“How does the overuse of the internet affect the socioemotional well being of adolescents?”

3rd December 2013

By: 26099315

Elly Saliba
I: Abstract

Today people use the internet more and more commonly than 10-15 years before, with the rate of internet users increasing rapidly. With teens conditioned to the constant development of technology and therefore easy access to the internet, the question of how the excessive use of it effects them socially and emotionally is a great issue. Through smart-phones, laptops and even gaming consoles, the internet is becoming an everyday part of life, and according to professionals, is just as addictive as some forms of drugs. Teens may overuse the internet for a variety of reasons, all of which are explored throughout my primary and secondary data. The repercussions of this overuse are also looked at throughout my independent research project, on a social and emotional level.

This Independent Research Project examines whether the overuse of the internet has any effect on the socioemotional wellbeing of adolescents, and whether this will be either positive or negative. With this in mind the hypothesis of this IRP is that “the overuse of the internet has a generally negative effect on the socioemotional wellbeing of teenagers.” Throughout this Independent Research Project, the relevance and impact of the overuse of the internet on adolescents will be demonstrated through my secondary research and primary data conducted, then analyzed in response to my hypothesis and research question. This data has helped to achieve my objective of conducting this IRP, to answer my question and prove my hypothesis right or wrong.
II: Acknowledgements

The following people have been extremely helpful throughout my IRP, and without them I wouldn’t have been able to complete it.

• My teacher, Mrs Barker, who helped me in every aspect of my IRP, from my project diary to the completed project; she guided me and gave me the resources needed in order for me to complete the task.

• My mum, who printed endless amounts of sheets, articles, questionnaires and the whole IRP. She allowed me to vent to her while I was stressed and gave me advice and even helped me with setting out the whole project.

• My friends, who supported me when I was stressed and who guided me and gave me advice when I was worrying.

• Every participant in my questionnaire, for spending the time to answer the questions to the best of their ability and therefore giving me the resources I needed to complete this task. The contribution these people had to my task is invaluable.

• The two subjects I observed for a day, who allowed me to watch their social interactions with their friends without getting annoyed at me taking notes on their actions. This contribution was crucial, and gave me extensive amounts of useful information.
III: Introduction

In 2008, it was found out that internet use rate among teenagers aged between 12-14 is 88% in US, 100% in UK, 95% in Canada and above 70% in Singapore (Reuters, 2008). Therefore, I have chosen to research the ranging habits of internet usage in adolescents and how these habits affect their socioemoontional well being. Adolescents, according to the Australian Bureau of Statistics ranges from the ages of 13-19 (ABS 2006). To accurately research my topic of whether or not the overuse of the internet affects the socioemoontional well being of adolescents, the question of ‘how long is too long?’ must be answered. ‘Screen time' refers to time spent in front of any screen, particularly computers or laptops. ‘Australia's Physical Activity Recommendations’ recommends no more than 2 hours total in front of a screen, excluding time spent for educational purposes. (SA HEALTH, 2010) Therefore, I will be researching how an adolescent's socioemoontional well being is affected by being on the internet for more than 2 hours a day for social reasons. It could be viewed that this overuse leads to some form of addiction, which will also be explored. This topic relates to the course content area of well being, as well as family and societal interactions in the HSC CAFS course, along with obviously research methodology.

I intend that my project will show insight as to how the overuse of the internet can impact an adolescent's socioemoontional well being. I want my IRP to show the relationship between social habits and emotional well being with the internet and how the two interrelate. I believe that my project will demonstrate that the overuse of the internet has a negative impact on the socioemoontional well being of adolescents, particularly with comparisons to those who spend under 2 hours on the internet each day, and therefore hope to ultimately discover clear evidence that suggests that adolescents who overuse the internet have differing social skills and social habits, as well as a differing emotional well being with those who do not. I expect to find that the internet increases loneliness and anxiety, and may also impact a person's choice to socialise outside the home and out of school. I am hoping that my project will teach me about the varying impacts of the internet, both positive and negative. I am expecting to find primary and secondary data that supports the idea that the overuse of the internet is detrimental to the social skills and habits of adolescents, along with their overall emotional well being.
The overuse of the internet and the affects it can have is a highly significant issue in today’s society as the internet, and technology in general, is ever growing and constantly developing. Many people find themselves becoming extremely reliant on the internet in every aspect of their lives, and therefore become addicted in some sense. Generally, adolescents are extremely reliable on the internet as they have grown up with these advancements in technology and therefore are conditioned to these changes.

I am interested to learn about the extent in which the internet does in fact affect adolescents and their socioemotional well being, particularly due to the long-lasting notion that the internet is extremely detrimental to these factors of teenager’s lives. In order to complete this IRP and answer my research question, I will need extensive amount of evidence. I will need to prove that my hypothesis is right and ultimately that can only be supported by relevant data in which I will be collecting first hand (primary data) and finding throughout my research. The secondary data will need to be conclusive of the fact that the overuse of the internet is damaging to adolescent’s social and emotional well being through statistical data and proof, both qualitative and quantitative. I expect that this data will also be seen through my own primary research. I am extremely interested in this topic as it is relevant to not only myself, but my peers. As I am an adolescent, I am able to understand some of the short-term effects that the internet can have but also how often it is used and why. I am interested to find out what affects the overuse in fact has and if it is as widespread as the media and many adult figures believe it to be.
IV: Literature review (Secondary Sources)

The purpose of my literature review is to examine and analyse the information currently available in regards to my topic. The following pieces of literature, including books, websites, journals and articles are all extremely relevant to my topic.

• “Internet and Computer Addictions,” by Joanna Saisan, M.S.W., Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D.¹

This article defines the different types of internet addictions, along with the symptoms of internet addictions and how someone may deal with this. The article focuses on how an individual may become addicted to the internet, along with risks that become extremely prevalent if one overuses the internet. It goes on to describe the signs and symptoms of the overuse of the internet, both mental and physical, and finally gives advice on how people who overuse the internet can stop their 'cycle.' Although this article has comprehensive information, it also lacks specific statistical detail.

The article has extensive detail regarding the socioemotional effects the internet has on an individual, emotionally in particular, although it is not substantiated with statistics or examples. This may be detrimental to the integrity of the information, although it can be viewed to be extremely reliable. It is written by 3 lecturers at different universities in the USA, as well as another professor who studies the overuse of the internet and the effects it has. This can therefore be viewed as reliable. This article contains extremely useful information for my project, and allowed me to gain background information in regards to my topic. It provided extensive amounts of professional information, which was reliable and extremely relevant.

