

**A Study on Cyber Addiction and its effects on Thought Control and Aggression among
Young Adults**

Submitted by

K. Saaisudharsini

(21PCP015)

Under the guidance of

Dr. R. Govarthini

A Thesis Submitted to



Avinashilingam Institute for Home Science and Higher Education for Women

Coimbatore - 641 043.

In Partial Fulfillment of the Requirements for the Degree of

Master of Science in Clinical Psychology

(2021-2023)

May 2023

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Signature of the Guide

Signature of the Head of the Department

CERTIFICATE

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This is to certify that the project work titled “**A Study on Cyber Addiction and its effects on Thought Control and Aggression among Young Adults**” submitted to the Department of Clinical Psychology, Avinashilingam Institute for Home Science and Higher Education for Woman, Coimbatore, in partial fulfilment for the degree of Master of Science in Clinical Psychology, is the record of the original project work done by **Saaisudharsini. K (21PCP015)** during the period of her study, under my supervision and guidance.

Signature of the Guide

Signature of the Head of the Department

Submitted for the viva voice examination held on _____

Internal Examiner

External Examiner

DECLARATION

DECLARATION

I hereby declare that this project work titled “**A Study on Cyber Addiction and its effects on Thought Control and Aggression among Young Adults**” submitted to the Department of Clinical Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, in partial fulfillment of the requirement for the award of the degree of **Master of Science in Clinical Psychology** is the bonafide record of original project work done by **Saaisudharsini. K (21PCP015)** during the period of her study under the supervision and guidance of **Dr. R. Govarthini**, Department of Clinical Psychology.

Place: Coimbatore

Signature of the Candidate

Date:

Saaisudharsini. K

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ABSTRACT

Abstract

Young Adults face several unnoticeable psychological risks during their educational careers that can be crucial to their development. The study aimed to find the relationship between Cyber Addiction, Thought Control and Aggression among Young Adults. The data were collected from 150 Young Adults between the age group of 18 - 26 years using the Simple Random Sampling Method in Tiruppur. Socio-Demographic Data Sheet, Social Media Addiction Scale (SMAS), The Thought Control Questionnaire (TCQ) and Buss – Perry Aggression Questionnaire (BPAQ) scales were used. The data were analysed statistically using the SPSS software version 29.0.0.0. The results indicated that there was a significant relationship between cyber addiction, thought control and aggression among young adults. Cyber addiction was positively correlated with thought control and aggression. There were no gender differences in cyber addiction, thought control and aggression among young adults.

Keywords: Cyber addiction, Thought Control, Aggression, Young adults

INTRODUCTION

Chapter – 1

Introduction

Young Adults

The World Health Organization (WHO 2022) states that young adults are people between the ages of 10 and 24. This age group is considered to be in a transition period between adolescence and adulthood and it is also considered to be an important developmental stage. The adolescent age group is characterized by physical, psychological and social changes, which can lead to vulnerability to health risks and substance use and abuse. It is shown that young adults are more likely to engage in risky behaviors such as sexual activity, substance use and mental health issues.

American Psychology Association (Arnett, 2000) defines young adults as people aged 20 to 35 years. This age group is associated with exploring identity and developing independence. The young adult period can be a time of heightened feelings of anxiety, depression and other psychological issues due to the need to meet social demands and take on new life roles. Lawrence Kohlberg (1979) defines Young Adulthood as a time to explore and create moral values, develop a sense of self and prepare for the future. It is where individuals are setting goals, establishing careers and identities and making long-term plans for their lives. They are also exploring different roles in relationships and often make mistakes in their choices as they take the helm during the crucial period of transition.

Young Adults and Physiological Changes

Eric Erikson (1968) states, “Young adulthood is a period of physiological change in which individuals must learn to navigate the physical changes that come with growing older and faces the tasks of maturity”. During this stage, individuals must develop a capacity to deal with the responsibility of creating an identity and managing intimate relationships. During the period of transition from adolescence to young adulthood, hormonal imbalances occur that lead to highly boosted physical activities and/or low energy levels were encountered. Physical, psychological, environmental and emotional changes occur frequently as they strive to establish their self-identity in society. Therefore, young adults need to have support networks and outlets to help them with the physical, social, psychological and/or emotional support that they may experience. This may include the healthy way of practicing exercise, maintaining a healthy diet, good family, peer and social support and finally maintaining proper sleep hygiene plays a key role in developing healthy young adults.

Young adults can benefit greatly from having a supportive network and access to growth opportunities to develop healthful behaviors and a mastery of their bodies and emotions. From family, friends and mentors, this social support can assist in coping with the bodily and emotional alterations that come with maturation. Exercise, proper nutrition and regular sleep can help in regulating physical shifts while speaking to mental health professionals can assist in dealing with stress, sexual identity and constructing healthy relationships.

During puberty, testosterone levels often increase in men, which can have an effect on their hormones, physical growth and development. As testosterone increases, men may notice a deeper voice, increased body hair and increased muscle mass. An increase in testosterone may also increase men's libido as they become more sexually aware.

Meanwhile, women typically experience an increase in estrogen levels during puberty. This increase affects their hormones, physical growth and sexual development and may lead to the growth of breasts, an increase in fat storage, changes in the skin and the development of facial features such as fuller lips. Women may also experience an increase in libido, although typically not as much as men do.

Young Adults and Psychological Changes

The most highlighted issues faced by the young adult population are

- Low self-esteem
- Anxiety
- Depression
- Body image
- Substance abuse and addiction

Young adults may struggle with low self-esteem and they may feel inadequate in their accomplishments and not able to quantify the standards expected by them and others, resulting in developing increased levels of anxiety.

On the other hand, depression is characterized by low mood, lack of enthusiasm, change in appetite, disturbed sleep and lack of motivation. Women's body image concerns can take many different forms, for example having the ideal body, guilt over specific body parts, or comparing themselves to the exaggerated ideals presented in the media. Men may also struggle with body image, although it tends to be less of a focus. Substance abuse and addiction are common issues among young adults, both men and women. Although it may start as a coping

mechanism for stress or despair, substance usage can quickly spiral out of control and result in addiction.

Beginning in young adulthood, both men and women undergo significant changes. They develop a greater sense of self-awareness as they grow into young adults and become more conscious of their identities and social roles. They develop a deeper feeling of responsibility as they frequently enter the professional world and take on new obligations thanks to this increased awareness of themselves and their emotions. They might also begin to set new boundaries with their loved ones as they grow more autonomous. Last but not least, the experiences kids have can help them form personal values and beliefs that will guide their choices and the direction they go in the future.

Young Adults and Social Changes

As they enter adulthood, young people face a range of social changes that may affect them differently as this transition often brings an increased risk of developing mental health issues and engaging in risk-taking behaviors also they tend to be more heavily engaged in online activities and utilize smart phones more often in men. On the other hand, women typically focus on professional development, social justice efforts and leadership roles, while also utilizing digital communication resources to stay connected with others. Consequently, these changes can cause both positive and negative experiences for young adults and it is important to pay attention to physical and mental health to make the most of this transition.

With the proper care and self-reflection, young people can find greater satisfaction in their adult lives. During their stay, children and adolescents must undergo a process of adaptation that includes personal, cultural and social changes. If successful, this process can help them create

social networks, improve their academic performance and increase their chances of finding employment. If unsuccessful, however, the individuals' milestones may not be achieved at the appropriate stages.

Research (Arnett (2004) and others (Kroger, Martinussen, & Marcia, 2010) have found that it takes young people a longer period to form a personal identity, with the transition often extending into the mid-to-late twenties. This period of emerging adulthood is still a time of transformation and young adults may be more likely to experiment with risky behaviors. Furthermore, adults in this stage of life must face increased responsibilities and decreased parental guidance, potentially leading to further challenges.

Anger is a common emotion among all age groups, but it can be particularly damaging to young adults as they can experience high levels of stress and anxiety due to the pressures of balancing academics with social life. If not managed correctly, anger can lead to negative consequences such as harm to one or others, poor academic performance and strained relationships. It is therefore important for college students to learn effective strategies for managing and expressing their anger healthily.

The changes in society can also cause an increase in aggression among young adults. Factors such as poverty and unemployment, as well as social media, peer pressure and competition for job opportunities, can lead to an increase in aggression as they attempt to adapt to the new situation. Furthermore, disruption of traditional values can lead to a decrease in self-control resulting in more aggressive behavior. In addition, gender roles and expectations can contribute to more aggression as traditionally males are often expected to act more aggressively when reacting to perceived challenges than females.

Bandura (1977) was interested in whether aggressive action in young individuals will resemble that in adults. Bandura might have kept an eye on kids on the playground or on the streets to see how they would behave if they saw something violent. He could then have waited to see whether the children would imitate the aggressive behavior they had seen. Some of these children might already possess the tendency to behave aggressively, regardless of the adult behavior they observed. Therefore, it would be impossible to decide whether their behavior resulted from witnessing a violent act or from some factor that had long been part of their personality. All the children he observed were exposed to the same instance of aggressive behavior.

Difficulties Faced by Young Adults

Although being a young adult is a fun stage of life, there are challenges along the way. As they go from youth to maturity, young adults experience a variety of difficulties. Young adults must balance a multitude of different duties, from the demands of their schooling to the challenges of finding fulfilling employment to building relationships. Throughout this moment of transition, it can be particularly challenging to deal with difficulties including financial instability, mental health issues and gender and cultural prejudices.

Young adults may experience considerable educational pressures and may experience extreme stress throughout this time, from applying to colleges to attempting to stay there. Many people experience pressure to enroll in a "socially acceptable" line of study, such as law or medicine, regardless of whether it fits their interests or passions. However, students from low-income homes or members of minority groups may face extra challenges in their pursuit of higher education, such as a lack of funding or insufficient academic preparation.

Young adults also struggle with finding meaningful employment. It might be challenging for recent graduates to land a job that fully utilizes the degree they fought so hard to earn. Young individuals without access to higher education, however, have a greater challenge since they have fewer possibilities to earn the credentials required for fulfilling employment. Also, persons from low-income or minority backgrounds may find it particularly challenging to find employment because they frequently experience systemic discrimination and are unable to access the most desirable jobs.

Another challenge that young adults have is the creation of lasting relationships. Young individuals face pressure to present an idealized version of themselves as a result of the growing significance of social media, which makes developing healthy connections more difficult. Additionally, discrimination based on gender and cultural stereotypes might make it difficult for young adults to connect with others from different backgrounds and create lasting connections.

Another typical issue young adults deal with is financial uncertainty. Young adults frequently don't have the financial security needed to take good care of themselves. This may result in substandard housing, limited access to healthcare and mental health problems. College debt can further increase young adults' financial burden by limiting their access to housing and other financial resources.

The next challenge young adult's encounter is issues with their mental health. Young adults frequently experience sadness, anxiety and other mental health problems due to the many pressures of adulthood. Despite these mental health issues, many young adults lack access to proper mental health care, which makes it even harder for them to deal with their problems.

Among young adults Sleep length was adversely connected with verbal, physical and emotional aggressiveness. Brief sleepers exhibited greater aggression among the population and Shorter sleep duration was a significant predictor of verbal aggression and fury using multivariate analysis of variance. The model for physical violence also included the effects of social fatigue.

Association between Young Adults and Cyber Addiction

Social media has radically altered the way individuals interact, remain informed and build connections in their lives. It is possible now to reach a wider audience, engage with people globally and make better-informed decisions thanks to social media. Social media has developed into a useful tool for amplifying voices, expressing ideas and keeping up with the news. Also, technology has improved access to information and made it possible for adults to maintain contact with loved ones, friends and coworkers. Social media has developed into a potent instrument for education, persuasion and inspiration.

Any digital instrument that facilitates social contact can be roughly referred to as social media (Moreno & Kota, 2013). This includes social networking websites and applications (or "apps"; e.g., Snap chat, Face book, Instagram and Twitter), text messaging and messaging apps (e.g., Whats App), online forums and communities (e.g., Reddit, forums devoted specifically to suicide-related topics) and video sharing websites (e.g., YouTube, Tik Tok). The increased use of social media in recent years has altered people's socio-emotional landscapes.

But young adults are more likely than older adults to use social media and have access to technology and the internet young folks are particularly susceptible to developing a cyber

addiction. Younger folks frequently have more free time than older adults, which can result in them using the internet excessively long hours. Young adults may also use the internet to escape the stresses of daily life, which can cause them to become dependent on it and develop an addiction. Digital technologies such as gaming, gambling and others can be very detrimental, resulting in isolation, elevated anxiety and depressive symptoms and decreased academic performance. Young adults can benefit from guidance from their parents, instructors and friends in the development of good coping mechanisms. They can also be watched as they use technology and informed about the risks of excessive internet use.

