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A Psychological Study on the Impact of Internet and Social Media Use on the Modern Family Corporation

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Abstract: According to the current individual mindset, modern man is facing loneliness in the society of a monotonous lifestyle. In finding solutions to the vacuum that arises here, the use of the Internet and social media has become prominent in society. Although technology is important in life, if it is not properly controlled, it can be a major cause of the breakdown of family relationships. Therefore, the research problem here is to study the impact of the use of the Internet and social media on the modern family corporation. This research was conducted using a simple random sample of 350 data contributors in Nivitigala Divisional Secretariat Division and Ratnapura Divisional Secretariat Division. 78% of families use technological devices for 3–5 hours a day and 65% indicate that the time spent with family members has decreased. It was also possible to identify problems of illicit relationships through the Internet and damage to individual privacy. It was possible to identify that the mother or father uses time that should be allocated for household duties to surf social media and the Internet. This leads to inconvenience in sharing responsibilities within the family. It is clear that the use of the Internet and social media has created a major problem in terms of family safety and related responsibilities. The use of the Internet and social media affects the time sharing and attention to safety of family members. With the increase in the use of the Internet and social media, the consumption of money by family members has increased. Due to various fashions and advertisements displayed on social media, excessive spending among family members and spending money on non-essential goods and services could be identified. Due to these excessive expenses, family financial security has decreased, and problems have arisen in family financial planning and management. Accordingly, it is important that programs to educate modern society about the use of the Internet and social media be implemented at the state or school level, and it is important to initiate awareness about the consequences of its misuse.

Keywords: Internet, Social Media Use, Family, Addiction

1. Introduction

The process of human beings exchanging their ideas with each other can be simply presented as communication. With the advancement of technology, communication has become a very simple act nowadays. With the advancement of today's technology, there has been a tendency for personal relationships to break down. According to the current individual mindset, the current human being is facing a certain loneliness in the society of a monotonous lifestyle. In order to find solutions to the vacuum that arises here, the use of social media has become prominent in the entire society. Although the family unit was scattered around television and radio media in the past, an individual-centered space has been created in the communication process through today's social media. Therefore, the form of heterogeneous social and individual needs has also spread in various directions. Due to the addiction of today's society to social media, the reduction of mutual interaction is widely seen in society.

Although humans in different countries of the world have a long history, it seems that it has taken a long time for them to get to know each other. It is clear that a good coexistence between people has been established with the development of communication. Furthermore, the knowledge and educational level of man have also developed rapidly with the development of communication. It is true that the use of the Internet and a large number of cultural problems have arisen today. Currently, the Internet is used in almost every country in the world. With the rapid spread of Internet use, its impact on society has also grown. With this development, a new culture related to the Internet is being built. Any person from any place in the world can access the Internet. The Internet is a multi-purpose medium that can be used to effectively accomplish human social, economic, political, entertainment and various tasks. However, the Internet has been introduced as a medium that degrades human life through various aspects of social, economic, political, entertainment and various aspects. A study conducted by Kimball S, a famous psychologist, on 436 people who are heavily involved in the Internet has shown that people who are addicted to the Internet have some kind of mental illness. It is also stated that due to Internet addiction, family institutions have broken down and other love relationships have turned to sexual

relationships. The Internet is not a medium that is under the control of any person. It is simply a medium without restrictions. Therefore, using the Internet is like eating milk with a razor blade. In particular, people are tempted not only to watch sexual scenes on the Internet but also to have various types of sexual relationships. Sexual relationships that occur over the Internet have become a big business in the world. However, when examining many of the problems that occur today centered around the phenomenon of the family, technology is the root cause. Therefore, this research is conducted to study the extent to which the Internet and social media affect the breakdown of family relationships.