• “Four beds ready to treat Internet addicts,” by Ben Tinker.²

This article could be viewed as a mini case study. The article focuses on the life of an acclaimed professor, Ryan Van Cleave. This man, who had two children and a wife, contemplated suicide due to his internet addiction. Within this article, Dr. Kimberly Young, who currently studies

internet addiction and has done so for over 10 years gives professional advice. She explains the mentality behind internet addiction and gives an array of effects this can have. Not only does this article give professional advice, information and warning signs, but it also gives personal views. It allows the reader to gain first-hand experiences and direct quotes. This article again lacks specific statistical data, and could have a more in depth exploration in regards to the warning signs of the overuse of the internet, as well as a more comprehensive interview with Dr. Young. The article is only partly reliable or valid, in that it has some aspects of personal experience. It is necessary to treat this with some caution as the subject may be exaggerating or lying. In saying that, the professional information supplied by Dr. Young is extremely reliable and relevant to my topic.

This article was useful and relevant as it gave me personal experiences and examples of the effects of the internet in regards to an individual's socioemotional well-being. Although it could have been substantiated with statistical data and more relevant examples, it was still a highly relevant article.

- “Internet Addiction: The emergence of a new clinical disorder,” by Kimberly S. Young.³

This journal, written by a psychologist who specialises in internet addiction, discusses how an individual may become addicted to the internet similarly to those who are addicted to drugs and alcohol. She explores in depth the implications of this and the role it plays in everyday life. Although internet addiction is becoming more prevalent in everyday society, the journal looks at the fact that perhaps it is more a misuse, rather than an addiction.

The journal is highly reliable and valid as it was written by a specialist, who has done extensive amounts of research, shown throughout the journal through statistical data and direct evidence. It could be argued that perhaps some of the information could be biased, as the author only reviews the negative impacts of the overuse of the internet, rather than looking at both sides of it.

This journal was extremely useful in my research as it gave me direct statistical data, which was current and recent. The information was generally easy to read and although it focused largely on an internet addiction disorder, of sorts, it allowed me to understand the effects of this and apply it to my question of the overuse of the internet.

- **“Psychology of computer use: xlvii. parameters of internet use, abuse and addiction: the first 90 days of the internet usage survey,” by Viktor Brenner.**

This journal contained results from a survey conducted by “Marquette University,” focusing on the overuse of the internet and contained a range of true or false questions. It asked the participants how the internet effected their lives and what role it played in this. Therefore, this journal was extremely useful as it contained direct statistical data accompanied by professional information.

This article could have been improved with more analysis of results and more information given in a clearer form, as often the way in which it was written was confusing and lacking specific detail, leaving the responder to analyse the results for themselves. It is important to note that this journal is extremely reliable and valid as it was completed by a university and is published. The information is valid and can be viewed as legitimate.

This journal was particularly relevant to my research project as it focused more on the abuse of the internet and the habits of the users both socially and emotionally rather than a diagnosed addiction, per se.

- **“Internet Addiction: Symptoms, Evaluation and Treatment,” by Kimberly S. Young.**

This article gives extensive insight into the symptoms of internet addiction and how it can effect the socioemotional wellbeing of the victim. The article is extremely reliable and valid as it was written by Kimberly S. Young, a professor who has studied internet addiction for ten years. The article is split into different sections, for example, 'academic problems,' or 'familial problems,'

---


along with general impacts. As well as this, there are a range of emotional effects listed, supported by primary data from surveys conducted by Young herself.

This article, like many, focuses on addiction to the internet rather than the overuse of the internet. These two are extremely similar, but may pose some forms of confusion in my research and collection of data as some may be irrelevant to my project. The article could be aimed at people who suspect themselves or someone they know could be addicted to the internet as a large part of the article as a whole refers to advice, and treatment available.

In saying that, this article is extremely useful to my project as it gives me direct statistical data from a professional source. The information given by Young is substantiated by data and analyzed fully, benefiting my research greatly.

- “What are the effects of Internet Addiction?” by Bonsai Tree Care Centre.

This article looks at the impacts of internet addiction, both physical and social. It lists the effects it can have and follows with an in-depth description of the symptom and how it relates to the overuse of the internet. This article is reliable as it is substantiated with other evidence. It is also valid and reliable as it is written by a support group that specialises in internet addiction and the overuse of the internet. Moreover, a lot of the information is supported by specific detail and examples.

The article could be improved by focusing more on the adolescent age bracket rather than a general group, although in saying that the information in this article is extremely similar to that found in other articles relating specifically to teenagers and is therefore indicative of it's relevance to the topic. It could also be improved by possibly focusing more on the social effects of the overuse of the internet rather than the physical.

Overall this article was of extreme use to me as it gave me a comprehensive list of the effects of the overuse of the internet, supported by statistical data. I was able to gather extensive information in regards to the social and emotional effects of this.

• “The effects of Internet addiction on the lifestyle and dietary behavior on Korean adolescents,” by Yeonsoo Kim, Jin Young Park, Sung Byuk Kim, In-Kyung Jung, Yun Sook Lim and Jung Hyun Kim.\(^7\)

This journal is extremely reliable. It was written by 6 professional scientists who study adolescents and their reaction to particular issues in their lives. In this journal, the 6 do an in-depth study in regards to the internet and how adolescents in Korea react to this. They classed the 1000 participants in their research into high-risk addicts, potential-risk and low-risk addicts, and of this, looked at the trends between the three. The results of their research was presented in tables and graphs and analyzed properly in written form. Of this research, a large portion of it focused greatly on the lifestyle of the adolescents, meaning their socioemotional wellbeing.

Although this article was extremely comprehensive in its research and findings, it could have been improved by looking more at the emotional aspects of adolescent's lifestyle as well as the dietary behaviours. In saying that, the journal was extremely useful throughout my research as it gave data that was accurate and relevant to my question. It was clearly set out and easy to analyse.


This book was written by Kimberly S. Young, a renowned character in the study of the overuse of the internet and the effects this can have, and is thus extremely reliable, as the author is legitimate and the information is substantiated and therefore valid. Within the book, the idea of 'downplaying' the severity of this issue is explored, particularly in regards to the personal experience of the author. The book could be viewed as a range of case studies, as a friend of Young is dealing with addiction to the internet and is 'caught in the net.' The book gives specific examples of the effects of the overuse of the internet, ranging from teenagers to the elderly. This book could be improved through an increase in statistical data to substantiate the claims made by the author. In saying that, the information, regardless of statistical evidence, is clearly correct and valid as it is corroborated through other sources.

This book was extremely useful throughout my research as it gave me case studies and examples of teenagers who overuse the internet and through this I was able to compare my primary data with the author's primary data and make educated assumptions. Overall this was extremely useful to my project.

- “Internet addiction spins web of depression,” by Bill Hendrick.

