An Overview About The Effects Of The Internet Use On Teenagers

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ARTICLE INFO	ABSTRAK
Volume: 1 ISSN: **KEYWORDS** *Digital age; internet use; technological advances*	We live in the modern era, in the digital age, in the era of globalization, in an age where all progress begins with simply clicking or tipping our smartphones. It covers almost all different aspects of live including our progress in education, lifestyles, mindsets, works, societies and the most visible progress is in the use of social media. It is no doubt that the days we live today are almost fully filled in technological-based activities. This article was aimed to examine what and how the internet use affects the lives of teenager. In particular, this library-based article focused on the issues that negatively affected teenagers which eventually hinder their learning progresses. This paper used the library research design where data and information therein the article were derived from different resource such as journal articles, books, book chapters, authorized blogs and resource. In this context, relevancies of the data and information needed to back up the arguments of the researchers related to the issues being investigated were made paramount. The data collected was then mapped out, analyzed and interactively triangulated. The results of the study showed that the use of the internet not only has a positive impact, but also has many negative impacts. The Internet provides such great benefits. This research informs educational stakeholders both at basic and higher education about the importance of informing Teenagers regarding the proper use of internet before it turns into an addiction. It is important to for them to keep in mind that internet is necessary for their academic growth and social development but at the same time they need to be alert about its negative impact.

1. Introduction

We live in the modern era, in the digital age, in the era of globalization, in an age where all progress begins with simply clicking or tipping our smartphones. It covers almost all different aspects of live including our progress in education, lifestyles, mindsets, works, societies and the most visible progress is in the use of social media. It is no doubt that the days we live today are almost fully filled in technological-based activities. The advances in technology today bring so many conveniences, facilitate human works, facilitate human social activities or all human activities become easier to complete and do. However, every progress certainly has problems in the form of impacts that can affect a person, especially technological advances in accessing "INTERNET" information. Although human works today can be more easily completed due to the presence of new technology, these advances also have brought a number of negative impacts on the current generation especially teenagers. This group of people which is at large is the most active users of internet. They are not only the users as many other users in the group of transitional age period (above 40) but teenagers are native to internet. The unprecedented advancement of

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information and communication technologies has made the internet access easier. Through smartphones, laptops or computers, everybody can surf all the online information textual and image or video-based information. No wonder, many young people spend so much time engaging with their connected gadgets to fulfill their surfing desires via internet. In the context of this paper-based research, the issues of the negative impact of the internet use amongst teenagers were especially examined. This is to provide a better understanding what and how teenagers were affected by the internet use today.

1. Methodology

This paper is purely based on a library-based research design. Bryman (2004; 2008) made mention that this design reflects priority made for a research process. It was developed to provide a systematic direction for making priorities throughout the research process.

This paper examined and elaborated data descriptively and analytically. The process involved the integration and connection the concepts, thoughts and rules regarding the issues related to the issues being investigated. According to Zed (2004: 2-3), the use of library resources to collect data regarding the issues of investigation allowed rich data and information. In this context, different resources such as books, journal articles, proceedings, chapter books and handbooks that were relevant to the issues being examined were used. This was true as the data and information derived from these different resources would help clarify the information needed in this research. Data collection was carried out through a process of observing and conceptualizing various issues related to the impacts of the internet to teenagers. The data collected was then mapped out, analyzed and interactively triangulated. This type of analysis was used to ensure relevance, consistency, and rigorousness of the data.

2. Review of Literature

The internet is currently one of the most felt technological advances. Many internet users continue to increase and increase every day. Like eating and drinking which is a human need, the internet also seems to have become one of the basic human needs, especially among teenagers or the current generation. One of the attractions of internet use among teenagers is accessing various applications in the form of social media. The social media that are currently the favorite of teenagers are *Facebook, Twitter, Instagram, WhatsApp, Telegram, YouTube, Tiktok* and so on. These are the names of the applications that have successfully hypnotized many people today.

One of the advantages of the internet is that it is easier for us to get information in all parts of the world, it is easy to get information about lessons that we cannot get from school so that it adds new knowledge to someone. Of course the Internet also provides benefits in everyday life, especially in the world of education. In the world of education the internet is also very helpful. With the help of the advancement of the internet, teachers and students will more easily access learning, especially looking for references about learning materials, making it easier for someone today to interact and establish friendships with all people in different places just by using chat applications, and of course the internet becomes an intermediary to facilitate work. Man. Based on an interview conducted by Nurdin Abd Halim (interview 18/11/2014) with one of the female students named Septiani Rahmah at the Islamic boarding school about the purpose of accessing the internet, namely:

"To look for assignments, or to contact friends through social media, FB and twitter or to find information about the development of artists, and the history of Islam. Rahmah always opens YouTube, looking for old and new Islamic music or nasyid. There is also a Nasyid at school."

3. Results and Discussions

Among the advantages of the internet which are no doubt to have made our lives far easier than in those days before the internet, it turns out that the internet also has a negative impact on teenagers. These negative impacts cover many different things in the daily lives of teenagers as well as other internet users. One of the most visible is that teenagers become

addicted to the unnecessary use of the internet, even willing to do anything they have to access the internet. They would simply say: Why not? if they are challenged by others.

