

Research Paper

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

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ABSTRACT

The present study is to assess internet use, self-esteem and psychological well-being in adolescents. A sample of 150 students (75 girls and 75 boys) were taken and from the age range 13 years to 17 years in South Delhi were taken randomly as the subjects of the present investigation by administrated Young's internet addiction scale, Ryff's Psychological Well-Being Scales, and Rosenberg's Self-esteem scale were analyzed using t-test and Pearson's correlation. Result revealed that there is significant gender difference among adolescents with internet addiction. On the other hand, there is significant relationship between internet addiction and self-esteem among adolescents but there is negative significant relationship between Internet addiction and Psychological well-being among adolescents.

Keywords: *Internet Use, Self Esteem, Psychological Well-Being*

Individuals with a addiction don't have authority over the thing they are doing, taking or utilizing. Their addiction might arrive at a point where it is hurtful. Addictions don't just incorporate actual things we devour, like medications or liquor, however may incorporate basically anything, such theoretical things as betting to apparently innocuous items, like chocolate - all in all, habit might allude to a substance reliance (for example illicit drug use) or conduct habit (for example betting fixation). Like different addictions, those experiencing Internet fixation utilize the virtual dreamland to associate with genuine individuals through the Internet, as a replacement for genuine human association, which they can't accomplish typically. Internet addiction is viewed as a sort of mechanical fixation, which alludes to "non-substance (social) addictions that include human-machine collaborations". Griffiths (1999) contends that exorbitant Internet clients may not be "Internet addicts" since they utilize the Internet unnecessarily as a way to fuel their other habit and interest. For instance, impulsive card sharks utilize the Internet to bet for quite a while, or shopaholics spend extended periods of time on the Internet for digital shopping.

During immaturity, youngsters experience a tremendous measure of changes in their physical and social development. During this stage, outside impacts are especially equipped for influencing teen's contemplations and practices. One impact that has demonstrated to have an extensive impact is the media. In the period of internet and other new media, change

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Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

has happened in the actual innovation, yet in addition in people. Consequently, utilizing new media is anything but an intentionally educated encounter for teenagers. It is a procured ability, like that of a kid figuring out how to talk his local tongue.

Investigating new media's effect upon juvenile's improvement is basic. Teenagers rapidly secure abilities and absorb them like wipes. How teenagers handle this new media information and what it means for their connections and connectedness to this present reality are essential and fill in as great pointers for approaching patterns and examples in new media use. What makes this age bunch deserving of study is the way that the present teenagers were naturally introduced to and have experienced childhood in the time of internet and are encircled by most recent innovation.

Immaturity is a time of investigation and has inquisitive brain which is prepared to do anything that gives them rush and delight. Their interest and investigation prompts them to become familiar with the environmental factors. These are the craving for new data and tactile experience that propels juvenile's exploratory conduct which is the fuel of learning, improvement and transformation all through the life expectancy (Rajanna et al., 2016). In the current days young people have uplifting outlook towards promising circumstances for data preparing and learning through internet. At the point when young people are interested with regards to internet use, they need to investigate it. And keeping in mind that investigating they find a new thing. At the point when they experience the delight of disclosure, they need to rehash their investigation over the internet and foster certainty. Certainty expands a readiness to follow up on interest, to investigate, find, and learn through utilization of the internet.

DEFINITION OF INTERNET

The Internet is an internationally interfacing at least one than one PCs in network. Close to 190 nations are connected for trades of data, news and suppositions.

The Internet presented in the time of 70's. According to time continue it acquires prevalence. The Internet associate numerous gadgets world savvy it is really the worldwide framework they utilize the internet convention suite (like TCP/IP) for interface numerous gadgets world astute which associated PC organizations. It is network that comprise numerous public, private, business, scholarly and government organization of neighborhood to worldwide extension, remote and optical organization innovation, connected by wide exhibit of electronic advancements. Internet have high scope of data sources and administrations. There is consistently a hostname and the IP address for the every PC or PC we were utilizing for the Internet on the worker they are utilizing. There are various kinds of PC organization. It appropriated of their in size and reason. The organization size can be communicated by geographic region they involve likewise quantities of PC is additionally essential for network. By utilizing network we take anything by utilizing modest bunch gadgets in single room with numerous gadgets across whole world.

INTERNET ADDICTION

Internet addiction isn't care for utilization of liquor or drugs yet it is a motivation control problem like a betting. Some of Internet client, their inclination shear with online companions. They are exceptionally close with them. They likewise make online movement on their screen of PC. Likewise, internet client appreciates with internet use. Online worlds permit them to trading thoughts and meet by utilizing single room, mingle sites of interpersonal organization and furthermore virtual networks. A few clients likewise invest

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

more energy on internet to looking through intrigued point on the internet or for understanding internet journals. Internet compulsion is more similar to other enslavement the dependent individual rumors in the virtual dreamland. They might be associated with this present reality, meet the genuine people groups at far distances which is preposterous typically throughout everyday life.

What is Internet Addiction Disorder?

What " Internet Addiction Disorder " (IAD) is at this point hard to describe at the present time. A huge piece of the principal assessment relied upon the most delicate kind of investigation methodology, to be explicit exploratory examinations with no sensible theory or thinking support them. Coming from a speculative procedure enjoys a couple of benefits, yet what's more isn't ordinarily seen like a strong strategy to push toward another issue.

Do certain individuals have issues with investing an excess of energy on the internet? Sure, they do. Certain individuals likewise invest an excessive amount of energy perusing, sitting in front of the TV, and working, and disregard family, kinships, and social exercises. Yet, do we have TV habit issue, book compulsion, and work fixation being recommended as genuine mental problems in a similar classification as schizophrenia and sorrow? It's the propensity of some psychological wellness experts and scientists to need to name all that they see as conceivably unsafe with another indicative classification. Tragically, this causes more mischief than it helps individuals. (The street to "finding" IAD is loaded up with numerous sensible misrepresentations, not the least of which is the turmoil among circumstances and logical results).

What some not very many individuals who invest energy online with no different issues present might experience the ill effects of is impulsive over-use. Enthusiastic practices, in any case, are now covered by existing analytic classes and treatment would be comparable. It's not the innovation (regardless of whether it be the Internet, a book, the phone, or the TV) that is significant or irresistible - it's the conduct. Furthermore, practices are effectively treatable by conventional intellectual conduct strategies in psychotherapy.

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Addiction and Internet Addiction Disorder

Suler (1999) calls attention to those addictions are not really characterized obviously. This is on the grounds that it very well may be unfortunate or even solid and furthermore a mix of both. Unmistakably when individuals are fulfilled by certain exercises like pastimes, they might want to spend their occasions on these exercises however much as could be expected. Moreover, it can likewise be innovativeness, learning and self-articulation. Notwithstanding of this, a few clinicians characterize fixation as a personal conduct standard of impulsive medication utilize described by overpowering association with the utilization of a medication and getting of the stockpile, just as the inclination to backslide after finish of withdrawal.

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

Internet Addiction Disorder is the term initially proposed by Dr. Ivan Goldberg for obsessive, habitual Internet use. Internet Addiction Disorder is said that it is nearest to obsessive betting. This is on the grounds that some Internet clients can't handle themselves when they should access or detach the internet. Numerous clinical specialists and analysts endeavor to clarify Internet Addiction Disorder. These clarifications comprise of psychodynamic and character, sociocultural, conduct and biomedical clarifications. Not with standing, Ferris (2002) brings up that during this time the term Internet Addiction Disorder is as yet hard to characterize. Not all can impeccably clarify any addiction and some are superior to the others at clarifying Internet Addiction Disorder. Up until this point, specialists can just zero in on characterizing the side effects that lead into Internet enslavement.

Characteristics of Internet Addiction

- **Feel preoccupied with the internet:**

Individuals who invest a ton of energy riding the Internet are bound to experience burdensome indications, as per a British report. These clients report more indications on the Beck melancholy stock, a poll that measures passionate and actual viewpoints, like misery, crabbiness, sensations of responsibility, weariness and weight reduction.

Furthermore, little subsets of individuals who surf the Internet enthusiastically report significant degrees of burdensome side effects. These clients invest more energy perusing physically satisfying sites, gaming locales and online networks; the Internet seems to supplant genuine social association.

- Feel a need to internet expanding and accomplishing fulfillment
- Inability and capacity to control internet use
- Feel re-stress or crabby to internet use
- Escaping from issues of calming sensations of discouragement, defenselessness, culpability, or tension:

Who are the most likely candidates for Internet addiction?

There are numerous sorts of individuals that can be dependent on the Internet. Numerous clinicians accept any individual who gets to the Internet has the likelihood to be dependent. Internet Addiction Disorder can end up peopling who are discouraged, desolate or high family clashes. In this manner, there is no precisely specific gathering influenced by Internet Addiction Disorder. In any case, a few experts notice that age and training appear to affect the segment profile of individuals with Internet Addiction Disorder. Particularly, understudies and homemakers who are youthful or knowledgeable are the key part.

A longitudinal investigation of Internet use for 93 families noticed that teens access the Internet significantly more regularly than their folks. The Internet clients between the ages of sixteen and 25 are contrarily impacted by the Internet. This is because of the way that these individuals in this gathering having the tremendous chances to get to the Internet.

Moreover, there is the most well-known inquiry from the large numbers of individuals that is "the place where does Internet clients go when they are utilizing the Internet?" The appropriate response is that those individuals who are online addicts are regularly drawn in by these sorts of site recorded underneath.

- Day exchanging
- Adult sex talk

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

- Online erotic entertainment
- Playing PC games
- Gambling in virtual club
- Chatting with online outsiders

How about children?

They are the most weak competitors that everybody is concerned. The most famous spot youngsters consistently go is internet-based game sites. Those can go through a few hours on playing internet-based games like Counter Strike, Ragnarok, etc. Some don't go to their schools however go to a internet bistro or their companion's homes in order to play those internet based games. Presently the further inquiry isn't just with regards to Internet compulsion yet it is about adverse consequences on those kids, especially brutality in the internet based games.

Risk factors for Internet addiction: (Joanna S., Melinda S., Lawrence R, and Jeanne S) The Greater risk of Internet addiction if:

- You experience the ill effects of tension - You might utilize the Internet to occupy yourself from your concerns and fears. A tension problem like over the top urgent issue may likewise add to extreme email checking and impulsive Internet use.
- You are discouraged - The Internet can be a getaway from sensations of sadness, however an excessive amount of time online can exacerbate the situation. Internet fixation further adds to pressure, disengagement and depression.
- You have some other addictions - Many Internet addicts experience the ill effects of different addictions, like medications, liquor, betting, and sex.
- You need social help - Internet addicts regularly utilize long range interpersonal communication locales, texting, or internet based gaming as a protected method of setting up new connections and all the more unquestionably identifying with others.
- You're a troubled teen - You may be pondering where you fit in and the Internet could feel more great than genuine companions.
- You are less versatile or socially dynamic than you used to be - For instance, you might be adapting to another inability that restricts your capacity to drive. On the other hand, you might be nurturing extremely small kids, which can make it difficult to take off from the house or associate with old companions.
- You are worried - While certain individuals utilize the Internet to alleviate pressure, it can have a counterproductive impact. The more you spend on the internet, the higher feelings of anxiety will be.