This article looks at the links between depression and the overuse of the internet, and how the two interrelate. Throughout the article, Catriona Morrison, a PHD who studies internet addiction, gives specific professional detail. The article is extremely reliable as it is substantiated by professional detail given by someone who studies internet addiction, and gives specific examples to back up her point. The article describes how different people react differently to the internet and why, and the things people who overuse the internet may do. Throughout the article, there is constant reference to the study of depression and how the internet can cause this, along with statistics drawn from Morrison's primary studies and surveys.

The article could be improved through lengthening the information and possibly extending the detail used. Perhaps Morrison could have provided more statistical data in regards to her research and analyzed the connections between the overuse of the internet and depression. In saying that, this article was extremely useful to me and provided my project with statistical data for my analysis in regards to the emotional wellbeing of adolescents.

- “Relation between depression, loneliness, self-esteem and internet addiction,” by Professor Mehmet Baris Horzum.

This journal, written by a professor at Sakarya University, is extremely reliable and contains valid information, clearly due to the source of the information. The journal as a whole focuses on the rising internet usage in adolescents, and how this effects their emotional wellbeing. The article is highly accessible and has extensive amounts of statistical data to substantiate the claims made. The journal is extremely relevant to my research as it focuses in great detail on the emotional wellbeing of adolescents who overuse the internet. It starts by introducing the current

trends in regards to internet usage and where this is prevalent, through using specific statistical data to do so. The journal continues with an analysis of results and a discussion, explaining the emotional effects the internet can have and how the overuse relates to the self-esteem of an adolescent, alone with the links to depression and loneliness.

With regards to my project, this journal could be improved by focusing on the social effects or wellbeing, as obviously this would only benefit my research. In saying that, this was an extremely useful secondary source throughout my whole research. I referred to this text often in order to find statistical data and to find specific examples.
**V: Methodology (Primary data research)**

The data used for this study was collected by using the methodology techniques of questionnaires, non-participant observation and a structured interview. These techniques proved to be reliable as they were straightforward and were not overly time consuming. They provided relevant information, and the data needed was able to be extracted and recorded easily using these methods. Both of these allowed me to gain quantitative and qualitative primary data, as I was able to gain information that was necessary for the research question, particularly information that was not readily available in secondary sources. Throughout both the interview and the questionnaires, I ensured that the people participating were 100% comfortable, and understood that if at any time they were uncomfortable were able to skip leave a question unanswered. I also ensured their anonymity throughout the whole project, making certain that their names would never be mentioned.

*The Questionnaire: (ref to appendix 1)*

The questionnaire was handed out randomly to girls of all grades, aged from 13-19. Socioeconomic status was not important in the conducting of my research. I ensured that the participants were randomly selected without bias, by handing them out in common areas shared between all grades at my school. This could be viewed as a form of stratified random sampling, as I only needed participants who were between the ages of 13-19. I was aware that these questionnaires were only answered by females and thus decided that sharing my questionnaire on social media sites like twitter and facebook would broaden my results in terms of gender. Because of this, I therefore received data from male participants ranging in ages from 13-19 of different socioeconomic status and could therefore say that my questionnaires were reliable and fair. Overall, there were 100 participants in my questionnaire, all randomly picked. The participants all remained anonymous, and were kept anonymous throughout this report. The 9 questions were mainly closed answer or short open answers, as to ensure simplicity for the participants and a quick, efficient collection of data. The questionnaires allowed me to gain both qualitative and quantitative data, particularly data that secondary sources may not provide. In saying that, my primary data *could* also be conclusive of secondary data found.
The Observation:
Observing two adolescents allowed me to gain insight into how the internet affected their daily lives. Spending 3 hours on a social outing with both a male and a female, both 17, I was able to gage what they use the internet for in general, particularly when socialising. Not participating while observing allowed the two subjects to act normally within the social setting, and in turn gave me the most accurate results possible. The two subjects were chosen due to their relevance to the topic, as they are classed as adolescents. The pair were both with a group of friends of mixed gender at a house, on separate occasions. Through this observation, I was able to see first-hand how often the two adolescents used the internet on their smartphones, and compare the results. This method gives me data for both the social habits and emotional state of my subjects, and is therefore highly useful. I also gained both qualitative and quantitative data because of this research. Through this, generalized statements could be made if the results correlated or showed similarities.

The Interview:
I decided to interview a 15 year old female and a 15 year old male in regards to their internet usage and discuss their social habits and emotional well-being. I used an unstructured interview style with mostly open questions in order to obtain as much information as possible in the timeframe given and pick out the most important or relevant pieces of information throughout my analysis. There were 10 questions, the majority of them requiring extended responses rather than a simple 'yes or no' or a one word answer. The questions were all similar, as the interview and data recorded could be classed as biased if the questions were changed due to the gender of the subject. In saying that, some of the responses given to particular answers changed as it was an unstructured interview. The two subjects were separated and interviewed alone to ensure their answers were now swayed by external influences. Both subjects preferred to remain anonymous due to the personal nature of some of the questions.
VI: Results and Findings

Questionnaire results:

Graph 1.

Are you male or female?

Graph 2.

How old are you?

Graph 3.

How many hours do you think you spend on the internet each day?

Graph 4.

What is this time used for?
Graph 5.

Have you ever chosen to stay home and use the internet over going out with friends/family?

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>39</td>
<td></td>
<td></td>
</tr>
<tr>
<td>61</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Graph 6.

When you go out with friends/family, do you use the internet? (e.g. Going on Facebook, or “checking” your MBL/Blackberry)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rarely</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>Sometimes</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Often</td>
<td>38</td>
<td></td>
</tr>
</tbody>
</table>

Table 1.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Number of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is said that teens should use the internet for more than 2 hours everyday. If you use the internet for more than this, do any of the following apply to you?</td>
<td></td>
</tr>
<tr>
<td>Sneaking on the internet without being allowed (Breaking restrictions)</td>
<td>33</td>
</tr>
<tr>
<td>Checking your phone for ‘notifications’ when you wake up and while out in public</td>
<td>66</td>
</tr>
<tr>
<td>Withdrawing from friends/family</td>
<td>49</td>
</tr>
<tr>
<td>Preferring friends on the internet over friends in your life</td>
<td>10</td>
</tr>
<tr>
<td>Getting distracted by the internet throughout school/while doing school work</td>
<td>73</td>
</tr>
<tr>
<td>Lying about time spent on the internet</td>
<td>51</td>
</tr>
<tr>
<td>Losing track of time while online</td>
<td>67</td>
</tr>
</tbody>
</table>
Questionnaire results continued:

Graph 1.