Youth are in danger of suffering health-impacting conditions and behaviors which necessitate the urgent attention of policymakers and public health professionals. These include nutritional disorders (malnutrition and over-nutrition), tobacco use, hazardous alcohol consumption, other substance abuse, high-risk sexual activity, stress, mental health issues and injuries (road traffic accidents, suicides and various types of violence). Such conditions and behaviors can have long-term consequences.

Addiction

Addiction is the compulsive, excessive engagement in certain activities or behaviors irrespective of detrimental impact on the person's life. It is defined as an inability to restrict activities or behaviors, even when those activities or habits are harming their general health and social functioning. Addiction is commonly associated with certain substances and behaviors, such as alcohol, opioids, gambling, gaming and the internet. At its core, addiction is a maladaptive and compulsive pursuit of pleasures, often at the expense of the individual's overall wellness.

There are chances that an individual can abuse the medication prescribed by the doctor. Young adult substance usage is a complicated issue that incorporates many different elements. Addiction frequently begins as a result of mental health problems including depression and anxiety. Increased substance use and misuse among young adults can also be attributed to stress, peer pressure and an absence of parental supervision.

Addiction in young people can be treated in several ways. Helpful treatment methods include cognitive-behavioral therapy, group therapy, 12-step programs and medicines. It's critical to keep in mind that addiction is a complex illness and that treatment requires patience and commitment. Working closely with a treatment team that consists of family members, friends, mental health experts and substance misuse counselors improves treatment outcomes for young adults.

Types of Addiction

Young adults frequently struggle with alcoholism, drug addiction, gambling addiction, internet addiction and video game addiction. These addictions have the potential to cause disruptions in daily living activities, compulsive behaviors and an inability to manage their usage.

More young people than any other age group consume liquor and engage in binge drinking. Additionally, they consume more alcohol overall and suffer its bad effects more frequently. Those between the ages of 18 and 29 have significantly higher rates of alcohol abuse and dependence than people in other age categories. Young people are disproportionately represented among fatal road accidents caused by drinking. Most heavy drinkers in their twenties appear to "mature out" of harmful drinking patterns as the obligations of later maturity take precedence

over them over time. Over time, distinct patterns of change in frequent binge drinking occur. Cravings, obsessive drinking even when harmful effects are occurring and an inability to stop or cut back on drinking are all indications of alcohol addiction. Impaired judgment, riskier choices, money concerns, strained relationships and health problems are some of the negative effects.

Drug addiction is another sort of addiction that affects young individuals. One of the most commonly used substances by young adults is marijuana, followed by cocaine and opioids. All of these drugs have the potential to lead to addiction and compulsive use. Drug addiction is characterized by an increase in tolerance to the drug, psychological and physical reliance and withdrawal symptoms upon drug cessation.

Another type of addiction that affects young adults and is frequently brought on by a strong drive to gamble is gambling addiction. This may result in a greater willingness to take risks, a lesser capacity to rein in one's need to gamble and a greater fixation with gambling. In addition, gambling addiction, like other addictions, can have extremely negative effects on one's relationships, finances and mental health. Scratch card games, lottery games and social wagering were the most popular types of gambling. Between the ages of 17 and 24, online gambling, particularly among men, grew significantly. Male gender, poor IQ, exterior locus of control and high sensation-seeking scores were found to be the individual antecedents of frequent gambling in the completely adjusted model. Both maternal schooling and parental gaming behavior were linked to frequent gambling in both genders. Regular gaming was linked to cigarette smoking and regular, hazardous alcohol use, but melancholy was not linked to either of these behaviors.

The next sort of addiction that affects young individuals is video game addiction. An extreme obsession with gaming activities and an unwillingness to stop playing even when negative effects start to appear are similar characteristics of video game addiction. However,

playing video games can frequently conflict with other responsibilities like employment, school and other commitments growing number of young adults are discovering that the more screen time they spend, the less likely they are to develop relationships and can start to interpret their virtual screen worlds as their social networks, while many depressed people look for any number of ways to get a dopamine hit for their thirsty, isolated minds. A welcoming place to submerge oneself is created by the creation of characters to conceal behind, virtual worlds to explore and the absence of any exterior realities to divert us, particularly if school, relationships and life, in general, become excessively stressful.

Addiction to online dating services or chat rooms is also another type of addiction, Finding partners online is the obsession of cyber romance addicts. As a result, those who are addicted risk losing touch with reality and damaging their offline connections. As a result, those who are addicted risk losing touch with reality and damaging their offline connections. Net compulsions are the compulsive use of interactive online activities like gambling, stock trading, bidding at auctions and online shopping. Spending too much time on these activities might result in overspending, undermine one's financial stability and create issues at work.

Finally, internet addiction otherwise known as cyber addiction or social media addiction is a different, more prevalent type of addiction that young individuals are exhibiting. Internet use that is uncontrollable and compulsive participation in online activities, such as social media, are common characteristics of this type of addiction. Symptoms include being preoccupied with the internet, losing interest in daily activities, feeling anxious when not online and thinking that life would be better if one could spend more time online. Today, it is estimated that more than 40% of the world's population has access to the Internet and smart phone usage, in particular, is rising in this context. (Montag et al., 2018; Wolniewicz et al., 2018).

Internet use that is out of control to the point where it interferes with a user's daily life is known as Internet Addiction Disorder (IAD). (Poon, 2018). According to Kayış et al. (2016) and Park et al. (2017b), this manifests as compulsive use of social media, online shopping, sex, video games and other activities—a maladaptive use of the internet

Overall, the above types of addiction in young adults have the potential to have extremely terrible consequences on one's bodily and intellectual health, interpersonal connections and well-known pleasant of life. It's essential to consider the warning symptoms of addiction and to help and support people who are suffering.

Physical Issues Caused by Cyber Addiction among Young Adults

Long-term internet use can be detrimental to well-being. To preserve maximum health, it's crucial to recognize the signs of prolonged computer use. Back pain is the main symptom of them. Long periods of sitting can cause bad posture and unpleasant backaches. It's crucial to make sure the computer user takes regular breaks and moves about to avoid this. Those who use computers for extended periods frequently complain about headaches as well. Eye strain, neck strain and tension, all of which are frequent during extended computer use, can contribute to this. It's crucial to take regular pauses and look away from the computer screen every few minutes to prevent this.

Some other signs of chronic computer use are weight gain or loss. Long periods of inactivity combined with stress can result in significant weight loss, while extended periods of inactivity combined with regular exercise might result in weight gain. Recognizing variations in body weight is crucial, as is modifying the schedule to include frequent physical activity like jogging or walking as needed.

Due to the user's exposure to blue light from computer screens, which can interfere with the body's normal sleep and waking cycle, computer use has also been linked to sleep disturbances. Take breaks from using computers and make sure screens are not releasing too much light to mitigate the impacts of this blue light.

Long-term usage of the mouse and keyboard can cause carpal tunnel syndrome, which is brought on by repetitive actions. Internet addiction can show shoulder or back pain, Headaches, vision issues, Insomnia, inadequate hygiene, unsound nutrition and unwanted gaining or loss of weight.

This ailment causes tingling, numbness and pain in the arms and hands as symptoms. Take regular pauses to reduce your risk of developing carpal tunnel syndrome.

Psychological and Social Issues Caused by Cyber Addiction among Young Adults

The internet is a useful tool for research, communication and entertainment, but like any other instrument, it can also be overused and mishandled. Particularly young individuals may be more prone to internet addiction, a condition in which internet use becomes excessive and can have a variety of detrimental psychological and emotional effects. One of the primary signs of internet addiction is loneliness. Spending too much time in front of a screen can cause young folks to become cut off from their friends, family and neighbors, which can cause loneliness and melancholy. The removal of a crucial support system that is essential for mental well-being, can be very dangerous. Social networking sites like Face book, Twitter, MySpace and others have rapidly evolved over the past ten years and these Social networking sites have had a significant impact on how people engage and communicate. The largest social networking website, Facebook, currently has more than one billion active users and it is predicted that this figure will rise dramatically in the future, particularly in developing nations. Facebook is used for both

personal and professional communication and its use has several benefits in terms of boosting connectivity, discussing things and online education.

Also, social networking can be detrimental to young adults' self-esteem. When people view the seemingly ideal lives of others online, it might cause them to compare their own lives and feel inferior. Low self-esteem and a lack of motivation to achieve daily goals can result from this. Moreover, excessive internet use might result in a disregard for obligations at work or school. Young individuals run the risk of forgoing their education or employment to indulge in their online vices. This naturally makes it difficult to succeed in any area, which leads to frustration and a lack of drive.

The brain is also impacted by internet addiction, when young individuals use the internet excessively, it can be challenging to focus and concentrate on tasks. It may be more difficult to stay up in class or lose productivity at work as a result. Continuous stimulation and the demand for stimulation can also result in an undesirable sleep pattern, which can cause chronic exhaustion and sleep disorders. Young adults must be aware of how the internet is impacting their life and the possible dangers of excessive use to mitigate these risks. Moreover, instructors, parents and guardians should be aware of the warning signals and be ready to act if necessary.

Young individuals are more prone to online addiction and social isolation. Excessive use of electronic devices, such as computers, phones, tablets and gaming consoles, is known as a "cyber addiction." Many medical and psychological issues, such as poor physical health, exhaustion, anxiety, despair, loneliness and social isolation, can result from this misuse.

Social neglect is the absence of relationships with friends and family. Young individuals are more likely to disengage from the real world thanks to the usage of online networks and devices

to connect with others. This is especially true given the significant amount of time they spend online without really interacting with other people. Encourage young individuals to participate in activities that offer meaningful physical and social connections with others to alleviate this problem. To assist them deal with the negative impacts of cyber addiction and social neglect, it is also critical to make sure they have access to proper mental health services and support.

Causes of Internet Addiction

Genetics. According to a 2006 study titled "the neurobiology of Drug and behavioral addictions" published in CNS Spectrums, addictive behaviors may have a hereditary tendency. Due to dopamine and serotonin deficiencies, certain persons are vulnerable to developing an internet addiction. According to Cash et al.'s review in Current Psychiatry Reviews from 2012, internet addicts had lower levels of dopamine and serotonin compared to the normal population, which may explain why they engage in risky addictive behaviors to feel pleasure.

Environmental Factors. According to a 2019 article by Sulki Chung, Jaekyoung Lee and Hae Kook Lee published in the International Journal of Environmental Research and Public Health, social environmental factors that support the growth of internet addiction include exposure to internet game advertisements and the availability of PC cafes. The chance of developing an addiction later in life is also increased by early exposure to substance use. In a similar vein, early internet access raises issues that could result in increased risks of internet addiction.

Conditions underlying Mental Health Issues. Individuals with anxiety or depression are more prone to use the internet to obtain symptom relief. In a similar vein, those who are socially awkward or shy are more likely to develop an internet addiction. According to Richard Davis

from York University's psychology department in his article published in the journal *Computers in the Human Behavior*, dependence on the internet's communication features is frequently associated with a lack of in-person social support and feelings of social isolation or loneliness, all of which play a role in the emergence of internet addiction.

Effects of Internet Addiction on Young Adults

An investigation into internet addiction and its links to psychopathology and self-esteem among college students in Kolkata, India, published in the *Industrial Psychiatry Journal* of the National Library of Medicine in 2018 found that people who use the internet excessively for months exhibit depression and anxiety. Moreover, obsessive-compulsive symptoms, interpersonal sensitivity and internet addiction are linked in ways that have an impact on social interactions and romantic relationships. Long-term internet users may potentially begin abusing one or more drugs to stay awake and prolong their online time.

Internet Dependence and Related Diseases

Alcohol use disorder, drug abuse and addiction, anxiety disorders, significant depression and technological addictions are examples of co-occurring disorders (e.g. dependency on mobile phones or television) Internet Dependence and Related Diseases

It's not unusual for someone who uses the Internet compulsively to simultaneously suffer from another mental illness. Alcohol use disorder, drug abuse and addiction, anxiety disorders, significant depression and technological addictions are examples of co-occurring disorders.

Characteristics define an Internet use Disorder

According to Professor Hing Keung Ma of the Department of Education Studies at the Faculty of Social Sciences at Hong Kong Baptist University, the most typical symptoms of internet use disorder are given below in an article that was published in The Scientific World Journal in 2011.

Use of the Internet excessively. Determining how much screen time is too much can be debatable. Yet, an internet addict's everyday life typically revolves around using the internet. Internet junkie frequently uses the internet for longer than they anticipated.