What are the effects of internet addiction?

Internet addiction brings about close to home, family, scholarly, monetary, and word related issues that are normal for different addictions. Impedances of genuine connections are upset because of unnecessary utilization of the Internet. People experiencing Internet enslavement invest more energy in singular disconnection, invest less time with genuine individuals in their lives, and are frequently seen as socially off-kilter.

Contentions might result because of the volume of time spent on-line. Those experiencing Internet addiction might endeavor to hide the measure of time spent on-line, which brings about doubt and the aggravation of value in once stable connections.

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

Some experiencing Internet addiction might make on-line personas or profiles where they can change their characters and profess to be somebody other than oneself. Those at most elevated danger for making of a mysterious life are the individuals who experience the ill effects of low self esteem sensations of insufficiency, and dread of objection. Such adverse self-ideas lead to clinical issues of despondency and uneasiness.

Numerous people who endeavor to stop their Internet use experience withdrawal including: outrage, melancholy, alleviation, state of mind swings, nervousness, dread, touchiness, pity, forlornness, fatigue, anxiety, hesitation, and agitated stomach. Being dependent on the Internet can likewise cause actual uneasiness or clinical issues, for example, Carpal Tunnel Syndrome, dry eyes, spinal pains, extreme migraines, eating abnormalities, (like skipping suppers), inability to take care of individual cleanliness, and rest unsettling influence

Signs and symptoms of Internet addiction

- Signs and manifestations of Internet fixation shift from one individual to another. For instance, there are no set hours of the day or number of messages sent that show Internet compulsion. Yet, here are some broad admonition signs that your Internet use might have turned into an issue:
- Losing track of time on the internet - Do you often end up on the Internet longer than you expected? Do a couple of moments go in to a couple of hours? Do you get bothered or testy if your internet based time is interfered?
- Having inconvenience wrapping up jobs at work or home - Do you discover clothing stacking up and little food in the house for supper since you've been occupied on the internet? Maybe you wind up burning the midnight oil all the more frequently on the grounds that you can't finish your work on schedule — then, at that point, remaining considerably more when every other person has returned home so you can utilize the Internet openly.
- Isolation from loved ones - Is your public activity enduring due to all the time you spend on the internet? Is it true that you are disregarding your loved ones? Do you feel like nobody in your "genuine" life - even your companion - comprehends you like your internet- based companions?
- Feeling blameworthy or cautious with regards to your Internet use - Are you tired of your mate pestering you to get off the PC and get to know one another? Do you conceal your Internet use or lie to your chief and family about the measure of time you spend on the PC and what you do while you're on the internet?
- Feeling a feeling of rapture while engaged with Internet exercises - Do you utilize the Internet as an outlet when focused, pitiful, or for sexual satisfaction or fervor? Have you attempted to restrict your Internet time yet fizzled?

Therapy, Counseling and Support for Internet Addiction Therapy and Counseling for Internet Addiction

Treatment can give you a colossal lift in controlling Internet use. Intellectual conduct treatment gives bit by bit approaches to stop habitual Internet practices and change your discernments in regards to Internet and PC use. Treatment can likewise assist you with learning better methods of adapting to awkward feelings, like pressure, tension, or wretchedness.

In the event that your Internet use is influencing your accomplice straightforwardly, likewise with unreasonable cybersex or online issues, marriage mentoring can assist you with

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

working through these difficult issues. Marriage mentoring can likewise help you reconnect with your accomplice on the off chance that you have been utilizing the Internet for a large portion of your social requirements.

For help discovering an advisor for Internet fixation, see Resources and References area beneath.

Group Support for Internet Addiction

Since Internet enslavement is generally new, it tends to be difficult to come by a genuine care group committed to the issue like Alcoholics Anonymous or Gamblers Anonymous. In case that is a synchronous issue for you, in any case, going to gatherings can assist you with working through your liquor or betting issues also. Sex Addicts Anonymous might be somewhere else to attempt in case you are experiencing difficulty with cybersex. There may likewise be bunches where you can deal with social and adapting abilities, for example, for uneasiness or despondency.

There are some Internet habit support bunches on the Internet. Be that as it may, these ought to be utilized with alert. In spite of the fact that they might be useful in situating you and pointing you the correct way, you need genuine individuals to best profit from bunch support.

Ways to Control Internet Addiction

Self-Control:

Square out diverting sites for a set measure of time. On the off chance that you end up slipping into a Twitter sinkhole when you ought to refresh your marketable strategy, Self-Control might be the application you need. Set it for four hours, for example, and your program will act as though its disconnected for that timeframe. No measure of program restarts or PC reboots will stop it. Before you have heart palpitations, realize that you can white rundown or boycott certain locales. Along these lines, instead of totally handicapping the whole Internet, you can specifically choose which destinations are OK, or not OK, to visit during your center period.

Concentrate:

Expand center while moving between various assignments. Concentrate is extraordinary for moving between undertakings that require various attitudes. I have an assortment of repeating errands that require various apparatuses: 1) Writing 2) Social Media Management 3) Event Planning. Concentrate allows me to design an alternate arrangement of devices for each assignment. At the point when I actuate "Composing," the application consequently shuts my email customer and Internet Browser; blocks me from Twitter, Face book, and YouTube; dispatches Microsoft Word; and sets my texting status to "away". Then, at that point, when I need to focus via "Online Media Management," I can modify something else entirely of activities to happen applicable to that action. There's additionally a convenient "focus" clock.

Focus Booster:

Zero in on single undertakings for 25 minutes each. This application depends on the standards of the Pomodoro Technique, a time usage framework that provokes you to zero in on a solitary errand for 25 minutes and afterward offer yourself a 5-minute reprieve. Consolidating the elements of a daily agenda and a time-usage mentor, Focus Booster permits you to drill down your every day errands, and afterward it tracks your time as you

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

work through them. At the point when 25 minutes are up, a caution sounds and you get a break. It's a simple method to work on extending your capacity to focus without getting carried away.

Think:

Breaking point your regard for a solitary application at a time. This is an amazingly straightforward application that is much the same as "Spaces" on a Mac. When enacted, Think permits you to carry only one application into the frontal area on your PC, while all the other things is concealed under an almost murky background. While you can without much of a stretch shift between different applications when you need to, it makes a perfect space for zeroing in on the main job. (It likewise functions admirably couple with Focus Booster.)

Establish an interruption free climate for composing. In case composing is something that you do consistently, it's staggeringly helpful to have a simple method to make an interruption free setting. Center Writer re-establishes a word processor-like climate, shutting out without question, everything on your screen aside from the words you type on a basic dim foundation - all menus (date, clock, dock, and so forth) are concealed until rollover. Regardless of its perfect appearance, Focus Writer has the standard rich content manager highlights, for example, spell check and word count. Besides a couple rewards like an everyday composing objective (word count or composing time) and exceptionally satisfying typewriter sounds for every keystroke.

Anti-Social:

Immediately block the social sites that are killing your concentration. Against Social resembles a light form of full-scale Internet-blocker Freedom. Maybe than impeding the Internet completely, Anti-Social consequently hinders all of the realized time sinks for a set timeframe. Destinations that are untouchable incorporate Twitter, Face book, Flickr, Digg, Reddit, YouTube, Hulu, Vimeo, and all standard internet email programs. It isn't so not the same as Self-Control (see above), then again, actually it comes preequipped with a boycott (which you can add to, obviously). In the event that you can't deal with your Internet forbearance, you can turn Anti- Social off by rebooting your PC.

Stay Focused:

Check the time you invest perusing energy squandering locales. This augmentation, for clients of Google's Chrome program, works in the opposite way to Anti-Social or Self-Control. Maybe than setting a timeframe for which you CANNOT utilize the Internet, it permits you to set a timeframe to enjoy time-squandering locales. Just need to allow yourself an hour daily for Twitter, vanity Googling, and refreshing your Netflix line? This is your application. Similar as when you were a child and simply permitted to watch two hours of TV daily.

Time Out:

Remind yourself to enjoy customary reprieves to maintain your concentrate sharp. For ideal concentration, we need to take ordinary breaks to unwind and remake our energy. Break is a super-straightforward application that runs behind the scenes while you work. At set stretches (say, like clockwork), it blurs in and tenderly reminds you to enjoy some time off. You can likewise utilize it to remind you to require 1-minute "miniature breaks" to stay away from eye strain from gazing at your PC like a zombie for quite a long time.

SELF-ESTEEM

Self-esteem is the pivot on which character of an individual rotates, as indicated by Oxford word reference Self-Esteem implies trust in your own value or capacities. It could be characterized, as how individuals assess themselves. Self-esteem, self-respect, self-assurance, and pride are a portion of the equivalent words. Self-esteem is a singular's inclination that S/he is able, significant, cherished by other people who is esteemed and appreciated. It includes a sensation of individual worth, self esteem, satisfactory and self respect, including mindfulness and a worth of nobility and uniqueness of the self as a person. A singular Self-Esteem influences his all out conduct that is communicated in the disposition that the singular holds toward himself. Analysts has depicted Self-Esteem, which covers a wide scope of feelings and practices as "a positive or horrible disposition towards oneself."

Bordens (2008), Kernis (2000), Buhrmester (1988) Self-Esteem is characterized as the singular's evaluation of self-esteem. It is influenced both by our capacity to control our self-appreciation in connections with others and our thoughts regarding how we are comparing our own norms; both these cycles have significant repercussions on our sentiments about ourselves.

Self esteem is the result of assessment measure that includes judgment about the self-6. Self-esteem as a demeanor that people have about themselves, and it is a result of the impacts of culture, family and society and relational connections. It is an essential human need; Lack of it has genuine unfortunate results like substance, misuse self-destruction, sorrow and tension. Self-esteem is a consequence of a progression of significant worth decisions made by kids as they experience childhood, in which they endeavor to figure out thoughts that they create about their traits, capacities and appearance, is simply the complete assessment youngsters make and the level of regard in which they respect themselves. Self esteem is along these lines conceptualized as worldwide sentiments and mentalities that youngsters and grown-ups have about themselves. Overall Self-Esteem is a singular's assessment of their self-esteem and likewise characterized as the qualities every people put on own attributes, conduct and capacities.

