REVIEW OF LITERATURE

Review of literature is a key step in research process. The review of literature in a research report is a summary of current knowledge about a particular practice problem and includes what is known and what is not known about a problem.

Literature review is a standard requisition of scientific research. It means reading and writing the pertinent information of the attempt in research topic to understand better about the proposed topic. It also supports and explains why proposed topics taken for research and avoid unnecessary duplication, explore the feasibility and illuminate way to new research.

1. **Li-Ren Chang (2002)** conducted study to find out the affects of excessive mobile phone use on sleep in teens. Sample consisted of 21 healthy safeties between the age group of 14-20years. Its result revealed that young people with excessive use of cell phones have increased restlessness with more susceptibility to stress, restlessness sleep disrupted and fatigue. This indicates that this necessary to increase the awareness among youngsters of the negative effect of excessive mobile phone use on their sleep – wake patterns with serious health risks as well as attention and cognitive problems.

2. **V.M Pillai (2003)** conducted study is to determine the incidence and remission rates for Internet addiction and the associated predictive factors in young adolescents over a 1-year follow-up. The result revealed that the 1-year incidence and remission rates for Internet addiction were 7.5% and 49.5% respectively. Further, low hostility and low interpersonal sensitivity predicted remission of Internet addiction. The factors predictive incidence and remission of Internet addiction identified in this study could be provided for prevention and promoting remission of Internet addiction in adolescents.

3. **Sun-Mi Cho, and Yun Mi Shin (2005)** conducted study on to investigate the difference in usage of online communication patterns between children and adolescents with the age of 10-16 years. A survey method is used on about 626 participants with the discussion on the topics like amount of time spent for online communication, purpose of internet communication, and partners engaged with them in communication. Findings of the study revealed that children and adolescents who self-reported being lonely communicated online significantly more frequently about personal and intimate topics than did those
who did not self-report being lonely. Results of the study suggested that Internet usage allows them to fulfill critical needs of social interactions, self-disclosure, and identity exploration.

4. **Ju Young Lee, Kyoung Min Shin (2005)** conducted study on adolescents in Korea to evaluate the relationship between depression and internet addiction. A total of 452 adolescents were included in the study. Evaluation primarily was made on the severity of internet addiction with consideration of their behavioral characteristics and their primary purpose for computer use. Secondly, on the correlations between internet addiction and depression, alcohol dependence, obsessive-compulsive symptoms. The study results revealed a significant association between depressive symptoms with support of temperament profiles of the Internet addiction group.

5. **K. W. Müller, A. Koch (2006)** conducted study on college students at Spain deals with maladaptive use of the Internet & the mobile phone and its relationship to symptoms of psychological distress and mental disorder. Results of the study indicated that psychological distress is related to maladaptive use of both the Internet and the mobile phone; females scored higher than males on the mobile phone questionnaire, showing more negative consequences of its maladaptive use. Students of Journalism and Broadcasting showed a more maladaptive pattern of Internet use than students of other majors.

6. **Sharmitha Krishnamurthy, Satish Kumar Chetlapalli (2008)** conducted study on the impact of mobile phone and internet use on self-reported behavioural changes. A descriptive survey using convenient sampling technique conducted among 542 undergraduate students of Udupi district, to find the impact of mobile phone and internet use on self-reported behavioural changes revealed that, 78 (14.4%) subjects reported of having mobile phone problematic use and 39 (7.2%) with internet addiction behaviour. Also 146 (27%) subjects reported problem in their social interaction with the internet use. Gender was found to have significant association with internet and mobile phone use.

7. **Pelling EL¹, White KM et al (2009)** conducted study on despite the increasing popularity of social networking Web sites (SNWs), very little is known about the psychosocial variables that predict people's use of these Web sites. Overall, the present study revealed that high-level SNW use is influenced by attitudinal, normative, and self-
identity factors, findings that can be used to inform strategies that aim to modify young people's high levels of use or addictive tendencies for SNWs.

8. **Staude-Muller, F. (2009)** conducted study on Internet addiction can lead to poor academic performance in school and college. Excessive time spent online often results in the neglect of familial social activities and interest. The term cyber widow has been used to refer to the neglected partners of internet addicts. Internet addiction can lead to poor academic performance in school and college and impaired functioning at work. Employers have found that employees with access to the internet at their desks spend a considerable amount of their working time in non-work-related internet use. Psychosocial consequences of internet addiction include loneliness, frustration and depression. Although not very common, some addicts who spend very long hours on the internet also experience physical problems such as fatigue related to sleep deprivation, back-ache and carpal and radial tunnel syndromes.

