

Embracing a balanced approach between Online engagement and OFFline alternatives



MODULE 3

Impact on children's physical, cognitive, social and emotional development

DEVELOPED BY: ASOCIATIA DIRECT



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MODULE 3

DESCRIPTION

This module intends to provide you with strategies that will help you to understand how the internet provides potential advantages for users in terms of the academic support, sharing ideas & feelings, and freedom of expression, but also has some adverse effects such as wasting time, exhibiting antisocial behaviours, causing relationship problems.



MODULE 3

DESCRIPTION

- ✓ The Internet constitutes a developmental context of learning and acquiring social-emotional skills for today's adolescents. Many people can't imagine a happier day without using the internet in their daily life.
- ✓ On the Internet, every information looks important. The excessive use of informational resources on the internet without the basic knowledge of the best method to use technologies making societies physically and mentally unfit. That's the biggest negative impact of the internet on our society and especially for a new generation.

MODULE 3

DESCRIPTION

People's well-being will continue to be affected by the internet.

- Kids are exposed to high levels of technology with big impact on their development and quality of youth life. Technology helps people to be very productive, providing many positive benefits for learning, for social interaction, information, and entertainment, but compulsive Internet used can be a bad influence on the life, work and relationships within the family.
- Adults must set limits on technology usage, being aware of the potential negative consequences of overuse.

MODULE 3

DESCRIPTION

- ✓ The prevalence of Internet addiction has been increasing rapidly. Adolescents are more vulnerable to Internet addiction than adults, and the social performance, psychology, and lifestyle habits of Internet addicts can be affected by this addiction. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2830415/>)
- ✓ Numerous studies have showed associations between Internet addiction and mental health problems among adolescents (depression and psychiatric symptoms, aggressive behaviour and interpersonal problems).



MODULE 3

DESCRIPTION

- ✓ Internet addiction has been recognized as an important social issue with an adverse effect on several lifestyle-related factors in adolescents; it can result in irregular dietary habits, physical inactivity, short duration of sleep, extended periods of time spent on the Internet, increased use of alcohol and tobacco.
(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2830415/>)



MODULE 3

LEARNING OUTCOMES

Once you have followed this module, you will be able to:

- raise awareness about the benefits and the risks of Internet use, to modify maladaptive computer behaviour for healthy computer use.
- empowering students, teachers and parents to deal effectively with situations concerning excessive preoccupation with Internet or screen abuse, equipping them with the skills and the methodological tools.
- offer personalized Internet withdrawal or screen reduction plans.

MODULE 3

LIST OF TOPICS

TOPIC 1 Favorable or unfavorable effects of excessive internet

TOPIC 2 How Internet addiction can effect physical health

TOPIC 3 Psychological Effects of the Internet Use

TOPIC 4 Internet addiction effects on social life

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TOPIC 1 Favorable or unfavorable effects of excessive internet

LEARNING OUTCOMES

Once you have followed this module, you will be able to:

- Identify positive & negative impact of the internet on society and consequences
- Reduce time to spend on internet
- Managing daily schedule better
- Engage students in learning activities
- Independently apply digital tools and resources

The Internet removes the geographical barriers between people. Societies are getting inspired by each other. The Internet has connected societies and its culture in a daily life communication and now creating relationships on the internet. Every human want to connect to the Internet.



Experts think that some of the features such as 'likes' and 'shares' activate the reward centre in the brain. This reward circuitry is highly sensitive during adolescence and may partly explain why more teenagers are into social media than adults.

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TOPIC 1 Favorable or unfavorable effects of excessive internet

Internet impact on society is now making economic, social, and political changes around the globe. It's obvious because billions user, communities, cultures using the internet in their daily life. And our actions, thoughts and communication skills on the internet is impacting society positively or negatively.



The positive impact of the internet on society

- The biggest Positive impact of the internet on society is the popularity of social networks and social media websites.
- Online communication is helping to build social relationships around the World. More than this online shopping, online jobs, online marketing, online banking, mobile wallets is helping to build social relationships around the World.
- More than this online shopping, online jobs, online marketing, online banking, mobile wallets helping societies to explore new heights using the internet. It's increasing the living standard of society.

Unfavorable effects of excessive internet

- Many of the children may have used the Internet without being guided and supervised by their parents and teachers. This makes them susceptible to the negative effects of the Internet. Parents' involvement in monitoring their child's behaviour and relationships and ensuring a safer use of the Internet is very important.



CONCLUSIONS

- ❖ The Internet is a **network of online** connected servers, desktop computers, laptop and mobile phones. And societies are now inside this internet network. Although IA has not yet been acknowledged as a generalized disorder in *Diagnostic and Statistical Manual for Mental Disorders by the American Psychiatric Association*, a growing number of research studies acknowledge the problems arising from this type of addictive disorder (Young, 2010).
- ❖ Everyone wants to get out from the internet to able to spend some time with families, friends, and relatives with their moments. But most the of people are addicted to the internet. Young people seems to be population at risk for developing Internet addiction due to problems in developing their cognitive control (Casey, Tottenham, Liston, & Durston, 2005) and lack of setting boundary skills (Liu & Potenza, 2007).

