

Assessing the Knowledge on Internet Addiction and Cybersecurity: A Literature Review

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ABSTRACT : The Internet of Things (IoT) is a significant research topic with many challenges and affects many areas of our lives, including healthcare. The purpose of this paper is to examine the current state of knowledge on Internet addiction and online privacy and security issues, with a focus on identifying gaps in the literature, quantifying the research, and areas in need of further research. This paper aims to provide guidance for creating insightful and helpful systematic literature review articles in the field of International Business. In this paper, we present a thorough review of the different security and privacy risks, which threaten the well-being of OSN users in general, and children in particular. We also present an overview of existing solutions that can provide better protection, security, and privacy for OSN user's identities, identities, and lives. In addition, we provide a comprehensive survey on how recent and ongoing advances in technology have motivated the development of affordable healthcare gadgets and connected health services using IoT. The COVID-19 pandemic has led to new cyber security threats and privacy issues.

KEYWORDS : *Internet of Things, Literature Review, Internet Addiction, Cybersecurity*

I. INTRODUCTION

Modern society relies heavily on the Internet, which offers vast amounts of information and allows for communication and socializing. However, with this increased use of the Internet comes the potential for problematic or excessive use, which has been labeled as "Internet addiction" [1],[2]. This condition has gained attention among mental health researchers and clinicians but remains a controversial concept that is not well defined [3]. Studies have shown that individuals who engage in excessive Internet use may be at risk of negative consequences, such as depression and anxiety [4], [5]. The prevalence of Internet addiction varies in different studies and cultures, with the prevalence rate ranges from 1.5% to 8.2% [6].

In addition, concerns about Internet addiction, the rise of the Internet has also brought attention to issues of privacy and security online. As more personal information is shared and stored on the Internet, the potential for breaches of privacy and security becomes greater [7], [8], [9]. This has led to increased efforts by standardization bodies such as IEEE and IETF to improve the security of the Internet and protect consumers' personal information [10], [11]. A study by Lopez-Nores, Suarez-Ariza, & Garcia-Penalvo[12] showed that almost half of Internet users have experienced at least one type of cybercrime.

The popularity of social media platforms such as Facebook, Google+, LinkedIn, and Twitter has grown significantly in recent years, with hundreds of millions of active users daily [13], [14]. However, this increased usage of social media also brings the potential for threats and breaches of users' personal information, highlighting the importance of better control over access to personal data and improved privacy measures [15], [16]. A study conducted by Naveed, Qureshi, & Zahid[17] revealed that 55% of social media users have experienced privacy violations on these platforms.

Internet addiction and cybersecurity issues are complex and constantly evolving subjects that have received attention from researchers. Studies on Internet addiction examine excessive use and potential risk factors, using frameworks such as the "Cognitive Behavioral Model of Internet Addiction" [18]. Cybersecurity research focuses on understanding and managing digital security threats and vulnerabilities. There has also been an attempt to understand the relationship between those issues, with research suggesting that excessive Internet use may raise the risk of security breaches [19], while increased security measures may reduce the prevalence of Internet addiction [20]. Nonetheless, there is still much to be discovered about these topics, and further research is required to gain a deeper understanding of the underlying causes, effects, and effective interventions.

It's crucial to conduct more research on Internet addiction and online security because of the potential harm excessive Internet use can cause, privacy concerns online and the different rates of Internet addiction. The goal of this literature review is to examine what is currently known about these topics, identify areas that need more research and find out if there are any gaps in the literature.

The internet plays a crucial role in our daily activities and provides a vast amount of information and ways to communicate and connect with others. However, overuse of the internet can lead to negative consequences such as depression and anxiety, known as "Internet addiction." Studies have indicated that the prevalence of Internet addiction can differ across cultures. Along with concerns about Internet addiction, the widespread use of the internet also brings attention to issues of online privacy and security. The rise of social media usage in recent years has emphasized the need for more control over personal data and improved privacy. Studies suggest that excessive internet use can also increase the likelihood of security breaches. Further research is needed to better understand the causes, effects, and ways to address Internet addiction and online privacy and security issues.