3. Material and Methods

Sabaragamuwa Province is one of the 9 legal provinces of Sri Lanka and consists of the two districts of Kegalle and Ratnapura. It is located in the south-central part of the island and plays a particularly important role both ecologically and economically. North: Central Province South: Southern Province West: Western Province East: Close to Eastern Province. Sabaragamuwa Province is a geographically, economically and culturally important province for Sri Lanka and has a population of 105,000 - 110,000 and a population density of 600 - 630. Accordingly, Nivitigala Divisional Secretariat Division, Ratnapura District, Sabaragamuwa Province was selected as the study area. Interviews and questionnaires were used as a mixed method to conduct this research.

4. Results and Discussion

4.1 Communication Weaknesses in the Family

According to the data analysis of the psychological research on the impact of Internet and social media use on the modern family corporation, it was confirmed that many of the 350 total contributors were experiencing communication breakdowns in the family. According to the data analysis of the psychological research on the impact of the use of the Internet and social media on the modern family institution, it was confirmed that many of the 350 participants are experiencing communication breakdowns in the family. In particular, the high growth of the use of the Internet and social media has reduced face-to-face or direct communication between family

members, and on the contrary, it is seen that family relationships have weakened due to the excessive time spent on social media messaging. It was identified that problems that should be exchanged between family members, attempts to convey blessings online, and lack of thoughtfulness in direct communication were identified. Therefore, there has been a strong impact between the quality of communication and family relationships, and this was identified as a characteristic that affects family peace and unity.

As indicated by the research, excessive dependence on social media and contact with others at various times in personal life have led to a decrease in direct communication and closeness between family members. This causes problems with trust, honesty, etc. The online events also allow for other people to share their experiences, such as, “success stories” with other people. A person who is not satisfied with their romantic relationships often seeks attention and support from others through social media, which has damaged trust. The time spent on social media reduces the time spent on family discussions, meeting and talking. This has led to other members feeling neglected and trust has been eroded. The use of family events such as meal times and birthdays for social media and posting photos can also weaken relationships. This has also raised other issues about love and trust. The most serious problem is the emergence of suspicion and unnecessary assumptions based on social media. The partner’s activities such as pictures and messages of other people create suspicion, and various problems have arisen due to such suspicions.

4.2 Weaknesses in Sharing Roles Between Mother and Child

This study identified significant problems in the sharing of roles between mothers and children in the family. Collectively, it can be seen that a mother or father devotes the time that should be allocated for daily household tasks to activities on social media networks. This leads to difficulties in sharing roles within the family. For example, a father who is busy with his phone at night instead of helping his children with their studies not only harms the child's educational progress, but also recognizes that they perceive the responsibility for it as belonging solely to the mother.

Due to spending time focusing on social media, a mother or father has forgotten about their daily household chores. This is a heavy burden on other family members and has

reduced the patience of those who are not responsible for the tasks that should be done collectively. Such situations have created disputes, guilt and crises in the family. Children are addicted to social media and gaming apps during their free time, and they do not do their assigned household chores, such as cleaning their rooms and helping with cooking. This causes additional responsibilities and mental stress for adults. As William J. Good points out, the only social institution that develops in a formal way in human society is the family institution. It may vary from society to society. But the functions of giving birth to children, physically maintaining family members, assigning social identity to children, socialization and social control are present in any society. He states that the family in ancient society was an extended family and the family in modern society is a conjugal family. But the function is forgiveness in every family. Accordingly, it is clear that these essential functions have not been fulfilled in this research.

4.3 Disruption of Family Peace

Internet activities and social media coordination affect family peace, creating gaps in understanding and trust between parents, children, and other family members. Due to the disruption of family peace, an increase in problems in families was identified. The data analysis of this psychological research clearly shows that 72% stated that peace in the family has been disrupted, while 20% said that family disputes and problems still exist. The remaining 8% said that family peace still exists. These percentages indicate that the use of the Internet and social media has disrupted family peace and unity and increased disputes.

