REVIEW OF LITERATURE

Ar kadiusz Wasinski, Lukasz Tomczyk (October 2015)\(^1\) tries to provide insight into the threats that Internet activities pose to young people and the risk of Internet addiction, examined both from the perspective of the relationships that young people have with their parents and the latter's readiness for parenting. Researchers emphasize that the way young people function in cyberspace and the choices they make regarding their use of Internet resources, computer games or software depend mostly on communication and socialization in their home environment during their upbringing.

Kristin D. Nev, Stephanie S. Rude, Kristin L. Kirkpatrick (August 2007)\(^2\) examined the relation of self-compassion to positive psychological health and the five factor model of personality. Self-compassion entails being kind toward oneself in instances of pain or failure; perceiving one’s experiences as part of the larger human experience; and holding painful thoughts and feelings in balanced awareness. Participants were 177 undergraduates (68% female, 32% male).

Kuss DJ, Lopez-Fernandez O (March 2016)\(^3\) conducted this study to provide a comprehensive overview of clinical studies on the clinical picture of Internet-use related addictions from a holistic perspective. A literature search was conducted using the database Web of Science. Over the last 15 years, the number of Internet users has increased by 1000\%, and at the same time, research on addictive Internet use has proliferated. Internet addiction has not yet been understood very well, and research on its etiology and natural history is still in its infancy.

Yao-jun Shao, Tong Zheng, Yan-qiu Wang, Ling Liu, Yan Chen and Ying-shui Yao (May 2018)\(^4\) with the development of economy and technology, the Internet is becoming more and more popular. Internet addiction has gradually become a serious issue in public health worldwide. A total of 26 papers were included in the analyses. The overall sample size was 38,245, with 4573 diagnosed with Internet addiction. The pooled detection rate of Internet addiction was 11\% (95\% confidence interval [CI] 9–13\%) among college students in China.

Melvyn W.B. Zhang, Bach Xuan Tran, Le Thi Huong (August 2017)\(^5\) Internet addiction has been a major behaviour disorder over the past decade. Prior meta-analytic review has demonstrated the association between Internet addiction and psychiatric disorders, as well as
sleep related disorders. There remains a paucity of literature about Internet addiction and sleep related disorders in low and middle income countries like Vietnam. It is the aim of this exploratory study to determine the association.

**Tripti Vyas and Prof. Ravi Gunthey (December 2017)** The present study evaluates the emotional maturity and self-confidence among adolescents. The sample consisted of 200 students (100 male and 100 female) from Jodhpur district of Rajasthan. Self-confidence inventory (ASCI) developed by Dr. Rekha Gupta, Emotional Maturity Scale developed by Dr Yashvir Singh and Dr Mahesh Bharagava.

**M. Panimalar Roja, N. Sasikumar and M. Parimala Fathima (2013)** The present paper discussed on emotional maturity and self concept at higher secondary students. The study attempts to analyze the various aspects of emotional maturity and self concept among higher secondary students. Emotional maturity moves beyond intelligence to a higher state of consciousness, guided by what one senses, feels and intuits, and one's heart. Emotional maturity and self concept is a tool for promoting students mental health and personality.

**Mustafa KOC (January 2011)** examined the relationships between university students’ internet addiction and psychopathology in Turkey. The study was based on data drawn from a national survey of university students in Turkey. 174 university students completed the SCL-90-R scale and Addicted Internet Users Inventory. Results show that students who use internet six hours and more a day have psychiatric symptoms.

**Deneve KM, Cooper H (September 1998)** This meta-analysis used 9 literature search strategies to examine 137 distinct personality constructs as correlates of subjective well-being (SWB). Personality was found to be equally predictive of life satisfaction, happiness, and positive effect, but significantly less predictive of negative effect. Positive affect was predicted equally well by Extraversion and Agreeableness. The relative importance of personality for predicting SWB, how personality might influence SWB, and limitations of the present review are discussed.

**Hing Keung Ma (November 2011)** internet addiction and the moral implication of antisocial internet behavior were investigated in this paper. More and more people use internet in their daily life. Unfortunately the percentage of people who use the internet excessively also increases.
The concepts of internet addicts are also delineated. The social especially the antisocial level is discussed. It is argued that the behavior of internet use is similar to daily life social behavior.