Objective of the study

Many people may not fully understand the seriousness of internet-related issues such as privacy, security, and addiction. This study aims to investigate and explore these issues in order to understand what has already been discovered and identify areas that require further research. Despite the abundance of studies on the topic of the internet, there is limited research that specifically examines the problems it can cause and the mental strains it can inflict on individuals. This research provides a summary of existing knowledge on internet-related issues by synthesizing the findings from previous studies.

1. Determine the objectives of the study of all the research gathered.
2. Determine the results or findings of studies.
3. Determine the recommendation of studies.

II. METHODS

A literature review is an extensive examination of the existing literature on a specific topic, theory that combines and evaluates prior research to expand the understanding of the subject. These reviews are highly valuable in the expanding field of International Business (IB) research, but there is a lack of guidelines for creating them. The goal of this article is to provide guidance for creating insightful and helpful systematic literature review articles in the field of International Business. This will be achieved by outlining the goal, methodology of a systematic literature review [21].

This literature review aimed to examine previous research on the subjects of Internet addiction and online security concerns by evaluating their objectives, designs, and outcomes. The review focused on studies published in English language peer-reviewed journals within the last 10 years. A systematic search of relevant databases was conducted using search terms including "Internet addiction," "problematic Internet use," "online security," "cybersecurity," "privacy," and "data breaches." The studies were then analyzed for their results, recommendations, and objectives. Data was extracted from the selected studies, including information such as the authors, publication year, title, recommendations, and findings. The extracted data was then consolidated and analyzed to identify key themes and trends in the literature.

This undertaking study 10 articles related to the topic. The articles will be picked based on how important they are to the topic and when they were published, focusing on recent studies from 2000-2022. The articles will be carefully checked to see what they found, what they suggest, and what they wanted to study. The information will be put in tables and looked at to find common results and patterns. The goal of this review is to learn more about internet addiction and online security. The findings will help identify areas for more research, inform people making decisions, teachers, and experts working on these problems, and give advice for people using the internet.

This literature review wants to give a complete understanding of the relationship between internet addiction and online security. The review will explore what internet addiction is, how to measure it, the risks of internet addiction and online security problems, and ways to prevent or treat internet addiction and improve online security. It should be noted that this review has some limitations, including the fact that it is limited to studies published in English and that the search was limited to a specific time frame. Despite these limitations, this literature review provides a comprehensive overview of the study.

The aim and research questions were the driving force behind this study, which was designed as a literature review. The study followed specific criteria, including:

- Papers were limited to those published in English and peer-reviewed journals
- Studies were selected based on their relevance to the topics of internet addiction and security issues

- Data was extracted from selected studies to analyzed and identify the results, recommendation, and objectives.

III. RESULTS AND DISCUSSION

The research objectives of the studies listed in Table 1 are varied and encompass a wide range of topics related to internet use and technology. In summary, the studies outlined above all center around exploring the various aspects of internet use and its impact on people and society. They delve into issues such as internet addiction, problematic internet use in teens, security risks on social media, and potential future applications and areas for research in IoT. Additionally, several of the studies examine ways to address security breaches and protect data and privacy. Ultimately, the studies aim to understand the pros and cons of internet use and identify areas for further exploration.