9. **Susan Berrin Horn (2009)** conducted study on Excessive computer use can lead to sleep deprivation and restlessness. An article published in an online edition of India’s national news paper said that Excessive computer use can lead to sleep deprivation and restlessness apart from the physical problems such as backache and eyestrain. “Such addicts don’t care for relations, tell lies and also (stoop) to stealing sometimes,” he explained while encouraging students to enact skits on addictions. H.B. Dinesh, Secretary of Karnataka State Temperance Board (KSTB), said the board was all out to create awareness on various addictions. “You students and teachers can help us spread awareness about new age addictions.

10. **Alexender Shaun (2011)** A study conducted on ‘The relationship between emotional, physical abuse and Social media addiction among middle school students’ in order to lay foundation for the development of prevention control programs on Social media addiction. Students selected from 76 classes in Grade One and Grade two, filled out the anonymous questionnaire, which including demographic characteristics of students, Among 3798 students, the overall prevalence of emotional abuse was 81.1%, 55.1% of them reported having experienced physical abuse. Among 3507 internet users, 5.2% was diagnosed as Social media addiction. The study concluded that moderate physical abuse and severe physical abuse were possible risk factors of Social Network addiction.
11. **Fangluan Zhang (2011)** conducted study on negative impact of cyber among adolescence. Study found that 54 percent of adolescents frequently discuss high-risk activities including sexual behavior, substance abuse or violence using MySpace. A companion study discovered a physician’s online communication to teens about references to sex and substance abuse found in their MySpace profile had a positive impact on reducing online display of such behaviors in the social network site (SNS).

12. **Kwok-Kei Mak (2011)** conducted study on Internet addiction has become a serious behavioral health problem in Asia. A total of 5,366 adolescents aged 12–18 years were recruited from six Asian countries: China, Hong Kong, Japan, South Korea, Malaysia, and the Philippines. The overall prevalence of smartphone ownership is 62%, ranging from 41% in China to 84% in South Korea. Moreover, participation in online gaming ranges from 11% in China to 39% in Japan. Hong Kong has the highest number of adolescents reporting daily or above Internet use (68%). Internet addiction is highest in the Philippines. Internet addictive behavior is common among adolescents in Asian countries. Problematic Internet use is prevalent and characterized by risky cyberbehaviors.

13. **Messias E¹, Kindrick K², Castro J 9 (2011)** conducted study on cyber bullying. While school bullying has been shown to be associated with depression and suicidality among teens, the relationship between these outcomes and cyber bullying has not been studied in nationally representative samples. Interventions to prevent school bullying as well as cyberbullying are needed. When caring for teens reporting being bullied, either at school or in cyberbullying, it's important to screen for depression and suicidality.

14. **Chelsey M. Morrison (2012)** A study was conducted to examine the association of Social Network overuse with excessive daytime sleepiness (EDS) among 2336 high school students in South Korea (boys, 57.5%; girls, 42.5%). The prevalence of EDS was 11.2% (boys, 11.2%; girls, 11.1%). When Internet addicts were compared with non-addicts, they consisted of more boys, drank alcohol more, and considered their own health condition as poor. The prevalence rate of EDS for Internet addicts was 37.7%. The
prevalence of insomnia, witnessed snoring, apnea, teeth grinding, and nightmares was highest in Internet addicts.

15. Sharmitha Krishnamurthy et al (2012) conducted study on the Internet is a widely used tool known to foster addictive behavior, and Internet addiction threatens to develop into a major public health issue in the near future in a rapidly developing country like India. The results highlight the vulnerability of college students to Internet addiction. The prevalence of Internet Addiction is high, were in more than half of the study group show some form of Internet Addiction pattern. The internet addiction problem among students should gain attention and it is time to evolve an comprehensive intervention approach to promote a healthy and safe Internet use.

16. Dick RN (2013) conducted study on Cyber dating abuse among teens using school-based health centers. In which estimate the prevalence of cyber dating abuse among youth aged 14 to 19 years seeking care at school-based health centers and associations with other forms of adolescent relationship abuse (ARA), sexual violence, and reproductive and sexual health indicators. Cyber dating abuse is common and associated with ARA and sexual assault in an adolescent clinic-based sample. The associations of cyber dating abuse with sexual behavior and pregnancy risk behaviors suggest a need to integrate ARA education and harm reduction counseling into sexual health assessments in clinical settings.

17. Laconi S1, Andréoletti A2, Chauchard E3, Rodgers RF4, Chabrol H2 (2013) conducted study on Internet addiction. Internet use is a recent and increasingly recognized disorder which has been consistently associated with many psychiatric disorders, adding to the documented negative consequences of problematic Internet use. The main goal of our study was to explore the relationship between problematic Internet use, time spent online and personality traits. Our results revealed significant differences between genders. These results suggest the importance of assessing the impact of personality traits on Internet use, particularly on time spent online, by differentiating results in terms of gender and online activities.