Self-esteem examination can be followed back over 100 years to the spearheading composing of William James (1890,1983). Self-esteem mirrors the connection between our prosperity and our yearning, Self-Esteem is impacted by conviction about skill (David, Miller., and Teresa, Moran, 2012).

It is a coordinated amount of self-esteem and self-ability, it implies understudy who groups good Self-Esteem are the people who have a sure outlook on both their self-appreciation worth and their self-appreciation capability.

- Self-esteem is simply the aggregate certainty and dignity the portrayal of Self-Esteem incorporates the accompanying essential properties:
- Self-Esteem as a fundamental human need, it makes a fundamental commitment to the existence interaction is basic to ordinary and solid self-turn of events, and has a vale for endurance.
- Self-Esteem as a programmed and inescapable outcome of the amount of people decisions in utilizing their cognizance.
- Something experienced as a piece of, or foundation to, each of the people musings, sentiments and activities.

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

The degree of Self-Esteem is gotten from the sentiments individual has about his own picture and individuals' response towards him. which is the group of stars of things an individual uses to portray himself. So, regard includes adoring, regard and honorable mindful. Self esteem covers a wide scope of feelings and practices it is a sensation of individual worth affected by execution, capacities, appearance and decisions of others. Charles Horton Cooley. "In 1902 contended that how we feel about ourselves is impacted by what we accept others consider us.

Factors Influencing Self-Esteem

There is considerable rundown of encounters, discernments and messages which impact how we feel about ourselves as people corresponding to kids such encounters like getting acclaim, wining prizes or acquiring endorsement from guardians and educators are probably going to improve sensations of worth. The more we have those things, the higher our Self-Esteem. In any case, while this may appear to be practically presence of mind, crafted by Michael Argyle gives an alternate point of view on how we are structure decisions of ourselves. He distinguishes four significant determinants (David, Miller., and Teresa, Moran, 2012).

To start with, this conviction that our Self-Esteem is influenced by the messages we get from others around us-is generally acknowledged.

Second, Self-Esteem is affected by examination with others, a conviction which can be connected to significant work.

Third, Self-Esteem is affected by ID of models. There are two perspectives here which are significant: the method involved with displaying and the job of the model as 'ideal self' the impact of good examples on Self-Esteem is of specific significance kid might pick any model guardians, saint, peer bunch, educator and so on.

The elements that assistance in building high Self-Esteem might be recorded as certain picture of oneself great execution at school, great change with friends and others positive psychological well-being, acceptable family climate and strong mentality of the guardians and so on PSYCHOLOGICAL WELL-BEING.

The 21st century universe of work is known for its expanding levels of pressure, brought about by the requests of the new economy, constant change, change, globalization, intricacy, vulnerability and estrangement.

Mental Well-Being implies happiness, fulfillment with all components of life, self-actualisation (a sensation of having accomplished something with one's life) Psychological Well-Being comprises of inaddiction, natural dominance, self-improvement, individual relationship, reason throughout everyday life, and self-acknowledgment (Keyes, C.L.M., Shmokin, D., and Ryff, C.D. 2002).

Prosperity is a unique state, wherein the individual can foster their possible job, efficiency and inventiveness, building solid and positive relationship with others and commitment to the local area.

There is a broad consensus that well being has three basic characteristics:

- It is grounded in every individual's encounters and on their insights and assessments of such encounters.
- It incorporates positive measures, not just the shortfall of negative angles.
- It remembers some general assessment forever, typically named life fulfillment.

The following six theoretical based aspects of Psychological Well-Being

1. **Relationship:** One of the three mental fundamental necessities proposed in the self-assurance hypothesis is the requirement for relatedness close to ability and in addition, the significance of positive connections for various prosperity ideas. Relationship incorporates common help, trust, local area, regard, having a place and something contrary to forlornness.
2. **Engagement:** The drew in life is one of the three courses to satisfaction. Being draw in knowing one's solidarity and utilizing them, adds to Psychological Well-Being, prospering and stream encounters.
3. **Meaning:** The importance life is one more course to bliss. The reason in life is a fundamental piece of Psychological Well-Being. On the off chance that individuals realize what gives meaning and reason to their lives and act in like manner, their degree of joy increments.
4. **Mastery:** The measurements natural dominance, capability; the elements of Self-Esteem and authority in his idea of thriving, zeroed in on summed up self-viability and allude to Self-Esteem, self-adequacy and locus of control in their idea of center self-assessment. This load of ideas have directed exploration showing that feeling capable in overseeing every day undertakings or difficulties advances prosperity. Dominance included abilities, achievement, learning, self-esteem, and self-viability.
5. **Autonomy:** It is one of the fundamental necessities, feeling independent and having control of one's life is a fundamental piece of human prosperity.
6. **Optimism:** Is characterized as anticipating positive things throughout everyday life and pondering the future as opposed to having skeptical assumption.

In the past characterized "health" as not debilitated, as a shortfall of uneasiness, gloom or different types of mental issues. It remembers significance forever, nonappearance of substantial manifestations, Self-Esteem, beneficial outcome, day by day exercises, fulfillment, nonattendance of self-destructive thoughts, individual control, social help, nonattendance of pressure and general proficiency (Bhogol, S., and Prakash, I.J. 1995). Well-being is a good mental express that worries compelling working and experience, Psychological Well-Being is conceptualized as the blend of feeling better and working ideally.

One part of prosperity that can be impacted by the environment and nature of learning in schools is Psychological Well-Being, how much one have individual importance and self-acknowledgment and lives as per one's actual self. Mental Well-Being is related with the fruitful accomplishment of individual objectives of advancement information, expertise, capacity obtaining, authority and beating difficulties throughout everyday life.

Mental Well-Being likewise alluded to as eudaimonic prosperity, addresses one of two parts of prosperity (Ryan, R.M., and Deci, E.L. 2001).

REVIEW OF RELATED LITERATURE

Audit of Literature is the survey of the past explores which have been led in same field. The survey is done to have a thought regarding the degree of examination work done specifically field and to have a look about the aftereffects of the past investigates. This aides in choosing the conditional goals for additional review.

STUDIES RELATED TO INTERNET ADDICTION

Gao (2020) decide the predominance of comorbid Internet addiction (IA) and state of mind indications and to recognize normal and novel danger profiles for individual and comorbid emotional well-being issues among young people. Understudies who were young ladies, were current smokers, had more than 1.5 h lack of sleep each day on non-weekend days, utilized the Internet for more than 30 and 240 min each day on non-weekend days and ends of the week, individually, utilized long range interpersonal communication destinations in excess of 6 times each day, were Internet gamers, and additionally announced helpless parent-youngster connections revealed higher paces of comorbid IA and mind-set indications. Teenagers presented to a greater amount of these corresponds would have a higher danger of IA, state of mind manifestations, and their comorbidity. Public systems for the counteraction of psychological instabilities ought to grow their ability to recognize and restrict the co-event of IA and state of mind indications.

Aydın (2020) analyze the job of metacognitions and feeling acknowledgment in anticipating IGD during the early youthfulness time frame. Connection investigations demonstrated that three components of the MCQ-C (positive meta-stress, negative meta-stress, and strange notion, discipline, and obligation) and its all out score were decidedly associated with most of elements of the IGDT. The negative factor of the RMET was emphatically associated with the striking nature, resilience, and backslide factors and complete score of the IGDT. Every day internet use was decidedly associated with all components of the IGDT and its complete score. Various leveled relapse investigations showed that every day internet use and metacognitions (in various mixes) were huge free indicators of IGDT variables and its absolute score, and that the negative factor of the RMET was a critical autonomous indicator of the remarkable quality and resistance components of IGDT and its all out score.

Young (2020) meant to explore the pervasiveness of internet game fixation and its relationship with ecological attributes, for example, parent oversight, gaming hour (time spent on gaming) and consideration deficiency hyperactivity problem (ADHD) side effects among center school understudies. Internet Game enslavement bunch was 52 subjects (8.7%). Male understudies were altogether higher than female understudies (OR 25.01). IGUESS score was genuinely contrarily related with parent connection and parent oversight, while IGUESS score was decidedly associated with time spent on gaming each day, the most significant length of time spent on gaming each day and brutal game and ADHD score. Among factors, IGUESS score showed the most elevated connection with the most significant length of time spent on gaming each day ($r=0.373$, $p<0.01$). Utilizing progressive relapse examinations, the most significant length of time spent on gaming each day was additionally the most noteworthy anticipating factor influencing internet game fixation among factors. Discoveries show that parent management, parent connection and game related qualities, for example, gaming each day, the most significant length of time spent on gaming each day and rough game and ADHD were related with between net game addiction.

Berin (2020) tried the connection among rumination and internet habit and the intervening job of misery in this relationship. The outcomes demonstrated that rumination and internet

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

addiction were decidedly related, and misery emphatically and to some degree interceded the connection among rumination and internet habit. Balance tests by sexual orientation were critical. These affiliations contrasted by sexual orientation, where the immediate impact of rumination on internet enslavement is huge just for male young people, the backhanded impact is huge just for female teenagers. Melancholy has an interceding job in the connection among rumination and internet enslavement just for female youths. There is a connection among rumination and internet addiction, despite the fact that sex contrasts were found. Discoveries feature the significance of thinking about young adult sexual orientation while assessing the variables that add to internet fixation. The outcomes recommend that creating intercession projects to forestall internet fixation by considering the impacts of misery, rumination, and sexual orientation factors might be more useful.

Chauhan (2017) track down the degree of internet habit among youths. Result showed that the greater part members were utilizing facebook (71%) and whatsapp (71%) for the motivations behind talking 92%, with respect to internet compulsion the greater part (53.8%) of the members had moderate internet addiction and 7.7% had serious internet fixation which might actually influence the physical and psychological well-being of the adolescents.

Azhar (2014) directed a review on the pervasiveness of internet enslavement among the male and female understudies in the University of Sargodha and the connection between internet fixation and nervousness level of understudies. There were 300 understudies, from Masters' classes, as an example, chosen through bunch testing. Internet Addiction Scale (I.A.S) and Beck Anxiety Scale were utilized as appraisal devices for information assortment. The data were analysed using mean, standard deviation, t-test and regression analysis. The results showed that prevalence of internet is more in male students than female students. Regression analysis showed a positive and significant relation between internet addiction and anxiety level among University students.

Stosic (2014) attempted to decide if the PC and internet had influenced the inventiveness of youths. Irregular examples of 120 guardians of the young people were approached to offer their perspective. The outcomes shows that the utilization of PC and internet have influences on the imagination of young people. Larger part of guardians of the teenagers felt that the PC and internet influence the innovativeness of youths. It is additionally clear that there is no relationship among's sexual orientation and internet gaming with the advancement of innovativeness, as the biggest number of subjects said there is no association among sex and playing internet games and improvement of inventiveness.