The use of the Internet and social media has had a major impact among the technological trends of the 21st century. In particular, it was clear from this data analysis that family disputes, the increase in domestic violence, and the breakdown of peace are associated with the use of social media and the Internet. Individuals have the ability to connect with a large number of people through social media. This leads to hidden communication, extramarital affairs and trustless in marriage and family relationships. The breakdown of trust has resulted in domestic disputes and even domestic violence. Family members forget their responsibilities because they spend their time on social media. Mothers or fathers have forgotten to take care of their children. It was understood that children and other family members behave in a way that is objectionable,

argumentative and then violent. People compare their lives with the lives of others through the views posted on social media. This has provided a basis for unhappiness, frustration and conflicts. As identified in this study, sharing internal family problems or criticizing others through social media is a frequent occurrence, especially regarding women in the household. This not only disrupts family peace, but also leads to violence. Due to technological addiction, household chores, responsibilities and communication are reduced. This has directly broken desires, feelings, and normal relationships. Even children have been subjected to this situation, which has led to confusion in the family. It was identified that domestic violence has arisen in the family due to the exposure of hidden relationships through social media, and the resulting tension and anger. With the sharing of false information, news, and hot topics on social media, family members are caught up in various conflicts and arguments. Such conflicts have even led to the spread of violence.

4.4 Decreased attention to safety in the family

In the data analysis of this research, 68% said that the attention to safety in the family has collapsed due to the use of the Internet and social media. Furthermore, 22% said that the attention has decreased to a very high level. The remaining 10% stated that the attention to family safety is still there. According to these percentages, it is clear that the use of the Internet and social media has created a big problem in the reduction of attention to family safety and related responsibilities. The use of the Internet and social media affects the time sharing and attention to safety of family members. Providing essential safety to children and providing a safe and good environment for parents and family members is always difficult due to the use of the Internet and social media. Since family members spend a lot of time on social media, it seems that they are unwilling to provide a good view and safety to young children or do not pay attention to them.

4.5 Development of informal relationships in the family

In this psychological research, 68% of the respondents identified that informal relationships and problems have arisen in the family due to the use of the Internet and social media. Furthermore, about 20% stated that there are probably problems related to this, and 12% indicated that there is no relevant effect. Accordingly, the use of the

Internet and social media can be considered as a major reason for the breakdown of family peace and intimacy. Due to excessive time spent on the Internet and social media, direct communication between family members has decreased. As a result, it was identified that there is a reluctance to strengthen mutual understanding and relationships between family members. The fact that other-party relationships and attention are directed towards other people on social media have become the causes of the breakdown of family peace and trust. In particular, the emergence of informal relationships through the Internet and the creation of distance between family members were widely identified.

The use of the Internet and social media has also exacerbated this problem by dividing family members' time into different ways, reducing love and mutual attention. In particular, the breakdown of trust, peace of mind, and family unity are the main consequences of these problems. Informal relationships are when a person who is married or legally bound has an affair with another person outside of that relationship in a way that violates the boundaries of the family. This research has identified that this has always caused stress, sadness, distrust, and a number of psychological problems for other family members. Informal relationships have arisen due to factors such as the family partner's children, social role models, and social media influences. Business pressures, long-term separations, and communication weaknesses have also contributed to this.

4.6 Exposure to various addictions

According to the data analysis of this psychological research, 68% say that drug addiction and sexual addiction have increased in the family due to the use of the Internet and social media. These addictions have led to breakdowns and problems in family relationships. It was identified that sexual addiction is easily accessible through the Internet, and especially the young generation is quickly drawn to such content. Also, facilitating sexual and drug addiction through drug-related information, promotion, and isolation has increased such problems. These addictions have destroyed family peace, reduced trust and love, and caused arguments and problems between family members. In particular drug addiction has complicated these problems by increasing family economic instability, health problems, and mental disorders, and by reducing family peace and security due

to sexual addiction. With the increase in the use of the Internet and social media, drug addiction-related problems have become a social and psychological problem that is strongly visible in modern families. The youth in particular have become victims of drug-related information, communication and advertisements online. This research identified that the feelings of helplessness, stress and comparison with others on social media have led them to drug use. It was identified that the normalization of drug use on platforms such as YouTube and TikTok has made the youth feel that this is something they should try. This situation has caused many problems in families. The behavior and actions of drug users have disrupted family peace. Psychotic acts, economic instability, irresponsibility, and threats to the safety of children have caused severe stress to other family members.