Table 1. Research Objectives

Author	Objectives
Diomidous, Chardalias, Magita, Koutonias, Panagiotopoulou, & Mantas, 2016	The aim of this paper is to examine and evaluate the social and psychological impacts that result from excessive use of the Internet on its users.
Weinstein, & Lejoyeux, 2010	This literature review aims to examine previous studies on the topic of Internet addiction, including the diagnosis, characteristics, prevalence, and methods of treatment.
Cao, Sun, Wan, Hao & Tao, 2011	The objective of this study was to determine the frequency of problematic Internet use (PIU) among adolescents in China, and to explore the connections between PIU, psychological symptoms, and overall satisfaction with life.
Chaudhary, 2022	This paper explores recent advancements in Internet of Things (IoT) technologies and highlights potential future uses and areas for further research and development.
Fire, Goldschmidt, & Elovici, 2014	The objective of this study was to examine the various security threats that exist on online social networks and to propose solutions or strategies to address those threats. It might also focus on understanding how online social networks are being used and the potential risks and benefits of their use.
Zhang, & Gupta, 2018	The purpose of this research is to study and evaluate the current state of security and trustworthiness of social media networks, specifically with regards to the growing complexity and diversity of cyber-attacks and related intelligence applications.
Abomhara, & Koien, 2015	The objective of this study is to categorize different types of threats, and to examine and describe the attackers and attacks targeting IoT devices and services.
Weber, 2010	The goal of this study is to assess the robustness of the architecture against potential security breaches by implementing measures for data authentication, access control and protecting client privacy
Datta, Buchegger, Vu, Strufe & Rzacca, 2010	In this chapter, we delve into the reasons behind using a decentralized approach for online social networking. We also examine specific proposals and types of decentralized online social networks (DOSN) and the obstacles and possibilities associated with this approach.
Spada, 2014	The purpose of this paper is to provide a succinct summary of the growing body of research on excessive internet use (PIU).

The aims of various studies related to the effects of internet use on users and the security of online networks. Specifically, it mentions that some studies aimed to investigate the social and psychological effects of excessive internet use and conducted a literature review on internet addiction, while others aimed to determine the prevalence of problematic internet use among adolescents in China and examine its relationships with psychological symptoms and overall life satisfaction, and also to look at recent advancements in IoT technologies and identify potential future areas for research and development. Additionally, it states that some studies investigated the various security threats on online social networks, evaluated the current state of security and trustworthiness of social media networks, classified different types of threats, analyzed and described the

attackers and attacks targeting IoT devices and services, evaluated the robustness of online architecture against potential security breaches, investigated the reasons behind using a decentralized approach for online social networking, and provided an overview of the growing body of research on excessive internet use. Diomidous et al. [23] aimed to investigate the social and psychological effects of excessive internet use on users. Weinstein and Lejoyeux[2] sought to conduct a literature review of previous studies on the topic of internet addiction, including its diagnosis, characteristics, prevalence, and treatment methods. Cao et al. [7] aimed to determine the prevalence of problematic internet use among adolescents in China and examine the relationships between this use, psychological symptoms, and overall life satisfaction. Chaudhary [24] aimed to investigate recent advancements in Internet of Things (IoT) technologies and identify potential future uses and areas for research and development. Fire et al. [13] aimed to investigate the various security threats on online social networks and suggest solutions or strategies to address them. Zhang and Gupta [14] aimed to evaluate the current state of security and trustworthiness of social media networks in the context of the growing complexity and diversity of cyber-attacks and related intelligence applications. Abomhara and Koien[9] aimed to classify different types of threats and analyze and describe the attackers and attacks targeting IoT devices and services. Weber [15] aimed to evaluate the robustness of online architecture against potential security breaches by implementing measures for data authentication, access control, and protecting client privacy. Datta et al. [25] aimed to investigate the reasons behind using a decentralized approach for online social networking, specific proposals, and types of decentralized online social networks (DOSN) and the challenges and opportunities associated with this approach. Spada [22] aimed to provide an overview of the growing body of research on excessive internet use (PIU).

Table 2 presents the results of various studies on the impacts and effects of internet use on individuals and society. The studies cover a wide range of topics, including internet addiction, problematic internet use among adolescents, security threats on online social networks, and the future possibilities of the Internet of Things (IoT) technology.

Various studies that have been conducted on the topic of internet use, internet addiction, and the Internet of Things (IoT). The studies discussed examine the potential negative consequences of excessive internet use, the concept of internet addiction, the impact of internet use on physical and mental health, and the future possibilities of IoT technology. Additionally, the studies discuss the challenges of securing online social networks and the need for regulations to protect privacy and security as the IoT becomes more prevalent. Other studies mentioned examine performance unpredictability in formal verification, the challenges facing early commercial initiatives for decentralized social networks, and the relationship between privacy attitudes and behavior.