18. Bannink R1 et al (2014) conducted study on Gender differences were explored to determine whether bullying affects boys and girls differently. Among boys, traditional and cyber bullying victimization were not related to mental health problems after
controlling for baseline mental health. Among girls, both traditional and cyber bullying victimization were associated with mental health problems after controlling for baseline mental health. These findings stress the importance of programs aimed at reducing bullying behavior, especially because early-onset mental health problems may pose a risk for the development of psychiatric disorders in adulthood.

19. **Hutson E** (2014) conducted study on cyberbullying is growing exponentially. The aim of this article was to present a detailed analysis of the concept of cyberbullying. Research on the topic of cyberbullying is growing exponentially, but not all studies use the same definition to examine this concept. The antecedents most often mentioned were lower self-esteem, higher levels of depression, and social isolation and the consequences were academic problems and affective disorders. This definition also can be used to guide research to develop effective interventions.

20. **Livingstone S**, **Smith PK** (2014) conducted study on The usage of mobile phones and the internet by young people. The usage of mobile phones and the internet by young people has increased rapidly in the past decade, approaching saturation by middle childhood in developed countries. Besides many benefits, online content, contact or conduct can be associated with risk of harm; most research has examined whether aggressive or sexual harms result from this. Mobile and online risks are increasingly intertwined with pre-existing (offline) risks in children's lives. Research gaps, as well as implications for practitioners, are identified. The challenge is now to examine the relations among different risks, and to build on the risk and protective factors identified to design effective interventions.

21. **Arun Vijay Paul.R Chellavel Ganapthi.K Duraimurugan .M, Abirami. V, Elizabeth Reji** (2015) conducted study on The excessive and inappropriate use of Internet is a growing concern in the current tech-savy World. The youth are particularly vulnerable to this problem which may ruin their very critical academic career. The aim of this study is to determine the prevalence of Internet Addiction pattern and to analyse the associated factors among the college students from various education field. The internet addiction problem among students should gain attention and it is time to evolve an comprehensive intervention appraoch to promote and safe Internet use.
22. **Chia-Yi Wu, Ming-Been Lee (2015)** conducted study on Internet addiction (IA) has become a major public health issue worldwide. It is closely linked to psychiatric disorders and suicide. The present study aimed to investigate the prevalence of IA and its associated psychosocial and psychopathological determinants among internet users across different age groups. Individuals with IA may have higher rates of psychiatric morbidity and suicide risks. The findings provide important information for further investigation and prevention of IA.

23. **Cheek C¹, Fleming T et al (2015)** conducted study on Integrating Health Behavior Theory and Design Elements in Serious Games. Internet interventions for improving health and well-being have the potential to reach many people and fill gaps in service provision. Serious gaming interfaces provide opportunities to optimize user adherence and impact. Health interventions based in theory and evidence and tailored to psychological constructs have been found to be more effective to promote behavior change.

24. **Abdi TA et al (2015)** conducted study on Understanding risk factors of problematic gambling. Problematic gambling is prerequisite to effective intervention design to alleviate the negative consequences of gambling. The study also revealed that men were more at risk for severe problematic gambling than females. By identifying personal, social and environmental correlates of risky gambling activities this study provides evidence-based information for the systematic design and evaluation of educational interventions to prevent problematic gambling in young people.

25. **Fridh M et al (2015)** conducted study in cyberspace has emerged as a new public health issue among the young. The main purpose of this study was to analyze associations between cyber victimization defined as cyber harassment. The past-year prevalence of CH was 14% among boys and 20% among girls. Among both boys and girls, the associations were stronger for CH occurring several times than for CH occurring only once. Main effects of parental/friend support were seen for both boys and girls, while stress-buffering effects were indicated for boys only.

26. **Fernández-Villa T et al (2015)** conducted study on health problems and addictive behaviors. The aim of this paper is to make a descriptive analysis of Problematic Internet Use in college students, evaluating the possible association with
health problems and addictive behaviors, as well as gender differences in user types. The results show a significant association with some health problems (migraines, back pain, excess weight or obesity, insufficient rest), psychological aspects (risk of eating disorders, risk of mental disorder, depression), family problems being found. Concerning the time of Internet use, weekly hours were significantly higher in women than in men, both the total time as for leisure. The analysis of the profile use in problematic users revealed that males are related to aspects of entertainment such as games or shopping online and females are related to aspects of socialization, such as chats and social networks.

