Internet Using Behavior Of Teeangers

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The Asian Conference on Psychology and the Behavioral Sciences 2014
Official Conference Proceedings 2014

0172

Abstract

This research was qualitative research. The objectives were to search for terms that corresponded to internet using behavior of teenagers. The students were both male and female university students studying in their first to fourth year. The sample was nine students were selected and volunteered to share information about internet use in a group interview. The researcher collected data manually by using group interviews which consisted of an unstructured interview and a structured interview. The data was analyzed by analytical induction and content analysis.

The results of the research were: to recognize terms that corresponded to internet using behaviour of teenagers as followings: 1) Attitudes toward using the internet included importance, needs, and consideration use internet. 2) Behaviors affecting the use of the internet in education were convenience and ease of access, and analyzing data in use. 3) Reasons for using the internet for entertainment in a positive way consisted of fun activities, finding friends and awareness of using the internet properly. 4) Behaviors of using the internet in negative entertainment consisted of curiosity and subjugation. 5). Behaviors of using the internet in online trading contained confidence and unworthiness. 6) The effects of internet use on physical health were the awareness of body movement, agility skill practice, and aches. And 7) The effects of internet use on mental health included stress reduction, decreased social interaction and increased anxiety.

Keywords: Internet Using , Internet Using Behavior

Introduction

Overview

Advances in communication technology have caused the globalization. Mass media is considered a social broadcasting institution substantially connected to changes in globalization due to a lot of information sent via the media, conducted by the great number of research, is either useful or dangerous to teenagers. (Bunyaketmala, B., 1996; Thamcharean, S. and Suwandee, L. (2004) Internet plays a key role for young people. It can be said that the Internet is a useful information technology: easy-to-use, fast convenient and interactive innovation of communication with text, video, audio display screen at a time. It solves a problem of remote area and time by live messaging.

Internet media give the freedom to the Internet users because the users can use the media all the time and everywhere in the world. They can also access both information that they want many sources of entertainment. Collecting advantage features of other media such as television, radio, telephone, etc., Internet media become the very practical media and can meet the users' needs in learning, education, business or entertainment which now is a powerful part of our present life. The use of the Internet in Thailand found that 24 million out of a population of 67 million people were internet users in 2012 (NECTEC, 2012) which is regarded as the high rate of use. From the statistics, Thailand is ranked 16th in the world for internet use and 4th in Asia, only lower than India, Indonesia and the Philippines respectively (http://analytics.socialbakers.com/). It can be seen from the statistics that even if the use and advantages of the internet has been increased, problems also occur in the society because consuming the internet too much will unbalance lives, work and relationships. Due to the nature of the media it makes it impossible to know the identity of internet users. Some people feel addicted to and dependent on the use of media. Some are happy to make online friends and forget real-life friends and cannot stop playing the game, gambling and searching on the Internet.

The research of behavior of internet use found that most high school students (Matthayom 4 - 6) and diploma students in Bangkok have a habit of using the internet for leisure 2-3 times a week. Especially on Sundays, internet users will spend up to three hours continuously during the day. Most enjoy playing online games, and watching news it was also found that 73 percent of 1,556 youth aged 15-24 years living in Bangkok Metropolitan Region use the internet more than 1-2 days per week. Up to 38% of young people are using the internet as much as five days a week. The reason that they use the internet is to find information, for entertainment and to join groups and to chat with friends. (Pornsakulvanich, V. , 2007) And from a review of several studies, it was found that the use of the internet in Thailand is mainly used for entertainment rather than knowledge. This is especially true of the users who are in school. They waste too much time just playing games on the internet filling their heads with nonsense. (Nantawet, R. 2007) Excessive internet use (or internet addiction) causes a number of problems including relationship issues, financial and physical problems, and the resulting academic problems affects students the most. (Makasiranonth, T. 2002 ; Young, 1998). Nevertheless a study by Chittiphon Wairotwitthayakan (2008) on the behavior of appropriate and profitable internet use on mobile devices in lower secondary school students revealed that there are good

attitudes towards the behavior under the theory of sufficiency economy - namely future orientation, self control, being a consciousness, and being a significant predictor of behavior of using technology properly, concerning with a research which (Kaewkungwan, S. 2002) samples were adolescents whose internet media play their important role and influence their self-actualization as well exceptionally young people who like to try new things, accept changes, and are easily ready to imitate at any time in order to be accepted into a group of friends and keep updated.