Pietro Ferrara, Giovanni Corsello, Francesca Ianniello, Annamaria Sbordone, Jochen Ehrich, Ida Giardino and Massimo Pettoello Mantovani (December 2017)\textsuperscript{11} Evidence leads to the conclusion that excessive and/or unskilled use of the Internet can negatively impact physical, psychological, and social dimensions, as well as some aspects of the material and developmental well-being of children. Child well-being is related to Internet use in several different and multifaceted ways, and it depends on a complex set of circumstances and factors based on inter-individual diversity, as well as on the institutional and social context.

Arvind Sharma and Richa Sharma (2018)\textsuperscript{12} Internet provides tremendous educational benefits for college students and also provided better opportunities for communication, information, and social interaction for young adults; however, excessive internet use can lead to negative psychological well-being (PWB). The mean age of students was 19.11 (±1.540) years, and 62.3\% were male.

Walumbwa FO and Schaubroeck J. (September 2009)\textsuperscript{13} The antecedents and consequences of ethical leadership were examined in a study of 894 employees and their 222 immediate supervisors in a major financial institution in the United States. The leader personality traits of agreeableness and conscientiousness were positively related to direct reports' ratings of the leader's ethical leadership, whereas neuroticism was unrelated to these ratings. Ethical leadership influenced followers' voice behavior as rated by followers' immediate supervisors.

Timothy A. Judge, Chad A. Higgins, Carl J. Thoresen and Murray R. Barrick (September 1999)\textsuperscript{14} The present study investigated the relationship of traits from the 5-factor model of personality (often termed the “Big Five”) and general mental ability with career success. Career success was argued to be comprised of intrinsic success (job satisfaction) and extrinsic success (income and occupational status) dimensions. Data were obtained from the Intergenerational Studies, a set of 3 studies that followed participants from early childhood to retirement.

Paul T. Costa Jr., Antonio Terracciano and Robert R. McCrae (2001)\textsuperscript{15} Secondary analyses of Revised NEO Personality Inventory data from 26 cultures (N = 23,031) suggest that gender differences are small relative to individual variation within genders; differences are replicated.
across cultures for both college-age and adult samples. And differences are broadly consistent with gender stereotypes: Women reported themselves to be higher in Neuroticism, Agreeableness, Warmth, and Openness to Feelings, whereas men were higher in Assertiveness and Openness to Ideas.

Sara B. Johnson Ph D., Robert W. Blum and Jay N. Giedd (September 2009)¹⁶

Adolescent brain development research is already shaping public policy debates about when individuals should be considered mature for policy purposes. With this in mind, in this article we summarize what is known about adolescent brain development and what remains unknown, as well as what neuroscience can and cannot tell us about the adolescent brain and behavior. We suggest that a conceptual framework that situates brain science in the broader context of adolescent developmental research would help to facilitate research-to-policy translation.

James C. Folsom (14 January 1961)¹⁷. In the preface to the first edition the author expressed the hope that this book would prove of some use not only to psychiatrists and to physicians in other specialties who are interested in the scientific basis of the art of medicine, but also to those in other fields such as law, religion, industry, social work, and government, and to all who deal with people and strive to make human life more livable.

Syed Shah Alam, Nik Mohd Hazrul Nik Hashim, Maisaraha Ahmad and Nor Ashiah Omar (February 2014)¹⁸ conducted this study is to explore and identify the impact of internet addictions of young adults in Malaysia. There are six impacts identified, of which five are negative impacts and one is positive impact. Design/methodology/approach: This study comprised sample of 200 young adults in Malaysia. This study also reveals that males have a great impact on working problems, psychological problems, behavioural problems and interpersonal problems than female adults.

Ong SH and Tan YR (July 2014)¹⁹ In our technology-savvy population, mental health professionals are seeing an increasing trend of excessive Internet use or Internet addiction. Researchers in China, Taiwan and Korea have done extensive research in the field of Internet addiction. Screening instruments are available to identify the presence of Internet addiction and its extent. Internet addiction is frequently associated with mental illnesses such as anxiety, depression, conduct disorder and attention deficit hyperactivity disorder (ADHD).
Adolescents use the Internet for a variety of activities besides gaming; they frequently engage themselves with social networking, instant messaging, blogging and downloading information. Heavy Internet use has been associated with potential side effects, such as loss of control over the use of the Internet, adverse effects on other daily activities, emotional status and communication among family members.