27. **Gainsbury SM (2015)** conducted study on The Relationship Between Internet Gambling and Disordered Gambling. One of the most significant changes to the gambling environment in the past 15 years has been the increased availability of Internet gambling, including mobile; Internet gambling is the fastest growing mode of gambling and is changing the way that gamblers engage with this activity. A comprehensive review of the existing literature was conducted to provide an overview of significant trends and developments in research that relates to disordered Internet gambling.

28. **Khumsri J, Yingyeun R, Mererat Manwong, Hanprathet N, Phanasathit M. (2015)** Conducted study on to determine the prevalence of Facebook (FB) addiction and its related factors among Thai high school students. The prevalence of FB addiction amongst Thai adolescents was 41.8%. The prevalence of FB addiction in Thai high school students was found to be higher than in many other countries. Related factors should be controlled in order to reduce FB addiction and its detrimental impacts, such as behavior modification and the promotion of healthier free-time activities. Further studies are recommended to understand why FB addiction is so high in Thailand.

29. **Thomson Reuters (2015)** conducted to evaluate the association between Social Network addiction and aggressive behaviours, as well as the moderating effects of gender, school, and depression on this association. Their aggressive behaviours, with or without Social Network addiction, Social Network activities, demographic data, with or without depression, self esteem, family function, and the watching of violent TV were assessed. The results demonstrated that after controlling for the effects of shared associated factors
and watching violent TV programs, adolescents with Social Network addiction were more likely to have aggressive behaviours during the previous year. The results suggest that preventive programs for aggressive behaviours should pay attention to Social Network addiction among adolescents.

30. **Wright MF et al (2015)** conducted study on electronic technologies in adolescents' behavior. Extensive research has examined face-to-face aggression within adolescents' romantic relationships, but little attention has been given to the role of electronic technologies in adolescents' perpetuation of these behaviors. After accounting for gender and previous behaviors, anxious partner attachment was related to later partner-directed cyber aggression. This study provides insight into the impact of electronic technologies on adolescents' romantic relationships.

31. **Maïano C et al (2016)** conducted study on Body-related sport and exercise motives and disturbed eating attitudes and behaviours in adolescents. Recent literature reviews show that bullying perpetration and victimization are major public health concerns for typically developing (TD) youth. The findings from these studies showed weighted mean prevalence rates of general bullying perpetration, bullying victimization and both of 15.1%, 36.3%, and 25.2%, respectively. Additionally, high weighted mean prevalence rates of physical (33.3%), verbal (50.2%), relational (37.4%), and cyber (38.3%) victimization were found among youth with ID. Finally, the present review shows that correlates of bullying perpetration and victimization in this population remain understudied.

32. **Andersson G et al (2016)** conducted a study on Internet-supported versus face-to-face cognitive behavior therapy for depression. Major depression and depressive symptoms are highly prevalent and there is a need for different forms of psychological treatments that can be delivered from a distance at a low cost. In the present review the authors contrast face-to-face and Internet-delivered cognitive behavior therapy (ICBT) for depression. Among these are developing treatments for patients with more severe and long-standing depression and for children, adolescents and the elderly. Also, there is a need to investigate mechanisms of change.
33. **Bauernhofer K et al (2016)** conducted study on Internet is nowadays an integral part of our lives. However, excessive internet use, which is in many ways comparable to substance addictions and behavioral addictions, has become of growing interest in popular media, health policy and scientific research. Thus, the comparison of study results is limited. In this review article a brief overview of the various diagnostic criteria and assessment questionnaires as well as the prevalence of problematic internet use (PIN) will be given. With regards to the latter, the focus will be on both sociodemographic and psychiatric risk factors and on personality traits.

34. **Danet M† et al (2016)** conducted study on Problematic use of the Internet (PUI) is more and more commonly seen among psychiatry patients. PUI is defined as an excessive preoccupation about and use of the Internet, which can be characterized by more time spent on-line than what was planned, with difficulties leading to distress or significant disorders. Preoccupied attachment is characterized by a negative model of self and a positive model of others. Persons with a negative model of self feel anxious in interpersonal relationships. Because self-disclosure is easier on-line, it may play a role in problematic use of the Internet.

35. **Shek DT et al (2016)** conducted study on Internet addictive behaviors and prosocial attributes. The prevalence rates of Internet addiction in Hong Kong adolescents ranged from 17% to 26.8% during the high school years. Male students consistently showed a higher prevalence rate of Internet addiction and more Internet addictive behaviors than did female students. Students' overall positive youth development and general positive youth development qualities were negatively related to Internet addictive behaviors and prosocial attributes had a positive relationship with youth Internet addiction. Gender and family economic disadvantage must be considered in design of the related prevention programs.