Graph 1, a pie chart, simply shows the ratio of males to females who participated in the questionnaire. Clearly, there were more females to males, with there being 58 females and 42 males. These qualitative results could be due to the fact that the majority of the questionnaires were handed out at school, but as I sent them to males on social media sites I was able to gain primary data from both genders almost equally. A pie chart was most appropriate for graphing this data as it was a simple 'yes' or 'no' response and would thus be easiest compared in a pie chart.

Graph 2.

Graph 2 shows that every participant is within the age bracket that I am studying (13-19) and is quantitative data. A pie chart was used to show the answers in the simplest form possible.

Graph 3.

This graph is a bar graph shows how many hours the participants believe they spend on the internet each day. Out of the 100 people surveyed, 99 completed this question. Perhaps this
question was missed due to the uncertainty of the answer, or the varying hours spent on the internet each day. Clearly, the vast majority of the participants believe that they spend 4 hours or more on the internet each day. Graph 3 has a trend of depreciation, meaning that as the hours of time spent on the internet decreases, so do the participants. The bar graph was best suited to this data as it is easy to analyse and compare, and is neat and shows the values clearly.

*Graph 4.*

Graph 4, a column graph, shows what the participants believe they use most on the internet. The options of ‘socially, schoolwork or an equal amount between both’ was given. 47 of the 100 participants stated that they used the internet equally for both, followed by 40 participants for socially and only 13 for schoolwork. A column graph was used as it is easy to read and compare data, and allows the reader to quickly interpret the values as they are quite similar in number, and may have been harder to interpret had this been a pie graph.

*Graph 5.*

This graph asked whether or not the participants have ever chosen the internet over spending time with their family or friends. Clearly, the vast majority of the 100 participants, 61 to be exact, stated that they have in fact chosen to stay home to use the internet rather than socialising. 39 of the participants stated that they have never done this. A pie graph was used as it allowed easy comparisons. Also, as there were only two options available for the participants, it was a simpler graph to interpret over a bar or column.

*Graph 6.*

Graph 6 asked participants whether they check their phone for notifications from social media such as facebook or twitter while out with friends or family. The options ‘rarely, sometimes or often’ were given rather than a simple yes or no choice, ensuring accuracy in answers. Of the 100 answers, 38 stated that they ‘often’ check their phone, followed by 32 for ‘rarely’ and 30 for ‘sometimes.’ A bar graph was used in order to allow easy comparison, considering the numbers were quite similar and therefore would have been difficult to read if in a a pie chart.

*Table 1.*

Table 1 shows results from a multi-answer question. The question explained the recommended usage of internet each day (2 hours), and proceeded to question whether the participants conformed to any of the ‘symptoms’ of internet addiction, all of which relate to their
socioemotional well being. The table shows the varying numbers, all of which are relatively high, bar one. The most common problem with the internet, according to the data received, is that it is distracting during school, with 73 of the participants claiming this. Behind this, 67 of the participants claim that they lose track of time while online, while 66 admit to checking their phone for updates while out socialising. 51 participants have lied about the time spent online, while 33 break restrictions set in place to monitor their internet time. 49 state that they withdraw from friends and family while on the internet, and 10 say that they’ve made friends online who they prefer over their friends in real life. This qualitative data is extremely useful in answering the research question. A table was used to present this data so that the options would be easy to read, along with the fact that there were quite a few values and would probably be hard to read in any form of graph.

Graph 7.
This graph looks at how many of the participants have made friends over the internet. Of the 100 answers, 58 said that they have made friends over the internet, 42 said that they haven’t. This looks at the social habits of adolescents, and how they interrelate with their internet usage. A pie chart was used for easy interpretation, particularly as there were only two answers available.

Graph 8.
This graph asked whether or not the participant had ever had extreme feelings of sadness often. Of the 100 participants, 52 said that they often have extremely negative feelings in comparison to 48 who stated that they did not.

Graph 9.
This graph looks at how the participants feel in regards to themselves. The exact question asked was “Do you generally view yourself in a positive or negative way?” Of the 48 participants, 48 stated that they view themselves negatively, while 42 said that they felt positively overall.
Observation results:

Female Subject. (Subject 1) Times are approx.

<table>
<thead>
<tr>
<th>Time</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:03:00</td>
<td>Left house to go to friendship group, made group message on facebook and messaged whole friendship group.</td>
</tr>
<tr>
<td>10:10:00</td>
<td>Got on bus. Used twitter, instagram and facebook throughout entirety.</td>
</tr>
<tr>
<td>10:25:00</td>
<td>Walked from bus stop to friend's house, returned to group message on facebook.</td>
</tr>
<tr>
<td>10:30:00</td>
<td>Arrived at house and messaged girl over facebook to let her in.</td>
</tr>
<tr>
<td>10:45:00 (+)</td>
<td>Checked facebook for updates, snapchatted friends.</td>
</tr>
<tr>
<td>11:15:00</td>
<td>Took photo and uploaded to instagram and facebook.</td>
</tr>
<tr>
<td>11:20:00</td>
<td>Checked for 'likes' on facebook and instagram.</td>
</tr>
<tr>
<td>11:25:00</td>
<td>Checked for 'likes' on facebook and instagram.</td>
</tr>
<tr>
<td>11:40:00</td>
<td>Inboxed other girls through facebook and invited them to lunch.</td>
</tr>
<tr>
<td>12:00:00</td>
<td>Checked for 'likes' on facebook and instagram.</td>
</tr>
<tr>
<td>12:10:00</td>
<td>Went to bus stop and waited for bus, checked twitter and snapchat.</td>
</tr>
<tr>
<td>12:15:00</td>
<td>Got on bus. Used twitter, instagram and facebook throughout entirety.</td>
</tr>
<tr>
<td>12:30:00</td>
<td>Arrived at lunch, inboxed other friends through facebook.</td>
</tr>
<tr>
<td>12:35:00</td>
<td>'Checked in' through facebook, uploaded photo.</td>
</tr>
<tr>
<td>12:40:00</td>
<td>Uploaded instagram. Checked twitter and snapchat.</td>
</tr>
<tr>
<td>12:45:00</td>
<td>Checked for 'likes' on old and new instagram posts.</td>
</tr>
<tr>
<td>13:00:00</td>
<td>Checked facebook, twitter and instagram.</td>
</tr>
</tbody>
</table>

The three hour period began at 10am at the subject's house. As she left the house to make her way to her friendship group, she used facebook to message the group in one group message. This was at 10:03am. At 10:10am, the girl got on a bus and used twitter, making multiple tweets about her plans as well as her current situation. She then proceeded to scroll through instagram, and back to facebook. For the entirety of the bus trip the girl was on her phone using twitter, instagram, facebook and snapchat. At 10:25 she arrived at the bus stop and walked to her friends house, messaging her friends on facebook while she walked. When she arrived at 10:30, she used her current group message to alert her friend that she had arrived and to let her in. At 10:45, the girl, along with the other girls there, checked their phones for facebook updates, along with snapchatting friends who weren't there. This snapchattting progressed all throughout
the day. At 11:15, the group took a photo and uploaded it to facebook and instagram, and continued to check for 'likes' on both platforms for the next forty minutes at regular intervals. At 11:40, the girl messaged a group of friends who were not present and invited them for lunch. At 12:10 the group left for a bus, updating their twitter and continuing to snapchat. When the bus arrived at 12:15, the girl, along with her friends, used twitter, instagram and facebook throughout the entire trip. When they arrived at 12:30, they used the facebook group message to check where the other friends were, and when they got into the restaurant, 'checked in' through facebook with a photo of themselves. At 12:40 she uploaded another photo to instagram and continued to check for 'likes' until 1:00 at regular intervals.

