PSYCHOLOGY-RELATED FACTORS OF INTERNET ADDICTION: LITERATURE REVIEW

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İnternet Bağımlılığının Psikolojiyle İlişkili Faktörleri: Literatür Taraması

Psychology-Related Factors of Internet Addiction: Literature Review

ÖZET

Bu araştırmanın amacı, "internet", "bağımlılık", "internet bağımlılığı", "psikoloji" anahtar kelimelerini kullanarak internet bağımlılığının psikolojiyle ilişkili faktörlerini incelemek olmuştur. Çalışmada internet bağımlılığı kavramıyla ilgili literatürde yer alan diğer çalışmaların bulgularını bir araya getirmiş, bir literatür taraması şeklinde okuyucuya sunulmuştur. Özellikle Covid-19 pandemisiyle birlikte çevrimiçi aktivitelerin artması ve toplum içerisindeki bireylerin psikolojik olarak bu durumdan etkilenmelerinden bahsedilmiştir. İnternet bağımlılığı çalışmaları psikoloji, klinik psikoloji, psikiyatri ve diğer disiplinlerle ortaklaşa çalışabilen bir boyutta yer almıştır. Konunun multidisipliner bir yaklaşımla ele alınışı, kapsamlı ve bilgilendirici bir içerik oluşturacağı yönünde olmuştur. Araştırmanın yöntemi, Türkiye ve Dünya'da internet bağımlılığı ve psikolojiyle ilgili 1999- 2021 yılları arasında YÖK Ulusal Tez Merkezi, Google Akademik, ProQuest, ResearchGate veri tabanlarına "bağımlılık", "internet bağımlılığı", "internet", "psikoloji" anahtar kelimeleri ile arama yapılarak toplamda 40 makale, kitap, yüksek lisans ve doktora tezi bulunmuş ve araştırmanın örneklemi için seçilmiş olan 34 makale, kitap ve lisansüstü tez materyali ifade edilmiştir. Araştırma sonucu, İnternet ve sosyal medya kullanıcılarının her geçen gün artması, hayatlarının her alanında çevrimiçi olarak ilerlemeleri, kullanıcılarda internet bağımlılığı geliştirebilecekleri yönünde olmuştur.

Anahtar Kelimeler: internet bağımlılığı, bağımlılık, internet, psikoloji

ABSTRACT

The aim of this research was to examine the psychology-related factors of internet addiction by using the keywords "internet", "addiction", "internet addiction", "psychology". The study brought together the findings of other studies in the literature on the concept of internet addiction and presented them to the reader in the form of a literature review. It has been mentioned that especially with the Covid-19 pandemic, online activities have increased and individuals in the society have been psychologically affected by this situation. Internet addiction studies have taken place in a dimension where they can be studied jointly with psychology, clinical psychology, psychiatry and other disciplines. The fact that the subject was addressed with a multidisciplinary approach was intended to create a comprehensive and informative content. The method of the research was based on the databases of YÖK National Thesis Center, Google Scholar, ProQuest, ResearchGate between 1999 and 2021 regarding internet addiction and psychology in Turkey and the World, with the keywords "addiction", "internet addiction", "internet", "psychology". A total of 40 articles, books, master's and doctoral theses were found by searching, and 34 articles, books and master's thesis materials were selected for the sample of the research. The result of the research is that the number of Internet and social media users is increasing day by day, and they are progressing online in every aspect of their lives, and users may develop internet addiction.

Keywords: internet addiction, addiction, internet, psychology

INTRODUCTION

Technological developments make our lives easier and contribute to social progress, but unconscious and excessive use can also lead to major problems and dangers (1). In an event titled "The Effects of Addictive Behaviors on Public Health" attended by World Health Organization (WHO) experts, internet addiction was included in the "mental health problem/behavioral disorder" category (2).

Addiction is generally thought to be related to chemical substances such as drugs, but research has revealed that addiction can also be developed to technological tools such as the internet (3). Behavioral addictions may include diagnostic criteria of mental preoccupation, mood lability, tolerance, withdrawal, interpersonal conflict and relapse, such as physical and psychological addiction, which are the main components of addiction, as in alcohol-substance addictions (4).

Technological devices are smart devices that can be used for taking photos, recording videos, accessing the internet, providing video communication, navigation, and our daily sports activities; It has become a part of daily life and routines thanks to its ability to control the movements made during exercise, heartbeat (pulse), and count the steps taken during the day (5).

Along with the developmental period, adolescence; It can be described as a period in which emotional fluctuations occur, identity crisis is experienced, friendship and social environment are more important than the adolescent's parents, and the adolescent often has to struggle with crises (6, 7). These intense emotional problems, the need for socialization, the search for identity, and the changes that affect the adolescent's own body and mental health have made technology, the internet, and digital environments an attractive tool for adolescents (8).

Internet addiction

The subject of internet addiction is included under different headings in the literature: "Uncontrolled internet use", "pathological internet use", "excessive internet use", "problematic internet use", "compulsive internet use", "internet addiction disorder", "cyber addiction". It has been called by different names such as", "technological addiction" (9). Technological addictions fall within the scope of non-chemical behavioral addictions and are based on human-machine interaction (4).

