Internet Addiction and Family Stress: Symptoms, Causes and Effects

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Abstract. This paper deals with internet addiction and family stress as it relates to symptoms, causes and effects. Internet addiction is defined as one who has no control over his or her desire for internet use. At that time, the internet was a necessity and not a necessity. Family is a unit that shares common experiences, issues and challenges. Thus, the stresses shared by family members are shared. Family stress refers to the imbalance between the demands and the family's ability to meet those demands. Every family has different experiences and understandings of stress. One of the stress factors in the family is internet addiction. Ignoring the family as a result of internet addiction also affects the emotional, psychological and mental well-being of each family member. The other effects are on the level of communication of each family member, social problems, and developmental stages of the child. There is a link between internet addiction and household stress which includes symptoms, causes and effects that need attention. Every family needs to be aware of this problem and find a solution to it before it gets worse.

1. Introduction

Internet is a new tool that constantly changing the lives of people around the world. The increasing use of the internet is not only among the youth but also among adult users including senior citizens (Nalwa & Anand, 2003). The problem of internet addiction had always been an issue in the society (Murali & George, 2007; Shapira, Lessig, Goldsmith et al., 2003; Young, 1998). Despite all the benefits it brings, it can also become a diseases in the society. Given the widespread influence of the internet, psychologists and educators have found that there are negative effects, especially internet abuse, that lead to psychological and physical problems (Greenfield, 2000). The problem of internet addiction has become a phenomenon that affects people around the world. It negatively affects relationships, academics, jobs, finances and other aspects of life (Chou & Hsiao, 2000; Griffiths, 2000; Young, 1998). Looking from the perspectives of family context, the severity of internet addiction can affect the whole family whereby it affects the family systems, functions, roles and relationships. The most prominent effect is it creates stress among the family members. Thus, internet addiction among family members has relationship with the quality of family system. The discussion will be focusing on the symptoms or signs of stress and internet addiction as well as it causes and effects.
2. Family Stress and Internet Addiction: Signs and Symptoms

The rapid growth of the internet has had a significant impact on psychological studies in understanding the level of emotion and increasing interest in internet addiction. Studies have found that there are various effects of Internet addiction problems, including depression, anxiety, and stress. In addition, studies have shown that the potential for a person to experience stress is high as a result of internet abuse that interferes with one's normal life. Continued use of the Internet can be a hassle in spending time with family and friends. Indirectly decreases social relationships and increases the likelihood of being alone and stressful.

Stress is the physical, emotional and mental response of a person to any change or demand. Stress is a part of an individual's life. Stress is discussed from the perspective of the individual experiencing, acting and stress management. When the pressure is viewed from the perspective of the family, the scope of the discussions will shortly be broader, covering all family members who suffer from stress, coping and management methods of family stress (Walker, 1985) The family is considered as a unit that share life experiences, issues and challenges. Therefore, inherent stress is shared among family members (Walker, 1985).

Family stress refers to the imbalance between the demands and the family's ability to meet the demands (Greenhaus & Beautell, 1985). Family demands are a major source of stress. In addition, it also refers to changes in family life. Whenever things change, each family member needs to adjust. In the process of adjusting, there are family members who may reject it because of discomfort and this creates stress. This condition has many effects on whether it is positive or negative and it will affect the family's behavioral patterns. Conflicts arising from changes in exit do not cause stress (Boss, 1980). A variety of family conflicts increase the risk of stress. Conflicts arising from changes include changes in parents and children change. In addition, stress can also result from marital conflict, sibling conflict and parent-child conflict (Stern & Zevon, 1990). All the conflicts and changes that occur can result in negative emotions including frustration, anger, sadness, and hurt.

Family conflict creates stress in family relationships (Hawkins, Weisberg, & Ray, 1980). From a positive perspective, conflict is a common occurrence in a marriage relationship. Conflicts encourage individuals to understand the causes and solutions. Families that succeed in resolving conflict can improve the relationship and are free from any pressure. Relationships between family members will become closer. However, when the conflict is not resolved it causes the divorce and collapse of the family institution. This situation is seen as unhealthy in the context of family well-being.

Each family unit has a different experience of stress. The experience is unique in terms of understanding the stresses, behaviors and management practices that are practiced. The number of family units suffering from chronic stress is increasing. This is due to the dramatic change in lifestyle as the times change. Family members need to adapt to a more relevant lifestyle today. However, these changes require high costs especially in terms of appearance, association, finance and even thinking. This situation eventually creates stress that threatens life and leads to family destruction. The effects of such stress are not only on the parents but also on the children.