Premsingh and Prajina (2013) directed their examination on a review on the effect of internet enslavement among youths. The destinations of the current review are i) To concentrate on the degree of utilizing the internet. ii) To concentrate on the effect of internet habit on the scholarly exhibition iii) to concentrate on the effect of internet fixation on public activity iv) To concentrate on the effect of internet addiction on mental prosperity v) To concentrate on the financial part of utilizing the internet. An elucidating study was directed among 30 higher optional understudies (15 young men and 15 young ladies) who were contemplating in a govt. school at Kerala. The information was gathered by utilizing both essential and optional sources. A internet habit test scale created by Dr Kimberly Young, and an organized survey exceptionally drafted for the reason for existing was utilized for gathering the information. The gathered essential information was investigated by utilizing rates and extents. The review results show serious cases are more extraordinary

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

than that of moderate cases. In any case, there are further opportunities to tumble down the moderate cases to extreme cases. The young men are more dependent on the internet than young ladies since they are getting greater freedom to blend with companions and various individuals locally. They are permitted to invest more energy in internet bistro even in the night than young ladies. They can comprehend from the review that the scholarly and social effect is conspicuous than mental effect. It could be because of the interesting idea of respondents. Teenagers give more significance to moment delight. No more individuals are worried about delayed consequences. Consequently, in this reformist world - the general public, the family, and the guardians should know about the snare around.

Manjunatha (2013) led a study among 500 understudies in different schools and colleges all through India. Overview was mostly done in the metropolitan districts and rustic regions were left out on the grounds that absence of accessibility of PC organizations to the provincial understudies. As per the review, 80% of the understudies invest critical measure of energy on utilizing SNS (Social Networking Sites) consistently and 20 percent of the understudies don't invest any time utilizing SNS. Among this example, hours spent on SNS was under 1 hour for 4% of the respondents and most of the Indian understudies (62.6 %) went through 1 to 10 hours out of each week on utilizing SNS and purportedly 17.5 percent went through over 10 hours of the week. Specifically, the level of understudies going through 5 to 10 hours on utilizing SNS is higher than some other classification. Larger part of the understudies were presented to SNS for more limited length because of different reasons, for example, no internet network at home, living at lodging with no internet arrangements or low degree of interest in SNS. As a general rule, as indicated by the information male understudies use SNS more than female understudies.

Joe (2013), the significant focal point of the examination is the use of internet by post alumni understudies in Coimbatore region. Government, government-supported and self-financing schools with 1151 understudies were chosen haphazardly for this review. Discoveries of the review showed that every one of the 1151 understudies have internet mindfulness. 400 and 56 (39%) of the understudies have gained the information and skill in utilizing the internet without help from anyone else guidance, 422 (37%) of the understudies have procured the information and ability through their companions and 273 (24%) of the understudies have obtained the information and capability in utilizing internet by school/college library, PC lab and internet lopes. 400 and 69 (41%) of the understudies have PC with internet access and 682 (59%) of the understudies don't have an own PC with internet access. Further, it is anticipated that the understudies who have PC with internet access have more information on internet utilization.

Lajwanti and Sharma (2013) considered with 240 young men and 240 young ladies examining in different auxiliary schools of Agra city by utilizing purposive testing strategy. Internet clients are acceptable in perception and supports measurement though normal in focus, task direction, connection, penetrating, composing and recording measurement. What's more, internet non clients have normal degree of focus, collaboration, boring, composing and recording while they are poor in perception, task direction and supports measurements. The understudies who are utilizing internet additionally have preferred review propensities over the understudies who are not utilizing internet. Both internet client and non-client female understudies have preferable review propensities over both internet client and non-client male understudies.

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

Anita (2013) directed a review on apparent impact of internet use on friendly skill, enthusiastic development and general prosperity of young people. The underlying example for the current review comprised of 496 internet client adolescents studying in various senior optional schools of Delhi and Bahadurgarh of Metropolitan and Non metropolitan region. The aftereffects of the review show that 46% of metropolitan and 58 percent of non metropolitan respondents thought about internet as a method of getting away from issues or of assuaging pressure. It demonstrates that young people occupied with various internet applications for diversion helps them in soothing pressure. Metropolitan (89%) and non metropolitan (79%) respondents revealed that there is no unfriendly impact of internet on their grades and school work. 71% of metropolitan and 65 percent of non metropolitan respondents proposes that there is a solid should be cautious while riding the internet. 61% of metropolitan and 49 percent of non metropolitan respondents were utilizing internet for diversion while 21% of metropolitan and 19 percent of non metropolitan respondents' pattern was to utilize internet by and large for instructive reason.

Das (2013) completed a review on a gathering of 120 members out of which 60 were male understudies and the other 60 were female understudies matured between 18 to 24 years, contemplating in the twelve distinct Departments of Ravenshaw University, Cuttack, Odisha, India. Study shows that the guys with normal internet clients had low degree of dejection (40.21) when contrasted with guys with successive internet clients who had more significant level of depression (49.92). Essentially, females with normal internet clients showed lower level of depression (43.25) when contrasted with females with successive internet clients who showed more elevated level of dejection (51.76). From the investigation, it was discovered that there was a critical contrast between normal internet clients and continuous internet clients with respect to their scores on depression exist. Sex as a factor had no huge effect upon youths' depression.

Das (2012) directed a review on net dependent youths in danger of emotional wellness. The point of the review was to see the effect of internet enslavement on emotional well-being. The example involved 70 teenagers (young men and young ladies) matured 14-18 years who were internet clients. The instruments for appraisal were Mental Health agenda (Kumar) and Internet Addiction Test (Young). The theories that (1) Internet fixation influences emotional wellness (2) there is a critical contrast between Mental Health of Net Addicted and Net Non-Addicted subjects were demonstrated. It was presumed that internet dependent had poor emotional well- being.

Chatterjee and Sinha (2012) analyzed the relationship between understudies impulsive utilization of internet corresponding to the potential character factors. 300 understudies from different streams (180 male and 120 female) were chosen arbitrarily from understudies who regularly go on the internet. They were directed with the Compulsive Internet Use Scale (2009) trailed by the Revised Eysenck's Personality Questionnaire (1985), Trait Anxiety Inventory (1983) and Trait Aggression Inventory (1988). Neuroticism, extraversion and characteristic uneasiness is observed to be emphatically and altogether associated with impulsive utilization of the internet, while quality hostility is observed to be negative yet essentially corresponded with enthusiastic internet use. Psychoticism was random to urgent internet use. Further, the top to bottom meeting uncovered that internet utilization expanded under upset relational connection like a contention with companions, guardians, darling and disappointment. In any case, internet utilize advanced prosperity by giving security, feeling of belongingness by keeping oneself occupied from social commitments and obligations.

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

Jansman (2012) did an examination to explore the connection between internet use and securing of specialized abilities of juvenile internet clients. Analyst utilized an examination and an overview strategy among an example of 92 respondents. 59 female and 33 male subjects in the age gathering of 14 to a long time from a similar auxiliary school were chosen arbitrarily. Understudies were generally isolated into three degrees of instructive accomplishment like low medium and high. Consequences of the review show that understudies from higher instructive gatherings acquired somewhat preferred specialized abilities over the lower instructive gatherings and in the event of sexual orientation, females got better specialized abilities yet at the same time their procurement of abilities were lower than male partners.

Bhadauria, Gore, and Pandey (2011) concentrated on the impact of inordinate utilization of internet upon young people, emotional well-being. In this review youths between the age gathering of 17-18 years were chosen from Class XI of the senior optional school of Banda city. Polls included Mental Health Battery and Socio-Economic Status Scale (SESS). The significant discoveries of the review were: (I) Internet utilization adversely influences the psychological well-being of young people. (ii) Internet utilization influences more to the emotional well-being of provincial youths than that of a metropolitan juvenile. (iii) Internet utilization influences the emotional well-being of juvenile young men and young ladies of various SES same way. (iv) internet utilization and region contrasts are communicating altogether for the adolescents' emotional well-being and no factors are interfacing essentially with each other for the psychological well-being of young people.

Rangaswamy (2007) just a little level of Indian youth approached PCs and the internet at home and a greater part of young fellows join the internet in community focuses. In metropolitan regions, internet bistros are the essential space where first time innovation clients become started. Nisbett's (2006) found in Bangalore internet bistros, that young people of various financial classes as often as possible use internet, a considerable lot of them utilized for email and internet related visit (IRC).

Karavidas (2005) attempted a review to survey the connection between mental prosperity and internet use among young people. An example of 336 youngsters matured somewhere in the range of 15 and 21 years from an optional school and a college populace were overviewed. Results demonstrated that females with more internet-based companions were higher on self-esteem and lower on forlornness than females with less internet-based companions, yet the inverse was valid for guys. A bigger number of online normal companionships appeared to have low self-esteem and was identified with more prominent depression for guys.

STUDIES RELATED TO SELF-ESTEEM AND INTERNET ADDICTION

Kumar and Mondal (2018) The fundamental goal of this review is to investigate the Internet use and its connection to psychopathology and self-esteem among understudies. A sum of 200 understudies were chosen from various schools of Kolkata through arbitrary testing. After determination of the example, Young's Internet Addiction Scale, Symptom Checklist-90- Revised, and Rosenberg Self-Esteem Scale were utilized to survey the Internet use, psychopathology, and self-esteem of the understudies. Misery, uneasiness, and relational affectability were observed to be connected with Internet addiction. Alongside that, low self-esteem has been observed in understudies to be related with potential clients of Internet. Internet utilization has been found to emphatically affect undergrads, particularly in the

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

space of uneasiness and discouragement, and on occasion it influenced their public activity and their relationship with their family.

Liliana Seabra (2017) The point of this review is to look at the connection between Internet enslavement and self-esteem. The example included 1399 Portuguese and Brazilian Internet clients, from 14 to 83 years of age, who reacted to the Internet Addiction Test (IAT) (Young, K. (1998b) *Caught in the Net: How to perceive the indications of Internet habit and a triumphant technique for recuperation*, John Wiley and Sons, Inc., New York) and the Rosenberg Self- Esteem Scale (RSES) (Rosenberg, M. (1989) *Society and the young adult mental self-portrait*, Wesleyan University Press, Middle Town). A factor examination of the IAT was led, uncovering three elements: withdrawal and camouflage, social and individual results, and exorbitant use. Utilizing a Pearson relationship, we tracked down a negative connection between's Internet fixation and self-esteem. Straight relapse showed that low self-esteem clarified 11% of Internet addiction, and that negative sentiments brought about by Internet habit (withdrawal and disguise) clarified 13% of self-esteem. In the investigation of the IAT, we tracked down that the gatherings showing raised degrees of Internet compulsion included men, Brazilians, and adolescents (14–25 years of age).

