

## Unit 5 - LOOKING FOR FUTURE,

Applying psychological research on internet and online counseling and support :

Cyberpsychology is a developing field that comprises all psychological phenomena associated with or affected by emerging technology . Cyber comes from the word cyberspace ,the study of the operation of control and communication , psychology is the study of the mind and behaviour .

### SOCIAL MEDIA AND CYBERPSYCHOLOGICAL BEHAVIOUR :

Although cyberpsychology includes other technological platforms such as cybertherapy and the ramifications of virtual reality ,the following section is focused on the effect of social media on human behaviour ,as it is the most prevalent for technology use .

### DEPRESSION :

Decreased self-esteem can increase depression. Facebook specifically is criticized for causing depression, especially among teenagers . Social psychologist ethankross ,the lead author of the study,stated that the research tracked how person's mood fluctuated during time spent on .

### NEGATIVE RELATIONSHIPS :

Couple that fit tis trend tend to express feelings of jealousy when their partner comment on person of opposite gender s wall .

### Addictive behaviour :

Recent studies have shown a connection between online social media such as Facebook use to addictive behaviour,emotion regulation, impulse control,and substance abuse. This may be

because of people are learning to access and process information more rapidly and to shift attention quickly from one task to the next .

#### EATING DISORDER :

Internet behaviour leads to eating disorder .

#### ONLINE COUNSELING :

Online counseling bus an alternative to traditional coun counseling sessions. During online counseling therapy , professional counseling services are offered through the internet . Counseling provided by psychologists , psychiatric, online counsellor and trained professionals can make huge impact on mental health and quality of life of individual , families and communities.

The online counsellor Neill conduct sessions through email ,text message, online chat ,internet enable calls and video conferencing . The therapy sessions can occur in real time or in a delayed format like email messages .

It allows people to take up therapy as per their convenience without hampering their daily schedules .

Online counseling is one of the most suitable ways to seek help especially if you have concerns about speaking to your therapist in person . People can greatly succeed from issues such as sadness , worrying, stress, depression, phobias ,marital problems

## **FLAMING AND ANTISOCIAL BEHAVIOUR**

**Flaming** is the online act of posting insults, often laced with profanity or other offensive language on social networking sites. **Flaming** emerged from the anonymity that Internet forums provide cover for users to act more aggressively. Anonymity can lead to disinhibition, which results in the swearing, offensive, and hostile language characteristic of flaming. Lack of social cues, less accountability of face-to-face communications, textual mediation and deindividualization are also likely factors. Deliberate flaming is carried out by individuals known as flammers, which are specifically motivated to incite flaming. These users specialize in flaming and target specific aspects of a controversial conversation. While these behaviors may be typical or expected in certain types of forums, they can have dramatic, adverse effects in others. Flame wars can have a lasting impact on some internet communities where even once a flame war has concluded a division or even dissolution may occur.

The individuals that create an environment of flaming and hostility lead the readers to disengage with the offender and may potentially leave the message board and chat room. By leaving the flaming situation, the reader has reacted calmly with limited misinterpretations. The continual use of flaming within the online community can create a disruptive and negative experience for those involved and can lead to limited involvement and engagement within the original chat room and program.

Jacob Borders, in discussing participants' internal modeling of a discussion, says:

Mental models are fuzzy, incomplete, and imprecisely stated. Furthermore, within a single individual, mental models change with time, even during the flow of a single conversation. The human mind assembles a few relationships to fit the context of a discussion. As debate shifts, so do the mental models. Even when only a single topic is being discussed, each participant in a conversation employs a different mental model to interpret the subject. Fundamental assumptions differ but are never brought into the open. Goals are different but left unstated. It is little wonder that compromise takes so long. And even when consensus is reached, the underlying

assumptions may be fallacies that lead to laws and programs that fail. The human mind is not adapted to understanding correctly the consequences implied by a mental model. A mental model may be correct in structure and assumptions but, even so, the human mind—either individually or as a group consensus is apt to draw the wrong implications for the future.

## TYPES OF FLAMING

### **Flame trolling**

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Flame trolling is the posting of a provocative or offensive message, known as *flame bait*, to a public Internet discussion group, such as a forum, newsgroup or mailing list with the intent of provoking an angry response (a "flame") or argument.

### **Flame war**

A flame war results when multiple users engage in provocative responses to an original post, which is sometimes flamebait. Flame wars often draw in many users including those trying to defuse the flame war, and can quickly turn into a mass flame war that overshadows regular forum discussion.

### **Mass flamewar**

A mass flamewar is a flamewar that grows out of a single post or comment into multiple other comments or posts quickly, in the same area where the original post was in. The mass flamewar usually lasts for multiple weeks or months after the first post was posted and died out.

### **Political flaming**

Political flaming typically occur when people have their views challenged and they seek to have their anger known. Through the covering of one's identity people may be more likely to engage in political flaming. In a 2015 study conducted by Hutchens, Cicchirillo, and Hmielowski, they found that "those who were more experienced with political discussions—either online or offline—were more likely to indicate they would respond with a flame", and they also found that

verbal aggression also played a role in a person engaging in political flaming.