Preoccupation with Internet-related thoughts. Internet obsession disorder manifests as compulsive thoughts about the web. A person could continually think back on earlier online activities or anticipate the upcoming internet session. Internet addiction can make it difficult for a person to stop thinking about it throughout the day.

The need for a quick fix. A quick fix is a solution that is chosen because it is the quickest option available rather than because it is effective. The internet might be a person's escape from their problems. One typical sign of drug and alcohol addiction is tolerance. The need to spend more time on the computer to feel satisfied is known as computer tolerance. This finally leads to the disregard of other obligations in life because internet use consumes a significant amount of time.

Treatment for Cyber Addiction

Medicine. Taking medication can be beneficial for people who have underlying mental health conditions such as depression or anxiety and who have developed internet addiction as a result. It can be used to deal with symptoms of anxiety. Pharmacological treatment with drugs has shown promising results, including B. Reduced unnecessary and essential internet use and

improved control over internet use, according to a 2016 systematic review of clinical studies on internet addiction and problematic internet use published in the World Journal of Psychiatry.

Cognitive behavioral therapy . A popular approach to treating internet addiction is CBT. It focuses on changing negative thought patterns that cause anxiety and lead to addictive behaviors and patients medicated with modified cognitive-behavioral therapy showed significant improvement throughout treatment. Patients gained the confidence to diligently regulate Internet use.

Self-help groups. People who struggle with electronic addiction can find solace in support groups that provide a haven while reducing shame and social isolation. Internet addiction support groups include Internet and Technology Addicts Anonymous, Online Gamers Anonymous, Computer Game Addicts Anonymous and Restarted. According to his 2015 study on multifamily group therapy in adolescent internet addiction published in Addictive Behaviors, multifamily group therapy showed promising effects in reducing adolescent internet addiction tendencies.

Inpatient treatment program. Residential or inpatient care programs include stays in facilities with professional staff. In a supportive environment that provides medical monitoring, internet addicts can recover from worry-free internet use. Other treatment options for cyberspace addiction include behavioral therapy, psychiatric counseling, group therapy, family therapy, Digital Detox (Detox) and support group.

Dual Diagnosis Treatment of Internet Addiction and Substance Abuse. Dual diagnosis treatment is a type of treatment aimed at addressing all of the concurrent mental health issues, such as Substance Abuse and Compulsive Internet Use. Treatment according to the two

diagnoses is effective not only for addiction, but also for psychiatric disorders such as depression, anxiety and traumatic histories.

Cyber Addiction in Young Adults

Internet Addiction Disorder (ruins lives by producing neurological issues, psychological disturbances and social problems) is a condition characterized by excessive or obsessive use of technology, such as computers, the internet and related services, that interferes with daily living. Those with this addiction may avoid social interaction and neglect basic personal care, which can lead to problems in school, college, or the workplace. Cyber addiction is the term for an individual's excessive, harmful and compulsive use of online digital technology, such as computers, phones and the Internet, for enjoyment or other non-essential applications. The prevalence of cyber addiction is on the rise and it is typically linked to other behavioral health issues like anxiety, depression and social isolation. The prevalence of cyber addiction is on the rise and it is typically linked to other behavioral health issues like anxiety, depression and social isolation. Because it is behavior dependent on technology, cyber addiction can be difficult to identify and treat.

Many risk factors, such as socio-demographic factors namely male gender, younger age and higher family income, internet use factors such as time spent online, using social and gaming applications, psychological factors including impulsivity, neuroticism and loneliness and co-morbid symptoms like depression, anxiety and psychopathology in general are linked to internet addiction, suggesting that these characteristics contribute to an increased vulnerability. There lies a transparent strong correlation between internet addiction and mental diseases.

The other statistics from Statistical study on social media addiction if you think 15% is a low number. In response to the question of whether the statement "I am hooked to social media" describes them somewhat or entirely, 30% of those polled replied "somewhat," while 9% indicated they felt they are social media addicts. The age groups between 18 and 22 and those between 23 and 38 have the largest percentages of those who feel "somewhat" hooked to social media, each at 40%. Then, 9% of persons aged 39 to 54 consider themselves to be addicted.

Association between Addiction and Aggression

Addicts are not always violent and those who are might only harm themselves rather than others. But given the obvious link between drug addiction and violence, anyone thinking about receiving treatment for substance misuse should be ready to deal with feelings of rage, frustration and other emotions and actions that can result in violence.

Addictive substances not only have various effects on different persons but also have diverse symptoms. Numerous neural pathways are used in the interactions between drugs and the brain. For instance, some people's use of certain medicines causes their brains to process violence differently. Certain medications enable users to give themselves "permission" to act aggressively.

Additionally, there is the sad reality that violence is a part of the drug culture (sometimes used for "enforcement" objectives) and that some people resort to violence to gain the money necessary to support their addiction. To better understand people with addictions and develop effective treatment programs for them, researchers are learning more about the connection between addiction and violence.

Aggressive Behavior itself can be Addictive

With or without a chemical addiction, some persons may get addicted to aggressive behavior and those who are imprisoned for violent crimes are more likely to commit crimes again. Some people find violence to be "addictive," similar to how some people find drug addiction to be. One reason for this is that these people are strongly driven to look for opportunities to use violence and another is that violent offenders frequently "relapse" after being treated for their violent behavior in a manner akin to some addictions.

Addiction and Aggression toward others

There is a view that people who report having engaged in violence, such as physical assault, have trouble controlling their emotions and are more prone to act impulsively. Up to three-quarters of those who enter substance misuse treatment report having done so. According to a UK study, men who have gambling addictions are more prone to act violently against others and the intensity of the gambling addiction seems to be directly correlated with this tendency. Interestingly, even if researchers make adjustments to the data to take into account factors like whether the person also has a mental disorder, there is still a high correlation between gambling addiction and violence towards others.

Addiction and Self-Attacking Behavior

People who struggle with addictions to drugs, alcohol, gambling, or other vices pose a risk not only to others but also to themselves. Alcoholics in particular are more prone to report suicidal thoughts or previous suicide attempts. In a study of almost 6,000 persons receiving substance abuse therapy, it was discovered that violent criminals—those who had committed rape, assault,

or murder—were more likely than other addicts to have attempted suicide. Even when researchers account for alcoholism, mental illness and other risk factors, aggressive behavior in the final year of life was linked to a higher chance of suicide, according to a comparison between those who committed suicide and people killed in accidents.

Aggression

Social psychology defines aggression as any behavior or action intended to hurt a person, animal, or physical property. Several illustrations of hostile behavior include violence in the physical sense yelling, using foul language, or spreading rumors about a classmate who broke your roommate's favorite mug or slashed a coworker's tires. "Aggression and violence" is a phrase that is frequently used interchangeably. Although hostility and violence frequently coexist, they are two separate concepts.

Extreme physical aggressiveness that is meant to do significant harm is referred to as violence. In other words, aggression does not always lead to violence, but violence always leads to aggression.

Types of Aggression

Physical Aggression. Hitting, kicking, punching, slapping, or any other act that results in physical harm is considered physical aggressiveness. This excludes unintended hurt, such as walking on your dog's tail unintentionally in the dark or accidentally knocking your friend off the porch when playing rough.

Verbal Aggression. Shouting, cursing, insults and other rude and unkind words meant to inflict harm and discomfort are examples of verbal violence. Also included in this category is hate speech.

Relational Aggression. Aggression towards another person's relationships or reputation is referred to as relational aggression. Bullying, slander and playing friends off one another are a few examples.

Hostile Aggression. A hostile act of aggression is an emotional outburst or a retaliatory action that has the intention of harming or destroying another person or object.

Passive Aggression. Any covert show of hostility might be considered passive aggression. The silent treatment, rude or scathing comments and shifting responsibility are typical instances.

Aggression and Young Adults

Explosive or violent tantrums and outbursts, teasing or insulting peers to elicit a response, threatening to harm others or oneself, using toys or other things as weapons, injuring animals, destroying other people's possessions or damaging property and lying and stealing are all red flags.

Teenage Aggression

Screaming at parents and siblings, displaying extreme irritability, anger, or impulsivity, destroying property, teasing, excluding, or bullying peers, lying, spreading rumors about peers and expressing threats to harm others or themselves are all unacceptable behaviors.

Causes of Aggressive Behavior

Biological Factors. The following biological elements and aspects of brain chemistry may contribute to aggression. Irregular brain growth. Aggression is associated with elevated amygdala activity and lower prefrontal cortex activity, according to experts Reliable Source.

Aggressive behavior can also result from brain lesions, which can arise from neurodegenerative diseases.

Genetics. Specific gene mutations, such as those in the monoamine oxidase gene A Reliable Source may also offer their input.

Brain Chemical and Hormone Imbalances. Serotonin, dopamine and gamma-aminobutyric acid (GABA) levels that are unusually high or low might result in violent behavior. Aggression in people of any gender can also be caused by higher testosterone levels.

Side effects of prescription medications and other substances. Prescription drugs and other substances' have various side effects. The use of drugs and other substances that alter the brain can occasionally result in aggressive behavior. These include corticosteroids, alcohol, anabolic steroids and phencyclidine, to name a few (PCP).

Psychological Factors of Aggression

- conduct disorder
- intermittent explosive disorder
- oppositional and defiant disorder (ODD)
- attention deficit hyperactivity disorder (ADHD)
- post-traumatic stress disorder (PTSD)
- autism
- bipolar disorder
- schizophrenia
- depression
- substance use disorders

- chronic stress
- certain personality disorders, including borderline, antisocial and narcissistic personality disorders

These are certain types of psychological factors that could create aggression

Environmental Factors of Aggression

Aggressive behavior can also be influenced by the difficulties and circumstances faced daily. A natural reaction to stress, fear, or a sensation of losing control might be aggression. If adults have never learned how to successfully control their emotions, they may also act aggressively when they feel angry, mistreated, or unheard. If individuals were raised in an environment where violence and aggressiveness were commonplace, might also be more likely to act aggressively.

Thought Control

The capacity to deliberately manage and govern one's thoughts, feelings and behaviors is referred to as thought control, also known as cognitive control. In other words, the capacity to plan and complete tasks, particularly when competing or conflicting objectives is present. It is a cognitive process that enables people to actively monitor and alter their thought processes to accomplish desired goals. Control thoughts, emotions and behaviors include using a variety of tactics, including cognitive restructuring, cognitive reframing and mindfulness. People can make better decisions and enhance their overall mental and emotional

The Act of Being Aggressive
Can Be Compulsive

With or without a chemical addiction, some persons may get addicted to aggressive behavior and those who are imprisoned for violent crimes are more likely to commit crimes

again. Some people find violence to be "addictive," similar to how some people find drug addiction to be. One reason for this is that these people are strongly driven to look for opportunities to use violence and another is that violent offenders frequently "relapse" after being treated for their violent behaviour in a manner akin to some addictions. Health by learning to control their cognitive processes.

Types of Thoughts

Automatic ideas pop into heads without any deliberate effort. They may not always be beneficial and are frequently the product of ingrained habits and ways of thinking. On the other hand, positive ideas are those that we choose consciously and that are good for people. They can aid in lowering stress and fostering a positive mindset. Yet, negative ideas can be self-defeating and result in depressing, anxious and hopeless emotions.

Rumination is the act of spending a lot of time thinking about something. This could be an obsession with a particular problem that results in unreliable judgments. Irrational and exaggerated beliefs, known as cognitive distortions, can produce a distorted perception of reality. Mental filters occur when some components of a scenario are prioritized while other aspects are ignored, which, once more, results in a distorted perception of what happened. Cognitive biases are deliberate errors in reasoning that affect how we perceive the world.

The internal conversation has with ourselves is known as self-talk. This is probably effective or detrimental. While speaking to ourselves, it is crucial to be conscious of our ideas and the language that we are using. While negative self-talk can result in emotions of self-doubt and low self-esteem, positive self-talk can be utilized to boost motivation and self-assurance.

Thought control is the practice of deliberately manipulating or influencing the thoughts and beliefs of a person. It is often used to help people with mental health issues, such as anxiety and depression. There are various therapies associated with thought control, such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), Mindfulness-Based Cognitive Therapy (MBCT), Solution-Focused Therapy, Motivational Interviewing, Neuro-Linguistic Programming (NLP), Eye Movement Desensitization and Reprocessing (EMDR), Hypnotherapy and Rational Emotive Behavior Therapy (REBT). Each of these therapies focuses on different aspects of thought control, including changing the way people think and react to situations and helping to develop coping strategies that can be used to manage difficult emotions. Through these therapies, people can learn to recognize their thoughts and beliefs and then work to choose more helpful and positive ones. Ultimately, thought control can help people make positive changes in their lives and achieve better well-being.