Pantic (2017) tried the presence and strength of connection between Internet habit, self-esteem and narcissism in an understudy populace. There was a measurably huge negative connection between's internet compulsion score and self-esteem. Internet addiction expanded as self-esteem diminished as well as the other way around. Then again, there was a positive relationship between's internet addiction and narcissism. NPI score and number of self-picture photos (selfies) on Facebook were additionally in a positive relationship. On the other hand, NPI score expanded as the self-esteem diminished. The aftereffects of the review are as per our past discoveries on Internet use and psychological wellness, affirming that Internet enslavement is a conceivably a genuine general medical condition.

Perrella (2017) analyzed the connections between Internet addiction indications, explicit social examples, and self-esteem in an example of teenagers and tracked down a backwards connection between self-esteem and Internet compulsion scores. Yet, didn't discover huge relationship between risky Internet use and explicit article connection models. Ends: It appears to be suitable that psychodynamic research on dangerous Internet use should zero in on factors that might adversely affect self-esteem (e.g., genuine encounters) and that might cultivate hazardous Internet use among young people.

S. Bahrainian(2014) explores the relationship of self-esteem and gloom with Internet addiction in college understudies. The present enlightening scientific connection concentrate on elaborate 408 understudies (150 female and 258 male) who had been chosen through a group examining strategy from among every one of the understudies concentrating in Birjand Islamic Azad University. Understudies were assessed through the Beck Depression Inventory (BDI), Cooper Smith Self-Esteem Inventory (CSEI) and Internet Addiction Test (IAT). The outcomes showed that 40.7% of the understudies had Internet enslavement. A critical connection arose between sorrow, self-esteem and internet enslavement. Relapse investigation showed that downturn and self-esteem had the option to anticipate the change of Internet addiction on some degree. It could be critical to assess self-esteem and melancholy in individuals with Internet compulsion. These factors ought to be focused on for compelling intellectual social treatment in individuals with Internet compulsion.

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

Agata (2014) Internet use, which has become critical and fundamental in daily existence, regularly prompts hazardous use. The fundamental point of our review was to address whether or not self-esteem is an indicator of Internet enslavement. The members were 1,011 individuals from three nations: Turkey (N = 320), Poland (N = 350), and Ukraine (N = 341). Youthful's Internet Addiction Test and Rosenberg's Self-Esteem Scale were utilized. Results give proof that self-esteem is an indicator of Internet compulsion and that this example is found across societies. Individuals who approach themselves with substantial self-analysis and assess themselves as disgraceful are more inclined to Internet habit. More exploration is likewise expected to give a superior comprehension of the Internet habit marvel and its connection to self-esteem, character, and culture.

Park, Seok-Gyu. (2013) dissect the effect of internet fixation without anyone else regard level. The majority of the current exploration has acquainted an assortment of strategies with treat the enslavement yet the review for easygoing variables are not totally agreeable. Internet fixation is increased by an assortment of easygoing components, yet during the review to approve the speculation that the greatest effect is the self-esteem level. As indicated by this review, mental elements of self-esteem is caused a internet addiction than social natural factor and familial factor. The outcomes can be used in an assortment of projects to build the degree of self-esteem as a source of perspective for the treatment of internet habit.

Horzum (2013) Relation between despondency, depression, self-esteem and internet habit. In result of the exploration a positive, mid-level and huge connection with internet enslavement has come out when sadness, depression and self-esteem factors are thought about together. These factors clarify 14 % of internet enslavement's all out fluctuation. Ends: The overall request of significance of the factors on internet compulsion is gloom, dejection and self-esteem. While misery and dejection factors are critical indicators on internet compulsion, self-esteem is certifiably not a huge indicator.

STUDIES RELATED TO PSYCHOLOGICAL WELL-BEING AND INTERNET ADDICTION

Arvind Sharma (2018) the current review was directed with the goal to discover the connection between internet enslavement and PWB of understudies. A multicenter cross-sectional review was done in undergrads of Jabalpur city of Madhya Pradesh, India. An aggregate of 461 undergrads, utilizing internet for essentially beyond a half year were remembered for this review.

Youthful's Internet fixation scale, comprising of 20-thing, in view of five-point Likert scale was utilized to work out internet addiction scores and 42-thing form of the Ryff's PWB scale dependent on six-point scale was utilized in this review. A sum of 440 poll structures were investigated. The mean period of understudies was 19.11 (± 1.540) a long time, and 62.3% were male. Internet fixation was essentially contrarily related to PWB ($r = -0.572$, $P < 0.01$) and sub- measurements of PWB. Understudies with more elevated levels of internet addiction are bound to be low in PWB. Basic straight relapse showed that internet compulsion was a huge negative indicator of PWB. PWB of undergrads contrarily influenced by internet addiction. Henceforth, it is fundamental to foster procedures for avoidance of internet habit, which is vital for advancing PWB of undergrads.

Cheung (2018) This review inspects the connections of young people's self-esteem, forlornness and sadness with their internet use practices with an example of 665 teenagers

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

from seven optional schools in Hong Kong. The outcomes propose that regular internet-based gaming is all the more emphatically connected to internet enslavement and such relationship is higher than different indicators of internet addiction in internet-based practices including social cooperations or survey of obscene materials. Male young people will in general invest more energy on internet gaming than female partners. As far as the impact of internet fixation on teenagers' mental prosperity, self-esteem is contrarily connected with internet compulsion, while discouragement and depression are emphatically related with internet enslavement. Similarly, wretchedness had more grounded relationship with internet compulsion than depression or self-esteem. A normalized definition and appraisal device for recognizing internet compulsion has all the earmarks of being a neglected need. Discoveries from this review give bits of knowledge to social specialists and instructors on planning preventive projects for teenagers defenseless to internet compulsion, just as enthusiastic aggravation emerging from internet addiction.

Suresh (2018) The point of the review was to evaluate abstract bliss of first year clinical understudies and their internet habit levels. A cross-sectional review done in a clinical school in Bangalore, Karnataka, India. Test comprised of 150 first year clinical understudies, who self-announced with regards to their internet habit-forming design and abstract prosperity on Internet Addiction Test and Subjective Happiness Scale, individually. Spellbinding and inferential measurable investigations were done. Importance is evaluated at 5% degree of importance. Investigation of difference, Student's t-test, and Chi-square/Fisher's Exact test have been utilized. Of the all-out example, 42.7% of understudies detailed of encountering abstract satisfaction underneath the normal, 41.3% had normal joy levels, and just 16% had scores over the normal. Out of the understudies, 42.1% who had no internet compulsion, 36.4% who had gentle levels, and 54.8% who had moderate degrees of internet habit fell underneath the normal satisfaction level. The people who had more significant levels of internet habit showed diminished emotional satisfaction. Consequently, the individuals who experience diminished emotional satisfaction without obvious mental unsettling influences are as yet inclined to have habit-forming designs. This ought to be considered during evaluating for habit-forming practices.

Çardak (2013) The motivation behind this examination is to analyze the connection between Internet enslavement and mental prosperity. Members were 479 college understudies who finished a survey bundle that incorporated the Online Cognition Scale and the Scales of Psychological Well-Being. The connections between Internet habit and mental prosperity were inspected utilizing relationship and various relapse examination. As per results, mental prosperity was anticipated adversely by lessened drive control, dejection/misery, social solace, and interruption. Understudies with more significant levels of Internet habit are bound to be low in mental prosperity. The outcomes demonstrated that mental prosperity was influenced by Internet habit adversely; and gave a superior comprehension on the connection between mental prosperity and Internet addiction.

Rationale of the Study

Abuse of internet, brings about close to home, family, scholastic, monetary, and word related issues that are normal for different addictions. Genuine connections are upset as of unnecessary utilization of the Internet. Individual experiencing exorbitant Internet use, invest more energy in singular withdrawal, invest less time with genuine individuals in their lives, and are frequently seen as socially abnormal. Many individuals who endeavor to stop their Internet use experience withdrawal including outrage, uneasiness, sorrow, alleviation, state of mind swings, dread, touchiness, pity, forlornness, weariness, fretfulness and furious

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

stomach. Internet habit is much like different medications or liquor, which brings about decline in scholastic, social, and word related execution and association Kraut et al. (2007), tracked down that extreme internet utilization presents an adverse consequence on up close and personal communications by lessening time went through with loved ones, which prompts expanded dejection and wretchedness, in this way diminishing mental prosperity (PWB). Liu (2004) detailed that internet utilize expanded the level of forlornness in undergrads. The past examinations noticed the adverse consequence of internet on their regular routines and a break in the PWB of youthful grown-ups. These examinations characterized prosperity in the idea of psychological maladjustment and trouble like forlornness and sorrow, conduct challenges, impulsivity, sensation and curiosity chasing, and social detachment. Additionally, Oktuğ (2010) concentrate on revealed prosperity as a state compromised like inability to oversee time, missed rest, and missed dinners, etc imagining comparative examples and standards of different addictions. Notwithstanding, in another review, a positive relationship was accounted for between internet use and prosperity, that more prominent internet utilization prompts better correspondence and more noteworthy social contribution, bringing about an upgraded feeling of prosperity.

In light of the survey of related writing, examines on relationship of internet enslavement with self-esteem and mental prosperity among Indian young people have not led so far in Delhi. In this way, the examiner feels it essential to direct an exploration on impact of internet use on self-esteem and prosperity of teenagers.

RESEARCH METHODOLOGY

The common idea of methodology is the collection, the comparative study, and the critique of the individual methods that are used in a given discipline or field of inquiry. It can be defined as “a body of methods, rules, and postulates employed by a discipline”, or a particular procedure or set of procedures or the analysis of the principles or procedures of inquiry in a particular field”. Any piece of research is incomplete without a proper plan of action. A research is designed to enable the researcher to arrive at as valid, objective and accurate selection of the given problem as possible. Research design, is, thus, a detailed plan of how the goals of research will be achieved.

Methodology of the Study

Every study is distinguished on the basis of its different purposes and approaches. Therefore, so many methods have been adopted. For the present study, Descriptive Method was used. Because it is considered as one of the best methods in education, it describes the current status of the research work. It involves interpretation, comparison, measurement, classification, evaluation and generalization all directed towards an understanding and solution of significant educational problems.

Research Problem

The statement of the problem is “INFLUENCE OF INTERNET USE ON SELF-ESTEEM AND PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS”.

RESEARCH DESIGN

The present study was designed to undertake a correlational method on influence of internet use on self-esteem and psychological well-being of adolescents.

RESEARCH METHOD

Correlational method was used to find the relationship between Internet addiction, Self-esteem, Psychological well-being.