\textit{Male Subject: (Subject 2) Times are approx.}

<table>
<thead>
<tr>
<th>Time</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>13:30:00</td>
<td>Checked facebook on computer from home, inboxed friends regarding meeting times/places.</td>
</tr>
<tr>
<td>13:45:00</td>
<td>Snapchatted friends as leaving and while walking to location. Inboxed friends on facebook.</td>
</tr>
<tr>
<td>14:00:00</td>
<td>Arrived at location alone. Talked on facebook and snapchat while waiting for friends.</td>
</tr>
<tr>
<td>14:10:00 (+)</td>
<td>Friends arrived. Kicked football around and played cricket. Checked snapchat at irregular intervals throughout.</td>
</tr>
<tr>
<td>14:50:00</td>
<td>Inboxed friends to meet at new location, began to walk.</td>
</tr>
<tr>
<td>15:00:00</td>
<td>Got on bus and used facebook, checked instagram and snapchatted throughout whole trip.</td>
</tr>
<tr>
<td>15:15:00</td>
<td>Arrived at location, inboxed friends while walking to meet.</td>
</tr>
<tr>
<td>15:25:00</td>
<td>Met with friends and took photo, uploaded to instagram and facebook.</td>
</tr>
<tr>
<td>15:30:00</td>
<td>Checked for 'likes' on instagram and facebook. Snapchatted friends.</td>
</tr>
<tr>
<td>15:40:00</td>
<td>Began to play multiplayer games on console (through internet)</td>
</tr>
<tr>
<td>16:00:00</td>
<td>Paused game to check snapchat, facebook and instagram for 'likes'.</td>
</tr>
<tr>
<td>16:10:00</td>
<td>Swapped computer for gaming console, played different game online.</td>
</tr>
<tr>
<td>16:30:00</td>
<td>Checked snapchat, facebook and instagram.</td>
</tr>
</tbody>
</table>
The three hour period began at 1:30pm at the subject's house. While there, the subject checked their facebook on their home computer, and used this platform to organise a meeting place and time with their friends. At 1:35pm, the subject left his house and used snapchat while walking to the park. He also used facebook during his walk and talked to his friends, both ones that he was meeting with and ones that he wasn't. When he arrived at 2:00pm, his friends had not yet arrived and he spent the time on facebook, continuing to snapchat. At 2:10pm, his friends arrived and they played a variety of sports throughout the following 40 minutes. Throughout this time, he checked snapchat at regular intervals, pausing the game to do so. At 2:50pm, the group decided to go to someone's house to play video games. He used facebook and snapchat to invite others and began to walk to the bus stop. At 3:00pm, the group got on a bus and used snapchat, facebook and instagram. They checked for updates and communicated with others through these platforms. At 3:15pm, the group arrived at the new location and used facebook to notify the others of their arrival. When they arrived at 3:25pm, the group took a big photo and uploaded it to facebook and instagram. At 3:30pm, the checking started and continued throughout the rest of the time. He also used snapchat during this time. At 3:40pm, the group played on both a playstation and the computer. They used multiplayer games against people all around the world through the internet. At 4:00pm, the games were paused and the group all checked their phones. This also happened throughout gameplay at irregular interviews. At 4:10pm, the groups swapped consoles and played different games, still checking their phones for notifications.

Interview 1:

Hi, this interview will assist me in gaining data for my CAFS research project. My project is investigating the overuse of the internet and how this can affect the social habits and emotional state of adolescents. If at any stage you do not feel comfortable answering these questions please let me know and we can skip them. You’ll be kept anonymous throughout this whole project.

So, please tell me your age and gender.

I’m 15, and I’m a female.
How often do you think you use the internet?
Everyday, easily.

How many hours a day do you think?
Probably around 4 to 5, when you add up school time plus my phone it probably gets to around 5 hours a day.

Do you use your phone for the internet when you’re out?
Yeah, to check on instagram and things like that.

Do you check it more when you’re with family or friends?
I check my phone a lot when I’m with my family, because they’re kinda boring. But usually I’ll just be playing around on different social media apps. I use tumblr a lot more when I’m out with my family. If I’m with friends I’ll just use facebook or snapchat whenever I’m bored.

Do you find yourself losing track of conversations or not bothering to join in if you’ve just been on your phone?
Yeah, that’s pretty much all I do with my family anyway. I’m not interested usually so I’ll just go on my phone and then go to join in and find that the topic’s changed like, 5 times already. It’s not so bad with friends, though.. Like, I’ll just check my stuff when I’m with them rather than completely switch off.

Have you ever chosen to stay home to use the internet rather than go out with friends?
This is anonymous, right? [Laughs]
Yeah, it is. Why?
Well, it’s kind of embarrassing to say that I stay home to go on tumblr and twitter rather than go out with friends… But I do it all the time. Why would I go out when I don’t have to get dressed to use the internet at home? Plus the free food and comfy bed.

It’s not embarrassing, really. Do you think it’s common for other people to do it?
Not many people I know in real life, but definitely people on the internet that I talk with. I have a friend from America who tweets me when she’s with friends at parties and sleepovers and lies to get out of it and go home. I know a lot of people on Tumblr who’re like that too.

Why do you think they do it? Why do you do it?
I don’t really enjoy the things that my friends do, social-wise. Like, I don’t really like going to parties and drinking all night. Some of the people there intimidate me and I usually end up on twitter or tumblr anyways. I think the people I’ve met on the internet probably find themselves in the same situation as me.

So you think that the people you’ve met on the internet are more relatable?
Definitely. I’ve become really good friends with people I’ve met online - we have a lot in common.

What do you do most when you’re on the internet?
Usually I just go on Tumblr or twitter.