While technology addictions are included under the title of behavioral addictions in the literature; It can be said that addictions such as "social media addiction, phone addiction, game addiction and internet addiction" are included under the technology heading.

Young (1996) deemed it sufficient to meet 5 of the 8 criteria listed below to be diagnosed with internet addiction (3). According to Young (1996), who considers internet addiction as a psychiatric disorder (8), some diagnostic criteria are: Internet obsession (excessive thinking about the previous online activity, expectation of the next online activity), the need to use the Internet in increasing amounts to achieve satisfaction, and control of Internet use. Unsuccessful attempts to reduce, stop, and reduce internet use, anxiety when trying to stop, distressed (restless), depressed, resentful mood, spending more time online, on the internet than intended, relationships related to internet use, job, education, career opportunities. It can be expressed as endangering/taking the risk of losing, lying to family members, therapists and others to hide the details of internet use, running away from problems, using the internet as a way to get rid of burnout (feeling of helplessness, anxiety, depression).

It is stated that individuals diagnosed with internet addiction often preoccupy themselves with the internet instead of facing problems such as depression and anxiety, that internet users suffer from compulsive overuse, and that these need to be treated with known addiction treatment methods (10).

METHOD

The aim of this research was to examine the psychology-related factors of internet addiction by using the keywords "internet", "addiction", "internet addiction", "psychology". Studies in Turkish and international databases in the literature are discussed from the perspective of psychology. The universe of this research is the keywords "addiction", "internet addiction", "internet", "psychology" in YÖK National Thesis Center, Google Scholar, ProQuest, ResearchGate databases between 1999 and 2021 regarding internet addiction and psychology in Turkey and the World it was found by searching. As a result of the search, 40 articles, books, master's and doctoral theses were found. 34 articles, books and graduate thesis materials were selected as the sample of the research. The books, articles and graduate thesis materials included in the sample were saved to the computer in ".pdf" format. In the research, a general research trend was revealed by examining the articles, books, master's and doctoral theses and information contained in the research about the concepts of "internet addiction" and "psychology" in the world and in Turkey. The literature examined is simply explained, reinterpreted and presented to the reader.

RESULT

In today's society, where technology is developing rapidly and the internet is easily accessible, instead of trying to keep users away from being online and imposing bans, raising awareness about how long and how the internet is used can turn into addiction, explaining the beneficial aspects of the internet for users, encouraging individuals, especially children and adolescents, It can be said that issues such as informing are more important (11).

Computers, robots, automation and other types of technological innovations are expressed as reasons that stress individuals (12). The Internet maintains its uniqueness by advancing in every aspect of our lives and making users dependent on it (13). In today's internet age, the number of online communities has increased rapidly, and people prefer online communication for communication and socialization (14).

Examples of unhealthy use of the internet and computers in school-age children include violent games, long-term use, visiting inappropriate sites, long-term conversations and the fatigue caused by these, insomnia, attention disorders, lack of interest in the environment, detachment from real life, and economic difficulties (15). Internet addiction, which can cause difficulties in individuals' social, academic and professional lives, increases during adolescence (16).

Inadequate or incomplete communication skills in interpersonal relationships; It can have negative effects on individuals' vital areas by causing situations such as loneliness, family problems, professional problems, dissatisfaction, stress, and physical diseases (17).

"Internet addiction" is a disorder that causes individuals to put aside their family, school, home and work responsibilities and needs to be identified, diagnosed and treated; Cyber-sex, flirting, chatting, gambling, pornography, playing in the stock market, participating in auctions, virtual games, and obsessively seeking new information (10).

Behaviors such as checking whether there are messages and calls, feeling anxiety, anxiety and tension when out of coverage area and in places where usage is limited, leaving the phone on for 24 hours, and going to bed with a smartphone are generally observed in nomophobic individuals (5).

In his psycho-social development model, Erikson mentions that personal and social identity development is a long-term journey that continues throughout life and includes the stages of the identity formation process (18). While extroverted individuals upload more photos, make status updates and are more frequently viewed on their profiles, it can be said that introverted individuals make more likes, comments and shares (19).

The message intended to be given to users is *"if you can change yourself with filters, you can be better and more than other users"* (20, 21).

It becomes important for individuals to announce their identity to more followers and to be applauded, liked, appreciated and approved by them, and the most beautiful, filtered life stories and visuals, without any shortcomings, are shared (22, 21). Many of the "Generation Z" and subsequent generations state that they lack self-confidence because they do not have enough followers (23).

