

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..*

Keywords: Human Beings

I. INTRODUCTION

In the last few decades, the Internet has become an indispensable aspect of popular life, which has deeply transformed the way we access information, the way we communicate, and the way we work, learn and play. The number of Internet users has grown exponentially. World Internet Use and Population Statistics updated in Nov 2015 published Internet users have reached nearly three and half billion, which is 46.4% of the total population of the world [1]. From 2000 to 2015, the growth rate of the use of the Internet was 832.5%, developed most prominently in Europe increasing 7,231.3%. Similarly, based on the 37th statistical report on the development of the Internet published by China Internet network information center, the number of Internet users in China reaches 688 million in December 2015, accounting for 50.3% Internet penetration. As emergence of different ways of access, Internet has become much more accessible, whether in the of ce, at home, at school, or in other public areas. So the time spent in the Internet have significantly raised in the recent years, supported by rising worries about inappropriate use of Internet, resulting in adverse effects on our health. The unabated progress of Internet into day-to-day life has has led to ongoing discussion on the bene cial Internet or danger Internet. The common bene ts of Internet evidently and profoundly hold for each of us. Keeping in mind the increase of Inter net penetration, the adverse impact of Internet usage on both psychological and physical well-being draws global attention. Research on adverse impact on psychological have an early initiation, and they were mostly concerned with the Inter net addiction or Internet addiction disorder (IAD) [2] [6]. Internet addiction is a prevalent disorder as a failure of people to manage their Internet use in addictive behaviour, leading to psychological, educational, household, social and work difficulties or dysfunction. Zhou et al. found Individual uals with IAD and pathological gambling patients demonstrate de ciencies in working memory, executive dysfunction and impulsivity, and individuals with IAD are more impulsive than pathological gambling patients [7]. Cyber addiction as a pseudonym of Internet addiction (disorder) is phenomenon following the rise of cyber space. From the psychosocial point of view, a demonstration of the addiction cycle to show people how they build cyber addictions, has been performed by Amnon et



al. to seize the multifactorial factors of this addiction [8]. Several conditions and personality types which can sustain addictive patterns are examined, including low self-control, low self-esteem, sensation-seeking, and interpersonal difficulties [9] [13].

II. IMPACT OF INTERNET ON THE HUMAN BEING

Definition

The internet is likely the most revolutionary invention human beings have ever created. Over the past decades, it became from a small isolated network used solely by scientists and governments to a giant global network, covering almost all the different aspects of daily life. Its impact on human life has been phenomenal, as it transformed the mode of communication, work, learning, social interaction, shopping, and even thinking. The web has brought people closer to one another than ever before, with a degree of international integration unimagined previously. But with all good things comes its own level of complexities that keep evolving. Communication has undergone the most apparent transformation. Internet revolution has transformed the means of communication between human beings as much as any transformation during earlier centuries and has allowed us to connect with anyone in the world with mere clicks of buttons. Messaging applications, emails, video calls, and social media sites have human beings connected by continents and cross-cultural borders. Social networking sites like Facebook, Instagram, and Twitter have opened new windows of opportunity for human beings to recount their lives, experiences, and ideas in ways never previously possible. Nevertheless, the same websites have provided windows to unwanted outcomes such as cyberbullying, social comparison, and lack of face-to-face interaction. At a level of learning, the world wide web has made seas of information and content accessible to everyone. Learning websites, libraries of e-books, and web courses have put learning at the fingertips of the entire globe. Students and professionals can obtain new degrees and credentials from home. But the internet has also changed the utilization of the traditional learning and challenged problems of attention span, depth of learning, and authenticity of information. The work environment also has been revolutionized. The internet paved the way for people working from home, freelancing, or running an online business. People can now work for a company overseas or start an online business themselves. Although as lovely as this freedom is, it is also causing people to forget the difference between work life and personal life and therefore suffer from burnout and isolation. Employers and employees alike need to adapt to this new digital work world. Economically, the internet has given rise to new industries and revolutionized old ones. Shopping and selling have been revolutionized by online shopping sites like Amazon, eBay, and numerous others. The global markets are accessed by small businesses now, and the buyers have the convenience of time of shopping at home. That, however, has spilt over into the brick-and-mortar stores and sparked data protection and privacy concerns. Its social and psychological effects are also studied day in and day out. While it makes life easy with regard to creativity and expression, it also leads to addiction, stress, and isolation. It is exhausting to be continuously showered with information and have to remain plugged in at all times. The youth and children are especially at risk, introduced to the world of the virtual from a very young age and leaving an indelible mark on their lives. In short, the internet is a massive power that continues to shape human existence in a thousand different ways. It is immensely beneficial to communication, education, employment, and access to information. But it also generates extremely important problems that we must address responsibly. As we further delve deeper into the era of the internet, we have to find a balance—a maximum utilization of the internet's potential which diminishes the negative effects that it exerts on society and mankind as a whole.