Can you explain what Tumblr is to you? Just so I can understand what you use it for exactly, rather than assuming.
Sure, sorry. I have a blog where I just repost photos and stuff like that. I post a lot of my own photos and tag them, so people looking through the tag see them and we share stuff. Like, I have an obsession with Justin Bieber so I post a lot of things relating to him and then people message me about him and we become friends. It’s good and bad, because it’s so addicting.
It sounds it. So, as a whole, do you think that the internet has a positive or negative influence on your social life?

Probably negative. I mean, I stay home and talk to people online over going out with friends. When I’m with my family I’m always on some form of social media, and when I’m with friends I’m always checking the internet for something. But then again, it’s been kind of positive. I’ve made heaps of new friends that I wouldn’t have been able to make without the internet. But I think if you’re looking at my social life, as in real life.. I dunno, I think it’d be negative.

Do you think that you overuse the internet?

Well, I don’t know how many hours are recommended but I think I’m on it more than I should be.

It’s recommended that teens don’t use the internet for more than 2 hours everyday.

Oh, well yeah. Definitely. I’m always on the internet somehow, and it’s definitely for more than 2 hours a day.

Why do you think that is?

It distracts me from school, I guess. Like when I have an assignment due or something I’ll go on the internet, lose track of time and end up doing my work at 3am. A lot of the time I use it after I’ve had a fight with my family and I’m in my room., like I’ll always use twitter to vent about how annoyed I am or whatever. I use twitter a lot to talk with my friends from America, we talk a lot.

So if you had to describe why you use the internet in one word, what would it be?

Escape.
This might be a bit personal, so if you don’t feel comfortable answering just let me know.

Have you ever had depression, or some sort of overwhelming sadness?

It’s fine. I’ve never had depression - like, I’ve never been diagnosed or whatever. But I get really sad quite a lot. I get really down about what I look like and stuff like that. A lot of the time it’s after I’ve been up really late, I start to think about stuff and it just get’s to me, I dunno. Usually I'm up so late because I've been using the internet, like tumblr or twitter, which is ironic.

Do you think this is linked to your internet usage?

Well a lot of the time I’m up late using the internet, so I guess the sadness could be put down to my lack of sleep. But still, I don’t know if I can blame it on that. Usually I get all depressed about my body when I’ve been on tumblr and seen all the skinny girls and stuff, but yeah. I don’t know.

Fair enough. Well that’s about all I have to ask you, but thanks for taking the time to do this for me!

No worries, thanks.

Interview 2.

This interview will assist me in gaining data for my CAFS research project. My project is investigating the overuse of the internet and how this can affect the social habits and emotional state of adolescents. If at any stage you do not feel comfortable answering these questions please let me know and we can skip them. You’ll be kept anonymous throughout this whole project.

So, please tell me your age and gender.

I'm a guy and I'm 15.

How often do you think you use the internet?

Um.. Everyday.
How many hours a day do you think?
Around 2 to 3 hours, maybe less. It changes depending on what I have on after school and stuff like that.

Do you use your phone for the internet when you’re out?
I use snapchat a lot, does that count?

Yeah, snapchat counts.
Well yeah, I use snapchat a lot to talk with friends. I use facebook a bit too.

Do you check it more when you’re with family or friends?
I reckon I'd check it more when I'm with family, only because it's more entertaining than their conversation. They're boring. I still use snapchat and stuff when I'm with friends though, like at parties and stuff.

So when you're at a party and you go on your phone on snapchat or something like that, do you think that you get distracted and lose track of time or conversation?
Yeah, it's really easy to. I'll be on facebook inboxing someone or something and I'll realise I've been talking to them for an hour. It happens all the time.

Have you ever chosen to stay home to use the internet rather than go out with friends?
I don't think so..

How about family?
I'd use any excuse to get out of going out with my family, unless it's for something I like. I think I've stayed home to play on x-box or something, if that counts. You use internet to verse people overseas so I guess that's kinda the same thing.
So you use the internet more for gaming and things like that?

I guess so. I use it for social media a lot but I'm also on it heaps for games. It's more fun to play people over the internet, you know, on x-box live and that. I used to be addicted to world of war craft – that used internet.

World of War Craft?

Yeah, it's this game where you create an avatar and fight people over the internet in all these games. It's supernatural, kinda. So you could be an elf or a wizard or something, and you get put in a particular realm and you can make clans. There's so many levels and you just find yourself on there for days.

So you said you were addicted to it. What do you mean by that?

I used to pretend to be sick so I wouldn't have to go to school, then I'd sit at home and play it. It was really bad, I'd have dreams about it and everything.

What's the worst example of addiction from the game?

What do you mean?

Like, what's the worst thing that you did, or that happened to you, because of your obsession with it?

In the 6 week holidays I stayed at my cousins house for two weeks so I wouldn't have to go out or do anything. My cousin's into the game too so we just play it together and defeat people as a duo type thing. So, yeah.. We stayed at his house for two weeks and played the game non-stop.

And this is through the internet, yeah?

Yeah, you can only play it with the internet. But I used to watch youtube videos on it if I got bored at school, like you can watch people defeating other people and dueling them and stuff. I know one guy who tried to play at school and got suspended.
Wow. Sounds intense. So, during this time obviously your social life pretty much dropped, correct?
You could say that.. But I was socialising with people in the game. If you have a microphone you can talk to them and stuff so I was still socialising, kinda.

I mean with family and friends, but you have a good point. Anyway, so would you say that during this time you were generally negative?
Negative how?

Like, did you ever experience times of deep sadness or something similar?
Well during that time I was pretty bummed out already. Before I started playing the game I got into a fight with someone, and after that I was kind of kicked out of my friendship group. I had no friends, pretty much. So when I was playing the game in that bad period I was already upset and down, but I think the game added to it.

How so?
Well, when I wasn't playing it I'd get really snappy and moody. I was constantly tired and I don't think I ever got enough sleep. Whenever I couldn't play it I was angry or just out of it, really.

Out of it?
Well, like, I'd be withdrawn. If someone tried to have a conversation with me I'd ignore them or just be really short with them. I think that was partly because I wanted to play the game and partly because I was just in a bad mood 24/7.

So you think that your moods were effected by your game play, or internet usage in general?
100%. I was addicted to that game and it made me a whole different person.

Okay, thanks for your time.
No problem.
VII: Analysis and Discussion

Before I conducted my research, I believed that there would be obvious trends in regards to the social habits of adolescents using the internet and how the overuse of this resource effected them. I also predicted that the emotional wellbeing of adolescents would be effected greatly by the overuse of the internet. While my data did show that the internet effected an adolescent's socioemotional wellbeing to an extent, I've found that the effects are generally to extremes – either greatly or hardly.

