

# Psychosocial and Occupational Impact Assessment due to Internet Addiction: A Critical Review

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## ABSTRACT

The review article of "Psychosocial and Occupational Impact Assessment due to Internet Addiction: A Critical Review" that was scoped by literature review aims to map the relevant articles, literature and the process of summarizing various pieces of evidence for delivery based on a non-empirical design. Data was collected from secondary sources including research articles, international journals, electronic sources, and theories. The results showed data for internet addiction prevalence in global studies and presented the psychosocial and occupational impact assessments due to internet addiction. Based on the results, the researcher suggested developing new assessment and psychometric properties that are appropriate for research of the target and to verify instrument quality in the research.

**Keywords:** Internet Addiction, Psychosocial, Occupational Therapy, Psychometric Properties

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## INTRODUCTION

Addiction to the internet is a growing mental health issue among the human population worldwide (1-10). For any addiction that happens from motivation that can't be controlled, this will always come together with a loss of control. For engrossment with usage and continuous usage, this will create behavioural problems (1,11,12). In terms of the advancement of technology in mass media, which will experience continuous evolution, such advancement will create psychological effects, which could unintentionally and indirectly affect one's work or study. For the evolution of using the internet continuously, the amount of time that people have used the internet is higher. This is the cause that will create significant ancillary problems. While most people have accepted that the internet is an efficient tool that can and will benefit most users, addiction is held as the other side of the same coin. For excessive usage, however, this will tend to create highly negative effects as well. Currently, the portion of the population who have used the internet is more than 47% when compared to the year 2016 (43%). There are approximately 323 million people in India who access the internet via mobile phones for many years. It is expected that, by the year 2021, this portion of the population who use the internet will rise to 524.5 million people, which can be calculated to be 37.4% of the total population. Still, the world population who have used the internet is 55.1%. China has the greatest number of internet users in the world with an estimated 746 million internet users. India has the second-highest number of internet users in the world with approximately 391 million users who have connected to the internet (13). Most internet users will be male in the age group from 16 years to 45 years (14). For excessive usage of the internet reaching the point of addiction, this will make the person have aggressive behaviour (including having hunger and loss of control). Due to the internet typically annoying the normal activities

of duty as well as the relationships with the family, friends, and lovers, this will make the internet user be separated from society. In turn, this could create failure in married life, failure in study, layoff from employment, and higher debt obligations (15-18).

## Methodology

For this research on the topic of, "The evaluation of the effect in the social mind and working that is due to the addiction of the internet", this will have the scope in reviewing the literature, which will aim to organise related research articles, past research or the process in concluding other evidence used in designing the unempirical research for gathering information related to the scope of the research study. There is operation of the research study in the secondary cell information source of the research article in the international journal, the electronic information source and the theory. Those procedures are inputting keywords in the investigating tool in the database, such as Scopus, Web of Sciences, PubMed and Science Direct. For the reason to select use of these 4 databases, it is because this is the search engine index for the article that is in the scope of the programme in health science and behavioural science areas.

## Results and Discussion

For the research study, it was found that 86.6% of the teenagers in the Kingdom of Saudi Arabia (KSA) have used the internet. For the part of addiction to the internet among teenagers, it was found that the teenagers will be addicted to using the internet violently at 0.9%. The teenagers will be addicted to using the internet moderately at 45.3%, while the teenagers who will be addicted to using the internet mildly account for 47.7%. Most of the teenagers in KSA (67.3%) will have muscular pain and bone pain due to their internet usage (19).

One research study used a questionnaire for testing the addiction of the internet of Widyanto, Revised Edition, which is designed by bringing the structure of “the culture” to use with 3 forms of available structures (20) that is the questionnaire for the diagnosis of Young called, “Young’s Diagnostic Test (YDQ)”. For the later version of this measurement, this will have some changes called, “The test of the addiction of the internet of Young (IAT)”. This measurement will be composed of the factors that are held to be the result of using the internet excessively (21). Although this will use IAT for 2-3 decades, the reason will be used until the current situation. This is the capacity in evaluating the causal factors of other categories for addiction. Besides, this measurement will be brought to use in forming understanding of the relationship related to the using of the internet, such as psychological diseases (22), the violence of addiction to the internet will depend on the score of the measurement test in the question that is measured by using a Likert Scale. Besides, this will have the need for the research to create confidence in the dimension and the use of this measurement with other categories of the research related to behavioural science. There is the Problematic Internet Use Questionnaire: IAT of Young and Pathological gambling questionnaire (23) (The research of Change and Manlaw). The specificity of this tool can help in measuring the addiction of the internet in 3 sides that are engrossment with online usage. This will have a negative effect that is the result of online usage (and there is social interaction). There is the Online Cognitive Scale, Turkish Style Scale comprised of 36 numbers of evaluating transactions. For Likert Scale measurement of 7 scores, this will have minority sides, which are comprised of the control of reducing motivation, such as: I have used the internet more than I should (loneliness/ melancholy); I feel so bored with myself that I can’t stop using the internet (feeling of social safety); When I have online usage, I feel free (deviation of interest); I will always use the internet to avoid doing other things that won’t make me happy (the level of addiction to the internet will judge the score value of the Likert Scale). Besides, there is the accordance value of Cronbach’s Alpha, which will prove to see that this is the measurement form which will have the score to 0.91 (24). There is the Pathological Internet Use Scale (PIUS) which is a measurement developed by Morahan-Martin and Schumacher (25). This measurement form will have 13 questions for evaluating many bad effects of using the internet, which will have an effect on the study results, the behaviour of each person from the personal level to the social level, the psychological effect and others. There is also the Generalised Problematic Internet Use Scale. This measurement form was developed by Caplan (26) and will consider the guidelines of behaviour in the perception, which will be used to determine 7 aspects of important structures such as change of emotion, social benefit, negative effect, and duplicate usage, as well as time of excessive online usage, separation, and social control. Beyond the measurement for the aforementioned research study, there will be many other research studies that aim to study internet usage and addiction to the internet in other regions, including the social groups of other populations. Although there is internet usage and addiction to the internet, this will be a well-known issue and can be said widely. However, in the research study for in every edition, this has brought up some topics or other problems to be the main issue specifically. For reviewing the research work of the researcher related to the important addiction of the internet that has been brought