Controlling Thoughts

Our mental health and general well-being depend on our capacity to manage our thoughts. Being conscious of our ideas is crucial because it allows us to spot trends or unproductive thinking processes and then confront them to reframe them more constructively. While doing this on our own can be challenging, several techniques can help us better control our thoughts. Becoming conscious of our ideas is the first step in managing them. This can be accomplished by engaging in mindfulness techniques like meditation or just being aware of our inner chatter. Multiple models of development state that thought processes are still growing and getting better day by day (e.g., Casey, Getz, & Galvan, 2008; Luna, Marek,

Young adults become conscious of their thoughts and might start to question whether or not thoughts are true or beneficial. This is a crucial phase since it enables us to pinpoint the origin of the thoughts and determine when they are not constructive. The second stage is to rephrase our thoughts more optimistically when we have recognized them. This can be accomplished by concentrating on the advantages and adopting a fresh viewpoint. Being mindful is yet another excellent method for managing thoughts. By keeping things focused on the here and now, mindfulness helps people avoid dwelling on negative ideas. Also, it can aid in lowering anxiety and stress, both of which are beneficial for controlling our thoughts.

Young adults most eventually get negative thought patterns, but occasionally these patterns can become so entrenched that they affect relationships, success and even well-being. A collection of therapeutic strategies known as cognitive restructuring assists in identifying and modifying problematic thought patterns.

Ultimately, it's critical to seek professional assistance if discovered that the thoughts are out of control. Professionals of many stripes, including therapists, psychologists and psychiatrists, can be of assistance.

Disorders Associated with Thought

Anxiety Disorders. This is one of the most common psychological disorders, affecting millions of people around the world. People with anxiety disorders experience excessive fear and worry that can interfere with everyday activities. Anxiety disorders can include panic disorder, phobias, social anxiety disorder, generalized anxiety disorder and obsessive-compulsive disorder. People with anxiety disorders often feel like they are unable to control their thoughts and emotions, leading to distress and difficulty functioning.

It is essential to understand the influences among young adults and automatic attention processes since doing so will help in understanding how anxiety disorders emerge and how to treat them. Cognitive control is one aspect that is probably connected to biases in the brain generally. The capacity to adjust our attention and actions to react correctly to the environment is referred to as cognitive control. It is believed that cognitive control is a finite resource system that controls our perceptions, mental images and actions to carry out challenging activities (e.g., Botvinick, Braver, Barch, Carter, & Cohen, 2001; MacDonald, Cohen, Stenger, & Carter, 2000).

Depression. One of the common psychological disorders are characterized by persistent feelings of sadness, hopelessness and worthlessness. People with depression often feel like they have lost all enjoyment in life and that nothing can bring them any joy. Symptoms of depression can include changes in sleep patterns, changes in appetite, difficulty concentrating and extreme mood swings. Depression can be very disabling, making it difficult for people to participate in activities they used to enjoy. Depression has a significant impact on how we process information and perceive the world, other people and ourselves. When absorbing negative information, a person with depression will take longer to disengage from it and may find it difficult to suppress irrelevant ideas or switch their focus from one task to another to accomplish a goal.

Post-Traumatic Stress Disorder (PTSD). A mental health disorder that can develop after a person experiences a traumatic event. Symptoms of PTSD can include flashbacks, nightmares, avoidance of certain situations and difficulty sleeping. People with PTSD often have difficulty managing their emotions and feel overwhelmed by their memories of the traumatic event.

Bipolar Disorder. A mood disorder characterized by alternating periods of manic and depressive episodes is bipolar disorder. Symptoms can include changes in sleep patterns, changes in appetite, difficulty concentrating and extreme mood swings. People with bipolar disorder often

have difficulty managing their emotions and can become irritable and agitated during manic episodes. One of the most serious and potentially incapacitating mental diseases is bipolar disorder. In addition to being linked to significant psychological suffering, Bipolar disorder is also thought to be a factor in higher-than-average suicide rates.

Schizophrenia. A serious mental health disorder characterized by delusions, hallucinations, disorganized speech and difficulty functioning in everyday life is schizophrenia. People with schizophrenia often have difficulty distinguishing reality from their thoughts and perceptions. Symptoms can include hearing voices, seeing things that are not there, having difficulty concentrating and difficulty understanding social situations. Treatment for schizophrenia often includes a combination n of medications and psychotherapy. Patients diagnosed with schizophrenia report using different mind control strategies compared to those without.

REVIEW OF LITERATURE

Chapter – 2

Review of Literature

Sella and Borella (2022) conducted a research on association of problematic use of social media and online videogames with aggression is mediated by insomnia severity: A cross sectional study in a sample of 18 to 24 year old individuals. The aim of the study was to explore individual variations in thought control methods between self-reported poor and good sleepers, as well as their subjective and objective sleep quality, taking into account adults of various ages. The Pittsburgh Sleep Quality Index was used to classify participants into bad and good sleepers who self-reported their sleeping habits. Participants ranged in age from 18 to 79. The Thought Control Questionnaire for Insomnia - Revised was used to evaluate the participant's thought control techniques. The models revealed that IGD- and SMA-related symptoms' combined effects on aggressiveness severity were significant ($B = 0.018$; $p = .041$) and that these correlations were mediated by insomnia-related symptoms ($p = .001$ and $p = .003$, respectively). Our results lend support to the idea that the severity of insomnia may play a mediation role in the link between SMA- and IGD-related abnormalities and levels of hostility.

Stokes, Poindexter, Bell and Mellman (2022) conducted a study on strategies for controlling unwanted intrusive thoughts and insomnia severity in Urban-residing young adult African Americans. The study's objective is to investigate the association between thought control techniques and the severity of insomnia among young adults. A demographic questionnaire, the updated thought control questionnaire for Insomnia, and the insomnia severity index were all completed by 64 young adult African Americans. The severity of insomnia was significantly predicted by aggressive suppression, social avoidance, and behavioural distraction, with aggressive suppression being the greatest predictor in the model, according to the results of a multiple linear regression analysis.

Terroso, Pante, Krimberg and De-almedia (2022) conducted a study on prevalence of internet addiction and its association to impulsivity, aggression, depression, and anxiety in young adults' university students. Four psychological instruments were used to evaluate 1,485 young adults for this investigation. People who play online games and those who live in Brazil's northeastern region were also included in the risk demographic. The result showed that a higher index of motor or attention impulsivity or more depressive symptoms seem to increase the prevalence of internet addiction, necessitating an additional focus on preventive measures.

Marzilli, Cerniglia, Ballarotto and Cimino (2020) studied on Internet addiction among young adult university students: the complex interplay between family functioning, impulsivity, depression, and anxiety. The development of Internet Addiction (IA) in young adults has been linked to interpersonal, self-regulation, and co-morbid factors, according to international studies. The study examined the associations between young adults' IA and their gender, perceptions of how their families function, level of impulsivity, and symptoms of depression and anxiety in a community sample of 244 young adult university students. The Internet Addiction Test (IAT)

was used to assess the prevalence and severity of IA. Additionally, young adults completed self-report questionnaires to gauge their degrees of impulsivity and psychopathological symptoms, as well as how well they saw their families to be operating. The youths' gender and IA were not significantly correlated, the results revealed. However, young people who had significant addiction issues were more likely than other groups to have lower levels of family affective involvement, greater attentional impulsivity, and depressive issues.

Bersani et.al (2020) studied on the association of problematic use of social media and online videogames with aggression is mediated by insomnia severity a cross-sectional study. This study included samples from 18 to 24 comprising 351 females and 129 males. The degree of sleeplessness, internet gaming disorder, social media addiction, and hostility were all examined using self-report measures. The results showed that symptoms associated with internet gaming disorder and social media addiction had significant impacts on the severity of aggression, and that these associations were mediated by symptoms associated with insomnia.

Leung, Pakpour, Strong, Lin, Tsai, Griffiths, Lin and Che (2020) conducted a research on Measurement invariance across young adults from Hong Kong and Taiwan among three internet-related addiction scales. In order to determine if the Bergen Social Media Addiction Scale, Smartphone Application-Based Addiction Scale, and Internet Gaming Disorder Scale-Short Form -SF9 were suitable for usage in diverse subsamples from Hong Kong and Taiwan. A web-based survey was used to compile a sample of university students from Taiwan (n = 336) and Hong Kong (306). To evaluate the measurement invariance of the Bergen Social Media Addiction Scale, Smartphone Application-Based Addiction Scale, and Internet Gaming Disorder Scale-Short Form-SF9 across the two subcultures, multi group confirmatory factor analysis was performed. The results demonstrated that the Bergen Social Media Addiction Scale and Internet

Gaming Disorder Scale-Short Form-SF9's uni-dimensional architectures were constant between the two Chinese cultural enclaves of Hong Kong and Taiwan. The Chinese Bergen Social Media Addiction Scale, Smartphone Application-Based Addiction Scale, and Internet Gaming Disorder Scale-Short Form-SF9 were all found to be suitable tools for validly assessing internet-related addictions among university students, according to the results of the study.

Sidhu, Kaur, Sangha and Bansal (2019) conducted a study on aggression among adolescents – a cross-sectional study. The goal of the study was to determine the risk variables for teenage aggression as well as its prevalence. AIMSRS's Senior Secondary Schools in the urban and rural field practice areas participated in the community-based study. The levels of aggression among the participants were evaluated using a pre-tested, validated questionnaire as well as the Buss and Perry Aggression Score. Each group's sample size was 250, for a total of 500. In school-going teenagers, there was a significant incidence of violence (51.9%), with males displaying greater physical aggression and females displaying hostility. To protect the youngsters from negative experiences in life, interventions directed at urban children, young adolescents, and caring home environments are urgently needed. The findings of the study concluded that it's also important to stop the rise in female violence. The teenagers must receive motivational counselling and health education in order to address their issues as soon as possible.

Fumero, Marrero, Voltes and Penate (2018), studied on personal and social factors involved in internet addiction among adolescents: A meta-analysis. The main objective of the research was to conduct a meta-analysis of the relationships between adolescent Internet addiction (IA) and various personal and social psychological variables. Cross-sectional, case-control, and cohort studies that examined the associations between IA and at least one of the following personal variables—psychopathology, personality traits, social difficulties, self-

esteem, social skills, and positive family functioning—were included in the search. These factors were categorised as reducing and increasing the likelihood of acquiring IA. Up until November 2017, 28 researches with sufficient methodological quality had been found in the main databases of medical, health, and psychological literature. 6548 (13.62%) of the 48,090 students who participated in the analysis were found to be heavy Internet users. The findings showed that risk factors affected IA more so than protective factors. Additionally, personal rather than social characteristics had a stronger correlation with IA.

Tran et.al. (2017) examined on the influence of internet addiction and online interpersonal influences on health-related quality of life in young Vietnamese. The purpose of the study was to find the influence of Internet Addiction (IA) and online interpersonal influences on health-related quality of life in young Vietnamese. The study examined how IA and online activities affect young Vietnamese people's health-related quality of life (HRQOL). The prevalence of anxiety, depression, and other addictions among young Vietnamese with and without IA was also examined in the study. The respondent-driven sampling technique was used to enlist 566 young Vietnamese (56.7% female, 43.3% male) between the ages of 15 and 25 years. Young Vietnamese with and without IA were compared using the chi-squared, t-test, and analysis of variance methods. The relationship between internet usage traits and HRQOL was investigated using regression analysis. According to the findings of the cross-sectional study, IA affected 21.2% of the participants. People with IA showed much greater online relationship influences on behaviors and lifestyles than people without IA. Participants with IA were more likely to experience pain and discomfort, anxiety, despair, trouble doing daily tasks, and problems with self-care.

Kuss and Lopez-Fernandez (2016) aimed to study on Internet addiction and problematic Internet use: A systematic review of clinical research to present a thorough assessment of clinical data on the holistic clinical picture of Internet-use-related addictions. Using the Web of Science database, a search of the literature was carried out. Reviews have mainly concentrated on clinical and therapeutic investigations of internet addiction and internet gaming disorder. 46 studies that were all relevant were found by the systematic literature review. Studies that were considered looked at characteristics of people seeking treatment and online addiction treatment using clinical samples. There were found to be four primary categories of clinical research studies (1) research on treatment seeker characteristics (2) research on psycho pharmacotherapy (3) research on psychological therapy and (4) research on combined treatment. The study concluded that to increase dependability across studies and create effective and economical treatment options for treatment seekers, there needs to be agreement on diagnostic criteria and assessments.

