1. Introduction:

The Internet is a global linking of computers that allows information transfer. The Internet was established in the early 1960s by the U.S. Department of Defence. (Schneider, Evans, & Pinard, 2006), primarily for military purposes. Since then, the continual improvement of the Internet technology has provided an extraordinary level of public accessibility to a wide range of forms of communication, e.g. intra-organisational and inter-organisational email; data storage, management and transfer; social websites like Facebook; text messaging such as Twitter, and so forth. Due to the development and spread of cheaper and more user-friendly computer technology and software (e.g., portable computers, Microsoft Word etc), the use of the Internet has increased dramatically. In 2010, the world’s Internet use was 28.7% of the population. While this may not seem like a very large portion of the world’s population, the growth in the use of the Internet has been dramatic.

There are many benefits associated with Internet use, such as access to needed information, worldwide access to news and events, and interpersonal communication through email. However, along with the phenomenal growth of the Internet and its use, there has been a growing concern worldwide regarding the risks associated with Internet over-use (Buchholz, 2009; Daily News, 2008, 2009; Fackler, 2008; Janta, 2008; Khaosod, 2007; The Associated Press, 2009). It is now believed that there could be widespread “addiction” to it, in particular amongst college and university students (Chou & Hsiao, 2000; Fortson, Scotti, Chen, Malone, & Del Ben, 2007; Kim, et al., 2010; Kubey, Lavin, & Barrows, 2001; Morahan-Martin & Schumacher, 2000; Scherer, 1997; H. Yan, Liu, Ni, & Chen, 2009; M. Yang et al., 2009).

There is an ongoing debate about the appropriateness of applying the concept of addiction to Internet use. So Internet is being integrated as part of our everyday’s life because the usage of internet has been growing explosively worldwide. Homes, schools, colleges, libraries and internet cafes are the places which are more accessible to internet nowadays. Completing school work, playing online games, reading and writing emails and engaging in real time chatting are the common online activities. According to the National Center of Education Statistic preliminary studies had shown that a large number of children and adolescents with age around 8 to 17 years old have access to the internet and are exposed to the internet at a very early age .Young (2006) stated that internet is one of the things that influence our daily life because internet users more likely to spend their leisure time in the cyber
community. Also he says, “The internet has Janus face”. It means that internet provides facility for people while on the other hand people might abuse the internet usage also According to the (Ministry of Information and Communication (2005)), around 94.8% of teenagers are using the internet and this propensity suggests that teenagers may consider the cyber space as a real rather than virtual space (as cited in Young, 2006). Based on (Ko et al. (2006)) studies, internet and computer usage have become popular worldwide but also have negative impact on some individuals and on society at large.

As per research addiction to the internet is the same as addiction to gambling, drugs, and alcohol. (Widyanto & McMurran (2004)) have explain that concept of addiction is quite hard to define because it depends on a substance or activity. The characteristic of dependence are overindulgence, tolerance, withdrawal, craving, and loss of control. The behavioral addiction has been grown and related to the use of machines such as playing video games, using computer, and playing amusement machines. Behavioral addictions do not rely heavily on physiological mechanisms but most important the psychological explanations of addiction fore.

In the scientific literature, several terms have been proposed to describe pathological Internet use: Internet addiction, cyberspace addiction, Internet addiction disorder, online addiction, Net addiction, Internet addicted disorder, pathological Internet use, high Internet dependency, problematic Internet use and others (Widyanto and Griffiths, 2006; Byun et al., 2009).

Internet addiction has received increased attention due to the controversial nature and the possibility that a new kind of compulsive activity is on the rise. Also Internet addiction is a contemporary problem brought by easy access to computer and online information. On the other hand, internet addiction can be defined as an impulse disorder. Furthermore, some of the characteristic of this problem are similar to those of pathological gambling. people who are addicted to internet can develop many types of disorder and one of the disorders that are common for the modern day is Internet Addiction Disorder (IDA). Individuals who are suffering from IDA can exhibit symptoms such as drawbacks and face consequences that are similar to individual who are addicted to alcohol, gambling, shopping or other compulsive behaviors. However, according to (Wong (2010)), internet addiction is already a crisis in many developed countries. He believed this plague has infected youngsters in Malaysia and situation
will be worsening by the day. Wong has stated that, it is time for Health Ministry in Malaysia is to work with psychologists in considering an internet rehabilitation program because it’s help to bring addicts back into the real world.

By using internet we do our everyday tasks like banking reservation etc. It plays a very vital and effective role in the lives of every human being. It has been one of the most essential medium for communication; it is indeed a wonderful addition to our lives. By using internet we can do as a kind of global meeting place where people from all parts of the world can come together. It is a service available on the computer which is now at the fingertips of anyone who has access to the internet. It is a vast network of computers that connect many of the worlds to each other. It is easily assessable from home for anyone who has a modem and, business meetings and other important documents to people in other part of the world. A world without internet lacked information technology because it was not within the reach of everybody. People all over the world can now exchange ideas and pass information to other parts of the world easily without going through the stress.

In the field of research, the internet has helped researchers greatly by providing them with easy access to research. Internet Addiction, is also known as computer addiction, online addiction, or Internet addiction disorder (IAD), covers a variety of impulse-control problems, including:

- **Cybersex Addiction** – compulsive use of Internet pornography, adult chat rooms, or adult fantasy role-play sites impacting negatively on real-life intimate relationships.
- **Cyber-Relationship Addiction** – addiction to social networking, chat rooms, texting, and messaging to the point where virtual, online friends become more important than real-life relationships with family and friends.
- **Net Compulsions** – such as compulsive online gaming, gambling, stock trading, or compulsive use of online auction sites such as eBay, often resulting in financial and job-related problems.
- **Information Overload** – compulsive web surfing or database searching, leading to lower work productivity and less social interaction with family and friends.
- **Computer Addiction** – obsessive playing of off-line computer games, such as Solitaire or Minesweeper, or obsessive computer programming.

**Symptom of Internet Addiction:**
Some reports demonstrated that teenagers or adolescent with the problem of internet addiction will have several psychiatric symptoms. As a result, internet addiction has been reported to be associated with depression and attention-deficit-hyperactivity disorder. Besides that, in the Symptoms Checklist 90 Revised, it check the severe sycho pathology for the heavy internet user. The study proved that adolescents with internet addiction had poor outcome for mental health (Ju et al., 2008).

After reviewing various research papers and government reports it has been seen that large number of students are addicted for cyber use and researcher is motivated to do research on this topic.