The following are the negative impacts of internet use among teenagers:

1. Addicted

Addiction, because of addiction eventually someone spends more time accessing the internet than doing useful things in real life, such as preferring to watch videos of other people's lives rather than changing their own lives for the better (Young, 2007; Zhang et al, 2014). According to Zhang et al (2014), the data derived from a survey of 311 middle school students in Beijing showed that the addiction of these ages (teenagers) to internet was strongly affected by the addiction of their parents towards the use of mobile phones. Kim et al (2020) found that the most commonly used internet services were gaming that stood at 58.1 % in boys. While for the majority of girls surveyed via self-responded questionnaire, Kim et al (2020) identified that girl teenagers tended to prefer using messenger or chatting or 20.3% of the total respondents than other internet services. In the context of education, if someone is used to internet assistance in completing assignments, teenagers will prefer to look for answers to assignments without having to look for explanations on how to do assignments so that they cannot be independent in doing their assignments. In other words, due to this acute addiction to internet, teenagers are not able to become independent learners.

2. The number of online scams

Now many of the people who make the internet as a place to commit fraud. There are many forms of fraud that they do such as selling or sending inappropriate or fake items, sending SMS in the form of giveaway winners with extraordinary tricks just by pressing the link they sent and all personal data will be exposed, and that usually happens is a facial deception. The study of Button et al (2014) showed that people tended to fall for online scams due to different factors such as the diversity of frauds, small amount of money sought, authority and legitimacy showed by the scammers, visceral appeals, embarrassing frauds, pressure and coercion, grooming, fraud at a distance and multiple techniques. For example, teenagers in Indonesia especially girls are prone to fall for the online scams as they search for different ways for beautifying themselves to attract boys and the other way rounds. With the presence of various applications that provide filters that can beautify the face, black skin can become white, acne prone faces can be smooth, noses can be edited to be sharp, even faces are seen using make-up due to editing and finally the statement "Where does love come from?, from *Facebook* to *Whatsapp*, where did you come from when you were disappointed when you met a different face" The use of this type of application enables the scammers to catch their victims in this way (see Garg and Nilizadeh, 2013).

3. Spreading hoax news

The delivery and dissemination of information is so fast that everyone can easily get and even trust the information being disseminated. Without knowing the truth of the news and without finding out the validity of the news someone will easily believe it only with READING. This is initially from reading, then believing and finally spreading it again. Hence, the hoax news is increasingly spreading. The more ignorant people receive information, the easier it will be for false news to spread. Ilahi (2019) made mention that the literacy skill of the internet users would help them get away from the act of spreading hoaxes. Likewise, Cahyani (2019) argued that literacy skills of the internet users would prevent users to spread hoaxes and hate speech.

4. Online Games

One of the applications that can be included in the list of hobbies for teenagers is online games. The online games applications are one form of current technological developments in the entertainment world which can have a negative impact on students. Today's students are willing to stay up late to play games instead of completing school assignments,

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willing to skip school to play games in the internet instead of participating in teaching and learning activities in class, and what often happens is that all work is abandoned just because it prioritizes online games rather than completing work and assignments. Kim et al (2020) described that the most affected users for the online games were boys around the age of 12 – 18. Kim et al (2020) made mention that there was 58.1 % teenagers (boys) under the survey very much addicted to the online games.

5. Pornography

Videos that mingle pornography are currently so easily accessible. This is one of the ways in which people spoil the youth of today. Addiction to pornography stems from accidentally viewing the contended, and feeling uncomfortable but curious. One study in Germany showed that watching pornographic films or videos regularly can make the brain volume in the striatum area shrink. The striatum is an area in the brain associated with motivation. Another thing that happens when watching porn is an increase in dopamine. The study of Grubbs et al (2019) showed that a self-reported addiction to pornography surveying 1,056 respondents resulted in 11 % (men) and 3% (women) agreed upon to have been addicted to pornography. They explained that across all the participants of the survey, male gender, younger age, greater religiousness, and greater moral incongruence admitted to have more feeling of addicted to pornography (see also Leonhardt et al, 2018).

6. Causes of Stress

Stress is a mental health disorder that cannot be avoided. Why do I include the Internet as one of the causes of stress? This is common among teenagers who get bullied on social media. Cyber-bullying is usually in the form of comments that mock or vilify someone's uploads, usually done just for the sake of fun or to bring someone down, it could be because of the hate or envy of someone. Hussain (2018) explained that the longer the learners use social media the more likely to be depressed. At some points, according to Hussain (2018), the students were not able to concentrate on their lessons. Despite the case, the wider use of social media such as FB, Whatsapp, Instagram, and other online social communication platforms has brought different opportunities to the internet users today.

The way to overcome this is to be wiser in filtering information circulating on the internet, limiting the use of smartphones and others, carrying out useful activities in the real world, always under parental supervision and the importance of education are also a way to prevent negative impacts/influences from the internet. periodically to anticipate that children/adolescents get appropriate and useful information, and choose a positive social environment so that our children get a positive aura and impact from their friends, relatives and so on and avoid the environment that leads to bad things. have a negative impact.

4. Conclusion

The use of the internet not only has a positive impact, but also has many negative impacts. The Internet provides such great benefits. On the other hand, the use of Internet as a medium of communication and information is no easily restricted. All kinds of information in all forms and uses mixed into one and all are accessible at the touch of a finger. The same way, all kinds of information are easily distributed via Internet. Various convenient communications can be provided to its users. In the next few years, it is certain that the use of internet will become more and more sophisticated. It would be good for teenagers if its use can be appropriately regulated and adjusted and informed about its positive and negative impacts prior to its use. Teenagers must be informed about the proper use of internet before it turns into an addiction. It is important to for them to keep in mind that internet is necessary for their academic growth and social development but at the same time they need to be alert about its negative impact.

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