4.7 Legal Issues and Family Security

The data analysis of this research reveals that 62% say that they find legal answers to family problems through the Internet and social media. However, this trend has also proven to be a cause of increased legal problems in families. Although it is important to seek legal advice or information on the Internet and social media, this research identified that it can sometimes lead to incomplete, false or unreliable information. Acting on this information by family members has been a major cause of various problems. The main problems here are the occurrence of many lawsuits due to false legal advice obtained from the Internet and the breakdown of family peace. Also, the fact that the Internet has been given a greater role in family problems without obtaining correct legal advice has led to the development of these problems. To prevent the emergence of such problems, programs to provide legal advice and guidance for family problems should be implemented. Providing accurate, professionally guided legal knowledge online and providing expert counseling facilities can minimize these problems. Providing correct guidance for family members for legal and psychological relief is essential to maintain social peace and family unity.

4.8 Time management issues

Since most of the day is spent on social media, spending time with family members has become limited. Important tasks such as housework, helping children with their studies, and preparing meals are being neglected. Daily

social media use has been reported to cause one to forget one's responsibilities. Especially, there is a decrease in the father's household responsibilities and the educational and food preparation activities of the mothers of the children. The time spent on sleep has decreased due to repeated reading, watching movies, and watching TV. Not only the father or mother, but also the children are seen to forget schoolwork due to social media addiction. By constantly focusing time on the phone, normal live discussions and lively communication have decreased. Many of these people say that they often hear parents or children say, "I don't have time to talk." Postponing tasks with phrases like "I'll do it later" and "later" has become a habit in life. Internet use is a primary reason for this. As is clear from this data, family time management has been disrupted due to the excessive time spent on the Internet and social media. This has disrupted family peace, cooperation, and responsibilities.

4.9 Privacy violation

The majority say that their privacy has been violated by others (partners, stalkers, or friends) posting their photos, children's information, and private messages on social media without their permission. 64% of data contributors say that they have been stressed out because they have been constantly monitored by people they know or don't know through fake accounts. It was identified that a family member's postings or have caused arguments, suspicions and disputes. This has especially led to a breakdown of trust between couples. A group of data contributors say that their social media messages, social media posts or social media posts have caused a major breach of trust. It was identified that they have been subjected to such harassment and abuse due to the posting of children's photos, school information, etc., and they have also resorted to legal action for this. Female respondents in particular indicate that their personal safety has been compromised by trends such as fake news, fake accounts, and fake accounts received on their social media accounts. Loss of personal relationships was identified due to misinformation about family members or friends on social media, marital problems, and other issues.

4.10 Growing Educational Problems

The data clearly shows that this practice has hindered the ability of family members, especially children, to pursue

education. About 72% indicate that children spend the time they should be spending on social media and the internet every day. This has reduced their study time and reduced their efficiency. It was further understood that children's ability to focus on lessons has been impaired. Watching confusing and fast-paced visual content on platforms such as TikTok, YouTube, and Instagram has made it difficult to maintain attention during educational activities. As values such as followers on social media have become prominent, their focus on personal educational goals has decreased. 58% indicate that children do not give the necessary priority to education even in a competitive environment. It was identified that sleep-related hours have been distorted due to the use of mobile phones. Lack of sleep due to activities such as chatting late at night has hindered their interest in the new day's lessons. This has especially affected school-age children. Yes. Due to the daily use of devices such as mobile phones and televisions by most families, children do not have the necessary environment for educational activities at home. As a result, the attractiveness of studying at home has greatly decreased. According to this data, it is clear that the educational activities of children in modern families have been severely affected due to the excessive use of the Internet and social media. It was identified that children have reduced their ability to manage time and their real life goals, responsibilities and educational objectives have been pushed to the back burner.