CONCLUSIONS

Our society is living a digital life. Internet dazzled the eyes of society and in between this it's very tough to decide right and wrong on the internet. However, with the availability and mobility of new media as an integral part of our everyday life, Internet addiction (IA) has emerged as a potential problem in young people.



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EXTRA RESOURCES

1. <https://www.addictions.com/internet/dangerous-effects-internet-addiction/>
2. [https://www.researchgate.net/publication/282422102 Purposes Causes and Consequences of Excessive Internet Use among Turkish Adolescents](https://www.researchgate.net/publication/282422102_Purposes_Causes_and_Consequences_of_Excessive_Internet_Use_among_Turkish_Adolescents)
3. <https://www.redalyc.org/html/549/54932488004/>
4. <https://phys.org/news/2012-10-negative-effects-internet.html>
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2830415/>

QUIZ

1. An **addicted** adolescent use the Internet to learn and seek information?
 - a. **Yes**
 - b. No
 - c. I don't know

2. An **addicted** adolescent use the Internet for social media?
 - a. Rarely
 - b. Often
 - c. **Always**
 - d. I don't know

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TOPIC 1 Favorable or unfavorable effects of excessive internet

QUIZ

3. Match the concepts with their definitions:

a. when people follow good habits after the internet

1. The negative use of internet is ..

b. when people have lack of knowledge

2. The positive use of internet is ...

Correct answers: 2-a, b-1.

LEARNING OUTCOMES

Once you have followed this module, you will be able to:

- Identify effects of the internet addiction, significant physical effects on the young generation
- Engage students in learning activities
- Independently apply digital tools and resources

There is a statistically significant difference in terms of Internet Addiction Scale score between internet addiction and physical complaints such as headache, feeling of stiffness, backache, neck pain and insomnia. Internet Addiction Scale score and time spent on the internet showed a statistically significant correlation.

Research on using online social networks for health interventions is still its infancy.



Computer use among children has risen steadily over time and so too have concerns over its negative effects on social development. There is increasing dependence on Internet use posing severe health challenges. The survey data show that the most common physical complaints were involving dry eyes, declining eyesight and cervical pain.

There is evidence of sleep deprivation due to long hours of Internet use.
(<https://ieeexplore.ieee.org/stamp/stamp.jsp?arnumber=7551188>)

It is necessary to control the amount of time in Internet use or take steps of health care to prevent physical complaints under specific counselling platform. More and more attention is needed to be paid on the effect of Internet use on our physical health.

CONCLUSIONS

According to Shao et al., the most important point should be to help people forming a reasonable understanding of internet addiction and changing un-healthy lifestyles.

Considering that internet usage can lead to addiction, it is essential to take measures to control internet usage in order to prevent the health problems that may arise.

The amount of time spent on the Internet greatly affects Internet users. In fact, the amount time of Internet use is a contributing factor in sedentary behaviour which is linked to obesity. It is necessary to not only increase participation in physical activity, but also curb screen time and lessen sedentary behaviour for weight control.

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- https://www.researchgate.net/publication/328608702_INTERNET_ADDICTION_AND_ITS_IMPACT_ON_PHYSICAL_HEALTH.
- <https://www.psychguides.com/behavioral-disorders/computer-internet-addiction/>
- <https://ieeexplore.ieee.org/stamp/stamp.jsp?arnumber=7551188>
- <https://pixabay.com/images/search/user:free-photos/?cat=science>

QUIZ

1. As children spend more time in front of computer monitors, they typically spend less time in physical activities.
 - a. Yes
 - b. No
 - c. I don't know

2. Children with easy access to the Internet may become less able to separate fact from fiction.
 - b. Often
 - c. Always
 - d. I don't know

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TOPIC 2 How Internet addiction can effect physical health

QUIZ

3. Match the concepts with their definitions:

a. knowledge or doing other important activities.

1. Late sleeping is not good for our healthiness because ..

b. the body cannot have sufficient time to rest .

2. A lot of young teens spend most of their time just on watching movies, using Facebook and gaming instead of ...

Correct answers: 2-a, b-1.

LEARNING OUTCOMES

Once you have followed this module, you will be able to:

- Provide information about Psychological Effects of the Internet Use
- Engage students in learning activities
- Independently apply digital tools and resources

Whenever Internet addicts feel overwhelmed, stressed, depressed, lonely or anxious, they use the Internet to seek solace and escape. Studies from the University of Iowa show that Internet addiction is quite common among males ages 20 to 30 years old who are suffering from depression.



- Certain people are predisposed to having a computer or Internet addiction, such as those who suffer from anxiety and depression. Their lack of emotional support means they turn to the Internet to fill this need. There are also those who have a history of other types of addiction, such as addictions to alcohol, drugs, sex and gambling.
- Even being stressed and unhappy can contribute greatly to the development of a computer or Internet addiction. People who are overly shy and cannot easily relate to their peers are also at a higher risk of developing a computer or Internet addiction.