Research in Thailand showed that the majority of internet addicts are students more so than employees, officials and entrepreneurs. (Boonsong, W. , 2005) It also found that high school students are more at risk of internet addiction than university students. (Kim & Kim, 2002)

From the study and research, it was found that using the internet has both pros and cons depending on the purpose for which it is used. Therefore, researchers was interested in conducting studies in order to understand the internet using behaviour of teenagers and to find conditions that correspond to the internet media consumption behavior of teenagers by conducting qualitative research to gain insight via group interviews. This allowed the researchers to know the views, attitudes, or behaviors of teenagers using the internet and also the effects on their physical and mental health after using the Internet. The information gathered will be used to develop ways of preventing problems.

Research objectives

To recognize terms that corresponded to internet using behaviour of teenagers.

Scope of the Research

     1. Location of the research was at a state university.
     2. Participants were both male and female undergraduate students, who students at first year to forth year.
     3. A group of nine students volunteered and were willing to share information about the their behavior of using the internet and to participate in group interviews.

The following provides a brief overview of the students who participated.
     Som-O, 19, a female student who was born in Buriram province. She is polite and confident in herself. She first started using the Internet when she was in Prathom 5 (grade 11), but did not feel anything on the internet much. It might because she liked to play video games or was unable to use the Internet.
     Linchi, 21, a female student was born in Buriram province. She found it easy to talk to people. She began to use the internet when she studied at junior high school. She was taught to use the computer to do word processing and also to use the Internet to search for information.
     James, 18, is from Buriram. He is cheerful. He has used the internet since he was in Prathom 4 (grade 10). He has been using for it for the past 12 years mainly to play games, chat on Facebook, and do assignments.
     Nadet, 19, was born in Nakhon Ratchasima. He is shy and not very confident in himself. He started using the internet when he was a Matthayom 1 student. Formerly, he sometimes played the puzzle games in the computer. Once he became

familiar with the internet, he didn't pay much attention to it. He mostly played offline games, sometimes up to 4 hours a day.

Dome, 22, from Buriram province. He is involved in sports and has high self-confidence. He first used the internet in high school to find information or to play games that involved fighting or puzzles - not ones involving violence or sex. He enjoys using Play Station.

Wan, 20, is a female student who was born in Buriram province. She works very hard, and is quite responsible. Her first internet use began in the eleventh grade. Her computer teacher taught students how to use a computer but most students were just playing online games. Then she tried to do as the same. Once she realized that the games were fake, she stopped playing them.

Gaew, 21, born in Buriram province, is a good-humored helpful mindful positive-thinking girl who likes to make people happy. She watched news online for the first time when she was in Prathom 4 (grade 10).

New, a 22-year-old male student, was born in Buriram. He is cheerful, loves animals. He first started using the internet when he was in Prathom 4 (grade 10). He really enjoys playing games every day even if his grades are not quite satisfactory.

Dao, 22, born in Buriram province, is sensitive, but not confident in herself but she cares for others which opposes to her appearance. She started to use the internet when she was in Prathom 5 (grade 11). She used it to send a report and when she needed to find information. She used the computers which were available in the school. After that she asked her parents for a computer for when she attended university.

Methodology and methods

Research Methods

This research was qualitative research using inductive data analysis. The objective was to search for the conditions that correspond to internet using behavior of teenagers. In this case, the researchers would not express feelings or interpret using the experience or prior-knowledge, but neutralized. The researchers would analyze and describe happening opinions independently as much as possible in order to react the research objectives above regarding the data collecting steps as following:

1. **Collection of data**

The data was gathered by a group interviews which provided the delicate details with various aspects of ideas and experiences of Emic as the interviewers trying to feed the interviewees the stimulating questions, etc. least showed the notions of Etic. And in case the interviewers noted that the data was not complete, it could be repeated in a group interview. From the collection of such information, the study was performed by these following:

1.1 In this study, the results were performed manually by the researchers due to the researchers required the actual data from the data providers beginning from talking to a group of students who were being taught and advertising on facebook with a message about the purpose of the interview, and then asking for volunteering. If anyone was willing to participate in it, the researchers would request for a telephone numbers to make an interview appointment, which might start on that day or another day depending on the individuals.

1.2 A group interview took 90-120 minutes in a classroom or a meeting room, depending on the convenience of the providers.

1.3 At the beginning, the researcher would be given a small talk to create rapport with the researchers on the courses taken and friends. When a group of researcher felt relaxed, the researchers, therefore, would ask the questions about personal information, family background, and the behavior of using the internet.

1.4 Initially the data were recorded by note-taking. After that, when the informants felt completely trustful, the answerers would be asked to make a tape recording to get every details. But if the researchers noticed that the students felt uncomfortable or spoke unnaturally, the note-taking would be reused.

1.5 The length of collecting data was approximately one month beginning from July 2013 to August 2013.

2. Data Analysis

The data from the interview would be analyzed by content analysis following steps below:

2.1 The data from the tape were transformed into a conversation by the researchers, and then checked for the validity by comparing to and replaying those from the tape.