Problematic computer use is a growing social issue which is being debated worldwide. Internet Addiction Disorder (IAD) ruins lives by causing neurological complications, psychological disturbances, and social problems. Surveys in the United States and Europe have indicated alarming prevalence rates between 1.5 and 8.2% [1]. There are several reviews addressing the definition, classification, assessment, epidemiology, and co-morbidity of IAD [2-5], and some reviews [6-8] addressing the treatment of IAD.

There is plenty of research on personality traits that explains its impact on human behaviors in different situations. However, there is sparse research available in the literature that explains how does personality traits affect innovativeness among individuals and satisfaction with life perceptions (subjective wellbeing). The current study proposes and empirically examines a conceptual model that addresses this important gap in the body of knowledge. Famous Big-Five personality traits theory is used to explain this phenomenon in this research.

In many ways the Internet allows us to be more productive and actually saves us a lot of time as we carry out our various day-to-day tasks. For example, it is much more efficient to do our banking online compared to actually going to a physical bank. Catching up with old friend on the other side of the world is only a click away. Renting a movie no longer requires a trip to a video store (and late fees for an overdue return.

The ability of personality traits to predict important life outcomes has traditionally been questioned because of the putative small effects of personality. Only evidence from prospective longitudinal studies was considered. In addition, an attempt was made to limit the review to studies that controlled for important background factors.
Tripathi A (2017) In the past few years internet addiction (IA) and internet gaming disorder (IGD) have become very frequent, leading to many personality and psychiatric disorders including low self-esteem, impulsivity, poor sleep quality, mood disorder, and suicide. IA has been included in Appendix III of the Diagnostic and Statistical Manual for Mental Disorders (DSM-5) as IGD. In addition, IA leads to many neuroanatomical and neurochemical alterations including cortical thinning of various components of the brain and altered dopaminergic reward circuitry.

Brent W. Roberts and Daniel Mroczek (February 2008) Recent longitudinal and cross-sectional aging research has shown that personality traits continue to change in adulthood. In this article, we review the evidence for mean-level change in personality traits, as well as for individual differences in change across the life span. In terms of mean-level change, people show increased self-confidence, warmth, self-control, and emotional stability with age. These changes predominate in young adulthood (age 20–40).

Smriti Kiran Saimons, Atindra Nath Dutta and Suvendu Dey (31 December 2016) Emotional maturity is not only the effective determinant of personality pattern but it also help to control the growth of adolescent’s development. The concept ‘Mature’ emotional behaviour of any level is that which reflects the fruits of normal emotional development. In the present study, the researchers accepted a sample of 200 students of secondary level students in Bilha and Kota blocks of Bilaspur district in Chhattisgarh. Among them 100 were boys and 100 were girls of Private and Government Schools.

Kapoor and Saumya (2014) as emotions do play central role in the life of an individual, one is expected to have higher emotional maturity in order to lead a effective life. It is also true that our behavior is constantly influenced by the emotional maturity level that we possess. Especially, the adolescents who are observed to be highly emotional in their dealings need to be studied. In view of this, an attempt is made in present study to find out the impact of emotional maturity of adolescents on their stress and self confidence.

Adel Mirzaei, Reza Nikbakhsh and Farideh Sharififar (2013) This article was aimed to investigate the relationship between personality traits with sport performance. The method of the study is descriptive correlational. The data was collected using questionnaires and through field
study procedure. The population of the study consisted of 229 non elite football and futsal players in the 2010-2011 season in Ardebil city.

**Betul Aydm and SerkanVolkan San (2011)**\(^{30}\) This study aimed to examine the role of self-esteem on adolescents’ Internet addiction. The sample of the study consisted of 324 adolescents from Trabzon, Turkey. “Internet Addiction Scale” and “Coopersmith Self-Esteem Scale” were used as data collection instruments. Obtained data were analyzed through Pearson-Product - Moment correlation coefficient and multiple linear regression analysis.