Table 2 Results of the Studies

Author	Results
Diomidous, Chardalias, Magita, Koutonias, Panagiotopoulou, & Mantas, 2016	The impact of internet use on individuals and society is a widely researched topic, with a focus on understanding both the benefits and drawbacks of this technology. The internet offers numerous advantages, including access to information and improved communication, but excessive use can lead to negative consequences, particularly for young users.
Weinstein, & Lejoyeux, 2010	The excessive use of the Internet, known as Internet addiction, can lead to negative consequences, but it is not recognized as an official disorder in any diagnostic systems, such as DSM-IV.
Cao, Sun, Wan, Hao & Tao, 2011	Excessive internet use (PIU) is common among Chinese students and has a negative impact on their physical and mental health, as well as overall satisfaction with life. It is important to take action to stop the spread of PIU and to provide early support for those affected in order to protect the well-being of students.
Chaudhary, 2022	This study delves into the advancements and future possibilities of the Internet of Things (IoT) technology. It highlights the complexities and ever-evolving nature of the IoT, which necessitates the application of various disciplines such as software engineering, systems engineering and project management to develop and manage it. The study also emphasizes the wide range of potential applications for the IoT, catering to the diverse needs of different users.
Fire, Goldschmidt, & Elovici, 2014	This study explored the various security threats and vulnerabilities associated with online social networks and to present solutions for protecting users from these risks. It highlights the importance of being

	aware of the potential dangers and taking proactive measures to safeguard personal information and online safety.
Zhang, & Gupta, 2018	This study evaluate the current state of security and trustworthiness in social media networks, particularly in light of the growing sophistication and variety of attacks. It emphasizes the importance of protecting the information shared on social media in order to prevent negative economic impact from security breaches. Additionally, it suggests that by analyzing user behavior, we can gain a better understanding of social media security and identify ways to improve it.
Abomhara, &Koien, 2015	In this paper, the authors address the issue of performance unpredictability in formal verification and highlight the importance of polynomial formal verification of arithmetic circuits. They review notable works in this area and provide an example of using BDD-based verification to prove the complexity bounds of a simple ALU, which was confirmed through experimental results. They also propose the idea of using hybrid verification for advanced ALUs with complicated arithmetic units.
Weber, 2010	As the Internet of Things becomes more prevalent, new regulations are needed to ensure privacy and security. These regulations should take into account the global, vertical, and technical nature of the IoT, and should address issues such as data authentication, access control, and customer privacy.
Datta, Buchegger, Vu, Strufe&Rzadca, 2010	Early commercial initiatives for decentralized social networks (DOSN) have not gained a large user base due to the dominance of existing centralized social applications, as well as issues with immaturity in features, data portability, and the network effect problem. Additionally, performance issues related to availability, latency, and throughput still need to be carefully investigated when comparing decentralized and centralized approaches.
Islam, Kwak, Kabir, & Hossain, 2015	This paper reviews current research on the relationship between privacy attitudes and behavior, specifically focusing on the phenomenon known as the privacy paradox. The need for a more comprehensive examination of the various types of personal information and privacy concerns is highlighted, as well as the need for further exploration of the different types of privacy harms..