VARIABLES

- **Dependent variables**
 - Psychological well-being and Self Esteem
- **Independent variables**
 - Internet Addiction and gender (male and female)

OPERATIONAL DEFINITION

Internet Addiction:

According to Young, Internet addiction is type of impulse-control disorder having features like preoccupation with the target activity, development of tolerance and withdrawal symptoms, compulsive need to engage in activity or a sense of loss of control, unsuccessful attempts to stop or cut down, and neglect of social, academic and occupational obligations with functional impairment.

For the present study, Young's internet addiction scale will be used to measure the internet addiction among adolescents. Higher scores on Young's internet addiction scale indicate internet addiction among adolescents.

Self-esteem:

Self-esteem can be defined as relatively stable feelings of overall self-worth. People with high self-esteem respect and consider themselves worthy. People with low self-esteem express "self-rejection, self-dissatisfaction and self-contempt (Rosenberg 1965).

For the present study, score of Rosenberg's self-esteem scale will be used to measure the self-esteem among adolescents. Higher scores on Rosenberg's self-esteem scale indicate a higher sense of self-esteem among adolescents.

Psychological well-being:

Psychological well-being is conceptualized as some combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life. (Deci & Ryan [2008]).

For the present study, Ryff's Psychological Well-Being Scales (PWB) will be used to measure the psychological well-being among adolescents. Higher scores on Ryff's Psychological Well-Being Scales (PWB) indicate better psychological well-being among adolescents.

Objectives of the Study

- To study the gender difference among adolescents with self-esteem.
- To study the gender difference among adolescents with psychological well-being.
- To study the gender difference among adolescents with Internet Addiction.
- To study the Relationship between Internet Addiction and self-esteem.
- To study the Relationship between Internet Addiction and psychological well-being among Adolescents.

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

Hypothesis of the Study

- H01: There is no significant gender difference among adolescents with self-esteem
- H02: There is no significant gender difference among adolescents with psychological well-being.
- H03: There is no significant gender difference among adolescents with Internet Addiction.
- H04: There is no significant Relationship between Internet Addiction and psychological well- being among Adolescents.
- H05: There is no significant relationship between Internet Addiction and psychological well- being among Adolescents.

Population of the study

For present study, adolescents of 13 to 17 years of age in South Delhi was confined as population.

Sample and sampling method

In this study, a random sample of 150 students (75 girls and 75 boys) were taken and from the age range 13 years to 17 years from in South Delhi by random sampling method.

TOOLS OF DATA COLLECTION

Young's Internet Addiction scale

The Internet Addiction Scale developed by Kimberly Young in 1998 provides an assessment tool for clinicians to measure the severity of Internet addiction among their clients. The Internet Addiction Test is a 20-item 5-point likert scale that measures the severity of self-reported compulsive use of the internet. Total internet addiction scores are calculated, with possible scores for the sum of 20 items ranging from 20 to 100. The scale showed very good internal consistency, with an alpha coefficient of 0.93 in the present study.

Ryff's Psychological Well-Being Scales (PWB)

Ryff's Psychological Well-Being Scales were developed by psychologist Carol D. Ryff in 2007. The 42-item Psychological Wellbeing (PWB) Scale measures six aspects of wellbeing: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance.

Individuals indicate their response on a 6 point likert-type scale, for which higher scores on each scale indicating greater well-being on each dimension. The number of responses made by the subject on each question depends whether the question is positive or negative. If it is a positive question, responses are rated from 1 to 6, where a score of 6 indicates strong agreement. If it is a negative question scoring done is in reverse order which is from 6 to 1, where 6 indicated strong disagreement. For each category, a high score indicates that a respondent has a mastery of that area in his/her life. Conversely a low score shows that the respondent struggles to feel comfortable with that particular concept (Ryff, 1995).

Internal consistency values (coefficient alpha) for each dimension varied between 0.86 and 0.91 indicating high reliability of the scale. Correlation coefficients with 20-item parent scale for each varies between 0.83 and 0.99 indicate higher level of validity for the scale.

Rosenberg's Self-esteem scale

The Rosenberg's Self-Esteem Scale was developed by Morris Rosenberg's in 1965. Its perhaps the most widely used self-esteem measure in social science research. A 10-items scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. Individuals answer all the items on a 4-point likert scale format ranging from strongly agree, agree, disagree, strongly disagree. Scale items have been paraphrased and shortened since higher scores on total scale indicate better self-esteem, negatively worded items 2,5,6,8,9 are scored in a reverse direction. Minimum score on scale is 0 and maximum is 30. Rosenberg's Self Esteem Scale represents a continuum of self-worth ranging from statements that are endorsed even by individuals with low self-esteem and high self-esteem. The high scores represent high self-esteem.

The scale generally has high reliability: test-retest correlations are typically in the range of 0.82 to 0.88, and Cronbach's alpha for various samples are in the range of 0.77 to 0.88.

Procedure of data collection

Participants were informed about the purpose of the study and invited to participate. Google forms of all the above-mentioned scales were created to enable online data collection. Online consent was taken from the participants before they proceed to answer the scales. After which they were filled up the surveys on their own. Participants were informed about the study appropriately. Data was organized and analyzed using descriptive statistics as well as parametric statistical operations using SPSS software.

Methods of Data Analysis

Since it is a study to explore and identify the presence of internet addiction and related variables among the adolescents a descriptive correlational method would be a better choice to utilize and understand the presence of phenomenon in the study sample. Along which various descriptive methods of statistics such as central tendencies and discrepancies along with inferential statistics wherever necessary were applied using the latest SPSS package.

DELIMITATIONS OF THE STUDY

- The study was delimited to South Delhi.
- The study was delimited to adolescents of 15 to 17 years aged.
- The study was also delimited to 150 students (75 girls and 75 boys).

EHTICAL CONSIDERATIONS

- Informed consent was taken from the participation.
- Confidential of the participant details were maintained
- Privacy during data collection was maintained.

DATA ANALYSIS AND INTERPRETATION

Data analysis is the act of transforming data with the aim of extracting useful information and facilitating conclusions. Data analysis is the process of systematically applying statistical and/or logical techniques to describe and illustrate, condense and recap, and evaluate data. According to Shamoo and Resnik (2003) various analytic procedures provide a way of drawing inductive inferences from data and distinguishing the signal (the phenomenon of interest) from the noise (statistical fluctuations) present in the data.

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

The organization, analysis and interpretation of data and formulation of conclusions and generalizations are necessary steps to get a meaningful picture out of the raw information collected. The analysis and interpretation of data involves the objective material in the possession of the researcher and the subjective reactions and desires to derive from the data the inherent meanings in their relation to the problem.

This chapter introduces analysis of raw data of variables. This chapter divided into two parts.

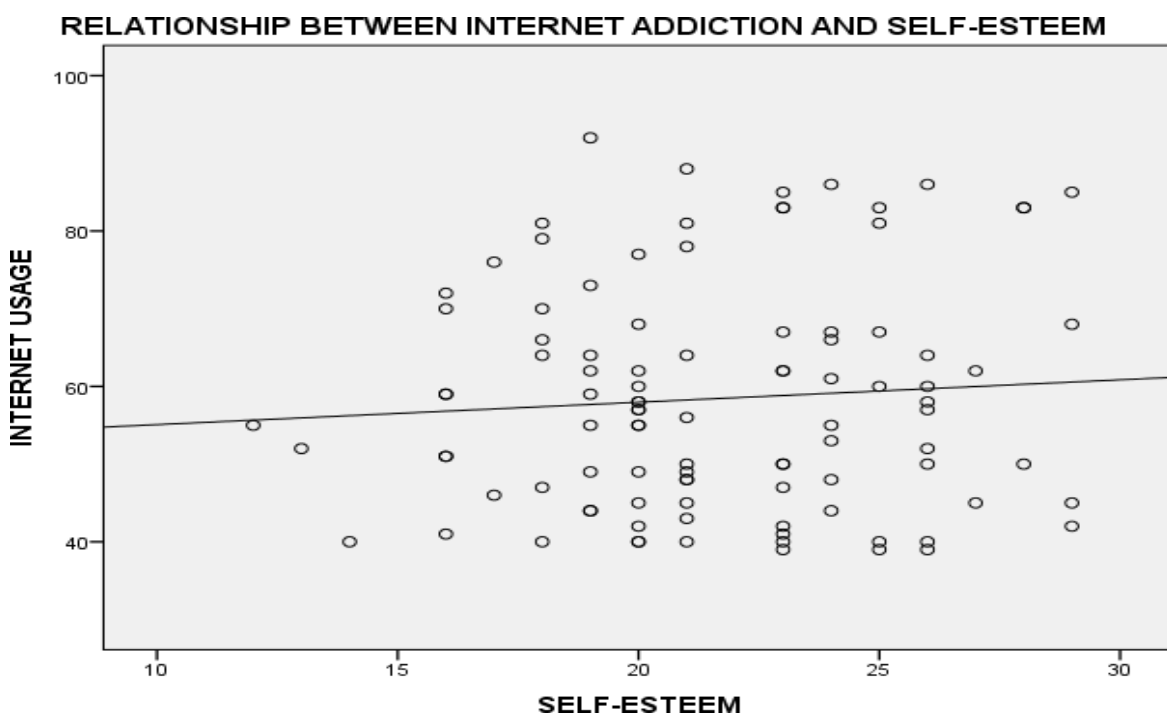
1. **Correlational analysis:** The first part, will analysis the relationship of internet use with self-esteem and psychological well-being in adolescents using Pearson correlation.
2. **Differential analysis:** The second part, will analysis the gender difference among adolescents with Internet addiction, Self-esteem, and Psychological well-being using t-test.