### **Corporate flaming**

Corporate flaming is when a large number of critical comments, usually aggressive or insulting, are directed at a company's employees, products, or brands. Common causes include inappropriate behavior of company employees, negative customer experiences, inadequate care of customers and influencers, violation of ethical principles, along with apparent injustices and inappropriate reactions.

### **ONLINE SUPPORT:**

Online support groups are expanding as the general public becomes more comfortable using computer-mediated communication technology. These support groups have certain benefits for users who may not be able to or do not have the desire to attend face-to-face sessions. Online support groups also present challenges when compared to traditional face-to-face group communication. Communication difficulties may arise resulting from lack of visual and aural cues found in traditional face-to-face communication. Online support groups have emerged within health care as a result of the need individuals have to know more about health conditions they are confronting. The proliferation of these online communities may provide an opportunity for health educators to reach target populations with specific messages.

Social support groups provide mutual aid and self-help for people facing chronic disease, life-threatening illness and dependency issues (Cline, 1999). The literature indicates such groups exist for diseases such as Alzheimer's disease, ankylosing spondylosis, breast cancer, brain cancer, prostate cancer and epilepsy. Negative results from support groups have been reported (Galinsky and Schopler, 1994). However, benefits that accrue from use of social support groups include enhanced quality of life, improved decision making and increased survival time (Spiegel 1989, Spiegel, 1994; Cline 1999). Braithwaite state that social support groups offer a holistic and cooperative approach to meeting cultural and social needs,

resulting in a sense of empowerment (Braithwaite 1999).

## **Benefits of online support**

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There are many benefits associated with online support groups (Finn, 1995, 1999; Madara, 1997). With asynchronous communication, participants in online groups have access 24 h a day, 7 days a week, at times most convenient to them. Asynchronicity allows individuals to carefully develop responses at their own speed. Geographic and transportation barriers are absent. People with mobility problems, speech and hearing difficulties or caregiving responsibilities can participate with ease.

In particular, people with stigmatizing disorders like AIDS or breast cancer, or persons recovering from sexual abuse may find online support a more welcoming venue to discuss sensitive issues. The anonymity provided by online groups allows discussion of potentially embarrassing topics or otherwise taboo subjects, increases the possibilities for self-disclosure, and encourages honesty and intimacy.

## **DANGER OF BAD ADVICE**

**1). It stops forward momentum.** All it takes is one bad decision to kill any semblance of momentum you have in your life. Whether it's a career, a relationship, or your finances, bad advice can bring everything you've worked for screeching to a sudden halt. That's what happened with Absalom. If he would have continued to push, David would have surrendered and the kingdom would have been solidified under Absalom.

**2). It capitalizes on your fears.** The genuine fear that Absalom had was that he would overplay his hand by attacking immediately. What if David counter-attacked and defeated Absalom because he wasn't at full strength? Hushai capitalized on that fear and cautioned inaction

when action was needed. When we allow fear to rule us we gravitate towards advice that capitalizes on those fears, even if it's bad advice.

**3). It has consequences for years to come.** The reason we read about King Solomon, the ultimate successor of David, rather than King Absalom, was because he listened to bad advice. The kingdom was his, and he squandered it. Some of you reading this right now are still paying the consequences of the bad advice you listened to years ago.

## **CYBER VICTIMIZATION**

With the emergence of digital technology, cyber bullying has received increased attention from researchers, teachers/schools, parents, children/adolescents, and the general public. Cyber bullying, a new form and extension of face-to-face bullying, occurs when bullies target victims via cyberspace (Smith, Mahdavi, Carvalho, Fisher, Russell, & Tippett, 2008). Bullies might target victims through emails, instant messaging, chat rooms, social networking sites, and text messages. Furthermore, this form of bullying aims to be intentionally humiliating, tormenting, threatening, or harassing to the victim (Griggs, 2010). Cyber victimization can occur one-on-one, among groups, or include a mass audience (Dooley, Pyzalski, & Cross, 2009).

Due to the psychosocial adjustment difficulties associated with cyber victimization, researchers have directed their attention to factors which might buffer or reduce the negative effects of experiencing cyber bullying. One such factor is the mediation of adolescents' technology usage by various agents (Livingstone & Helsper, 2008; Van Den Eijnden, Meerkerk, Vermulst, Spijkerman, & Engels, 2010). Though in its infancy, most of this research focuses on parental mediation and how such mediation affects adolescents' experience of cyber victimization. Parental mediation is defined as the strategies that parents use to manage the relationship between their children and media (Livingstone & Helsper, 2008).

## **CYBER DEVIANCE**

**Cyber-deviance** is a large umbrella capturing a wide range of behaviors from web surfing, time, and productivity theft to more

serious forms of cyber bullying, virtual harassment, and disclosure of proprietary or sensitive information.

