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## **Psychological Impact Of The Internet On Adolescents: A Study**

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### **Abstract**

Information, communication and development has always been a human need. Human's instincts have made the journey from primitive to invention easy. Since ancient times, human beings have used many means for the communication of information according to their needs. Information everyone needs. Information is necessary to make a person aware and aware. Since ancient times, many means and resources have been created for exchanging information, out of which the Internet is one such powerful means of communication.

The research becomes very important when it comes to the communication of adolescents or the effect of communication tools on them. Human beings have always been curious. Talking about the most curious tendency in the society, this tendency has been found in adolescents. Most teenagers have the ability to know and understand any technology and innovations. Adolescence is the most important stage in the life of every person in which the will to learn and learn is strong. In this era of science and technology, the importance of internet is increasing continuously. Due to globalization, the utility of internet is becoming the need of every age group, then even teenagers.

Today education and information are easily available due to the internet. From online classes to general knowledge information is easily accessible to teenagers through the Internet, just a need to press a key on the keyboard. In this global age, every section of the society is getting addicted to digital media. Due to the changing environment and new education policy, the importance of internet is increasing continuously. Nowadays most of the teenagers are getting information about online classes, coaching, technical proficiency, software learning, social and moral values etc. through internet. In this research paper, the topic 'Psychological effect of Internet on adolescents' has been studied.

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**Keywords:** Internet, Adolescent, Attitude, Social Sites, Technology, Mobile, Online Education.

### **Introduction**

There are many means and resources for exchanging information since ancient times. Human beings have been of curious nature since time immemorial. Talking about the most curious tendencies in the society, only teenagers are there. In such a situation, the ability to know and understand any technology and innovations has been found highest in adolescents. Human's '**Learning and Doing**' tendency has made the journey from primitive to invention easy. Adolescence is the most important stage of a person's life in which the will to learn and learn is strong. In this era of science and technology, the importance of internet is increasing continuously.

In this research paper, the topic '**Psychological effect of Internet on adolescents**' has been studied. What kind of impact is the Internet having on adolescents in this research paper? Tried to know. Whether the utility of the Internet is important in the daily routine of adolescents. Whether or not the educational activities of adolescents are affected by the Internet. Various dimensions related to the impact of the Internet on adolescents have been studied in this research paper.

**Swati Patra (2022, p-11)**, Adolescence is an important development period of transition with