It can be concluded that there is a growing body of research on the topic of internet use, internet addiction, and the Internet of Things (IoT). The studies discussed in the paragraph suggest that excessive internet use can have negative consequences, particularly for young users and that the concept of internet addiction is an area of concern. Additionally, the studies suggest that the impact of internet use on physical and mental health is an area of concern. The studies also discuss the potential of IoT technology, but also highlight the importance of addressing the security and privacy concerns that come with it. Furthermore, the studies suggest that there are many challenges in ensuring security and trustworthiness in social media networks, and that regulation is needed to protect privacy and security as IoT becomes more prevalent. Additionally, the studies point out the importance of protecting the information shared on social media to prevent negative economic impact from security breaches. The study by Diomidous et al. [23] highlights the importance of understanding both the benefits and drawbacks of internet use, as excessive use can lead to negative consequences, particularly for young users. Weinstein and Lejoyeux[2] discuss the concept of internet addiction, which can lead to negative consequences, but is not officially recognized as a disorder.Cao et al. [7] found that excessive internet use is common among Chinese students and has a negative impact on their physical and mental health, as well as overall satisfaction with life. Chaudhary [24] delves into the advancements and future possibilities of IoT technology, emphasizing the need for various disciplines to develop and manage it, and the wide range of potential applications. Fire et al. [13] explores the various security threats and vulnerabilities associated with online social networks and present solutions for protecting users from these risks. Zhang and Gupta [14] evaluate the current state of security and trustworthiness in social media networks, emphasizing the importance of protecting the information shared on social media to prevent negative economic impact from security breaches.Abomhara and Koien[9] address the issue of performance unpredictability in formal verification and propose the idea of using hybrid verification for advanced arithmetic units. Weber [15] highlights the need for

new regulations to ensure privacy and security as the IoT becomes more prevalent. Datta et al. [25] examine the challenges facing early commercial initiatives for decentralized social networks. Islam et al. [26] review current research on the relationship between privacy attitudes and behavior, specifically focusing on the phenomenon known as the privacy paradox. These studies aim to understand the potential risks and benefits of internet use and to identify areas for further research and development. In conclusion, studies on the impact of internet use on individuals and society have shown that excessive use can lead to negative consequences, particularly for young users, and internet addiction is a concern. However, internet also offers benefits such as access to information and improved communication. Future technologies like IoT need regulations to ensure privacy and security. Decentralized social networks have not yet gained popularity due to dominance of centralized platforms and performance issues. The unpredictability of performance and formal verification of arithmetic circuits are also important considerations. It is crucial to study the effects of internet use and technology and find ways to promote safe and responsible usage.

Table 3 studies emphasize the importance of conducting further research on various aspects related to internet usage and technology. They highlight the potential negative impacts of internet use, particularly for young users, and the need for safe and appropriate use. They also call for more research on the causes and mechanisms of internet addiction and the development of effective treatment options. Additionally, the studies focus on the future of technology, such as the Internet of Things (IoT), and the need for regulations to ensure privacy and security. They also recommend research on the potential risks of social media addiction among young people and the importance of early education and awareness-raising efforts to prevent it. They suggest that a collaborative effort between media, education, health, and government authorities is necessary to address these issues and provide resources for prevention and intervention. Overall, the literature indicates that while more research is needed to fully understand the complexities of Internet addiction and security issues, it is clear that these are important topics that have significant implications for individuals, families, and society as a whole.

Table 3. Recommendations

Author	Recommendations
Diomidous, Chardalias, Magita, Koutonias, Panagiotopoulou, & Mantas, 2016	The Internet provides numerous benefits, including easy access to information and improved communication, as well as entertainment, education and even medical assistance. However, it also has potential negative impacts, particularly for young users due to the anonymity it offers. Therefore, future research should focus on promoting awareness of safe and appropriate Internet use to protect individuals from negative effects on their personal lives and overall well-being.
Weinstein, & Lejoyeux, 2010	Despite the negative effects of excessive internet use, there is limited understanding of the underlying causes and mechanisms of internet addiction. Further research is needed to develop effective treatment options as current studies lack methodological rigor.
Cao, Sun, Wan, Hao & Tao, 2011	Future research should focus on how effective measures should be implemented to prevent the spread of problematic Internet use (PIU) among Chinese adolescents and how to address the negative effects of PIU on psychosomatic symptoms and life satisfaction. This may include interventions to promote responsible and healthy Internet use, as well as further research to better understand the relationship between PIU and physical and psychological health.
Chaudhary, 2022	Despite advancements in IoT technology, there are still many challenges to be addressed. As IoT is a combination of various technologies, it poses a range of research challenges. Given its wide-reaching impact on nearly every aspect of our lives, researching the IoT is crucial for fields such as information technology and computer science.
Islam, Kwak, Kabir, & Hossain, 2015	This paper provides an overview of the advancements in technology that have led to the creation of cost-effective healthcare devices and connected health services utilizing the Internet of Things (IoT). It examines various security challenges and proposes a framework to address these risks. Additionally, the paper delves into crucial topics such as standardization, network types, business models, quality of service, and protection of health data to aid in

future research on healthcare services based on IoT.