Ostovar, Allahyar, Aminpoor, Moafian, Nor and Griffiths (2016) conducted a study on Internet addiction and its psychosocial risks (depression, anxiety, stress and loneliness) among Iranian adolescents and young adults: a structural equation model in a cross-sectional study. In 1052 Iranian teenagers and young adults, this study looked into the connections between Internet addiction and stress, despair, anxiety, and loneliness. The Internet Addiction Test, the Depression Anxiety Stress Scale, and the Loneliness Scale were among the psychometrically validated tests that the participants were randomly assigned to complete. The association between Internet addiction and psychological problems (depression, anxiety, stress, and loneliness) was examined using structural equation modelling and Pearson correlation coefficients. The data were analysed using t-tests, path analysis, multivariate analysis of variance (MANOVA), and Pearson correlation. A correlation between Internet addiction and stress,

despair, anxiety, and loneliness was found. Further research revealed that gender affects the likelihood of internet addiction and that men are more likely than women to become addicted to the internet. The findings revealed that in terms of sadness, anxiety, tension, and loneliness, male Internet addicts were considerably different from female addicts. These results' ramifications are examined.

Shaban and Kumar (2016) conducted a study on young adults and aggression: a comparative study of gender differences. The study included 100 participants (N = 100, 50 Males and 50 Females) ages ranged from 18 to 25 (Mean = 22.44) years old from Lovely Professional University in Punjab. The study examined the degree and gender differences in aggression. Over a two-month period, data from both genders were gathered using the Aggression Scale. According to the study's findings, women participants exhibited higher levels of hostility (30%) than men participants (22%), according to some fascinating statistics. The findings also implied that 26% of participants overall exhibit high aggression, which means that 1 in 4 of the participants exhibit aggression that is on the higher side.

Yang, Zhu, Chen, Song and Wang, (2016) conducted a study on parent marital conflict and Internet addiction among Chinese college students - the mediating role of father-child, mother-child, and peer attachment intended to investigate whether peer attachment, parent-child attachment, and peer-child attachment serve as mediators between parent-child conflict and Internet addiction. In this cross-sectional study, 450 college students from two Chinese universities were involved. Research problems were examined using structural equation modelling (SEM). Results showed that Internet addiction was negatively correlated with peer attachment and positively correlated with marital conflict. The findings revealed that educators should focus more on the growth of students peer and parent attachments since these

relationships were crucial in helping students get addicted to the Internet. Our research also showed the importance of both parents in the formation of a child's peer attachment, which may have an impact on a child's use of the Internet.

YI-Lung Chen, Susan Shur-Fen Gau (2016) did a study on sleep problems and internet addiction among children and adolescents: a longitudinal study. The goal of this study was to find out how insomnia in students writing their dissertations was related to anxiety and internet addiction. A non-experimental quantitative design was used in this investigation. The data was collected using employing purposive sampling method. There were 40 respondents in this survey. Utilizing the insomnia scale, the internet addiction scale, and the anxiety scale, data is collected. With the aid of SPSS, data analysis employed multiple linear regression. According to the study's findings, anxiety and internet addiction are significantly linked to insomnia in students who are writing their theses. Students who encounter insomnia tend to have higher levels of anxiety and internet addiction.

Younes et.al. (2016) conducted a study on Internet Addiction and Relationships with Insomnia, Anxiety, Depression, Stress and Self-Esteem in University Students: A Cross-Sectional Designed Study. The purposes of this study consisted of evaluate probable Internet Addiction (IA) and risk factors in university medical students and evaluate the connections between prospective IA, sleep problems, depression, anxiety, stress, and low self-esteem. The samples were 600 students from Saint-Joseph University's three colleges of medicine, dentistry, and pharmacy participated in the cross-sectional questionnaire-based study. The Young Internet Addiction Test, the Insomnia Severity Index, the Depression Anxiety Stress Scales (DASS 21), and the Rosenberg Self Esteem Scale (RSES) are four reliable and validated questionnaires that were employed. The study concluded that therapies should address both IA management and

related psychosocial stressors such self-esteem issues, stress, sleeplessness, anxiety, and depression.

Halley, Pontes, Attila Szabo, Mark and Griffiths (2015) conducted a study on the impact of Internet-based specific activities on the perceptions of Internet addiction, quality of life, and excessive usage: A cross-sectional study. The study aimed to partially replicate and expand these findings. The selection of participants was done using a cross-sectional design with convenience and snowball sampling. A total of 1057 Internet users between the ages of 16 and 70 (Mage = 30 years, SD = 10.84) were found online after being sought for through a number of English-speaking online forums. The majority of participants said that (i) accessing general information and news, (ii) social networking, and (iii) using email and/or online chatting were their preferred activities. Participants also stated that if access to their favored activities was restricted, they would significantly reduce their Internet usage. The study also discovered that 51% of the entire sample said they were Internet addicts, while 14.1% said their lives would be better off without the Internet.

Pontes, Kuss and Griffiths (2015) constructed a study on clinical psychology of Internet addiction: a review of its conceptualization, prevalence, neuronal processes, and implications for treatment. The goal of the review was to elucidate and clarify a variety of topics that were pertinent to IA research, such as definition and characterization, incidence and prevalence rates, associated neuronal processes, and implications for treatment, prevention, and patient-specific considerations. The researchers came to the conclusion that there was no widely accepted definition of IA. The wide variation in prevalence rates among nationally representative samples from different nations (ranging from 1% to 18.7%) was most likely due to the studies' inconsistent methodology and lack of conceptual rigour. In terms of therapy and prevention, both

psychological and pharmaceutical interventions were assessed in light of the available research as well as specific patient-related factors.

Adiele and Olatokun (2014) constructed a study on prevalence and determinants of internet addiction among adolescents. An investigation into the prevalence of Internet addiction (IA) among adolescents and whether it was a distinct condition from offline behavioural disorders led to the study. A total of 1022 university-age students, both undergraduates and postgraduates, were chosen by stratified random selection in accordance with the survey design. The Revised Internet Addiction Test (RIAT), a questionnaire composed of the EPQR-S Lie Scale, the Internet Addiction Test (IAT), the Internet Use Reasons, the Hypersexual Behaviour Inventory, and the Problem Video Game Playing Scale, were used to collect the data. Teenagers were more likely to have IA than adults; the incidence rate was 3.3%, with a roughly 3:1 male to female split. Although some teenagers did use the internet for primarily intrinsic reasons, the majority of teenagers' internet addiction was motivated by extrinsic factors. The majority were "addicts on the internet" rather than "addicts to the internet," using the internet to communicate about significant issues, obtain sex-oriented materials, and make money (particularly among females).

Meiser-Stedman, Shepperd, Glucksman, Dalgleish, Yule, and Smith (2014) conducted a study on thought control strategies and rumination in youth with acute stress disorder and posttraumatic stress disorder following single-event trauma. The aim of the study was to incidence and maintenance of posttraumatic stress disorder (PTSD) is thought to be significantly influenced by certain thought control techniques for treating its intrusive symptoms. A number of thought control techniques were evaluated in the acute phase of a prospective longitudinal study of 10–16-year-old PTSD survivors of attacks and traffic accidents. These comprised both

maladaptive (distraction, punishment, concern) and protective (reappraisal, social support) methods. At the follow-up assessment, ruminative responses to the trauma were evaluated. The results indicated that use of punishment and reappraisal were linked to posttraumatic stress symptoms (PTSS) at each assessment, whereas social support and rumination were linked to PTSS symptoms during the follow-up.

Przybylski, Deci, Rigby, Scott, Ryan and Richard (2014) conducted a study on competence-impeding electronic games and players' aggressive feelings, thoughts, and behaviors. The degree to which video games influence aggressiveness and the possible processes through which such relationships may exist are contentious issues. The motivational hypothesis that gaming would be linked to signs of human violence to the extent that the interactive aspects of games inhibit players' basic psychological demand for competence was investigated in the current study. This motivational hypothesis was developed from self-determination theory. An increase in aggressive feelings, easier access to aggressive thoughts, and a higher likelihood of engaging in aggressive behaviour were all associated with competence-impeding play, according to seven studies that used a variety of techniques to manipulate player competence and evaluation methods for aggression. The findings showed a positive relationship between player perceived competence and gaming motivation, which in turn showed a negative relationship with player aggression. It was discovered that the pattern of impacts was unaffected by whether violent game content was present or not.

Sharma and Marimuthu (2014) studied on topic prevalence and psychosocial factors of aggression among youth. The intention of the study was to determine the incidence of aggression in young people as well as its risk factors. A survey design was used to deliver the Buss-Perry Aggression Scale, Resilience Scale, and Anger Data Sheet to 5476 individuals. In Bangalore,

Jammu, Indore, Kerala, Rajasthan, Sikkim, and Delhi, data were gathered from a variety of communities (colleges, residential communities, apartments, and places of employment). 53% were men and 47% were women. The sample's average age was 20.2 years. Chi-square and the Pearson correlation coefficient were also used for comparative analysis. The study finding showed that Physical abuse as a child, substance misuse (such as alcohol and tobacco use), harmful peer pressure, family violence, academic disruption, and psychological issues have all been implicated as risk factors for youth aggression. suspicion, loneliness, mood disruption, adverse childhood experiences, attention deficit hyperactivity disorder, and media and TV use.

Boccanfuso, et al. (2013) conducted a study on video game training enhances cognitive control in older adults. The study showed that among people from 20 to 79 years of age, multitasking ability, as measured with a specially created three-dimensional video game, demonstrates a linear age-related decline. Older adults (60 to 85 years old) who played an adaptive version of Neuro Racer in multitasking training mode decreased multitasking costs in comparison to both an active control group and a no-contact control group, reaching levels above those of untrained 20-year-old participants, with improvements lasting for 6 months. These results demonstrated the robust plasticity of the prefrontal cognitive control system in the ageing brain and offered the first proof to our knowledge that a specially created video game can be used to measure cognitive abilities across the lifespan, examined underlying neural mechanisms, and act as a potent tool for improving cognition.

Bowker, Ostrov and Raja (2011) conducted a study on Relational and overt aggression in urban India: Associations with peer relations and best friends aggression. The study investigated whether the aggression of one's best friends affected the peer correlates of aggression. There were 174 young people who took part, mostly from middle-class to upper-

class households in Surat, India. Analysis found specific correlations between relational aggression and social preference as well as between both forms of hostility and perceived popularity. The association between both forms of aggression and the peer correlates varied depending on the best friend's aggression (and, in one case, gender), which suggested that taking the aggression of best friends into account could provide new insights into why not all aggressive adolescents are despised and liked, especially in complex and rapidly changing non-Western societies like India.

Ko, Yen, Liu, Huang and Yen (2008) has examined the associations between aggressive behaviors and internet addiction and online activities in adolescents. The study aimed to understand the moderating effects of gender, school, and depression on internet addiction. The sample consisted of 9405 teenagers and the findings showed that teenagers with Internet addiction were more likely to have displayed aggressive behaviours over the previous year, even after adjusting for the effects of shared related variables and watching violent TV shows. Teenagers in junior high schools showed a stronger association than those in senior high/vocational schools. Web chatting and adult sex, the use of Bulletin Board Systems, internet gaming, and gambling was all linked to hostile conduct.

Miller-Perrin, Perrin, and Kocur (2009) conducted a study on Parental physical and psychological aggression: Psychological symptoms in young adults. The purpose of the study was to find the severity and frequency of the violence, and the co-occurrence of parental psychological aggression and to evaluate the connection between different levels of parent-child physical violence and the psychological symptoms mentioned among college students. 298 college students aged 18 to 27 years, were the participants. Participants filled out demographic questionnaires, the Parent-Child Conflict Tactics Scale (CTSPC), and the Brief Symptom

Inventory (BSI). According to the results of the analysis of variance and multivariate analysis of variance, those who were physically abused scored higher on the BSI than people who received corporal punishment or no violence. Between those receiving light and severe corporal punishment, only few differences were found.

METHOD

Chapter – 3

Method

The methodology is the overall strategy or approach used by researchers to conduct research. It encompasses the theoretical and philosophical underpinnings of the research, the research design, data collection methods, data analysis techniques, and the overall framework within which the research is conducted. Research methods refer to the specific techniques, procedures, or tools that researchers use to collect, analyze and interpret data. It can be quantitative, involving numerical data, or qualitative, involving non-numerical data.