up to study and review, data is shown in the following table.

In part DSM-5, addiction to the internet seems to be an abnormality that is found generally, which has been included in DSM-V. In theory, research shows it as an abnormality in the form of compulsive-impulsive spectrum disorder that is related to the online computer usage and/or the offline form (27,28). Further, this is comprised of at least 3 subtypes, which is excessive playing of games, sexual engrossment and the sending of e-mails/ messages. All of the variables will have 4 elements as follows:

- 1) Excessive usage that is related to the loss of perception in time or neglect of basic drive.
- 2) Separation will include the feeling of more anger. This will have stress and/or a depressive condition when a person can’t use a computer.
- 3) Endurance will include the desire for better computer equipment and other software which will have more performance or help increase the number of use hours.
- 4) The negative effect will include quarrelling, lying, and bad study results, as well as separation from society and fatigue (29,30). This has the publishing to spread the most interesting research that is related to the addiction to the internet for some parts in South Korea. After that, there are 10 people who died from heart disease in internet cafés (31). There was even a murderous case that was related to a game. South Korea has declared that addiction to the internet is the one public problem that has the most violence (32). From information in the year 2016, the government of South Korea expected that there were approximately 210,000 South Korean children (2.1%, which have ages from 6 to 19 years) with the sickness from addiction to the internet. Many required admission to a hospital. For approximately of 80% of them, they had to be admitted in the hospital and use medicine for the treatment of psychoneurosis. For 20% to 24% of them, they had to be admitted for treatment in a hospital. Students at the high school level in South Korea will use an average of approximately 23 hours per week playing games online (33). For another 1.2 million people, this has the belief that there is a risk that they have addiction to the internet and may have to be admitted to the hospital to get basic advice, especially from a therapist who has awareness related to the number of students that leave from school or the working place for using more time with a computer. In June 2007, South Korea trained 1,043 advisors in the treatment of addiction to the internet. This also received cooperation from more than 190 hospitals and treatment centres. Currently, there is the use of protective measures in schools (34). Besides, China will also worry very much related to this disease. In a recent meeting, Dr. Tao Ran, the Director of Addiction Medicine at Beijing Military Region Central Hospital, reported that 13.7% of internet users that are Chinese teenagers, they are within the scope of addiction to the internet according the diagnosis criteria of addiction. This can be calculated to be approximately 10 million teenagers. This caused the effect that, in the year 2007, China had started to control the use of computer gaming. Currently, the law has limited the playing of games to not more than 3 hours per day (35). In the U.S.A., there is no accurate estimation related to the prevalence of this disease. In Asia, children will always play games in internet cafés. In the U.S.A., people will go home to access the games and virtual sex. There is trying in measuring the phenomenon which is opposed due to the embarrassment with the refusal and there is the lowest incident figure. This problem has more complexities due to

the condition of having joint disease. There are approximately 86% of the patients who have an addiction to the internet. They have received DSM-IV diagnosis as well as have other diseases. In the study of one research, there is the average number of patients at 1.5 persons who will be diagnosed that they will have other disease also. In U.S.A., the patient will show the disease that this is the condition of having the joint disease only. Hence, if the therapist has considered specifically the addiction to the internet, this will have the trend to diagnose that this has no disease. However, the therapists in Asia have received training to screen for this disease. Unfortunately, addiction to the internet is difficult to cure. This has very high risk and the exacerbation rate for this disease is quite high. Moreover, this is an abnormality in creating a joint disease that will respond to treatment as well.

### Conclusion and Future Direction

While there are a few assessments that have been validated related to internet use in the global population, there is no gold standard test that has been developed, especially in terms of psychosocial and occupational assessment due to internet use. As such, there is a gap to fill in terms of developing a new instrument. The suggestion about the critical review is shown concerning psychosocial and occupational impact assessment due to internet addiction. The researcher would develop new assessment and psychometric properties that are appropriate for use to research the target and verify instrument quality in PhD dissertation.

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