Introduction

Adolescence is a vital time in a human life span. The years between ages of 13 and 19 falls under adolescent period. These occurs a physical, cognitive and psychological growth in this most challenging and complex transition period. Adolescence is the period from the beginning of sexual maturity (puberty) to the completion of physical growth. This is also a period of tension between role confusion and identity.

An individual’s behaviour towards others, attitude, characteristics, mindset make his personality. Broadly there are five parameters which describe an individual’s personality. These five dimensions are called as “Big Five” factors and the model is referred Five Factor Model (FFM). There are five personality traits,

1. Openness to experience: Individual with openness to experience are generally very active, have a tremendous inclination towards creativity and aesthetics and listen to their heart i.e follow their inner feelings.

2. Conscientiousness: Individuals with a conscientiousness personality trait listen to their conscience and act accordingly. Such individuals are extremely cautious and self-disciplined.

3. Extraversion and introversion:
   a. Extraversion-Refers to a state where individuals show more concern towards what is happening outside. Such individuals love interacting with people around and are generally talkative.
   b. Introversion –Introversion refers to a state when an individual is concerned only with his own life and nothing else. Such individuals do not bother about others and are seldom interested in what is happening around.

4. Agreeableness: It is a personality trait which teaches individuals to be adjusting in almost all situations. Such individuals do not crib and face changes with a smile. They accommodate themselves to all situations and are friendly and kind hearted.
5. **Neuroticism**: Neuroticism is a trait where individuals are prone to negative thoughts such as anxiety, envy, and guilt and so on. Such individuals are often in a state of depression and do not know how to enjoy life.

   Emotional maturity is not something that is automatically given to someone when they turn Adult. Emotional maturity is something that we must develop in our lives by knowing how to respond to situations in a mature and responsible manner. Maturity is the ability to make a decision and stand by it. Maturity is art of living in peace with that which we cannot, the courage to change that which should be changes and the wisdom to know the difference. Psychologists, Doctors, Educationists and Sociologists describes about different types of maturity.

   Internet being a source of communication and information has a significant role in academic and social life of adolescents. Internet has become a new play ground for children to communicate and attain information. Familiar online activities used by adolescents include completing school work, reading and writing emails, engaging in real time chatting and play online games. Adolescents use a range of internet applications such as bulletin boards, chat rooms, blogs and instant messaging to bond with their peers and to discover issues such as identity, partner selection and sexuality. It can be said that about 94.8 teenagers use the internet and believe cyber space is a real world rather than virtual space. Factors like desires to communicate freely and easily, to create an identity without doubt and to develop social relationship raises adolescents’ internet usage tendency.

   These factors escalate adolescent’s internet use gradually and bring some problems with it. Possibly the main problem is internet addiction. Excessive internet use is linked with problematic internet use (PIU) which creates psychological, social and academic problems in lives of adolescents. In the scientific literature, numerous terms have been proposed to explain pathological internet use, cyberspace addiction, internet addiction disorder, online addiction and internet addiction.

   Internet addiction is characterised as the failure of an individual in controlling their internet image that causes distress and functional impairment in day to day life. It is usually characterised by anxieties, psychomotor agitation, withdrawal, depression, craving, substance expression, loss of control, hostility, impairment of function, reduced decision making ability,
preoccupation and constant online surfing in spite of negative effects on psychological and social well being.

The internet addicts do not regard the net as simply an informational or communication tool, nor do they use it simply for enjoyment. To them, it is also a form of escape that allows them to forget their problems for the time they spend online, much like the numbing sensation alcoholics report when they drink. The downside is that the escape is temporary. When the internet addict finally log off for the night, the screen goes dark on the fantasy world. Real life problems return, and now they are even harder to endure: Depression deepens, loneliness intensifies, and there is the added burden of guilt for neglecting spouse or family. This is the same cycle known to alcoholics: drink to escape their problems; feel worse afterward; drink more to wipe away those worsening feelings. Internet users become psychologically dependent on the feelings and experiences they get while using that machine and that’s what makes it difficult to control or stop.