PART I CORRELATIONAL ANALYSIS

5.1 RELATIONSHIP OF INTERNET ADDICTION WITH SELF-ESTEEM AND PSYCHOLOGICAL WELL-BEING IN ADOLESCENTS

Table 5.1.1: Showing relationship (Correlation Coefficient Values) between internet addiction and self-esteem among adolescent (N=150)

Correlations		INTERNET ADDICTION	SELF-ESTEEM
INTERNET ADDICTION	Pearson Correlation	1	.075
	Sig. (2-tailed)		.461
	N	150	150
SELF-ESTEEM	Pearson Correlation	.075	1
	Sig. (2-tailed)	.461	
	N	150	150



Graph 5.1: Relationship between internet addiction and self-esteem among adolescent

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

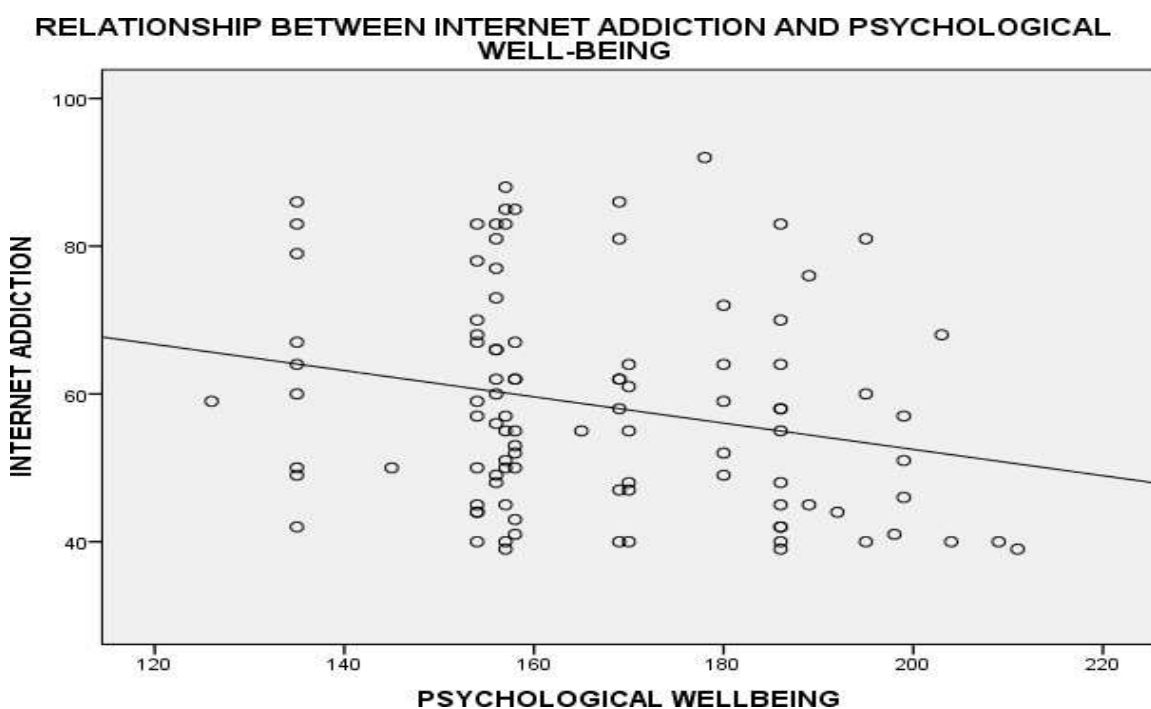
The table 5.1.1 uncovers that the co-effective of relationship between's internet addiction and self-esteem among young adult is .075, which is huge at 0.01 degree of importance and the determined p-esteem (0.461) is higher than critical level ($\alpha = 0.01$). Accordingly, invalid theory which was formed before for example "There is no huge connection between internet enslavement and self-esteem among young people" is dismissed and elective theory acknowledged. Subsequently, the factors for example internet enslavement and self-esteem are essentially and emphatically related with one another. This negate with investigation of Betül Aydoña et. al. (2015) and they analyze the job of self-esteem on youths' Internet habit.

The discoveries showed that overall self esteem, social self esteem, family-home self esteem and all out self esteem were essentially sure related with Internet enslavement. Besides, social self esteem and family-home self esteem were observed to be critical indicators of Internet addiction. Yet, experience with consequence of Kumar and Mondal (2018) where they tracked down that self esteem has been viewed in understudies to be related with potential clients of Internet.

Table 5.1.2: Showing relationship (Correlation Coefficient Values) between internet addiction and psychological well-being among adolescent (N=150)

Correlations			
		INTERNET ADDICTION	PSYCHOLOGICAL WELLBEING
INTERNET ADDICTION	Pearson Correlation	1	-.235*
	Sig. (2-tailed)		.019
	N	150	150
PSYCHOLOGICAL WELLBEING	Pearson Correlation	-.235*	1
	Sig. (2-tailed)	.019	
	N	150	150

*. Correlation is significant at the 0.05 level (2-tailed).



Graph 5.2: Relationship between between internet addiction and psychological well-being among adolescent

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

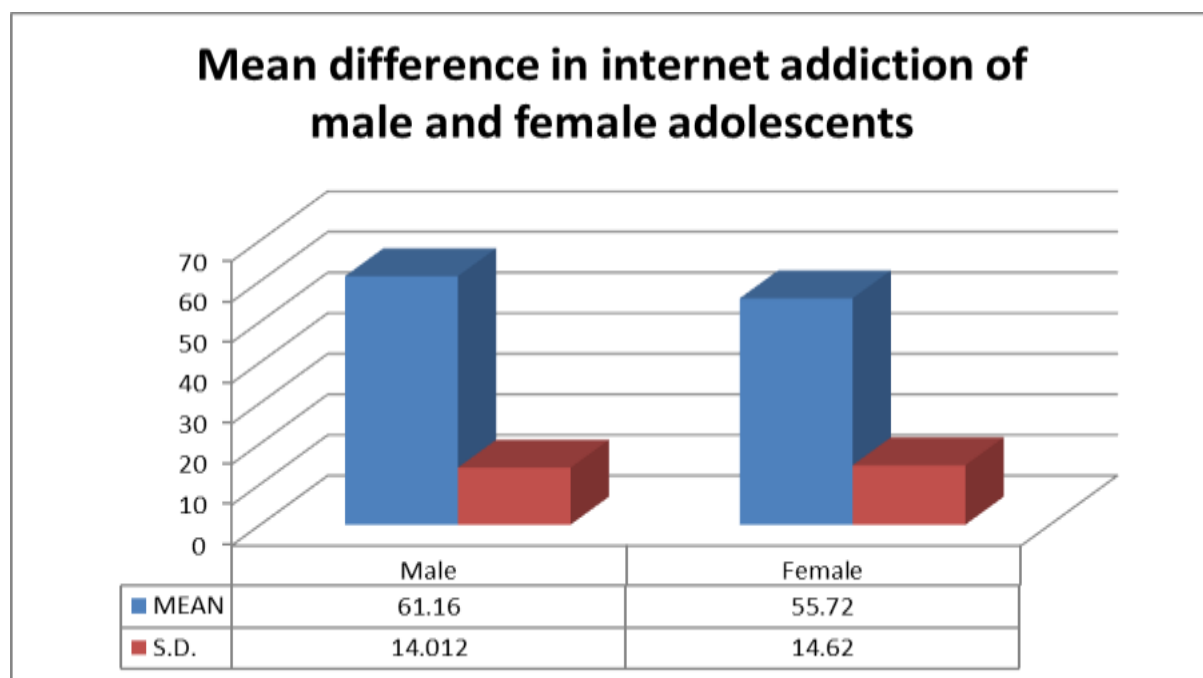
The table 5.1.2 uncovers that the co-productive of connection between's internet fixation and mental prosperity among young adult is $- .235$, which is huge at 0.01 degree of importance and the determined p -esteem ($.019$) is higher than huge level ($\alpha = 0.01$). Accordingly, invalid speculation which was detailed before for example "There is no huge connection between Internet enslavement and Psychological prosperity among teenagers" is dismissed and elective theory acknowledged. In this way, the factors for example internet addiction and mental prosperity are critical and adversely associated with one another. This experience with investigation of Sharma, Arvind and Sharma, Richa. (2018) discover the connection between internet enslavement and PWB of undergrads. Internet enslavement was fundamentally contrarily connected to PWB ($r = - 0.572$, $P < 0.01$) and subdimensions of PWB. Understudies with more elevated levels of internet fixation are bound to be low in PWB. Basic direct relapse showed that internet compulsion was a huge negative indicator of PWB.

PART II DIFFERENTIAL ANALYSIS

5.2 Comparison of Internet Addiction, Self-Esteem and Psychological Well-Being among Male and Female Adolescents

Table 5.2.1: Mean, S.D. and 't' ratio between male and female adolescents computed on the basis of their internet addiction (N =150)

Group Statistics							
	Gender	N	Mean	Std. Deviation	Std. Error Mean	t-value	p-value
Internet Addiction	Male	75	61.16	14.012	1.98	1.900	0.060
	Female	75	55.72	14.620	2.06		



Graph 5.3: Mean difference in internet addiction of male and female adolescents

The table above shows that the determined p -esteem (0.060) is higher than huge level ($\alpha = 0.05$) and 't' esteem 1.900 with df (98) is critical at 0.05 level. The mean upsides of female youths (55.72) higher than male young people (61.16) with respect to internet habit and altogether. Henceforth, the invalid theory is dismissed and elective speculation

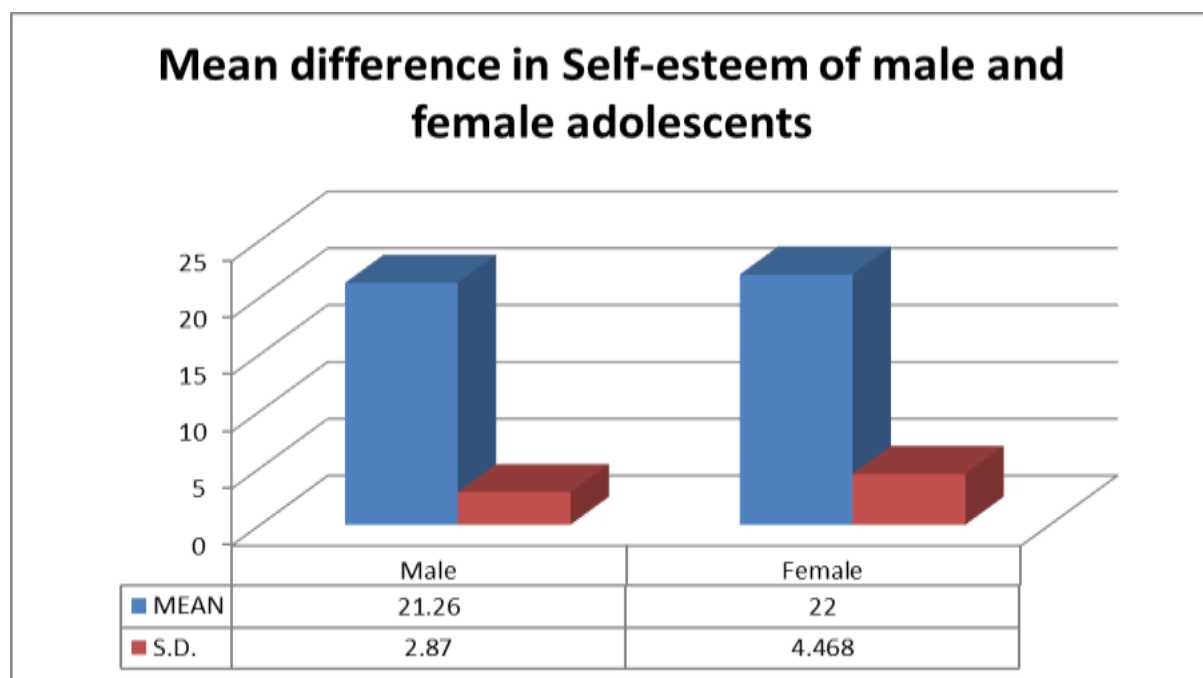
Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

acknowledged. Above, show that, there is critical sexual orientation contrast among young people with Internet Addiction.