Illegal downloading of software, movies and especially music has become an increasingly contentious issue. Setting aside the moral and legal debate of what pertains lawful and unlawful downloading (for a good discussion see Cluley, 2013), a number of studies have tried explain downloading and online piracy. The two most widely used theoretical frameworks are social learning theory and self-control theory. In support of the social learning perspective Hinduja and Ingram (2009) found that real-life association with deviant peers was the biggest predictor of music piracy, although online peers and online media were also significant factors. Morris and Higgins (2010) employed vignettes and asked their respondents “How likely would it be for you to [go on-line and find a copy of the movie and download it for free, download the CD illegitimately under these circumstances, to have friends ask you to make a copy it]” to measure the possibility of digital piracy. The results indicated at modest support for Aker’s social learning theory (Morris & Higgins, 2010). Lastly, lending credence to the social learning approach, Navarro et al. (2014) found that associating with deviant peers increased an individual’s likelihood of committing software, movie or music piracy.

Besides the social learning theory the next most frequently used theoretical approach is the self-control theory, also known as the general theory of crime. (Gottfredson & Hirschi, 1990) It is most widely used in criminology. Bossler and Burruss (2011) used the classic self-control theory developed by Gottfredson and Hirschi to analyze hacking. While some scholars argue that being a hacker means having self-control, discipline and the commitment to learn systematically (Holt & Kilger, 2008; Jordan & Taylor, 1998), Bossler and Burruss (2011) refer to Gottfredson and Hirschi, contending that most hacking is simple and thus self-control plays an important role. Previous studies have shown that there is no connection between self-control and hacking intentions (Gordon & Ma, 2003), however, a growing body of evidence suggests that self-



control is in fact related to hacking in a significant way (Bossler & Burruss, 2011; Donner, Marcum, Jennings, Higgins, & Banfield, 2014; Holt et al., 2012). Apart from the two aforementioned theories, researchers have linked parent–child relationships and depression (Kong & Lim, 2012), willingness to hack (Beebe & Guynes, 2006), and risk propensity and rationality (Bachmann, 2010) to hacking behavior. In addition, introversion has been associated with hacking and related computer crime activities (Rogers, Seigfried, & Tidke, 2006), however others found no such connection (Seigfried-Spellar & Treadway, 2014). Seigfried-Spellar and Treadway (2014) suggest that the stereotypical argument about the Net Generation or the digital native hackers being introverted tech geeks has become moot, as everyone growing up now is much closer to technology by default. A qualitative study of 54 self-professed hackers in Israel revealed that hacking for them is a form of entertainment, with the purpose of seeking fun, gaining knowledge, and showing off their skills (Turgeman-Goldschmidt, 2005). Moreover, hackers often see themselves as positive deviants and lack shame no matter how serious their offenses are (Turgeman-Goldschmidt, 2008). They also deny their guilt by blaming the victim (Young et al., 2007). Self-proclaimed hackers oftentimes think that the chances of punishment for hacking are smaller than for shoplifting, although the general student population believes in the opposite (Zhang, Young, & Prybutok, 2008). This could explain their easy-going attitude towards hacking and its possible consequences.

## **PREVENTION OF THE NEGATIVE EFFECTS**

While there is no denying the fact that technology has changed the modern life for better, at the same time, negative effects of the same technology on the health cannot be ignored either. The increasing use of the technology is adding to the unnecessary stress and hassle to the life.

An increasing number of people are struggling with sleeping disorders, restlessness, and other such adverse effects. To negate these effects, it

is essential to make some changes in the lifestyle immediately for a healthy and stress-free living.

Some of the ways you can achieve this goal are given below:

### **Limit the use of gadgets**

Start with limiting the use of the gadgets such as smartphones, laptops, tablets, the internet, etc. Set strict rules for yourself like checking social media only twice a day or not checking phone after 9 PM. Remember this works as addiction and necessary steps should be taken to combat that to safeguard our health.

### **Get a comfortable, good night sleep**

One of the major ways technology is affecting lives by causing sleeping disorders like interrupted sleep, no sleep at all, etc. Need is to correct your sleep cycle to have a good night's, uninterrupted sleep, every day. Make your sleeping place calm, free from gadgets.

Next, comes is a good mattress that supports your posture, spine alignment and is right for your body. Do remember that a wrong mattress can add to the already harmful effects of technology. There are a number of affordable options available in the market.

Make the right choice of best cheap memory foam mattress, which aids in making you get a stress free and good night's sleep.

### **Avoid rushing for everything**

Technology makes us very restless because we want to get hold of latest news, before anyone else does. There is no harm in taking things, at a light pace. You are not supposed to read every single piece of the article available on net or print it. Try to stay calm and take up things which you can handle, at a time.

### **Buy a planner**

To avoid stress in life due to technology, try to make things organized. Start with buying a planner and making a schedule that works for you. Like what time you should be doing what, for how many hours, what time you should get to the bed, etc.

### **Strive for healthy lifestyle**

Following are some of the basic steps you need to attain a healthy lifestyle in the long run:

- Keep a regular schedule for sleeping and getting up
- Avoid heavy meals and alcohol intake before bedtime
- Do regular exercise
- Do not depend on the alarm clock for everything
- Minimize the noise and clutter near your sleeping area
- Give importance to your mattress and sleeping.

Being conscious about using the better aspects of technology so that we are not getting affected adversely is something we need to focus on. It is important to realize that this is a tool to make the lives better and not otherwise.