2.2 The researchers repeatedly read to get an overview, observed, and distinguished the meaning of a single word consciously, then decoded the messages out of the interview.

2.3 When many issues achieved and no new ones occurred, the researchers stopped interviewing.

2.4 The researchers attempted to categorize the contents by decrypting what each word represented, grouped the similar information into the subtheme, and finally summarized it to the theme from the linked subthemes.

2.5 The researchers had some providers examine the preliminary theme.

2.6 Write a summary and a discussion regarding to the found issues and make a proceeding.

3. Protection of Informants

3.1 Prior to collecting data, the researchers built a good relationship for the trustfulness between the researchers and the informants.

3.2 The researchers asked for voluntary participation from all informants and they informants were willing and ready to share every questions being asked.

3.3 The researchers explained the research objectives, collecting of data, permission for note-taking and recording, time and place for the interview, request of information validity verification and rights to answer or not to answer the questions.

3.4 All interview data would be kept confidentially within the group. When analyzed, informants' raw data would be destroyed immediately unless there was the consent from them.

4. Data credibility verification

The researchers examined the reliability of the data by selecting voluntary samples who were willing and consent to disclose internet using behaviour of teenagers. There was also an examination from multiple data sources, including the tape recording,

memos to evaluate the accuracy of the information. In addition, the researchers enlisted the cooperation of some contributors to check the preliminary themes and professors in the field of qualitative research to verify the reliability of the findings once more.

Research Results and Summary

From the studies of the internet using behaviour of teenagers, it was found that the informants had their own attitudes towards the use of internet. Likewise, the behavior of using the internet in such areas such as education, entertainment and online trading was emphasized by their own discretion. The researchers also recognized that the informants mentioned effects of internet use on the physical and mental health as well which were both positive and negative comments. The results can be sorted obviously here:

1) **Attitudes Towards Internet Use**

Importance and Necessity

From informants' experiences mentioned above, it was rummaged that the attitudes towards the internet still saw the internet as important because of the large data sources, the easy-access capability which is easy to find information, covers the information worldwide, and saves time.

Therefore, it showed that the Internet is vital to our daily lives because it keep us updated. Seeing that the internet will feed current news and information on what happens to the users every day and the information presented on the internet are of many forms to meet the interests and needs of all groups of users, the internet is a significant resource for all, because it can find what they're interested in without wasting time to research in the library or even for catching up the news around the world, it can be read on the internet from various journalism websites. It can be concluded that the internet is important and necessary to the life of the youth today in all aspects.

Critical Thinking

From informants' experience above, it showed that the main point of view to the internet use was critical thinking to assort only useful information. It means that attitudes towards using the internet have both positive and negative sides and it depends on us how we choose to use it. If we choose the wrong way, it will cause harm to the out body and mind.

Choices of internet media today are much more convenience. Anyone can access the information easily and it is enormous in size available. According to the internet contains correct or incorrect and complete or incomplete data, it is necessary to carefully think before applying. And it doesn't fair to accuse for all data providers, but the users because if selecting data without thoughtfulness, everything is useless or it can mislead us a little further.

2) **Internet Use Behavior in Education**

Convenience and Easy Access

From the experience above, it showed that convenience and ease of access are essential and useful for education enormously because of large data storage where we can find it from everywhere in a few minutes.

Required Discretion in Using Data

The record from the informants told us that before using the data mainly in the field of education, it needed to be carefully considered to ensure that only reliable information will be used to make a decision.

For this reason, the data fetched in the study or reference is regarded of the accuracy and propriety on account of the internet is convenient which allows everyone freely to publish.

The users should compare many choices of websites and then try to summarize the contents. To quote, you should pick the reliable one with date of the article and the author name clearly.

3) Positive Internet Use Behavior in Entertainment

Looking for Friends

Entertainment on the internet can help solve loneliness, meet some unknown online friends, and relax with music. It doesn't bore us.

Relaxation and Fun

Internet use, from the entertainment aspect above, loosen our stress through internet activities such as listening to music, playing games, watching cartoons etc.

The research in such area on the mental health of teenagers who were internet addicts performed by Salini Rattanaphan (2003) revealed that the problem may be caused by a lack of social relationships for instance having friends less than expected or unsatisfying superficial relationship. And teenagers tends to view themselves as a worthless person and often does not dare to ask for help from anyone or even ventilation since they think that it is going to bother someone else or waste others' time like people sitting motionless in front of the mirror and look at the others playfully without any involvement, so that they resolve the mental problem by the internet in various ways such as chatting, playing games. Moreover, this conformed to Davis RA (2001), that is, Generalized Pathological Internet use: GPIU using the internet to communicate, or to find for general information have a few friends or feel lonely, thereby they have spent too much time on the internet. They may join the forums or just surf to kill time.