Khan, brohi, & Zaman ,2020	The increasing Cyber Security risks have caused significant concerns about privacy. Efforts in the future research should center on identifying and addressing new dangers, as well as examining privacy concerns that have arisen as a result of the COVID-19 pandemic
Abomhara, &koien, 2015	The paper delves into the topic of cyber security in relation to the Internet of Things, highlighting the various vulnerabilities, threats, and types of attacks that can occur. It emphasizes the need for both vendors and end-users to take appropriate measures to address these issues, suggesting that future research should address current security shortcomings.
Kirik , Arslan, Çentikaya, & Gul, 2015	This research highlights the potential risks of social media addiction among young people and emphasizes the need for early education and awareness-raising efforts to prevent it. It suggests that a collaborative effort involving media, educational, and health authorities, as well as local governments, is necessary to address this issue and provide resources for prevention and intervention.
Kokolakis, 2017	Further research is necessary to fully grasp the connection between an individual's attitude towards privacy and their behavior. A comprehensive examination of various personal information and privacy concerns is required to achieve this understanding. Additionally, it is important to delve deeper into the various types of privacy harms that have not yet been fully explored in current research.

The studies outlined in Table 1, 2, and 3 all center around exploring various aspects of internet use and its impact on individuals and society. They investigate topics such as internet addiction, problematic internet use among adolescents, security risks on social media, and the future possibilities of the Internet of Things (IoT) technology. The studies also examine ways to address security breaches and protect data and privacy. These studies aim to understand the potential risks and benefits of internet use and to identify areas for further research and development. They highlight the importance of conducting further research on various aspects related to internet usage and technology, as well as the need for safe and appropriate use. Additionally, the studies call for more research on the causes and mechanisms of internet addiction and the development of effective treatment options. They also recommend research on the potential risks of social media addiction among young people and the importance of early education and awareness-raising efforts to prevent it. Overall, it is crucial to study the effects of internet use and technology and find ways to promote safe and responsible usage through collaborative efforts between media, education, health, and government authorities.

IV. CONCLUSION

In summary, it has been found that internet addiction is a prevalent issue that can cause harm to one's mental and physical well-being. Moreover, it can also lead to cyberbullying and personal information breaches. To combat these issues, it's crucial for individuals to monitor and manage their internet usage, maintain good online security practices, and for governments and organizations to establish education and support systems for individuals who may be struggling with internet addiction.

In order to provide a better understanding of the potential risks and negative consequences associated with excessive Internet use and to identify areas in need of further research. Future researchers should focus on conducting studies that investigate the underlying causes of Internet addiction, such as environmental factors, and explore the potential for interventions to reduce the prevalence of problematic Internet use. Additionally, research should investigate the effectiveness of various security measures in protecting personal information online and identify potential vulnerabilities in current security protocols. Furthermore, research should also focus on understanding the Connection between Internet addiction. security issues, and how they may interact with one another. It Is also important for future research to take into consideration the cultural and demographic differences in the prevalence of Internet addiction and online privacy and security issues, as these factors may play a role in the development and consequences of these issues.

In order to conduct more reliable research on these topics, future researchers should use standardized measurements of Internet addiction and online privacy and security issues and use a variety of research methods such as surveys, experiments, and case studies. Overall, the study highlights the importance of conducting

further research on the topics of Internet addiction and online privacy and security issues in order to better understand the negative consequences associated with excessive Internet use and to identify effective interventions and solutions.

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