Teenagers and children are major users of the internet. Some parents are unaware of their children's activities while using the internet (Young, 1998). Students are exposed to Internet access such as computer games, digital music players, and cell phones (Young, 1998). Studies have found that most teens who are aware of Internet use are vulnerable to Internet addiction (Xuanhui and Gonggu, 2001). Among the signs of internet addiction are teenagers becoming less productive as a result of changing bedtime due to prolonged internet use. Parent thinks their kids are doing homework, but they are only surfing the internet. Adolescents who spend a lot of time on the internet will have an impact on their daily routines, school achievement and family relationships (Lin and Tsai, 2002). Teenagers who are addicted to the internet will stay away from their peers and build new relationships with anonymous on the internet. Dependence on the internet has also prompted adolescents to develop new ways of communicating (Lin and Tsai, 2002). Adolescents' reliance on families changes as the internet becomes a place for expressing their feelings under Anxiety, depression and stress (Morahan-Martin, 1999).
3. Family Stress and Internet Addiction: Causes and Effects

The stress on the family has a negative effect on the family institution. In addition, it has a negative effect on society in general. Family stress is also a source of social problems among adolescents (McCubbin, Needle, & Wilson, 1985). It is a contributing factor to teen problems such as running away from home, free sex, illegal racing, getting pregnant, abortions, miscarriages and other serious criminal cases. Stress happens also because the discord among family members. A phenomenon such as internet addiction creates stress on family members. For example, troubled family members will be encouraged to commit acts that could physically and mentally injure them as suicide attempts.

Families have a spiritual role and support system in helping individuals deal with stress (Yan et al, 2014). One of the factors contributing to the effects of internet addiction is poor time management and neglect of family groups. The time wasted to surf the internet has replaced social activities, family social activities, interests which may damage family relationships (Murali and George, 2007; Griffiths, 1998; Akin and Iskender, 2011; Young, 1999a). Online relationships are also a contributing factor to internet addiction (Young, 2004). The experience of online relationships between friends who experience internet addiction makes it easier for them to have a relationship without the need for social activities (Young, 1999). Cyber Sexual Fidelity is the reason for couples seeking family counseling as it affects marriage and family space (Greenfield, 1999). Indirectly online relationships have replaced real time with individuals in the real world. This is a significant reason for the increase in divorce cases (Young, 1999). Cyber Affair is considered a romantic and sexual relationship that begins with online and ongoing relationships in electronic discussions via email, Chat room, and interactive games (Young, 2004).

Stressful and poor quality family relationships can influence children's development (Bolger, DeLongis, Kessler, & Wethington, 1989). Families who are depressed and often quarrel, lack of affection, lack of interest in children, death and separation lead to a state of emotional distress (Mirowsky & Ross, 2003). In terms of behavior, the child may behave differently from one another. Some are rigid, some express emotions while others are not. Family friendly, democratic and parents who meet the needs of the child will enhance the child's adaptability. Children who see themselves accepted by their parents will show greater ego, perseverance and perseverance in doing something (Bolger, DeLongis, Kessler, & Wethington, 1989).

Stress is something that nobody ever wanted to occur in their daily life. Many are depressed and suffer from situations or problems such as property damage, loss or failure in their careers, household conflicts, and so on (Walker, 1985). Depressed individuals have characteristics such as anxiety, loss of focus, irritability, insomnia, and loss of appetite and more (Mirowsky & Ross, 2003). The problem of stress in today's society is increasingly apparent and alarming. Reports in the newspapers in recent years have shown increasing cases of abuse, cruel killings, suicide and a thousand other problems. Many have discussed this increasingly complex social issue and are trying to find the root cause of crime cases among local people today. Individual problems and social problems are closely related to the functioning and role of a family to the individual. Successful families produce a prosperous society (McCubbin & Joy, 1980).

Stress in the family affects the relationship in marriage between husband and wife. Marriage is not divided by an impact negatively on the psychology of the individual. Therefore, individuals choose to divorce as an easy solution. Divorced had been seen as an escapism for some people to get the opportunity to start a new life happier psychologically and emotionally. According to a study conducted by the Institute for American Values (2002), respondents who stated that they were unhappy in marriage but later divorced or living separately were not generally happier than those who were living in unhappy marriages. In other words, they are still unhappy despite being divorced. However, managing family stress is one of the challenges that every married person must faces. Challenges in managing family stress such as bad spouse, depression, in-laws, abuse or neglect.
4. Conclusion

Internet addiction still persists from day to day. This is also a source of conflict and stress in the family. Persistent stress will make a family unhappy and their stress levels increasing. Individuals need to be aware of their surroundings and always look for ways to resolve conflicts. Persistent conflicts will cause a family to break up and not find happiness. Parents should pay attention to their children regarding the problem of Internet addiction because early prevention can save them from happening. In addition, the role of each family member can also help save the family from the constant stress of internet addiction.

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