The procedure pertaining to the present study namely, a study on cyber addiction and its effects on thought control and aggression among young adults were carried out involving the following steps:

- Objectives
- Hypotheses
- Area
- Sample
- Data Collection
- Tools
- Procedure
- Analysis of data

Objectives

- To find the relationship between cyber addiction thought control and aggression among young adults.
- To assess the level of cyber addiction among young adults.
- To assess the level of thought control among young adults.
- To assess the level of aggression among young adults.
- To assess the gender difference between cyber addiction thought control and aggression among young adults.

Hypothesis

The hypothesis are stated as alternative hypothesis, so that they can be either accepted or rejected, based on the results.

- H1: There will be a significant relationship between cyber addiction, thought control and aggression among young adults
- H2: There will be a significant relationship between cyber addiction and thought control among young adults
- H3: There will be significance relationship between cyber addiction and aggression among young adults.
- H4: There will be a relationship between thought control and aggression among young adults
- H5: There will be a significant gender difference in cyber addiction, thought control and aggression among young adults.

Area

The current study was conducted in Coimbatore and Tiruppur district. Young adults from various parts of Coimbatore and Tiruppur districts actively participated in the study.

Sample Technique

Simple random sampling technique was used for data collection among young adults of the age group of 18 to 26 years.

Variables

Independent Variable

- Cyber Addiction

Dependent Variable

- Thought Control
- Aggression

Data Collection

Inclusion Criteria

- The participants were only Young Adult
- Both male and female participants were included
- The age range of the participants were from 18-26 years
- Participants who have consented and showed willingness to participate in the study

Exclusion Criteria

- The participants below the age of 18 and beyond the age of 26.
- The participants who are unwilling to participate.

Tools

The following tools were used for data collection

- Social Media Addiction Scale (SMAS) developed by Tutgun-Ünal and Deniz (2015).
- The Thought Control Questionnaire (TCQ) devised by Adrian Wells and Mark I. Davies (1994).
- Buss – Perry Aggression Questionnaire (BPAQ) was designed by Arnold H. Buss and Mark Perry, professors in (1992).

Social Media Addiction Scale

The Social Media Addiction Scale (SMAS), created by Tutgun-Unal and Deniz (2015), measures addiction to social media. This scale has a 5-point likert type, 29 items, and 4 sub-dimensions.

Virtual Tolerance 1–5 statements

Virtual Communication 6–14 statements

Virtual Problem and 15–23 statements

Virtual Information - 24-29 statements

The scale's components are all in the positive. The scale has a maximum point value of 145 and a minimum point value of 29. The higher scores suggest that the participant views themselves as a social media addict.

The Thought Control Questionnaire

The Thought Control Questionnaire (TCQ) developed by Adrian Wells and Mark I. Davies (1994). The TCQ is a self-report questionnaire with 30 items. Items are rated on a four point scale, with 1 denoting never, 2 occasionally, 3 frequently, and 4 denoting almost always. The TCQ measures five variables that represent various methods for suppressing undesirable thoughts:

- Distraction (statements: 1,9,16,19,21,30);
- Social Control (statements: 5,8,12,17,25,29);
- Worry (statements: 4,7,18,22,24,26);
- Punishment (statements: 2,6,11,13,15,28);
- Re-appraisal (statements: 3,10,14,20,23,27).

Buss-Perry Aggression Questionnaire (BPAQ)

A 5-point Likert scale is used to score 29 self-administered items that make up the Buss-Perry Aggression Questionnaire (BPAQ). The BPAQ has four subscales namely

- Physical aggression (statements: 1–9),
- Verbal aggression (statements: 10–14)
- Anger (statements: 15–21),
- Hostility (statements: 22–29).

Overall aggression was also included. Each scale's score is the total of the item's ratings. Reverse scoring is applied to the two items (7 and 18) that are worded in the opposite direction of aggression. The sum of these scale scores represents the aggression rating overall. Scores that are higher reflect more aggressive behavior.

Procedure

The subjects chosen for the research were young adults. Questionnaire and Response sheet were created and circulated to the participants. The inclusions in the sheets are Demographic data, Social Media Addiction Scale (SMAS), The Thought Control Questionnaire (TCQ), Buss-Perry Aggression Questionnaire (BPAQ) . Participants were asked to fill each statements according to the instructions mentioned in the form with their consent. The scoring was done according to scoring key and interpreted using the norms provided by author.

Analysis of data

The data was analyzed statistically using SPSS (Statistical Package for the Social Sciences). Correlation was used to find the effects on Social media addiction on thought control and aggression among Young Adults and Independent Sample t-test was computed.

Institutional Human Ethics Committee

As the study involves human subjects, all procedures described in the study was reviewed and approved by the Institutional Human Ethics Committee, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. The approval number for the research purpose is **AUW/IHEC/CP-22-23/XMT-15**.

Results and Discussion

Chapter 4

Results and Discussion

The results for the study titled “A study on cyber addiction and its effects on thought control and aggression among young adults are given below. The sample consists of 150 young adults aged between 18 – 26 years of age. The data were analyzed using SPSS software version 29.0.0.0.

The distribution analysis was done for cyber addiction, thought control and aggression.

For clear understanding this chapter has been included following tables:

Table 1: The Demographic Details of the Participants were presented in the table

Table 2: Level of Cyber Addiction among Young Adults

Table 3: Level of Thought Control among Young Adults

Table 4: Level of aggression among Young Adults

Table 5: Correlation between Cyber Addiction, Thought Control and Aggression among Young Adults

Table 6: Correlation between Cyber Addiction and Thought Control among Young Adults

Table 7: Correlation between cyber addiction and aggression among young adults

Table 8: Correlation between thought control and aggression among young adults

Table 9: Group Statistics based on Gender and Independent Sample t-test for Gender Differences among Variables

Table 1

The Demographic Details of the Participants were presented in the table

N=150

Demographic Details	Options	Frequency	Percent
Gender	Male	75	50
	Female	75	50
Age	18-22 years	87	58
	23-26 years	63	42
Qualification	HSC	40	31
	UG	56	37
	PG	48	32
Occupation	Students	73	49
	Working	77	51
Area of Residence	Rural	51	34
	Semi Urban	46	31
	Urban	53	35
Hours of Internet Usage	Low	148	98
	High	2	2

***Percentages are rounded off**

Table 1 illustrates the demographic details of the individuals consisting of an equal number of males and females of 150 young adults were selected for the study, with 58% of participants aged 18-22 and 42% aged 23-26. In terms of qualification, 31% had completed their Higher Secondary Education (HSC), 37% were Under Graduates (UG) and 32% were Post Graduates (PG). In occupation section, 49% of the participants were students and 51% were working. In terms of area of residence, 34% were from rural areas, 31% from semi-urban areas, and 35% from urban areas. Finally, 98% of participants had either low or high hours of internet usage. Overall, Table 1 provides a good snapshot of the demographic information of the sample respondents and can be used to gain insights into their lifestyles and preferences.

Table 2

Level of Cyber Addiction among Young Adults

N=150

Levels	Frequency	Percentage (%)
Low	13	8
Moderate	127	85
High	10	7

***Percentage are rounded off**

Table 2 shows the level of cyber addiction among young adults. Out of 150 participants 8% of the young adults participated in the study have low level of cyber addiction. The findings show that these young adults might practice self-regulation since they are generally more aware of the possible problems connected to excessive internet use or other online activities. Young adults have more access to tools and networks of support that can assist them in controlling their online behaviour. It's feasible that young adults will have more options for offline recreation and social engagement as a substitute for their excessive online usage. 85% of the young adults participated in the study has moderate levels of cyber addiction. Thus using the internet can benefit users in many different ways as it promotes interpersonal interaction, gives users access to a wealth of knowledge, and has educational applications. The internet can also be an excellent

tool for finding new hobbies and interests as well as ways to pass the time. 7% of the participants have scored high levels in cyber addiction. There are many reasons for the increased rate of internet addiction among young individuals as young people are frequently introduced to technology and the internet at a young age, which increases their risk of addiction. Our culture is also becoming more and more dependent on technology, with several hobbies and jobs requiring the use of a computer or mobile device.

Figure I

Level of Cyber Addiction among Young Adults

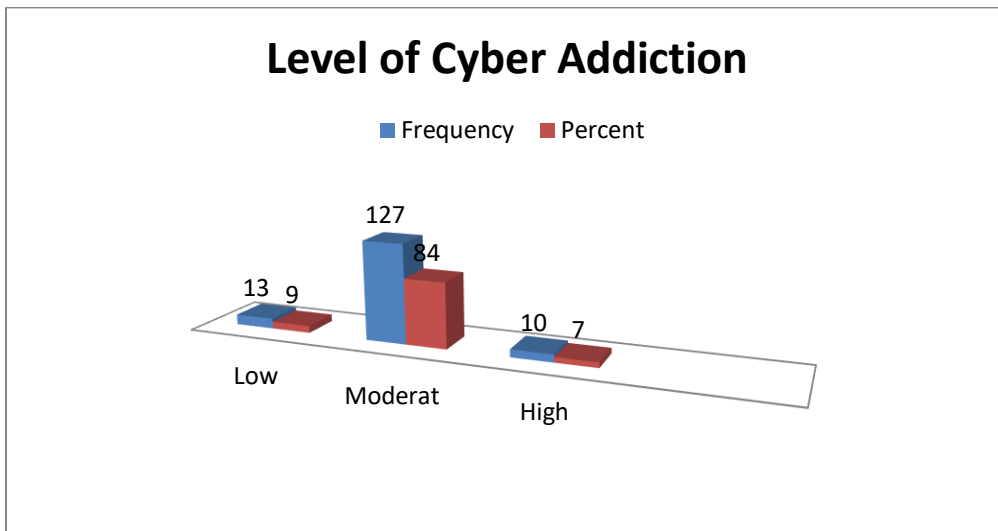


Figure 1 shows the level of internet usage among young adults. The bar graph indicates that most of the participants have an moderate level of internet usage. Only least participants have scored high level of internet usage and low level of internet usage

Table 3

Level of Thought Control among Young Adults

N = 150

Levels	Frequency	Percent
Low	11	7
Moderate	138	92
High	1	1

***Percentages are rounded off**

Table 3 shows the level of thought control among young adults. The level of thought control indicates the potential impact of peer pressure, media influence, and societal expectations on the way young adults think. 7% of young adults experience low levels of thought control as they are open to different ideas and feel free to express their own opinions whereas 92% of the young adult participants experiences moderate levels of thought control as they are influenced by their peers and by the media, but still they maintain the ability to think critically and make their own decisions and 1% experience high levels of thought control are so influenced by external sources that their own thoughts and opinions are suppressed.

Figure II

Level of thought control among Young Adults

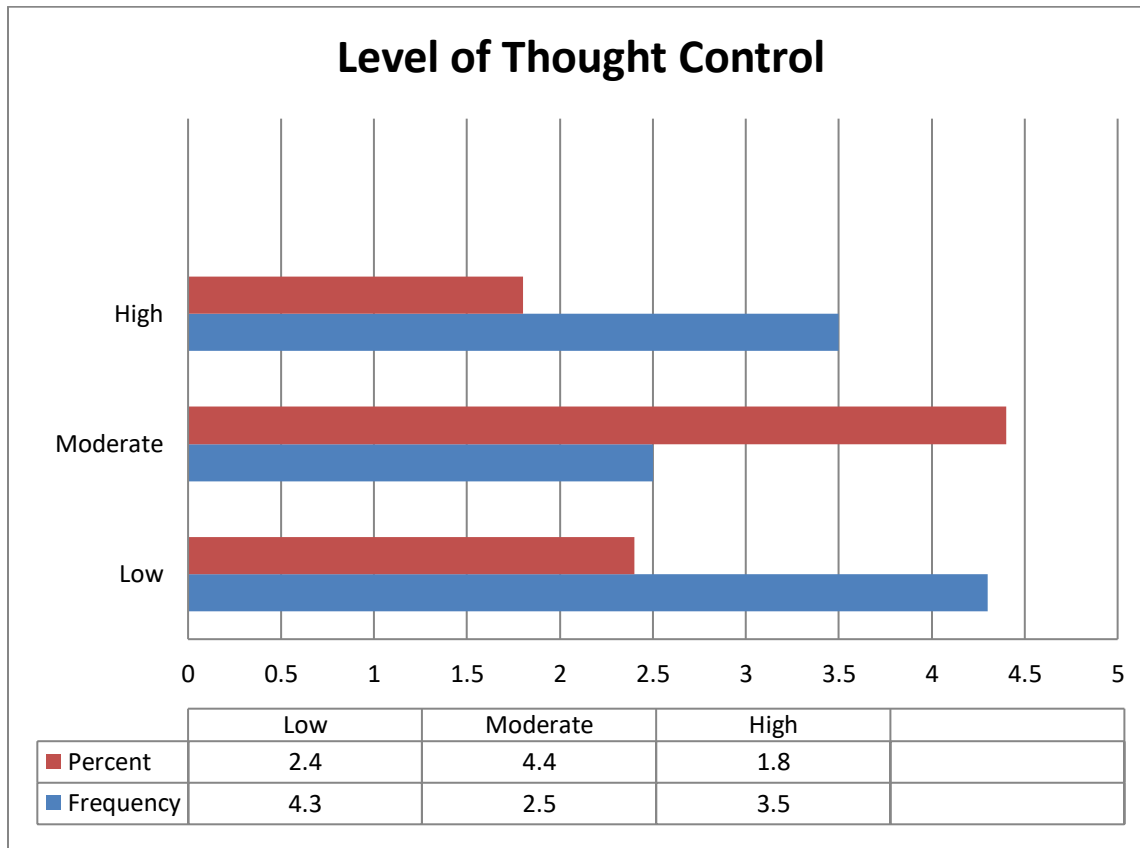


Figure II shows the level of thought control among young adults. This bar graph indicates maximum level of participants was reported to have moderate level of thought control. Only a limited population of participants had a low and high level of thought control. This shows that many of the young adults have control over their own thoughts.

