



UTM
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ACADEMIC COMMUNICATION SKILLS
READING REFLECTION ASSIGNMENT

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TITLE OF ARTICLE 1: Negative and positive impact of internet addiction on young adults: Empericial study in Malaysia

Source: <https://www.redalyc.org/pdf/549/54932488004.pdf>

TITLE OF ARTICLE 2: Internet Addiction in Adolescents

Source:

[https://www.researchgate.net/publication/322448493 Internet Addiction in Adolescents](https://www.researchgate.net/publication/322448493_Internet_Addiction_in_Adolescents)

From the first article, the authors' purpose is to understand and determine the impacts of internet addiction among young adults in Malaysia. The research conducted by the authors consists of solely university students, and the point of view is mainly negative. For the second article, the authors' aim is to determine the level of internet addiction among adolescents in Poland. The research that has been performed consists of secondary school students, and the point of view of the authors is for the most part neutral.

Article 1 and Article 2 states that adolescents and young adults with the absence of a strong family relation are prone to feel isolated, which leads to them opting for the internet as a way to seek comfort. This is because via the internet, they are capable of using social media accounts to stay in touch with other people, as well as play online games to get rid of the stress they face in their household. In contrast to the similarities stated, Article 1 states that university students associate with technology such as tablets and smartphones in their daily lives more often which gives them freedom to use any technological platform without any restriction. On the other hand, Article 2 stresses that secondary school students use the internet most commonly on computers, which puts them on a limit in using the internet as it is less portable, and parents are more aware of the longevity usage of the internet.

Based on the authors' perspective, we can analyze that they aim to bring awareness to the public on how internet addiction can be deteriorating to the society, most concerning for adolescents and young adults. In the future years, these two groups' addiction to the internet may worsen as technology advances. It is crucial for everyone to be aware and bring awareness regarding internet addiction especially to these two groups to ensure that the internet will be more beneficial than disadvantageous.

The authors in Article 1 states there are six impacts of internet addiction, five of which are negative. This includes interpersonal problems, behavioural problems, work problems, physical, and psychological problems. Both the articles stress that through being internet addicted, people are more likely to develop social phobias that could lead to depression and severe anxiety. It is also inevitable that the addiction could result in physical problems such as hypersomnia, fatigue, and lack of physical activities.

In a nutshell, internet addiction serves with various negative impacts that includes social problems, money wastage, obsessive web-surfing, and sex addiction among young adults. The best way to overcome this addiction is by using the internet rationally such as restricting unnecessary usage. It is also important for internet users, typically young adults, and adolescents to develop social competences by participating in activities offered by education institutions and frequent contacts with relatives and acquaintances. Users must always be aware of the threats circulating the online community and treat the internet as a tool that provides help instead of for emotional support.