Recognition of Using the Internet Properly.

Recognition of using the internet properly is important to the informants only choosing creative, useful information but if they are careless, there may be a perceived threat to them.

Consequently, the recognition and choice of information on the internet should be considered elaborately focusing on the benefit, congruity, and accuracy. According to the internet contains correct or incorrect and complete or incomplete data, it is necessary to carefully think before applying. And it doesn't fair to accuse for all data providers, but the users because if selecting data without thoughtfulness, everything is useless or it can mislead us a little further.

3) Negative Internet Use Behavior in Entertainment

Curiosity

Curiosity also arose from the negative use of the internet. As a result of many allurements, they, the informants, were interested in and suspicious of how that behavior occurred.

I Want to Beat You.

Beating or defeating specifically from the game associated to negative internet use due to the fact that the points received are considered incentives. The more times they defeat, the more points they earn. This made them happier and encouraged them to have higher score, it means that they must be only the winner. But if they lost the game, lose the points, and eventually were irritated

instead. This would affect the negative use of the internet in entertainment ineffectively.

4) Internet Use Behavior in Online Trading

Unreliability

Informants' experience said that internet trading could cause unreliability in accordance with they cannot see or test the product before making decisions and may take high risk of product that may not meet their satisfaction.

Feel Confident

Although, there were problems, from the experience above, informants still had the confidence to use the internet online trading. It is because they have ever purchased and received products that meet their needs and doing transactions has never experienced any problems.

5) Effects of Internet Use on Physical Health

Know how to change the positions

Changing their postures could help strengthen the body or relieve body aches and also changing atmosphere was another way for relaxing.

Body Aches

It can be concluded from the research that if the informants used the internet for a period of time without a break or relaxation, it would certainly affect their body especially through the pain and impact on fatigue, exhaustion, and might have long-term consequences from such pain.

As a result, using the computer for a long time will affect the visual system, musculoskeletal system and the nervous system of humans. It is a cause of eye fatigue, dry eyes, worsening headache, nausea, muscle pain, and amblyopia if serious. This can be explained by the fact that when we use computers, our eye sight is centered on a small computer screen with the stable distance between the eyes with the display. So if we need to use the computer for a long time, it will make the eyes work harder than it should be so unconscious that we have fatigue. Besides gazing at the computer screen for a long time, our vision problem can also be caused by exposure to radiation from the computer. Using the computer for more than six hours per day can remove moisture and cause eye irritation and consequently blurry and temporary indistinct vision. There are also associated with migraine. (Thetrakarnporn, S., 2012; & Ratthanapan, S., 2003)

Fluency Skills Training

Using the internet for a long time contributed to the coordination between hand and eye skills to achieve fluency and interrelation.

Scientists from UCLA, said that searching for information on the internet helped activate the midbrain system associated with judgment and reasoning - deciding and clicking can activate this brain more than reading the books. The results of the study showed that questing on the Internet makes the neural circuits work but does not happen when reading books. Scanned by MRI, the neural circuits of the regular Internet searchers work three times more than those who just came to browse the internet for the first time. It can be believed that the surfing on the Internet regularly is one way to help strengthen brain.

6) Effects of Internet Use on Mental Health

Stress Reduction

Using the internet could help reduce stress due to the use of internet activity as a friend by playing games or making a quick search. It showed that the informants found using the internet in such activities relaxed.

Social Interaction

One reason why using the internet lead to good mental health was social interaction from the experience with a lot of friends talking online, yet the informants could provide information that could identify their actual friends from the online world since, the nature of teenagers, they not only need friends at the same age but also exchange information with new friends and use aliases to chat with friends via the Internet.

Positive views of the online world, Dr.Manote Lotrakul, a psychiatrist of Ramathibodi Hospital, pointed out that the social network helps people relax and talk though not in person. Especially those who have trouble with sociability, in the online world, they will dare to say even more, have more self-confidence, and can express themselves the way they want to be but they may actually feel bashful. Thus chatting on the online world is one way of blowing off stream with some suggestions and helps from online friends to make difficulties easier.

Irritability and Anxiety

Trying to win the games over to relax was a cause of irritability and anxiety to mental health because they cannot see or test the product before making decisions and may take high risk of product that may not meet their satisfaction which could affect mental health.

Suggestions

Suggestions from Research
1. Educate the informants the correct appropriate and creative internet use.
2. Educate the informants who were affected physical and mental health with the proper modifications and monitor the physical and mental health results for those affected after being modified to confirm how to heal effectively and to avoid the health effects from the use of the internet.

Suggestions for Next Research
1. Study other factors that may affect health from using the internet.
2. Study in depth whether there are teenagers who are internet addicts in order to assist by counselling techniques.

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