III. RESULTS

A. DEMOGRAPHIC FEATURES BY FREQUENCY OF INTERNET USE

Five hundred and thirteen individuals finished this survey answered the questionnaire. To describe the Internet use across various demographic features, the entire sample was divided into five groups based on the frequency of Internet use (i.e., the average daily quantity for Internet use time). Table 1 presents main demographic attributes such as gender, education and age group on the five groups gleaned. Note that the education used in this paper is non-students highest educational level and students school type



B. PHYSICAL COMPLAINTS ASSOCIATED WITH INTERNET USE AMONG DIFFERENT GROUP

Fourteen items of physical complaints were used to assess the adverse effects on individual physical health of Internet use, including dry eyes, declining eyesight, headache, etc. Table 2 depicts the prevalence of various physical complaints. The most commonly complaints were dry eyes (73.7%), declining eyesight (64.1%) and cervical pain (48.1%), followed by skin worse (37.8%), headache (34.1%), lumbar pain (31.8%), decreased sleep quality (30.0%), decreased anti-fatigue capability (27.1%) and hair greasy (26.9%), then weight gain (19.9%), fingers numbness (12.9%), wrist pain (10.7%), hair loss (9.9%) and inappetence (8.8%). The number of physical complaints items was counted as the scores by participants response to the 14 items, which ranged from 0 to 14 and directly reflected the level of physical complaints. The mean scores was 4.35 (SD 2.85, ranging from 0 to 14) indicating the average level of physical complaints (i.e., the level of negative effects of prolonged internet use on individual physical health). In order to determine the average level of physical complaints among different user groups using Internet with different frequency, the various mean scores were calculated (see Table 3). The data show intense group with the highest level among overall compared with other groups. Under the same frequency of Internet use, the mean number of physical complaints items was greater for females than for males. Pearson correlations and a t-test analysis were carried out to determine whether there are significant positive or negative correlations between the level of physically complaints and participants frequency of Internet use, place of residence, education, gender or age. Regarding the use frequency of Internet, there is a significant positive correlation with the level of physical complaints ($r = 0.236$, $p < 0.001$); that is, users with more frequent Internet use are exposed higher level of physical complaints. In addition, there are significant positive correlation associated with the level of physical complaints for place of residence ($r = 0.131$, $p = 0.003$) and education ($r = 0.147$, $p = 0.001$). Gender and age haven't shown linear relationship with the degree of physical complaints.

C. PREDICTING THE CONSEQUENCES OF INAPPROPRIATE INTERNET USE

Multiple hierarchical regression (MHR) based on stepwise regression analysis (SR) was subsequently conducted to determine the capacity of frequency of use of Internet to forecast the extent of physical complaint, with regard to the influence of residence place and education. Gender and age were not significantly related to the extent of physical complaint and hence were not taken into account. The sequential regression analysis was used to screen off the variables without significant influence. Table 4 illustrates the outcome of the regression model.

