also tarnished for cyber bullying and stalking.

Cyber bullies can pester any person about his/her race, appearance, intelligence and religion. As many people put up their house address, locations that they visit frequently and in some cases their personal phone number which makes stalking any person piece of cake. Social networks can be harmful to health because it triggers people to isolate them.

The increasing isolation of self can change the way Genes work, confusing the immune response, hormone levels and arterial function and damage to mental performance. Relationships start to become dry when the individual no longer attends a social gathering, to avoid meeting with friends or family, and prefer to stare at the Computer/Laptop/Phone.

But before we conclude that SES are harmful let us consider that SES users are better at showing virtual Empathy to their online friends and people who are shy and introverted learn to socialize

behind the safety of various screens, ranging from a Smartphone to Laptop and of course for the Elderly and people who are under living assisted living in faraway places or centers it has proven a blessing because they stay connected to their friends and children.

Internet has proved to a blessing but we all should remember that there is a fine line between use and abuse.

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