Destructive consequences

Internet use is continued despite knowledge of having a persistent or recurrent physical, social, occupational, or psychological problem that is likely to be caused or exacerbated by Internet use

- sleep deprivation, marital difficulties, lateness for early morning appointments, neglect of occupational duties, or feelings of abandonment in significant others.
- Isolation
- Job loss



CONCLUSIONS

How to break free?

- Change your routine to spend less time on the Internet. For example, if you normally go online as soon as you get up, start showering and having breakfast before going online.
- Spend more time doing fun activities with your friends offline.
- For your own well-being, set a time limit when you start doing online activities.
- At night, store your electronic devices outside your bedroom.

Technology is fun, but you have to know how to use it wisely!

CONCLUSIONS

The influence of the media on the psychosocial development of children is profound. Thus, it is important for specialists to discuss with parents their child's exposure to media and to provide guidance on age-appropriate use of all media, including television, radio, music, video games and the Internet.

Help kids practice smart internet habits and stay safe online!



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QUIZ

1. It has been observed that social media makes people more empathetic, considerate and relationship-oriented.
 - a. Yes
 - b. No
 - c. I don't know

2. Some of the kids also realize that they are wasting a lot of time on social media and that affects their mood negatively. It also builds in them a defeatist attitude.
 - a. Rarely
 - b. Often
 - c. Always
 - d. I don't know

QUIZ

3. Match the concepts with their definitions:

a. after spending too much time on it or other social networking sites.

1. Children spending more than 3 hours a day on social media..

b. become anxious.

2. Teens are also observed to be suffering from “Facebook depression” ...

Correct answers: 2-a, b-1.

LEARNING OUTCOMES

Once you have followed this module, you will be able to:

- Identify effects of the internet on social life
- Engage students in learning activities
- Independently apply digital tools and resources



- ✓ Online Addicts realize that they give up values which have been important to them:
 - ☐ Respect of the other person.
 - ☐ Repulsion of violence and coercion.
 - ☐ Christian values of integrity, purity and self discipline.

- ✓ Reinterpretation and Minimizing:
 - ☐ It is only pictures! It's only a game!
 - ☐ I have so much stress! That helps me to relax! I have deserved this.
 - ☐ Others do it, why not me?

Symptoms

- ✓ Increasing preoccupation with, and investment of resources (e.g., time, money, energy) on Internet-related activities
- ✓ Unpleasant feelings (e.g., depression, anxiety, loneliness, emptiness) when not online
- ✓ Negative impact on work/school performance
- ✓ Problems develop in existing relationships
- ✓ Difficulty in forming new offline relationships
- ✓ Tolerance can develop
- ✓ Denial

Disadvantages of the Internet excessive use:

- ✓ relationship problems
- ✓ sense of loneliness and isolation
- ✓ depression or general unhappiness
- ✓ necessity to show yourself in the best way
- ✓ turning into introverts
- ✓ neglecting family activities, social events,
- ✓ work, school.



1 TOPIC 4 Internet addiction effects on social life

CONCLUSIONS

In addition, time spent surfing the web, on social networking sites, or playing computer games is by definition time that cannot be allocated to sports, clubs, or other extracurricular activities.

Participation in extracurricular activities is seen as a key forum for maintaining existing friendships and developing new ones. At its extreme, social isolation may increase children's avoidance of school through absences or chronic tardiness.

Therapy that aims to change behaviours may also be used to treat IAD. If you enter treatment for IAD, the goal should not be to eliminate Internet usage, but to reduce it to normal levels that allow you to function and maintain personal relationships.

CONCLUSIONS

Self-help suggestions

If you think you may be addicted to the Internet and you want to change your behaviour, you could try the following strategies:

- Take note of your symptoms – keep track of your behaviour, thoughts and feelings.
- Think about why you use the Internet so much. What makes you go online? Is there a real problem you're not facing up to?
- Brainstorm (think about) other ways to cope with your problem that don't involve the Internet. Choose some that will work and put them into practice.
- Use relaxation methods like deep breathing or meditation to manage anxiety symptoms.
- Rediscover the neglected areas of your life – for example, socialise with friends, get out and be active.
- Seek professional help if necessary.

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- <https://www.betterhealth.vic.gov.au/health/HealthyLiving/internet-addiction>

QUIZ

1. Youngsters addicted to social media waste a substantial amount of time every day resulting in poor grades in school.
 - a. Yes
 - b. No
 - c. I don't know
2. Youngsters addicted to social media end up spending hours each day watching videos, photos and other content posted by their friends and accounts they follow. This addiction disrupts other activities such as school work, sports, study and other productive routines.
 - a. Rarely
 - b. Often
 - c. **Always**
 - d. I don't know

QUIZ

3. Match the concepts with their definitions:

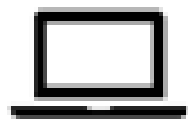
a. an addictive habit.

1. Hence children growing up interacting mostly with social media may turn out non-empathetic and..

b. also become poor at communicating verbally and nonverbally.

2. Constantly checking the news feed of the different social media sites becomes. ...

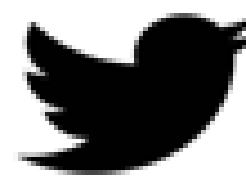
Correct answers: 2-a, b-1.



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