According to the research results included in Balcı and Gülnar's (2009) study (24), %13 of the participants stated that the internet negatively affects their lives, causes failure in their academic studies and professional lives, and weakens their interpersonal relationships and communication in social life; Users diagnosed with internet addiction experience circadian rhythm sleep disorders, complain of physical fatigue, and while non-addicted people spend 4.9 hours weekly on the internet, addicted users spend 38.5 hours; Men prefer online games that involve force and violence, while women prefer anonymous communication methods that allow them to hide their own images; Pathological Internet Users (PIU) consist of men who are technologically knowledgeable, like to play online games, and feel comfortable and competent while online in chat rooms; Internet addicts are 3 times more online, can spend time on instant messaging, e-mail, playing games, and are also aware that the Internet is fun and are negatively affected by the Internet; Internet addicts turn to the Internet to overcome their shyness, to increase their communication with people, to engage in an emotional search, with the motivation to socialize, and then it becomes difficult for them to give up; There is a decrease in the social dialogues of student internet users in daily life; There was a decrease of %21.9 in face-to-face communication with family, %18.4 with friends, and %5.9 in relationships with spouse/lover; It is stated that male students have higher internet addiction levels than female students.

Batıgün - Durak and Hasta's (2010) study (17), participants connect to the Internet from their homes (%54), cafes (%25.4), workplaces (%8.9), schools (%7.5) and places outside these environments (%4.3) has been detected.

Scherer and Bost in 1997, which Cengizhan (2005) mentioned in his study (15), they investigated the effects of internet use on students in a study involving 531 students, and %13 of the sample stated that internet use; They stated that it negatively affected their academic studies, professional performance and social life, and %2 of them stated that they perceived that the internet had a negative impact on their lives.

The most common psychopathological conditions that are comorbid with internet addiction are; substance use (%38), mood disorder (%33), anxiety disorder (%10), psychotic disorder (%14), depression or dysthymia (%25) (4), Attention Deficit and Hyperactivity Disorder-ADHD (%100), major depression disorder (%75), hostility and aggression (%66), Obsessive Compulsive Disorder - OCD (%60), social phobia (%57) (25).

Aged 15-23 (mean 16.26), it was found that ADHD, depression, social phobia and feelings of hostility accompanied internet addiction more frequently in males; it is stated that ADHD and depression are more common in

girls with internet addiction (26).

According to the results of the mentioned research (25, 4, 24, 26), pathological internet users can be described as less functional and more lonely people in their real lives compared to other individuals.

Similar to face-to-face communication, people try to obtain information about others in online environments in order to know their expectations and answers in advance (27).

In this regard, social media users try to disclose themselves, present themselves on social networks, have them approved and prove their uniqueness (22, 21).

According to studies, it is stated that the use of smart devices such as the internet, computers and phones is associated with psychological disorders (3, 19, 28, 29, 32).

It can be mentioned that the interactive structure of social networking networks and the ability of mobile communication technologies to enable communication regardless of time and place allow social media users to enter new environments where they will not feel lonely and strengthen their relationships (11). Especially in line with these opportunities, adolescents and young individuals' enthusiastic use of social media for long periods of time affects their approach towards the internet and causes young people to experience many psychological processes (18). It can be mentioned that the behaviors exhibited in social media environments may have significant differences between generations and that studies in this direction will make a significant contribution to the literature (34).

DISCUSSION

In this study, which touched upon the psychological factors of Internet addiction, it was mentioned that more than one factor was involved in the process. It has been mentioned that the psychopathological pattern of Internet addiction can be seen as comorbid with other complications. According to recent studies published in the literature, it is mentioned that the use of smart devices such as the internet, computers and phones is associated with psychological disorders. (32, 29, 28, 30, 31).

Organizing training for internet users and including topics such as the effects of virtual environments on the psychological and physical developmental characteristics of individuals, developing addiction prevention strategies for computers, internet and smart devices, and healthy use of computers, internet and smart devices will be beneficial in preventing the development of addiction it could be. In today's world where technology is rapidly developing and the internet is easily accessible, it can be said that issues such as trying to keep users away from being online, raising awareness about how long and how the internet is used can turn into addiction instead of imposing bans, explaining the beneficial aspects of the internet for users,

and informing users, especially children and adolescents, are important. (1).

In this digital age, it can be mentioned the importance of developing a conscious perspective that users should use the internet and social media environments in a healthier way while being on the internet and virtual environments. Attention Deficit and Hyperactivity Disorder (ADHD), major depression disorder, which accompanies internet addiction, because children and young people who cannot leave the house, drop out of school, give up their social activities and develop an addiction to the internet cannot leave the computer, cannot put their phones down and play online games for long hours, Obsessive Compulsive Disorder (OCD), social phobia, etc. may experience psychological problems.

Risk factors for addiction include the intensity of anger, the presence of a hostile-pessimistic attitude, a negative friend-peer environment, conflicts/discussions and lack of communication within the family, low academic performance and course success, and insufficiency in activities outside of school.

Today, access to the Internet and social media environments is provided from many social areas such as work, school and home life. Computers, robots, automation and other types of technological innovations are among the important reasons that stress individuals (12). The fact that adolescents and young individuals use the internet environment with excitement and for long periods of time affects their approach towards the internet and causes young people to experience many psychological processes (18).

Repeating this study in the future may be important in making predictions by comparing it with the findings of new studies. The limitations of the study can be said to include the findings of research on certain search engines. It can be said that in subsequent studies, the sample group can be kept larger to enable more comprehensive data collection, thus increasing the validity of the information.

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