Commentary

Cyber Psychology and Cyber Behaviour

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CYBER PSYCHOLOGY

Adolescent cyber psychology is also known as Internet psychology or web psychology. As more people embrace the virtual world, it is gaining traction as a field in the modern era. Changing lifestyles and a constant digital presence are having an impact on the minds of millions of young people, as the average amount of time spent on the internet rises. Young people spend a lot of time online, chatting with their friends on social media, playing online games with their peers, and shopping for products. As the need for individual recognition and self-actualization grows, young people are attempting to form and establish identities online. This desire for recognition, combined with long hours spent online, is paving the way for a slew of issues concerning the health and well-being of adolescents. This paper proposes a research framework that will allow adolescents to be classified as Expressive, Impatient, Connected, Impersonal, or Knowledgeable based on their social media presence.

Psychology is the study of individual behaviour and the human mind, and it explains a wide range of issues related to conscious and unconscious individual experiences. This is the field concerned with the human thought process. Psychology studies aim to analyse an individual's mental state and capabilities using various research methods and tools. Clinical psychology, educational psychology, consumer psychology, organisational psychology, social psychology, and sports psychology are all aspects of applied psychology. Cyber psychology is another rapidly growing field.

With the internet being such an important part of one's life, many people have begun to look to it as a saviour, a friend, and a source of stress relief. Some people enjoy using the internet because it provides a platform for them to express their thoughts and feelings. Because of its ease of use and navigation, the internet has become a virtual domain frequented by people of all ages. People are constantly connected to a plethora of social networking sites. Aside from uploading photos and sharing relevant information about their hobbies, favourite books, friends, restaurants, movies, and places visited, and so on, They can communicate with other people through social networking sites. Individuals can create profiles on Instagram, Twitter, or Facebook to interact with their friends and gain interesting social experiences. People also use the internet to access a variety of services. Shopping online or purchasing online tickets is convenient for many people because it allows them to make decisions while sitting at home. People have begun reading books on the internet as a result of the availability of the internet. They benefit from reading books on the internet because it saves them time and money. People download music, movies, and online games to use the internet for recreation and to fulfil their hedonic needs.

The concept of flow was proposed by two researchers, Hoffman and Novak, who stated that the ease of using the internet, as well as the associated pleasure in the experience, causes people to become lost in the online journey. Needless to say, in today's world, young people spend a lot of time on the internet, making this a dangerous habit for them. As a result, the pervasive and ubiquitous internet is becoming a boon for some and a curse for others. Overuse of the internet is causing depression, low self-esteem, social isolation, sleep deprivation, eating disorders, and anxiety disorders. Certain people become upset and inadequate in their lives as a result of being overly exposed to the happenings in the lives of others. They gradually withdraw from other social activities, leaving them feeling isolated and distressed. They become engulfed in negativity and form cocoons around themselves. Gradually, internet addiction develops, resulting in a variety of issues such as sleep disorders, among others. The high frequency of such cases has piqued the interest of researchers interested in psychological disorders, making cyber psychology a very relevant field in the modern era. For example, Infomaniac is a term used to describe someone who is addicted to the internet. Infomania is not currently classified as a psychological disorder in the International Classification of Diseases (ICD-10). The symptom of this disorder is constant, and the person suffering from it constantly imagines receiving messages from others. This sensation leads to a constant check of the phone. Further research into Infomania by cyber psychologists may aid in the proper classification and, as a result, benefit internet addicts worldwide.

Internet addiction has been defined as "excessive or poorly controlled preoccupation, urges, or behaviours related to computer use and internet access that result in impairment or distress." Internet addiction is quickly becoming a sensitive issue, and people must muster the courage to refrain from overusing the internet. In extreme cases, patients should consult with cyber psychologists who can assist them in resolving their issues.

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