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Excessive Internet Use Leads To Depression and Anxiety

**Introduction**

In the current time, everyone is connected with Internet hugely. Having the efficient availability of the Internet all the time cannot be found a positive thing while it affects the user inversely. The excessive use of the internet becomes the addition of the user which creates huge problems for him/her in life. Beyond that, the main negative impact of excessive use of the internet is, it leads to tension, depression, and anxiety which further destroys the mental health of the person. Several studies show that excessive use of the Internet causes Internet Addiction Disorder which also leads to depression and anxiety.

**Discussion**

The Internet is a highly useful and helpful source and platform for the users which helps a lot in search activities. In today's life of individuals, the internet is the thing which is used the most after the utilization of basic needs. Most of the people even all want to have efficient and stable internet all around 24 hours a day (Shaw & Donald, pp. 353-365). The availability and use of Internet help in uncountable ways but it is not an ignorable point that excessive use of internet leads to numerous problems where depression and anxiety are the most common and major problems/issues out of those problems (Kimberly, pp. 241-246). In other words, depression and anxiety are the most common and major problems which occur because of the excessive use of the internet.

As discussed above, excessive use of internet leads IAD (Internet Addiction Disaster), the concept has been introduced in 1995 by Ivan G. from the concept of Ivan G, there are numerous definitions of excessive use of internet have been identified like obsessive use of computer system, extreme and unreasonable use of internet or addition of internet (Shaw & Donald, pp. 353-365). There are several research studies available on the problem that excessive use of the internet leads to depression where most of the studies state that excessive use of the internet means using the internet for non-working and non-study purposes (Mihajlovic et.al, pp. 5-14).

According to the study of Marl Ark, in the year of 2012-11, students usually use the internet for the purpose of recreation but most of them bound their recreational internet use up to a very few hours in a single day. In the research analysis of Ark, the main questions was to know that how many hours in a single day a person or student usually spend on internet for the extra purposes such as recreation which includes the use of all social media and other entertainment platforms like Facebook, YouTube, and Myspace and many other gaming platforms. The findings of the survey state that more than 60 percent people including students spend around 6 to 8 hours daily on internet only for the purpose of recreation (Morahan, pp. 39-48). Beyond that, another exists there which states that 40 to 50 percent people including students usually spend up to 10 hours on internet on daily basis. The study further emphasis that such huge time has been spent only for the purpose of recreation, refreshment, enjoyment, and entertainment.

**Symptoms**

The major symptoms and signs of excessive use of the internet are presented in both shapes, physical and emotional appearances. The main and major symptoms and signs of the addition of excessive use of internet are, but not only;

* Anxiety
* Depression
* Emotions of guiltiness
* Isolation and untruthfulness
* Work avoidance and defensiveness
* Terror and aloneness

Beyond above, the physical symptoms and signs of excessive use of internet are not limited to the following.

* Headache
* Sleeplessness
* Weight loss and Vision Issues
* Weakness of private hygiene
* Pains like Neck pain and many other physical problems.

The effects of excessive use of internet on the individuals are the people who use internet excessively always having a high level of depression and anxiety symptoms. They also have issues regarding time management, issues with activities planning, and a higher level of observational impulsivity, etc. these problems lead to two major concerns. One is we underestimate the pervasiveness on internet compulsion or addiction while the second is it creates other huge mental health issues. In addition, the study Michael Van shows the excessive use of internet ultimately leads to a high level of depression and anxiety but it is not as simple as people say while it further affect routine life to the extreme extent and we should understand this more deeply (Demirci et.al, pp. 85-92).

Despite the above, there is a number of factors which show how excessive usage of internet leads to anxiety and depression.

* In the current time, the most informative source where anything can be gotten is internet. But on other side, the huge amount of information and continuously visiting and searching such information become overloaded on someone’s mind and the mind become unable to cope it which indicates depression (Mihajlovic et.al, pp. 5-14).
* Being habituated and accustomed to a large amount of information, the brain and body become hugely stuck and stressed. This mostly happens because of boring and stress creating information or things and it further leads to high level of anxiety.
* As number of studies, surveys and researched concluded that there is a strong relationship between internet usage and depression and anxiety, it has been ultimately concluded that most of the websites work to replace factual socialization with the virtual socialization (Morahan, pp. 39-48). So this virtual socialization instead of real leads to depression because people want the real world instead of virtual.

**Conclusion**

From the above analysis of the fact that excessive and unnecessary usage of internet leads to the extreme level of depression and anxiety, it has been concluded that the main reason behind this reality is the usage of internet for non-purposed activities. Moreover, it has been found that there are several other mental diseases which are created because of the excessive usage of internet like blood pressure, mental uncertainty, and feeling of sadness as well as several physical symptoms. At last, the analysis has been concluded on the basis of some strong facts and factors which are the major reasons for the problem. The reasons or factors are but not only overloaded information, boring material on internet, virtual socialization of websites.

Work Cited

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