4.11 Stress

68% indicate that spending too much time on social media and reducing real-life relationships has increased feelings of loneliness. At the same time, comparing one's life with someone else's has also caused mental stress. According to data analysis, 61% indicate that unrealistic lifestyle portrayals based on social media have caused unhappiness, failure, and depression in their lives. 59% are anxious and fearful due to the need to respond to constantly incoming messages and new information. This has especially affected adults and growing youth. 65% indicate that their sleep patterns have been distorted due to spending many hours in front of a screen every night. 52% indicate that their ability to maintain attention has decreased due to watching fast and short videos on social media.

It was also identified that there is confusion in behaviors such as anger, frustration, and disappointment. Based on

the maximum body structures and styles shown on social media, 48% of young women in particular indicate that they are unhappy with their appearance and have a frustrated mood. 42% indicate that they or their children have been subjected to situations such as cyberbullying, trolling, and unwanted messages on social media. This has a strong impact on mental peace and security. According to the data, it is clear that due to the increased use of the Internet and social media, family members, especially children and young people, have been subjected to psychological stress. That is, they have become separated from the real world.

Accordingly, it was identified that depression is associated with Internet addiction and has negative consequences through it. Mental stress is a condition that occurs when a person faces serious needs and obstacles in their daily life. It can be an acute or long-term condition. Several ways in which this stress can develop due to the use of the Internet and social media were identified. Constantly obtaining information through social media, constantly seeing reports, news, announcements and other people's life trends have caused constant stress. The successful lives, exhibitions and images of other people have had effects such as realizing that one's life is worthless. Constantly checking social media due to the fear of losing friends or disappearing, which has increased stress, were identified here.

This research found that sleep deprivation and sleep delay due to social media use are another factor that can cause stress. In a study by Efek Jihajakadataha (2024), the relationship between social media use among professionals was examined. Accordingly, this study identified a relationship between social media use and stress.

A Lebanese study found that social media use is associated with depression, anxiety, and sleep problems. A somewhat heated response to emotional feelings caused by encountering false or additional information in a depressed person was also identified as a cause of stress. The fear of revealing personal messages, data exchanges, and confidential information, and the acceptance that all knowledge including social media accounts can be seen by other people, increased stress.

This mental stress has developed due to seeing one's own life as weak by seeing the successful lives of other people as role models. Mental health can only be maintained

when internet use is used appropriately with attention and limits. Unnecessary use of social media causes stress, discontent, and distrust in the family.

5. Finding solutions to family problems through artificial intelligence technology

With the rapid growth of the use of the Internet and social media, high-tech solutions, especially artificial intelligence: The search for solutions has been innovative, but they are not suitable for the problems that arise in real relationships. It has developed into a breakdown in direct communication, lack of trust, loss of sensitivity, and even a violation of privacy. Accordingly, although artificial intelligence technology can be used as a helper, it was identified in this research that using it as the main solution to family problems has led to the emergence of other problems.

6. Deep fake technology and trust issues

The data contributors indicate that the family's trust has been broken by inaccurate fake images or videos about themselves or people in their lives. Even if this information is false, it is difficult to identify it at the initial stage, which has led to a breach of trust. It can be identified that the trust has been broken by creating false propaganda about relationships with other people using fake technology on social media and showing it to a family member. The safe environment of the family has also been broken by creating fake images and videos of children using fake technology. This has caused severe psychological stress among parents. Many people indicate that they have been mentally stressed due to the breakdown of trust through fake technology and have felt sad and lonely. Artificial intelligence and fake technology have made it difficult to distinguish between truth and falsehood, which has led to suspicion and opposition in family discussions. It is also clear that the distribution of false information through social media has led to suspicion even for mistakes that were not committed.