Table 4:

Level of aggression among Young Adults

N=150

Levels	Frequency	Percent
Low	2	1
Moderate	142	95
High	6	4

***Percentages are rounded off**

Table 4 shows the level of aggression among young adults. Only 1% of young adults have been observed to have low levels of aggression and the low level of aggression is likely due to the lack of motivation or incentive for the individuals or individuals involved. Aggression is often a result of frustration or anger, which can arise from a lack of resources or a sense of powerlessness especially among young adults. When people have few resources or feel unable to act, they may not have the motivation or incentive to act aggressively. 95% of young adults have moderate levels of aggression and they are usually driven by feelings of frustration or anger. Young adults who display moderate levels of aggression may react to difficult situations with verbal or physical confrontation. Reasoning for the moderate level of aggression being the highest is due to the fact that it is generally the easiest to achieve as it requires the least amount of motivation or incentive. Aggression can easily be triggered by feelings of frustration or anger, which can arise from many situations. 4% have been observed to have high levels of aggression.

High levels of aggression are usually driven by intense feelings of anger or rage. Young adults who display high levels of aggression may act impulsively and aggressively in response to difficult situations and due to the heightened emotional state. Young adults are often still developing emotionally and may be more prone to emotional outbursts and aggressive behaviors.

Figure III:

Level of aggression among Young Adults

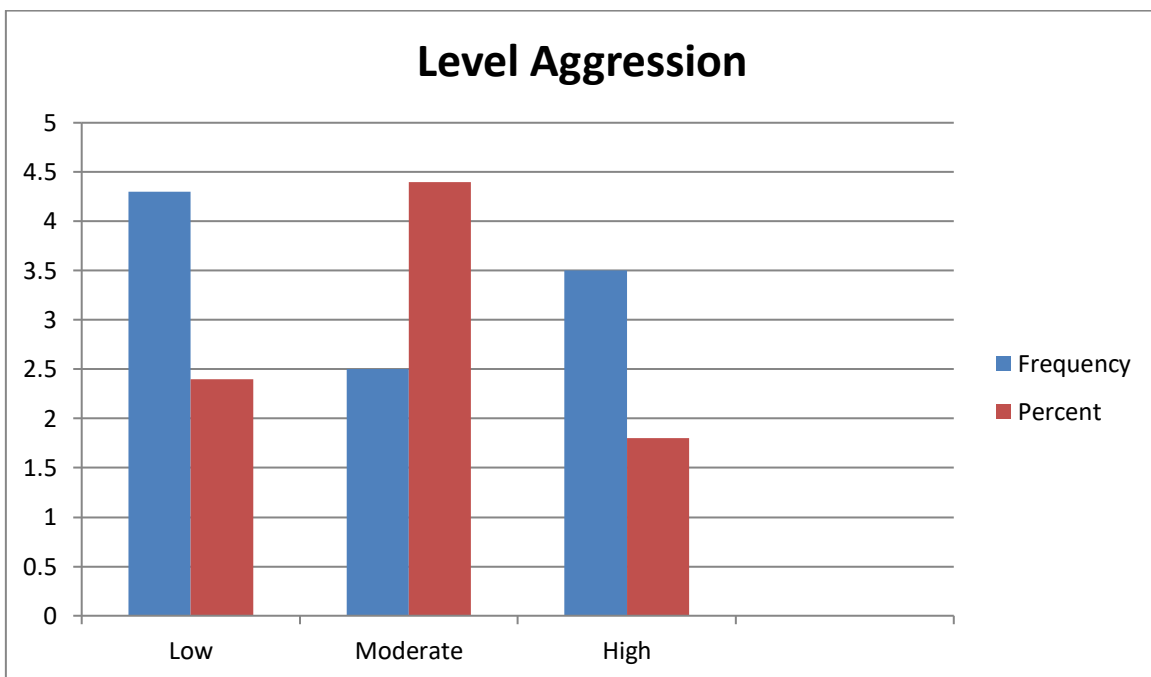


Figure III shows the level of aggression among young adults. This bar graph shows that the most of the participants has moderate level of aggression and only few of the participants have high level of aggression. Only few members have a high level of aggression. So they need guidance on control their level of aggression.

Table 5:

Correlation between Cyber Addiction, Thought Control and Aggression among Young Adults

	N	Cyber Addiction	Aggression	Thought Control
Cyber Addiction	150	-	.286**	.721**
Aggression	150	.286**	-	.346**
Thought Control	150	.721**	.346**	-

****.** Correlation is significant at the 0.01 level (2-tailed)

Table 5 shows the correlation between the variables of cyber addiction, thought control and aggression among young adults. The correlated score of cyber addiction and aggression found to be $r = .29$, $p < .01$, which indicates that cyber addiction and aggression have a significant positive correlation. That is, higher levels of cyber addiction predicted higher levels of aggression. The correlated score of cyber addiction and thought control is found to be $r = .72$, $p < .01$, which indicates that there is a positive significant correlation between cyber addiction and thought control. The findings indicate that individuals who show high levels of cyber

addiction show high levels of thought control. The correlated score of thought control and aggression is found to be $r = .35$, $p < .01$, which indicates that there is a positive significant correlation between thought control and aggression. The result shows that individuals who show higher levels of cyber addiction show higher levels of aggression and higher level of thought control. Thus, the correlation table shows the fact that cyber addiction is directly proportional to thought control and aggression.

Hence, Hypothesis 1 stating, “*There will be a significant relationship between cyber addiction, thought control and aggression among young adults*” is **accepted**.

Table 6

Correlation between Cyber Addiction and Thought Control among Young Adults

Variables	N	Cyber addiction	Thought control
Cyber addiction	150	-	.721**
Thought control	150	.721**	-

** . Correlation is significant at the 0.01 level (2-tailed)

Table 6 shows the correlation between the variables of cyber addiction and thought control among young adults. The findings indicate that cyber addiction has a positive significant relationship with thought control ($r = .72, p < .01$). This exposes the fact that cyber addiction is directly proportional to thought control. Thought control refers to the process of regulating one's thoughts, feelings, and behaviors. Cyber addiction could lead to a higher level of thought control because individuals who are addicted to the internet or other forms of technology may feel like they are unable to control their use of it. This can lead to a sense of guilt or shame, which can lead to an increase in efforts to regulate one's thoughts, feelings, and behaviors.

Hence, Hypothesis 2 stating, “*There will be a significant relationship between cyber addiction and thought control among young adults*” is **accepted**.

Table 7

Correlation between cyber addiction and aggression among young adults

Variables	N	Cyber addiction	Aggression
Cyber addiction	150	-	286**
Aggression	150	286**	-

****.** Correlation is significant at the 0.01 level (2-tailed)

Table 7 shows the correlation between the variables of cyber addiction and aggression among young adults. The findings indicate that cyber addiction has a positive significant relationship with aggression ($r = .28, p < .01$). This exposes the fact that cyber addiction is directly proportional to aggression. Individuals who are addicted to the internet or other forms of technology may become easily frustrated or irritable when they are not able to access it. This can lead to feelings of anger and hostility, which can manifest as aggressive behavior towards others thus cyber addiction increases with addiction. A similar finding reported by Dhaka, P., Naris, C. (2019) concluded that there is a worthwhile correlation between Internet addiction and Aggressive Behaviour and a sizable majority of the students who participated in the study suffer from moderate addiction problems due to their Internet usage. Also, the results indicate that the

two most prevalent forms of aggression among the majority of the students are hostility and Physical Aggression

Hence, Hypothesis 3 stating, “*There will be a significant relationship between cyber addiction and aggression among young adults*” is **accepted**.

Table 8

Correlation between thought control and aggression among young adults

Variables	N	Thought Control	Aggression
Thought Control	150	-	.346**
Aggression	150	.346**	-

****.** Correlation is significant at the 0.01 level (2-tailed)

Table 8 shows the correlation between the variables of thought control and aggression among young adults. The findings indicate that thought control has a positive significant relationship with aggression ($r = .34, p < .01$). This exposes the fact that cyber addiction is directly proportional to aggression. High levels of thought control could potentially lead to increased aggression among young adults. This is because individuals who are highly focused on controlling their thoughts and behaviors may become easily frustrated or irritable when they are not able to do so.

Hence, Hypothesis 4 stating, “*There will be a significant relationship between thought control and aggression among young adults*” is **accepted**.

Table 9

Group Statistics based on Gender and Independent Sample t-test for Gender Differences among Variables

	Gender	N	Mean	Std. Deviation	<i>t</i>	<i>p</i>
Cyber addiction	Male	75	70.5200	16.05932	-1.437	.153 ^{NS}
	Female	75	74.3867	16.88746		
Thought control	Male	75	69.3600	11.47222	.713	.477 ^{NS}
	Female	75	67.9733	12.33537		
Aggression	Male	75	78.0933	11.32227	.471	.638 ^{NS}
	Female	75	77.1867	12.23165		

NS – Not Significant

Table 9 shows the gender difference in Cyber addiction, Thought control and aggression calculated by independent sample t-test. The mean scores of Cyber addiction among males and females are 70.5200 and 74.3867. The mean scores of Thought control among males and females are 69.3600 and 67.9733. The mean scores of Thought control among males and

females are 78.0933 and 77.1867. The t value of Cyber addiction is -1.437. The t value of Thought control is .713. The t value of Thought control is .471. The statistical value indicates there is no gender difference among the cyber addiction, thought control and aggression. This may be because both genders could be exposed to different type of environment. It is possible that the measures used to assess cyber addiction, thought control, and aggression was not sensitive enough to detect gender differences. Social desirability bias could be another factor, where individuals may be hesitant to disclose certain behaviors or attitudes that are stigmatized or socially unacceptable.

Hypothesis 5 stating, “*There will be a significant gender difference in cyber addiction, thought control and aggression among young adults*” is **rejected**.

SUMMARY AND CONCLUSIONS

Chapter – 5

Summary and Conclusions

A study on cyber addiction, thought control and aggression among young adults was conducted to understand the relationship between cyber addiction, thought control and aggression among young. Young adulthood is generally considered to be the developmental stage between adolescence and middle adulthood, typically spanning from ages 18 to 26. During this stage, individuals often experience significant changes in terms of their social roles, relationships, and personal identity. Many young adults also undergo significant transitions, such as completing their education, starting a career, and establishing long-term romantic relationships. This period is often characterized by exploration, experimentation, and self-discovery as individuals navigate the challenges and opportunities of adult life. Studying the individuals' level of cyber addiction, thought control and aggression can help analyze their coping strategies. In this study, an attempt was made to examine the relationship between cyber addiction, thought control and aggression among adults.

The study was initiated with the following objectives;

- To find the relationship between cyber addiction thought control and aggression among young adults.
- To assess the level of cyber addiction among young adults.
- To assess the level of thought control among young adults.
- To assess the level of aggression among young adults.

- To assess the gender difference between cyber addiction thought control and aggression among young adults.

The hypotheses formulated for the research were:

- There will be a significant relationship Cyber Addiction, Thought Control and Aggression among young adults.
- There will be a significant relationship between Cyber Addiction and Thought Control among young adults.
- There will be a significant relationship cyber addiction and aggression among young adults.
- There will be a significant relationship thought control and aggression among young adults.
- There will be a significant gender difference in cyber addiction, thought control and aggression among young adults.