The questionnaires, interviews and observations combined showed a variety of results, although generally:

• Teens are now spending more time on the internet than recommended.
• Girls are more active on social media.
• The internet is used for both educational reasons as well as socially.
• Teens often find the internet distracting.
• Adolescents often check their phones while in social settings.
• Teens who use the internet excessively tend to feel more negatively towards themselves.
• Teens who overuse the internet are more likely to develop depression or show symptoms of depression.
• Teens who use the internet excessively tend to have overall negative feelings in general.
• Boys generally play video games through the internet rather than social media.

While these conclusions corroborate with my original hypothesis (stated in the introduction), they are only slightly in favour. Had more surveys been handed out to a variety of communities, the data collected could have been more obviously conclusive.

These trends are related explicitly to the CAFS course content area of wellbeing, as the overuse of the internet obviously alters the socioemotional wellbeing of adolescents. The overuse of the internet poses extreme threat to the socioemotional wellbeing in the long-run. Moreover, these
trends relate to the HSC course of family and societal interactions as this relates to how adolescents interact with their family, friends and society in general.

The socioemotional wellbeing of adolescents is effected greatly by the overuse of the internet. Socially, the adolescent may see vast changes in their social lives and the social patterns they once followed. They often will start to go out less or choose to stay home over going out with friends and family, and if they do choose to go out, their smartphones will allow them to access the internet at all times. Emotionally, adolescents may become withdrawn and have a higher risk of depression and a lower self-worth, including their self-esteem and self-confidence. This can be seen in the journal “The effects of Internet Addiction on the lifestyle and dietary behaviour on Korean Adolescents,” and further analysed in the journal by Kimberly S. Young “Symptoms, evaluation and treatment,” whereby “serious relationship problems were reported by fifty-three percent of Internet addicts surveyed.”

Of the 100 participants, 45% stated that they use the internet for more than 4 hours a day. The actual usage varied, although 40% of the 100 participants stated that they use it socially, with 47 saying they use it equally for schoolwork and social reasons. In this question, there was a space for comments. Of the 100 participants, the 20 comments were all related to some form of video game, 9 of which stated 'World of Warcraft' as the number one use. 20 out of the 25 comments were from males, all of which related to video games. Interestingly, the 9 that stated that they play 'World of Warcraft' stated that they use the internet for more than 4 hours a day. In my second interview, the subject stated that he was “addicted to world of war craft” and that he would “pretend to be sick so I wouldn't have to go to school, then I'd sit at home and play it. It was really bad, I'd have dreams about it and everything.”

Social Wellbeing.
According to the 'United States Institute of Peace,' social wellbeing refers to an end state whereby the basic human rights of each person is met in order to advance as a community.9

Moreover, healthy relationships and societal interactions between individuals contribute to overall social wellbeing, as well as socialising with others in general.

Through my primary data, the trends stated above were proved, along with existing secondary data found and analysed in my literature reviews. Subject 1 stated that she uses the internet and her phone to “switch off” while with her family, and often finds that she's “not interested usually so I'll just go on my phone and then go to join in and find that the topic’s changed like, 5 times already.” This quite clearly shows that relationships are greatly effected by the internet, predominantly familial relationships but friendships also. From my questionnaire, it was found that out of 100 participants, 61% stated that they have chosen to stay home to use the internet over going out with friends of family. Of this, 73% of participants that stated that they have chosen to stay home were male. Further research may have been able to show the actual website or game that the participant chose to use, although this was not included in the questionnaire. Of the 100 participants, 49 stated that they have withdrawn from friends and family. Clearly, this is a large number, particularly as the participants have admitted that they remove themselves from social settings where either friends or family are present willingly, largely due to their overuse of the internet.

In “Internet Addiction: Symptoms, Evaluation and Treatment,” by Kimberly S. Young, the relationship between the overuse of the internet and how this impacts familial relationships are explored. It was stated that “parent-child relationships and close friendships have been noted to be seriously disrupted by 'net binges.'” Moreover, relationships that adolescents have in general may be effected by the overuse of the internet due to the constant 'checking' of phones for notifications. In “Four beds ready to treat internet addicts,” Dr. Roger Laroche, the medical director of Bradford Regional's Psychiatry department, “expect to see withdrawal symptoms” from those who overuse the internet, largely from those who they once were close with. This is largely to accommodate for the internet usage that the individual craves. In my questionnaire, it was found that of 100 participants, 38 stated that they often check their phones for notifications, 32 stated that they rarely check and 30 said that they sometimes do.
Of the 38 participants that stated that they regularly check their phone, 60% of these were female. The primary data found shows that overall males use video-games and multiplayer options using the internet over social media, and this could therefore be the reason for why females are more likely to check their phones while in a social setting. Of the 30 participants that stated that they sometimes check their phones, 66% were male. This is again indicative of the differing uses of the internet through gender. My observation results are highly indicative of this statement. Subject 1, who was female, was constantly checking her phone for 'likes' on facebook and instagram, and was often scrolling through her 'newsfeed' or 'dashboard' on tumblr. In comparison, the second subject, who was male, checked his phone for almost half the time of his female counterpart, and played video-games over the internet rather than using his phone for social media. During this time, which went from 3:40pm to 4:30pm, his group of friends did little socialising, although they were competing against themselves and other on games. During this time, the only time they held a conversation was when they decided to swap consoles from the television to the computer.

Although the data shows that 'real life' relationships could be placed at great detriment through the overuse of the internet, it has been found that, according to Kimberly S. Young in “Caught in the net,” introverted teens may “depend on the social contact discovered” over the internet. Due to the easy access to chat rooms and ways to meet new people, it has been found that introverted teens may turn to the internet to find people who they relate to. In my first interview, the subject stated that she's “become really good friends with people I’ve met online - we have a lot in common.” From my questionnaire, it was found that of the 100 participants, 58% stated that they have in fact made friends with people over the internet, 42% stating that they haven't. Of the 58 participants, 77% were female. This again substantiates the theory that perhaps females use social media rather than video games, and vice-versa for males. Further, 10 out of all participants stated that they prefer the friends they've met over the internet over their friends in real life. All of these participants were female. In my interview with the second subject, he explains that it is in fact possible to “socialise with people in the game. If you have a microphone you can talk to them and stuff so I was still socialising, kinda.” Through this primary and secondary data is clear that teenagers view socialising online as a new way to
socialize, and that perhaps is a new form of social setting, to an extent. Had I have had more time or a larger number of participants in my questionnaires these results could have been more obvious and clear.

**Emotional Wellbeing.**

According to 'the Mental Health Foundation,' emotional wellbeing is “A sense of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness, change or misfortune.” Emotional wellbeing can also refer to the overall emotional state of an individual, including any emotional balances or imbalances.

