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TITLE : INTERNET ADDICTION

The current issue that worried some of the people nowadays is addicted to the internet. The use of technology in the world is increasing rapidly. Apart from having a positive impact, this condition also has a negative impact. One of the main problem is internet addiction. Initially, the internet itself is a neutral device originally designed to facilitate research among academic and military agencies but as the time pass, it become a medium to make people work easier. But, excessive in using this tool can cause addiction. Indication of internet addiction is people who have excessive or uncontrolled intimacy with computer use and internet access. This condition then causes disruption or suffering to those who experience it. Internet addiction is defined as the inability to control the use of Internet that leads to feelings of pressure, anxiety and dysfunctional behaviors in everyday activities. Excessive use of the internet can cause people to become addicted to spending time doing internet surfing or spending a lot of time playing online video games.

Usually, people forget to take a good rest and tend to lose sleep after doing all activities, because they are too busy playing the internet (Anderson, 2001). Besides that, that internet addicts tend to have a bad social communication in real life because people are too focus in utilizing gadget and it can decrease their sensitivity toward surrounding conditions. This paper discusses the impact of internet addiction and proposes solutions that can be taken to deal with internet addiction. Internet addiction can affect the relationship of family members. The relationship between parents and their children especially adolescents is hampered by the influence of internet usage. If examined more closely, the relationship between parents and children disturbed because people are busier spending time with their gadgets, so that emotional closeness is lacking and the skills to communicate from heart to heart are lacking. Indeed the internet has become a source of various kinds of information, but children are distracted from the real things that are happening around them. People will gradually spend less time with their family in exchange for solitary time in front of a computer (Young 1996). With the lack of communication skills between the two parties, communication patterns will tend to be rigid, and the addicts tend not to be sensitive to human emotions and how to deal with them. Added by their habits of dealing with gadgets, so for those who dealing with human emotions will tend to be difficult, so researchers explained that the risk factors of family violence, such as marital violence and parent-to-child violence, were strongly associated with excessive Internet use. Bad events due to lack of communication and limited emotional relationships must be solved by increasing their communication skill. Because it is important for the harmony of a family.

Additionally, internet addiction can affect the achievements of students. Students who are addicted to the internet consistently report academic problems. For instance, students always visit chat room until they decide to stay up late and affect their focus and attention in class leads to a decrease in their academic performance (Leung & lee,

2012). In yet another study, 58% of students who regularly surf the internet were reported to display negative effects such as a decline in study habits, a significant drop in grades, and missed classes due to excessive internet use (Leung & Lee, 2012).

Nowadays, Internet use is consistently increase and popular among students whether boys and girls. Internet researchers have found students to be at the highest risk for developing problematic Internet use because online access is free, fast, and available in all the time. Students easily get access to the Internet because all places such as restaurants or malls provide free Wi-Fi. So, they are rarely detached from the internet. Meanwhile, Internet addiction is not only related to the duration of Internet use, it is associated with the purpose of Internet use as well. Actually, the main purpose of the Internet is to provide global access to data and communications. But, students using internet mostly for non-educational purposes. Internet addiction can cause students to have bad academic performance due less focus in class and have bad grades.

This issues not only involving family relationship and students but workers also facing the same problem. Addiction among workers can cause less productivity and efficiency in their work. Workers cannot balance time between leisure and work. A survey was conducted among top 1000 companies in the nation and it found that fifty-five percent of workers using internet for non-business purpose and this will lead to less productivity on the job (Machlis, 1997). In that survey also, a company has tracking all line that passed through their internet traffic and discovered only twenty-three percent of the internet usage is for business matter. In addition, online shopping is also causing workers to take the opportunity to buy and sell online. Workers would take a long time whether buying or selling online. By doing this activity online, employees might not be able to manage their time.

However, we can prevent and overcome the problems that arise due to internet addiction. One of the solution is to educate the young generation. Parents need to take some initiative to educate young people on the proper use of the internet. In managing internet usage for children, parents cannot fully give the authority to children to manage their time. An effective form of communication must be applied and the form of communication can be different for one child with another child. Parents do not always only use command sentences, but communication can be done by telling stories or discussing so that the approach to children is easier.

By discussing parents it is easier to know what content interests children in cyberspace. Children also need to feel understood their pleasures and needs. The existence of two-way communication makes it easy for parents to address the problem. Once parents have addressed the problem, children will better understand what things will cause problems and what the consequences are. They are 'active mediation' includes the sort of discussions to build communication on each family members with the aim to introduce and guard them in utilize television or internet shows that children need to be explained why there needs to be limits in using the internet, because unconsciously children can be affected by negative content without being aware of it

before, and children will unconsciously skip events around them and take lessons from what is happening around us. Parents must act as friends, learn to use the internet too so parents know what trends young people are facing, and what content is popular with children. Sharing session about content while watching television or while using internet between parent and children is one of the way to educate one and another. This suggest that parents must be active in sharing content to promote the positive impact of internet and technology and their real function. If parents are passive in content sharing, the presence of parents will be ignored and they are considered free to surf in cyberspace.

Another way to prevent internet addiction is through awareness of school personnel. School personnel need to be equipped with the knowledge of how to handle internet addiction. For instance, excessive time on the internet limit students' time to study, so school administrator may design or change activities that may limit their time in spending on internet (Khan, Altaf, & Kausar, 2013). Empowering school personnel with knowledge would enable them to teach and guide students on the difference between Internet use and abuse. Suggest teachers and school administration to help students overcome internet addiction by learning time management skills, setting goals, using reminder cards, or developing a personal inventory. Another treatment suggested is to seek counselling and support groups or family therapy. In yet another way, monitoring can be useful when self-discipline and self-reporting are not enough to keep an addict on the straight and narrow ways. Students tend to use Internet for easier and entertaining activities such as playing games, chatting and watching movies rather than educational purposes. Thus, school personnel need to monitor students from doing unbeneficial activities during school session. In other words, internet addiction may be stopped or even prevented through the role and positive interactions from school personnel.

Practice them to use internet moderately and for important things only. This may the best way to treat client in the process of controlling the use of internet. Other than that, reading newspaper, playing with children, cooking such another alternative that help client to spend their time and make more positive life style without online tools. Thus, the main focus in the first treatment is, behavior therapy which is examining both computer and non-computer behavior.

In a nutshell, internet provides many benefits but there are also many negative effect. One of the serious issues is internet addiction which can cause several problems in terms of family relationship, academic achievement and productivity at the work place. One way is with parenting approach and manage a good relationship between family members, besides with academic approach, and the last one with psychological therapy to help them come out from internet addiction. By focusing on internet addiction prevention efforts, it is hopeful that internet addiction can be addressed. This effort can be absorb to the community to have the idea of use the internet can be something bad to the healthy. It can provides us a better future to have a healthy minds.

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