

Review on Impact of Internet on the Human Being

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Abstract: *Internet use has negatively impacted personal health in potential and covert manners. Previous studies on the topic predominantly focused on mental health due to addictive usage, i.e., impulse control disorders and obsessive-compulsive disorder. As a result of ongoing advancements in cyber technology, Internet has been an essential part of life and work, which can be more convenient and efficient support and assistance. Meanwhile, the impact of Internet use over Internet addiction on individual health cannot be overlooked in work and life. This article will try to determine the most prevalent physical complaints of Internet use, and further explore the correlation between the frequency of Internet use and individual physical health. Five hundred and thirteen subjects filled out the questionnaires by online or of ine type, including demographic questions and questions related to Internet use and physical complaints. The most frequent complaints were concerning dry eyes, reduced vision, and cervical pain. The positive pearson correlation coeffcient were detected between the number of physical complaints and Internet use frequency, residence place and education. Particularly, the increased level of time for the Internet use is closely linked with an increased rate of physical complaint..*

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