**Jamal Ashoori Dr (2016)**\(^{31}\) this research aimed to investigate the effect of cognitive behavioral therapy in improving happiness and emotional maturity of boy adolescents. The statistical population included all boy students at the ninth grade of Pakdasht city in 2015-16 academic years. This research was a queasy-experimental with a pre-test and post-test design that 50 student adolescent (each group 25 person) were selected by multistep cluster sampling method and randomly assigned to two group.

**Laura Parks-Leduc, Gilad Feldman, and Anat Bardi(January 2015)**\(^{32}\) Personality traits and personal values are important psychological characteristics, serving as important predictors of many outcomes. Yet, they are frequently studied separately, leaving the field with a limited understanding of their relationships. We review existing perspectives regarding the nature of the relationships between traits and values and provide a conceptual underpinning for understanding the strength of these relationships.

**Jennifer Czincz and Regina Hechanova (2009)**\(^{33}\) While the Internet has revolutionized the process of information gathering and communication in society; there has been mounting concern in the literature as to the effect of the medium on the individual. Researchers appear torn as to whether an individual can actually develop an addiction to the Internet.

**Kiran Lata Dangwal and Shipra Srivastava (2016)**\(^{34}\) Internet has been emerged as a most powerful tool for communication and exchange of information all over the world. More recently the web 2.0 tools has provoked a revolution and unlocked a new dimension in the field of communication and technology; this ongoing digital revolution has touched and turned almost
every sphere of life of its users whether its physical, social, emotional, moral or ethical. Findings revealed that the young internet users are not emotionally mature.

Marianne Habib, Grégoire Borst, Nicolas Poirel, Olivier Houdé, Sylvain Moutier, Mathieu Cassotti, (November 2013) Many studies indicate that adolescents are hypersensitive to rewards in salient socio-emotional contexts. However, little is known about adolescents' sensitivity to complex negative emotions. To study the development of the ability to experience regret and relief, children, adolescents, and young adults performed a gambling task in a socio-emotional context of competition, in which they were informed that their outcome would be compared with that of a competitor.

Sarah-Jayne Blakemore and Kathryn L. Mills (2014) Adolescence is a period of formative biological and social transition. Social cognitive processes involved in navigating increasingly complex and intimate relationships continue to develop throughout adolescence. Here, we describe the functional and structural changes occurring in the brain during this period of life and how they relate to navigating the social environment.

Corey L. M. Keyes, Kenneth S. Kendler, John M. Myers, Chris C. Martin (April 2014) The growing evidence that subjective well-being (SWB) produces an array of beneficial outcomes has increased requests for recommendations on how to promote it. Data are from the Midlife in the United States national sample of 1,386 twins. Analyses were done using Mx to test Cholesky decomposition models and a two latent factor common pathway model. One-third of the total (72%) heritability of flourishing and 40% of its environmental variability are distinct from the big-five personality traits.

Oliver C. Robinson, Erik E. Noltle, Jenguo, SamanehAsadi, XiaozhouZhang (December 2015) Four studies were conducted on young adults’ goals and plans to change personality traits. In Study 1, a new trait change goal assessment tool, the BF-TGI, found Neuroticism to be the most frequently cited trait for a change goal. In Study 2, data was gathered from the UK, Iran and China. Iran showed a higher prevalence of normative change goals than the UK and China. Study 3 investigated plans to change traits. Extraversion and Conscientiousness plans were more specific than for the other traits.
Mitchvan Geel, Anouk Goemans, Fatih Toprak, Paul Vedder (February 2017) Studies have shown that both Big Five and Dark Triad (Machiavellianism, narcissism, psychopathy) personality traits are related to traditional bullying and cyberbullying behaviors in adolescents as well as in adults. Increasingly, scholars call for sadism as an addition to the Dark Triad in the study of antisocial and delinquent behaviors. In the current study we analyze whether the Big Five, Dark Triad and sadism predict traditional bullying and cyberbullying.

Deepa Tanksale (March 2014) This study empirically examined the relationship between the Big Five personality traits and subjective well-being (SWB) in India. SWB variables used were life satisfaction, positive affect and negative affect. A total of 183 participants in the age range 30–40 years from Pune, India, completed the personality and SWB measures. Backward stepwise regression analysis showed that the Big Five traits accounted for 17% of the variance in life satisfaction, 35% variance in positive affect and 28% variance in negative affect. Conscientiousness emerged as the strongest predictor of life satisfaction.