IV. DISCUSSION

Internet has transformed humanity's life and labour radically in the last ten years, gradually. While we are enjoying the easy and efficient services backed by Internet, the ill effects of Internet usage on personal health must not be neglected in living and working. Dependence on Internet use is growing with serious health problems. The focus of the current research was exactly to examine the impact of Internet usage on individual health by collecting information about various demographic populations. This is the initial investigation to explore the impact of the duration of time for Internet usage on the extent of physical complaints. One of the hypotheses of this study, which argued that the more frequent use of the Internet would be predictive of greater extent of physical complaints, was confirmed through the analysis of the survey results. The extent of physical complaints is highly correlated with the average per day amount of time spent online. Amongst the public surveyed, 16.18 percent believe that they could hardly manage from one day to the next without Internet, 70.37 percent believe Internet has evolved into a part of their daily routine, 12.87 percent believe Internet is dispensable, and only 0.58 percent believe that they do not need Internet at all, which indicates the intensive level dependency on Internet. Aboujaoude et al. [32] constructed a random-digit-dial telephone survey to account for possible phenomena of excessive dependence on Internet forming problematic behaviours, e.g., longer online than intended, difficult to stay away and hide use in the United States.

V. LIMITATIONS

The interpretability and generalizability of the current study's results are constrained by a number of issues that have to be resolved. Firstly, similar to most earlier studies, participants of this study were not randomly recruited from a population to achieve a representative sample. Even though we were able to balance the participants along gender lines,



it is extremely difficult to balance participants along age group, education level, and occupation. For instance, the age distribution of participants mainly centralized below 35. The effect of special case was amplified due to small sample of some demographic characteristics' groups, and it might lead to the weakening of statistical characteristics. Furthermore, the vast majority of the participants were recruited from the China, and therefore these conclusions might be difficult to generalize the study of other nations. Therefore, additional research would be well-suited to move into other nations, increasing the generalizability of the findings. Secondly, interaction effects of complaints were not taken into account thoroughly in the research design. Complaints of physical complaints are interdependent, and therefore an appearance at one symptom is likely to cause an appearance at another symptom, which may have influenced the physical complaints level estimates. For instance, constant eyes dry will create worsening eyesight. Another limitation is that daily hours of time for Internet use and bodily complaints were measured using self reported tools, which precludes variation of the reliability and validity of the findings lower the questionable accuracy in the current study. The assessment of daily Internet use relying on respondents estimates may be fraught with error, such as errors of judgment and distortion by social desire ability concerns [49]. In addition, the survey used the simple response of Yes or No to indicate whether respondents suffered from the physical complaints or not while using Internet. But different people actually have varying degrees on physical complaints. More research would be improved to uncover more trustworthy data by employing objective and more sophisticated measures, which are needed to deploy and implement easily.

VI. CONCLUSION

The adverse impacts of Internet use on the physical health of individuals were examined in this research, on the basis of the questionnaires gathered from various demographic populations. Data analysis of gathered data pointed out the most frequent physical complaints after or during extensive Internet use. Additionally, it was discovered the duration of time for Internet usage and education were strong predictors of degree of physical complaints. In the cyber space the Internet technologies we rely on daily not only bring us great convenience and efficiency, but also transform the old living and working habits and present some new challenges to personal physical health. It would be impossible to block the Internet from entering our lives. Rather, Internet will persistently and more deeply seeps into every corner of our lives as different smart devices keep surging that enables Internet use at any time and anywhere. Therefore, particular attention must be given to problems of individual physical health related to regular use of the Internet. Our findings indicate that it may be also necessary to consider the negative impact of additional Internet use in the wrong time and manner. It is hoped that with more and more studies in this area, the negative influence of Internet use on individual physical health will be eliminated step by step to attain that individuals are no longer benefiting from the Internet at the cost of the physical health.

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