The sample for the study consisted of 150 young adults of age 18 to 26 years with, who live in Tiruppur. The data was collected in person using a simple random sampling technique. Socio-Demographic Data Sheet, Social Media Addiction Scale (SMAS). The Thought Control Questionnaire (TCQ) and Buss – Perry Aggression Questionnaire (BPAQ). Social Media Addiction Scale (SMAS), The Thought Control Questionnaire (TCQ) and Buss – Perry Aggression Questionnaire (BPAQ) were given to the participants and they were instructed to read each item very carefully and choose the options that suit them the best. They were informed that the data collected will be confidential. The scoring was done according to the scoring key and interpreted using the norms provided by the authors. The results were analyzed using the

SPSS software version 29.0.0.0. Pearson Correlation and Independent Sample *t*-test were used to verify the hypothesis.

The findings are as follows;

- There will be a significant relationship between Cyber Addiction and Thought Control among young adults. Hence the formulated hypothesis 2 has been accepted.
- There will be a significant relationship Cyber Addiction Thought Control and Aggression among Young Adults. Hence the formulated hypothesis 1 has been accepted.
- There will be a significant relationship cyber addiction and aggression among young adults. Hence the formulated hypothesis 3 has been accepted.
- There will be a significant relationship thought control and aggression among young adults. Hence the formulated hypothesis 4 has been accepted.
- There will be a significant gender difference in cyber addiction, thought control and aggression among young adults. Hence the formulated hypothesis 5 has been rejected.

Conclusion

Young adults use the internet to escape the stresses of daily life, which can cause them to become dependent on it and develop an addiction. Cyber addiction could lead to a higher level of thought control because individuals who are addicted to the internet or other forms of technology may feel like they are unable to control their use of it where Thought control refers to the process of regulating one's thoughts, feelings, and behaviours. Aggression among young adults is a complex and multifaceted issue that can have serious consequences for both the individuals involved and society as a whole. Aggression can take many forms, including verbal, physical, and relational aggression, and can be directed towards others or towards oneself. The present

study has pointed out that there is a significant relationship between cyber addiction, thought control and aggression among young adults. Hence, it is important for individuals, particularly young adults, to be aware of the potential risks and consequences associated with excessive use of technology, and to develop healthy coping strategies for managing negative emotions and behaviours.

Limitations of the Study

- The research is conducted from Tiruppur only
- The sample size of the study was small 150
- The sample included only young adults (aged 18 - 26 years)
- The study samples with the psychological issues were not included

Suggestions for the Further Research

- The study can include additional variables like social maturity, emotional maturity, depression, academic stress, helplessness and loneliness
- The research can be expanded to diversified and cross-cultural samples
- Further research can be carried out on a larger sample size
- More in-depth analysis can be carried out on cyber addiction, thought control and aggression of different age groups
- Intervention studies can be done

Implications

This study explains how excessive use of technology including smart phones, social media, and video games can have a harmful influence on cognitive and emotional performance by creating

addiction. Cyber addiction can affect mind control, which is one of the study's major conclusions. In other words, those who are addicted to technology may struggle to manage their thoughts and emotions, which can result in impulsive action and bad judgement. Young adults who are still growing in their emotional and cognitive capacities may suffer major consequences from this. An additional finding of the study was that cyber addiction can heighten violence. Due to the potential for increased desensitisation to violence and increased propensity for aggressive behaviour, those who are hooked to technology may do so.

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ANNEXURE

Annexure I

Student Consent Form

I (Saaisudharsini. K) am pursuing my Master's degree in Clinical Psychology and I would like to have your participation in this academic research. I assure confidentiality with the details provided by you and it will be used only for the academic purpose. Thank you for the same.

Study Procedure

You will be given three tests in form type along with a socio-demographic profile. You need to respond to all items in the tests. There is no risk in undertaking the study. There will be no direct benefits to you for your participation in this study. Your response to the question will be anonymous and kept confidential. Your participation in this study is voluntary. It is up to you to decide whether to take part or not in this study. If you decide to take part in this study, you will be asked to sign this form. You are free to withdraw at any time and without giving any reason. There is no cost would be provided to you for your participation in this study.

Consent Form

“By signing this consent form, I confirm that I have understood the information and have the opportunity to ask questions. I understand that my participation is voluntary and I am free to withdraw at any time, without giving a reason and without cost. I voluntarily agree to take part in this study.”

Name of the participant:

Signature:

Place:

Date:

Annexure II

Demographic Profile

- Name :
- Gender :
- Age :
- Occupation or Qualification :
- Family :
- Are you from an Semi Urban /Urban/Rural Area
- :Hours of time spend on Internet

Annexure III

Avinashilingam Institute for Home Science and Higher Education for Women,

Coimbatore – 641043

Confidentiality Statement

I **Saaisudharsini. K.**, pursuing my II M.Sc., Clinical Psychology from the department of Clinical Psychology in Avinashilingam Institute for Home Science and Higher Education For Women, Coimbatore-43, is assigned to do a thesis as a part of the curriculum to complete my course. In this connection, I'm going to collect information from young adults (18-26 years) as my topic is **A Study on Cyber Addiction and its Effects on Thought Control and Aggression among Young Adults**. I assure confidentiality with the details provided by you and it will be used only for the academic purpose. Thank you for the same.

Place:

Signature of the Researcher

Date:

Annexure IV

THOUGHT CONTROL QUESTIONNAIR (TCQ)

Adrian Wells and Mark I. Davies - 1994

Instructions: Below are a number of things that people do to control unwanted or unpleasant thoughts. Please read each statement carefully, and indicate how often you use each technique by circling the appropriate number. There are no right or wrong answers. Do not spend too much time thinking about each one. When I experience an unpleasant / unwanted thought: (Never, Sometimes, Often, and Almost always)

S.NO	STATEMENTS	NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
1	I call to mind positive images instead				
2	I tell myself not to be so stupid				
3	I focus on the thought				
4	I replace the thought with a more trivial bad thought				
5	I don't talk about the thought to anyone				
6	I punish myself for thinking the thought				
7	I dwell on other worries				
8	I keep the thought to myself				
9	I occupy myself with work instead				
10	I challenge the thought's validity				
11	I get angry at myself for having the thought				
12	I avoid discussing the thought				
13	I shout at myself for having the thought				
14	I analyse the thought rationally				
15	I slap or pinch myself to stop the thought				
16	I think pleasant thoughts instead				
17	I find out how my friends deal with these thoughts				
18	I worry about more minor things instead				
19	I do something that I enjoy				
20	I try to reinterpret the thought				
21	I think about something else				
22	I think more about the more minor problems I have				
23	I try a different way of thinking about it				
24	I think about past worries instead				
25	I ask my friends if they have similar thoughts				
26	I focus on different negative thoughts				
27	I question the reasons for having the thought				
28	I tell myself that something bad will happen if I think the thought				
29	I talk to a friend about the thought				
30	I keep myself busy				

Annexure V

BUSS-PERRY AGGRESSION QUESTIONNAIRE

Arnold H. Buss and Mark Perry - 1992.

Using this 5 point scale, indicate how uncharacteristic or characteristic each of the following statements is in describing you.

S.no	Statements	Extremely Uncharacteristic	Some what Uncharacteristic	Neither Uncharacteristic Nor Characteristic	Some what Characteristic	Extremely Characteristic
1	Some of my friends think I am a hot head.					
2	If I have to resort to violence to protect my rights, I will.					
3	When people are especially nice to me, I wonder what they want.					
4	I tell my friends openly when I disagree with them.					
5	I have become so mad that I have broken things.					
6	I can't help getting into arguments when people disagree with me.					
7	I wonder why sometimes I feel so bitter about things.					
8	Once in a while, I can't control the urge to strike another person.					
9	I am an even-tempered person.					
10	I am suspicious of overly friendly strangers.					
11	I have threatened people I know.					
12	I flare up quickly but get over it quickly.					
13	Given enough provocation, I may hit another person.					
14	When people annoy me, I may tell them what I think of them.					
15	I am sometimes eaten up with jealousy.					

16	I can think of no good reason for ever hitting a person.					
17	At times I feel I have gotten a raw deal out of life.					
18	I have trouble controlling my temper.					
19	When frustrated, I let my irritation show.					
20	I sometimes feel that people are laughing at me behind my back.					
21	I often find myself disagreeing with people.					
22	If somebody hits me, I hit back.					
23	I sometimes feel like a powder keg ready to explode.					
24	Other people always seem to get the breaks.					
25	There are people who pushed me so far that we came to blows.					
26	I know that "friends" talk about me behind my back.					
27	My friends say that I'm somewhat argumentative.					
28	Sometimes I fly off the handle for no good reason.					
29	I get into fights a little more than the average person.					

Annexure VI

SOCIAL MEDIA ADDICTION SCALE (SMAS)

Tutgun-Ünal and Deniz – 2015.

Instructions: Different states related to social media use on the internet are given below. You are asked to read each expression carefully and put (X) for the expression you deem the most correct for you. Do not skip any item and mark each state please with strongly disagree, disagree, neither agree nor disagree, agree, strongly agree.

S.No	Statements	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
1	I am eager to go on social media.					
2	I look for internet connectivity everywhere so as to go on social media					
3	Going on social media is the first thing I do when I wake up in the morning.					
4	I see social media as an escape from the real world.					
5	A life without social media becomes meaningless for me					
6	I prefer to use social media even there are somebody around me.					
7	I prefer the friendships on social media to the friendships in the real life					
8	I express myself better to the people with whom I get in contact on social media					
9	I am as I want to seem on social media.					
10	I usually prefer to communicate with people via social media.					
11	Even my family frown upon, I cannot give up using social media.					
12	I want to spend time on social media when I					

	am alone.					
13	I prefer virtual communication on social media to going out.					
14	Social media activities lay hold on my everyday life.					
15	I pass over my homework because I spend much time on social media.					
16	I feel bad if I am obliged to decrease the time I spend on social media.					
17	I feel unhappy when I am not on social media.					
18	Being on social media excites me. Being on social media excites me.					
19	I use social media so frequently that I family					
20	The mysterious world of social media always captivates me.					
21	I do not even notice that i am hungry and thirsty when i am on social media					
22	I notice that my productivity has diminished due to social media.					
23	I have physical problems because of social media use					
24	I use social media even when walking on the road in order to be instantly informed about developments.					
25	I like using social media to keep informed about what happens.					
26	I surf on social media to keep informed about what social media groups share.					
27	I spend more time on social media to see some special announcements (e.g. birthdays).					

28	Keeping informed about the things related to my courses (e.g. homework, activities) makes me always stay on social media.					
29	I am always active on social media to be instantly informed					

INSTITUTIONAL HUMAN ETHICS COMMITTEE



Avinashilingam

Institute for Home Science and Higher Education for Women
(Deemed to be university under Category 'A' by MHRD, Estd. u/s 3
of UGC Act 1956) Re-accredited with 'A***' Grade by NAAC.
Recognised by UGC Under Section 12 B
Coimbatore- 641043, Tamil Nadu, India

06.01.2023

Chairman

Dr. Sudha Ramalingam
Director – Research and Innovation
Professor- Community Medicine,
PSG Institute of Medical Sciences
& Research, Coimbatore

Member Secretary

Dr. A Thirumani Devi
Professor
Department of Food Science and
Nutrition

Members

Mr. K. Anulmoli (Legal Expert)
Dr. Subashini K. Sripathi
Dr. A Saraswathy (Medical Officer)
Ms. D. Kavitha
Dr. A R Sudamani Ramasamy
Dr. G. Victoria Naomi
Dr. Judith Justin
Dr. Anitha Subash
Dr. K. Sampath Rani

To
Ms. Saaisudharsini, K.
Department of Clinical Psychology
Avinashilingam Institute for Home Science and
Higher Education for Women
Coimbatore- 641043

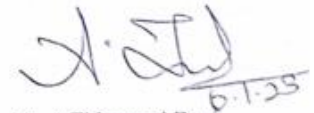
Dear Saaisudharsini,

Ref: Your proposal No. IHEC/22-23/CP-15 entitled "A
Study on Cyber Addiction and its Effect on Thought Control and
Aggression among Young Adults" submitted for approval of IHEC
on 19.11.2022.

The Institutional Human Ethics Committee of our
University hereby grants approval to your research proposal
No. IHEC/22-23/CP-15 entitled "A Study on Cyber Addiction and its
Effects on Thought Control and Aggression among Young Adults"
submitted by you. The Approval number for the same is
Auw/IHEC/CP-22-23/XMT-15.

We wish you all the best in your research endeavours.

Regards



Dr. A Thirumani Devi
Member Secretary