The general trends stated in the start of the analysis has been proved through both my primary data, namely my questionnaires and interviews along with my secondary data mentioned in my literature review. In my interview, Subject 1, who was female, was asked if she had ever had any signs of depression, or whether she has experienced overwhelming sadness quite a lot. In response, she stated that she often “gets really down about what I look like and stuff like that.”

She elaborated, saying that the reason that she's often up late in the first place is because of her internet usage. In the article “Internet addiction spins web of depression,” Catriona Morrison, Dphil states that excessive use of the internet “can have a serious impact on mental health.” The idea that the internet is used as an escape is discussed, and that “For most people, the Internet is adaptive “and helps us function well in our daily lives,” she says. But for some people, “it is compulsive and damaging.”

As seen in my questionnaire results, 52 of the 100 participants stated that they often get overwhelming feelings of sadness or symptoms of depression. This coincides with the information presented in the article previously stated, whereby it has been found that the excessive use of the internet can impact negatively on the emotional state of the individual.

According to this article, “the study found that younger people were more likely to be addicted to the Internet than middle-aged users, with the average age of the addicted participants being 18 years old.” In my observation, I was able to watch the habits of the subjects and their friendship groups. Every individual present in both groups had smart phones with access to the internet, and were constantly checking them or scrolling through them. This is clearly indicative of the addictive nature of the internet and also of the fact that younger people are more than likely to get addicted to it or overuse it in excess. In my interview with Subject 2, he explained that he initially become obsessed with the game 'World of Warcraft' after a fight with his friends. He explained that he was “pretty bummed out already,” and continued to talk about how it effected him when he wasn't on it. He said that “when I wasn't playing it I'd get really snappy and moody. I was constantly tired and I don't think I ever got enough sleep. Whenever I couldn't play it I was angry or just out of it, really.” I asked him to clarify what 'out of it' meant, and he explained that he'd be overly short with his family and friends, and blamed it partly “because I wanted to play the game and partly because I was just in a bad mood 24/7.”

It has been said that the relationship between the overuse of the internet and the level of self-esteem an individual has is relative, as seen in the journal “relationship between depression, loneliness, self esteem and internet addiction,” where self-esteem and internet usage are discussed. In the journal it has been found that there is a “significant relation with internet addiction has come out when depression, loneliness, and self-esteem variables are considered together.” I decided to also look at the self-esteem levels of the participants in my questionnaire, obviously judged by themselves and identified as either 'positive' or 'negative.' Of the 100 participants, 48 stated that they viewed themselves positively, 42 viewed themselves negatively. Although this does not support the secondary data that states that adolescents who overuse the internet have lower self-esteem, it may have been conclusive of the data had there have been more participants in the questionnaires. This can also be seen in the article “Internet Addiction spins web of depression,” whereby Catriona Morrison, a pHD studying internet addiction, states that “the Internet now plays a huge part in modern life, but its benefits are accompanied by a darker side.”
My results clearly answer my question “How does the overuse of the internet effect the socioemotional wellbeing of adolescents?” Although the data was not completely decisive, the trends suggest that perhaps if more data was collected from a larger sample, the primary evidence could have been more conclusive. My results are indicative of my hypothesis, stated in the introduction - that the overuse of the internet does effect the socioemotional wellbeing of an adolescent negatively more than positively. While the majority of my data undoubtably proves my hypothesis right, there are a few results that disprove my original assumptions. For example, the question of whether or not the participants view themselves in a positive or negative light was answered with 48% saying that they view themselves positively. This disproves my hypothesis to an extent, although 42% that they view themselves negatively. When the statistics are looked at in more detail, it can be found that of the 42 participants that stated that they view themselves negatively, all of them use the internet for more than 4 hours a day.
IX: Summary/Conclusion

The simple answer to “How does the overuse of the internet effect the socioeconomic wellbeing of adolescents?” is that it has a variety of effects. To pinpoint the effects of the overuse of the internet on teenagers is almost impossible as simply, the effects change from person to person. Generally, though, teenagers who overuse the internet have lower self-esteem and confidence, and may feel negatively in general. These statements are substantiated by both my primary data and secondary data found. The exposure that adolescents have to the internet on a daily basis is exponential, and will continue to increase rapidly. This overuse, as seen through all my methods of research, is a major component in teenager's lives today, both male and female, and effect their socioemotional wellbeing greatly.

Throughout my research, the main trends show that the internet impacts on the socioemotional wellbeing of adolescents as teens are now spending more time on the internet than recommended, and ever before. According to my data, this time is being used for both educational purposes as well as socially, and in some cases gaming, but often the internet poses as a distraction for some. Mostly, boys use the internet for online gaming rather than social media. Adolescents are often checking their phones for notifications or updates while in a variety of social settings, although the majority of this is during family time.

Data shows that teens who use the internet excessively tend to feel more negatively towards themselves, as opposed to teenagers who conform to the recommended hours. Teens who overuse the internet daily are more likely to develop depression or show symptoms of depression. Ultimately, teenagers who use the internet to an excess tend to have an overall negative outlook.
X: Recommendations

While completing this project I was faced with a variety of experiences, both positive and negative. Overall this was a positive experience for me, in that I was able to research something relevant to my life and my peers. In saying that, I was faced with a number of challenges, namely, the lack of secondary data available to me. Throughout my research I found extensive amounts of information regarding internet addiction, and although this was relevant to an extent, lacked a lot of particular information needed. In all, the secondary information available to me was not always relevant to adolescents, rather, adults. If I could recommend anything it would be to gather as much primary data as possible and analyse the results alongside the secondary data available. Obviously researching any topic as a student there will be many limitations, as there's only limited resources available. Some improvements that could be made in the future could include:

- Handing out more surveys in order to receive more information and ultimately have trends emphasised. After analysing my results, it appears that trends may have been more noticeable had more surveys been distributed.
- Having more time between distribution and collection of results.
- Conducting more interviews and possibly finding professionals who could give information.

Although I did find a fair amount of secondary data, this could have been improved through going to different libraries or talking to professionals about my topic. For further research, there should be more information regarding particular age groups and how the overuse of the internet effects each one in particular. There is plenty of general information regarding the overuse of the internet and how this effects people, but not information focusing on teenagers. This could be elaborated and explored in great detail as teenager's emotional wellbeing is almost completely different to that of an adult. If the issue of the overuse of the internet does continue, which the trends in both my primary and secondary data show, it could have a severe and detrimental effect on the socioemotional wellbeing of adolescents.
XI: Bibliography

Books:


Internet Journals/Articles:


- Kimberly S. Young. “*Internet Addiction: The Emergence of a New Clinical Disorder,*” 22 November 2013.


XII: Appendix
Questionnaire.............................................................................................................................1-3
  a) Uncompleted.................................................................................................................1
  b) Completed.................................................................................................................2-3
Secondary data...........................................................................................................................3-6