This outcome experience with the investigation of Ha, Yeong-Mi and Hwang, Won. (2014) researched sex contrasts in Internet habit related with self-appraised wellbeing, emotional bliss, and burdensome indications teenagers matured 12 to 18 years utilizing a broadly delegate dataset and tracked down that 2.8 % of the understudies (3.6 % young men and 1.9 % young ladies) were dependent clients, and the pervasiveness of Internet compulsion was higher in young men than in young ladies. In numerous strategic relapse investigation, three mental wellbeing markers including helpless self-evaluated wellbeing, emotional misery, and burdensome side effects were fundamentally related with Internet addiction in young men and young ladies. Young ladies with enthusiastic challenges, for example, abstract misery or burdensome indications had a lot higher dangers of Internet compulsion than did young men with comparable issues.

Table 5.2.2: Mean, S.D. and 't' ratio between male and female adolescents computed on the basis of their Self-esteem (N =150)

Group Statistics							
	Gender	N	Mean	Std. Deviation	Std. Error Mean	t-value	p-value
Self-esteem	Male	75	21.26	2.870	.406	-.985	0.327
	Female	75	22.00	4.468	.632		



Graph 5.3: Mean difference in self-esteem of male and female adolescents

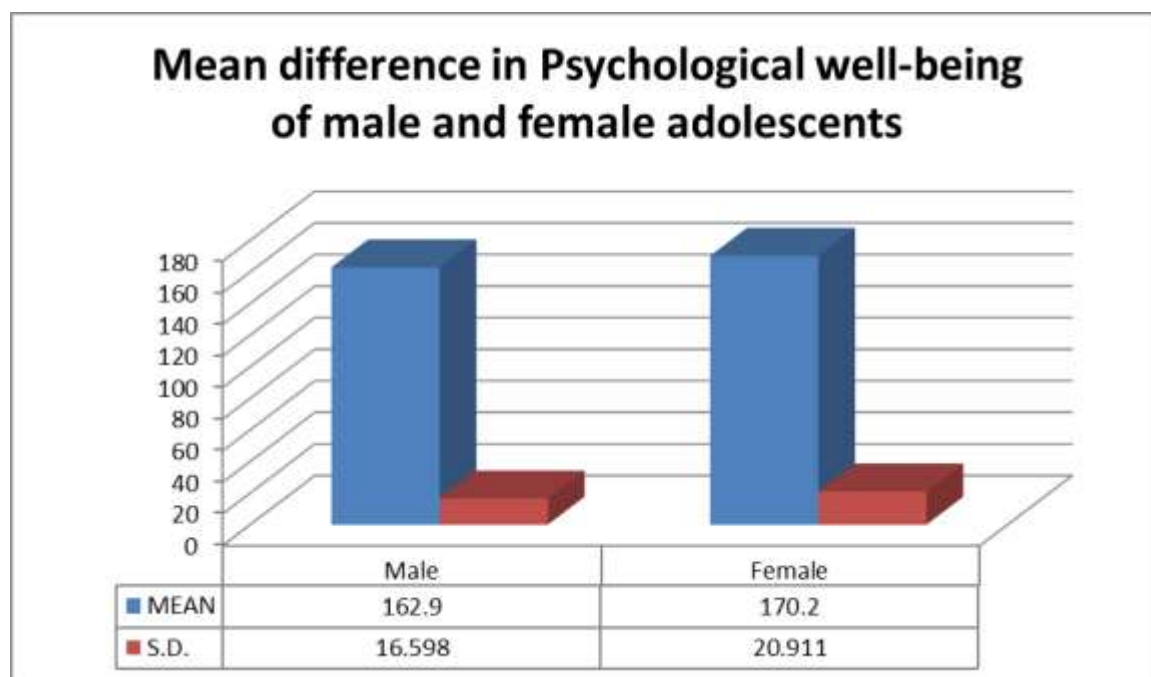
The table above shows that the determined p-esteem (0.327) is higher than critical level ($\alpha = 0.05$) and 't' esteem 1-.985 with df (98) is huge at 0.05 level. The mean upsides of female young people (22) higher than male youths (21.26) concerning self-esteem and vary essentially. Subsequently, the invalid speculation is dismissed and elective theory acknowledged. Above, show that, there is huge sexual orientation distinction among young people with self-esteem.

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

This outcome experience with the investigation of Bhamani, Shelina and Jamil, Sabeen and Mohsin, Falak. (2014). investigated the self-esteem patterns in youths with respect to sexual orientation contrasts and uncovered that there is a critical sex distinction on the variable of self-esteem of the picked teenagers.

Table 5.2.2: Mean, S.D. and 't' ratio between male and female adolescents computed on the basis of their Psychological well-being (N =150)

Group Statistics							
	Gender	N	Mean	Std. Deviation	Std. Error Mean	t-value	p-value
Psychological well-being	Male	75	162.90	16.598	2.34	-1.933	0.056
	Female	75	170.20	20.911	2.95		



Graph 5.3: Mean difference in psychological well-being of male and female adolescents.

The table above shows that the determined p-esteem (0.056) is higher than huge level ($\alpha = 0.05$) and 't' esteem - 1.933 with df (98) is huge at 0.05 level. The mean upsides of female youths (170.2) higher than male teenagers (162.9) concerning mental prosperity and vary essentially. Henceforth, the invalid speculation is dismissed and elective theory acknowledged. Above, show that, there is critical sex distinction among young people with mental prosperity. This outcome experience with the investigation of Roothman, Brett and Kirsten, Doret and Wissing, Marié. (2003) concentrated on Gender Differences in Aspects of Psychological Well-Being and Statistically critical sex contrasts with little to medium down to earth impacts were found. Men scored higher on physical self-concept, programmed contemplations (positive), helpful reasoning, intellectual adaptability, all out self-idea, and determination. Ladies scored higher on the declaration of effect, substantial manifestations, and strict prosperity. No critical sexual orientation contrasts were found on feeling of soundness, fulfillment with life, influence balance, passionate insight, self-viability, and the social parts of self-idea and of mettle. The outcomes are in accordance with sex generalizations and conventional socialization rehearses and perhaps mirror the effect of longstanding social imbalance among people.

CONCLUSION

After processing the data, obtaining and interpreting the results in previous chapter, the findings have been delimited and discussed in present chapter. These findings can be generalized to the extent of representatives of the sample and methodology employed in the study. In this chapter, the results are discussed to show how these findings are concurrent with some of the empirical studies already conducted in the field. At places, some of the observations did not concur with the findings of some investigators. In such cases, attempts have been made to fathom plausible reasons for these disagreements. Keeping the major findings in view, the educational implications of the study have been worked out. But these findings and implications do not fit in all the concerns of study. As such some suggestions have been given for the further research. This chapter is, therefore, devoted to focusing the findings and conclusion.

These are presented below in the same sequence.

- Main findings
- Conclusion

MAIN FINDINGS

Based on the analyses and interpretations in the previous chapter the following findings have been drawn out:

- The co-efficient of correlation between internet addiction and self-esteem among adolescent is .075, which is significant at 0.01 level of significance and the calculated p- value (0.461) is higher than significant level ($\alpha = 0.01$).
- The co-efficient of correlation between internet addiction and psychological well-being among adolescent is -.235, which is significant at 0.01 level of significance and the calculated p-value (.019) is higher than significant level ($\alpha = 0.01$).
- The calculated p-value (0.060) is higher than significant level ($\alpha = 0.05$) and 't' value 1.900 with df (98) is significant at 0.05 level.
- The mean values of female adolescents (55.72) higher than male adolescents (61.16) with regard to internet addiction and significantly.
- The calculated p-value (0.327) is higher than significant level ($\alpha = 0.05$) and 't' value -1.985 with df (98) is significant at 0.05 level.
- The mean values of female adolescents (22) higher than male adolescents (21.26) with regard to self-esteem and differ significantly.
- The calculated p-value (0.056) is higher than significant level ($\alpha = 0.05$) and 't' value - 1.933 with df (98) is significant at 0.05 level.
- The mean values of female adolescents (170.2) higher than male adolescents (162.9) with regard to psychological well-being and differ significantly.

CONCLUSION

Internet addiction is a worldwide problem among students, employees, business people and housewives. Mostly adolescent students are easily preyed to internet addiction. It affects and worsens the psychology of the students. Therefore, teachers and parents should know the psychological effects of internet addiction to protect the students from internet addiction. Preparing students to use internet is the responsibility of teachers. But their major role is making the students for modern world with discipline, self-control and balance when using internet. Providing peer group relationship, real life social support, promotion of self-esteem and building intrapersonal skills will stimulate the spirit of enthusiasm and at the same time, can lead the students to achieve great things in life.

Influence of Internet Use on Self Esteem and Psychological Well-Being of Adolescents

Based on analysis and interpretation of data it may be concluded from the results that:

- There is significant relationship between internet addiction and self-esteem among adolescents;
- There is negative significant relationship between Internet addiction and Psychological well-being among adolescents;
- There is significant gender difference among adolescents with Internet Addiction;
- There is significant gender difference among adolescents with self-esteem;
- There is significant gender difference among adolescents with Psychological well-being.

DELIMITATIONS AND SUGGESTIONS

Delimitations of the Study

- The study was delimited to South Delhi.
- The study was delimited to young people of 13 years to 17 years matured
- The study was likewise delimited to 150 understudies (75 young ladies and 75 young men).
- The tests' reaction were gathered through internet-based overview disposition (Google structure).
- The major factual method utilized for examination of information is Pearson's relationship and t-test to get the outcomes by defeating the limits.
- The scales used to gather information, may have its own restrictions.

Suggestions

On the basis of the findings of the present study, the following suggestions can be made:

- The powerful factors which are recognized through this review ought to be treated in a serious way during advising of teenagers.
- Family holding and great climate inside family can guarantee prosperity of puberty and accordingly a sensation of harmony ought to be sustained inside family.
- Considering the double job of ladies some adaptability in their work might be presented by the Government.
- The present review was led in this specific state as it were. This might be stretched out to different regions and different states in the country.
- The same review might be attempted for understudies.
- The present review limits to an agent test of school understudies. Accordingly, a similar report can be led for various kinds of understudies.
- Although numerous autonomous factors are remembered for the review, there are still some more mental factors like character qualities, impulsivity, knowledge, consideration, interruption, self-idea, stress, demeanor, and so on, which are excluded from the review. Such factors ought to be considered for additional examinations.

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Conflict of Interest

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