

Conclusion

This research was aimed at understanding the nature of internet overuse and to develop a tool to measure the effects of internet overuse. There is a very thin line between use and overuse of internet. Individuals who use internet for various productive reasons do not realize when they have started overusing the internet that affects various facets of their lives negatively. To measure the nature of internet overuse, no standardized tool is available so a new tool is constructed for this research. In this exercise of constructing a tool for internet overuse, we not just included the diagnostic criteria of internet overuse like withdrawal and compulsive behaviour; we tried to incorporate social, occupational, interpersonal, functional and relationship impairments which participants may experience according to their usage of internet. Individuals also use internet for recreation, satisfaction and socialization. These items make the tool more inclusive to assess and understand various parameters of internet overuse and its effects. Individuals who are young, below the age of 25, are students in 11th/12th grade or pursuing undergraduate courses, who are single, spending more than 5 hours on internet daily and indulge in non-productive, recreational activities on internet, tend to suffer with the consequences of internet overuse more than those who are above the age of 25 and below 35, who are single or married, doing job, spending less than 5 hours daily on internet and that too for both productive use as well as non-productive use. Young individuals use internet mainly for recreation and socialization which leads to withdrawal, social impairment, functional impairment, obsession with internet, compulsive behaviour, occupational and relationship consequences. Individuals who are above the age of 35 tend to use internet for less hours, they are less vulnerable to internet overuse and its consequences. It is also revealed that people who are young, studying in school, try to control their internet usage more than the older group, but they are not getting much success in controlling their internet use. It's like vicious circle, more time on internet, more vulnerable to the consequences of internet overuse, more efforts to control the usage but not able to resist internet, return to it and again spending more time on internet....it goes on. This is similar to substance use disorder and gambling disorder. This implies that internet overuse is eligible to be added as another non-substance use disorder after gambling disorder in DSM-5.

People who overuse internet feel irritable, anxious, restless, depressed, angry and uncomfortable when they can't go online. These are withdrawal symptoms which depict the addictive nature of internet overuse. People try to cut down the excessive amount of time they spend on internet but in doing so they feel above emotions which again lead them to use

internet. This shows the compulsive nature of internet. It could be said that internet overuse has both, addictive and compulsive, properties. The difference between gambling disorder and internet addictive disorder is, in gambling disorder people deal with money while in internet addictive disorder there are people on the other side though virtual and in different forms like animation. That is why people feel more friendly, more themselves on internet which they don't feel while gambling but at the same time, the reward system is same in both the disorders which motivates people to return to the respective activity.

The nine factors of internet overuse derived from this research as a scale of internet overuse, covers almost all items representing the consequences people in general face when they overuse the internet. The result shows internet overuse is both addictive and compulsive in nature. In some cultures internet is the effect of an underlying disorder while in other cultures internet overuse itself is a cause of many problems. A professional has to look for whether internet overuse is a cause or an effect of some other underlying illness, before deciding the treatment plan. The scale of internet overuse will help the professionals to decide which area/s of an addict is/are affected more because of internet overuse and accordingly they can decide the mode of treatment.