"I started a romantic relationship with a person I met on Instagram. I went to meet him. It was only after that that I found out that he was twenty years older than he told me, which means he was about fifty years old. But he had edited his photos so that I could not recognize that"
Karawita area, 2025.05.18"

With the acceptance of such content as truth without understanding deep fake technology, the breach of trust

has rapidly occurred. It has also led to various conflicts within the family. In order to protect the modern family institution, it is especially important to develop an understanding of technology and maintain direct communication. Accurately identifying deep fake technology and separating truth from problems is essential to securing living relationships.

7. Conclusion

According to this study, the specific points identified can be reviewed as follows.

Although it is easy to connect remotely through technology, there is a decrease in direct communication, less conversations between parents and children, and a breakdown in relationships between friends. Live communication has been lost due to the young generation's complete dependence on social media. Traditional communication based on voice, eyes, and emotions has been distanced. This is why family relationships, trust between friends, and social perspectives are being broken. Due to the high growth in the use of the Internet and social media, face-to-face or direct communication between family members has decreased, and on the contrary, family relationships have been weakened due to the excessive time spent on social media messaging. It was identified that problems that should usually be shared between family members, attempts to convey blessings through the Internet, and lack of thoughtfulness in direct communication were identified. As a result, there has been a strong impact on the quality of communication and family relationships, and this was identified as a characteristic that affects family peace and unity.

With the growth of the use of the Internet and social media, problems related to drug addiction have become a highly visible mental problem in modern families. Excessive addiction to social media and contact with others at various times in personal life have led to a decrease in direct communication and closeness between family members. This leads to problems of lack of trust, honesty, etc. Situations that occur on the Internet also allow for emotional deception with other people. A person who is not satisfied with their romantic relationships often seeks attention and support from others through social networks, which has damaged trust.

The time spent on social media has reduced family discussions and social interactions. This has led to a loss of trust and has led to a feeling of being ignored by other family members. Children have been exposed to illegal or inappropriate social media use without proper guidance. This loss of parental trust has also led to the breakdown of strong family relationships. Spending time on social media has caused a mother or father to forget about their daily household chores. This is a burden on family members and has led to disagreements between family members due to not doing the tasks that should be done together. Such situations have created disputes, feelings of guilt and crises in the family. Children are seen using social media and being addicted to gaming apps during their free time, and not doing the household chores that are assigned to them, such as cleaning their rooms and helping with cooking. Social media allows individuals to connect with a wide range of people. There is a possibility. This has led to hidden communication, extramarital affairs and a lack of trust in marriage and family relationships.

The lack of trust has led to domestic disputes and even domestic violence. Mothers or fathers have forgotten to take care of their children. It has been understood that children and other family members behave in a way that is objectionable, argumentative and violent after such risky behavior. People compare their lives with the lives of others through the views expressed on social media. This has led to unhappiness, frustration and conflict.

Also, the promotion of drug-related information and isolation have facilitated sexual and drug addictions. These addictions have disrupted family peace, reduced trust and love, and caused arguments and problems among family members. In particular, drug addiction has led to family economic instability, health problems and mental disorders, and sexual addiction has reduced family peace and security.

The main problem here is the breakdown of family peace due to false legal advice obtained from the Internet. In addition, the fact that the Internet has been given a greater role in family problems without obtaining correct legal advice has led to the development of these problems. It was identified that they have been subjected to cyberbullying due to public postings such as children's photos and school information, and for this, they have also resorted to legal action.

It was found that the failure of family financial management has led to distrust, tension, frequent arguments and economic instability among family members. In particular, the lack of agreement on spending decisions and the inequality in sharing financial responsibilities have led to the breakdown of family peace. Informal relationships are when a person who is married or legally related has a relationship with another person outside that relationship in a way that violates the boundaries of the family.

This research has identified that this has always caused stress, sadness, distrust and many psychological problems for other family members. Children in the family have resorted to informal relationships due to factors such as social role models, social media influences. Business pressures, long-term separations and communication weaknesses have also contributed to this. Every person has different feelings about their life, but in many cases there is a tendency to compare their life, abilities, assets, image, achievements etc. with other people. This type of comparison has increased nowadays, especially through social media. This is because people.

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