Abdullah Al-Sabah (S00017346)

Professor Nixon

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Annotated Bibliography

Amichai-Hamburger, Yair, Galit Wainapel, and Shaul Fox. ""On the Internet No One Knows I'm an Introvert": Extroversion, Neuroticism, and Internet Interaction." *CyberPsychology & Behavior* 5.2 (2002): 125-28. *Academic Search Complete*. Web. 3 Apr. 2012.

**Summary:** The paper beings by stating how online social communication has become one of the most widespread forms of communication. Some researchers found that internet use leads to loneliness and depression among its users while others found completely the opposite. Some researchers claim that the anonymous internet environment and the ease with which it is possible to find like-minded people helped them to build significant relationships with others. Some of them actually chose to meet their internet respondent face to face and even got married.

The study covered by the paper consisted of a “real-me questionnaire”. It asked two close-ended questions with yes or no answers: 1) Do you think you reveal more about yourself to people you know from the internet than to real-life friends? And 2) are there things your internet friends know about you that you cannot share with real-life friends? The other two questions asked participants to rate their answers on a seven-point scale. Question 3 assessed the extent to which the respondent expresses different facets of self on the internet than he or she does to others in “real life” and question 4 asked for the extent on which a respondent’s family and friends would be surprised were they to read his or her internet e-mail and newsgroup posting. To examine the results, a “Real Me” index was formed.

It was found that introverted and neurotic people locate their “real me” on the Internet, while extroverts and non-neurotic people locate their “real me” through traditional social interaction. It would appear that the social services provided on the Internet, with their anonymity, lack of need to reveal physical appearance, rigid control of information revealed in the interaction, and the ease with which it is possible to find like-minded people, provide an excellent answer to people who experience great difficulty in forming social contacts due to their introverted personality. Studies showed that relationships in cyberspace can and do move into real life, and this may provide significant hope for those who find it very difficult to build a connection and who are consequently very lonely. The concept of a virtual world, which is sometimes used to describe the Internet, carries with it the idea that the Internet is some kind of replacement for the real world. However, the results of this study indicate that, for introverts and neurotics, the Internet can play a vital role in providing the opportunity to express their “real me.” The expression of the “real me” is not a minor aspect of life but a very crucial one. People who can’t express their “real me” are prone to suffer from serious psychological disorders.

**Evidence:** This study helps add more importance to the issue I will be arguing. The study adds more weight to the issue by pointing out how wrong it is to be unable to express your “real me” in real life. The study can greatly back up my argument with the findings about introverted and neurotic people. Nevertheless, it will also add a great deal of information to help expand my paper.

Guernsey, Lisa. "Cyberspace Isn't So Lonely After All." *The New York Times* 26 July 2001. *LexisNexis Academic*. Web. 3 Apr. 2012.

A journalist by training, Guernsey has been a technology and education writer at the New York Times and the Chronicle of Higher Education and has written about technology, education and social science issues for a wide variety of publications, including Newsweek, Time.com, Consumer Reports, Ladies Home Journal, The Washington Post, the Los Angeles Times, The American Prospect, and others. She edits the [Early Ed Watch](http://earlyedwatch.net/) blog, which focuses on policy and research in early learning, and she also blogs occasionally at The Huffington Post.

**Summary:** Guernsey talks about how the usage of the internet, especially by heavy users, has reported increases in loneliness and depression and has caused their social interactions to decline. After a research published in the New York Times page proved these claims, many social scientists got confused. The internet is presumably a tool of connectivity and community. How can it be actually causing people to feel more isolated and alone, they thought. A few years later, the same doctor that published the original research came out with new results that totally contradicted his original findings. He found that symptoms of depression had declined and that loneliness no longer appeared to be associated with internet use. The doctor was intrigued by the results. The reporter continues by asking other scientists what they thought of this issue. She mentions the Stanford study where participants were asked if their interactions with friends and family had increased, decreased or stayed the same after using the internet. Also the report interviews many other experts and mentions other related studies and compares and contrasts all the different points of views.

**Evidence**: This article has many points of view from many different experts and studies. Hence it is going to be used to support my argument, and also to challenge it. The different findings of the experts and studies will be examined throughout the paper. For example, the article mentions that the Stanford study which studied the members of more than 2,600 household nationwide found that more than 95 percent of the respondents reported no change in the time spent with family and friends after using the internet. This fact can be clearly used against my argument. However, it also mentions that one of the experts argues that when you spend hours surfing the internet, you do it by yourself. Therefore, the internet is deemed to cause social isolation.

Kalmus, Veronika, Anu Realo, and Andra Siibak. "Motives for Internet Use and Their Relationships with Personality Traits and Socio-Demographic Factors." *TRAMES: A Journal of the Humanities & Social Sciences* 15.4 (2011): 385-403. *Academic Search Complete*. Web. 3 Apr. 2012.

**Summary:** The paper aims to provide a comprehensive explanation of individual differences in internet use. The paper begins by talking about different types of internet activities. Studies suggest that people adopt and use communication media as a function of their psychological needs and the gratifications they seek. Researchers have pointed out many distinctions between the use of online social, leisure, and information services, or social, leisure, and academic Internet use. Others have applied technical, information exchanging, and leisure motives for internet use classifications. Furthermore, motives for internet use are often found to be culture-specific.

Furthermore, the paper explains how an individual’s personality can affect the way they use the internet. Studies suggest that personality traits may not only predict adoption of new technologies and offer explanations why individuals take different approaches to using software applications, but also act as a trigger for negative aspects associated with the internet use such as addiction. Personality traits have been found to have a significant role in predicating the use of carious communication and entertainment-related online activities. For example, a person who is characterized by positive emotions, and the tendency to be active, seek out stimulation and enjoy the company of others has been found positively related to the use of leisure services, using the internet for instrumental purposes, being actively engaged in social media or playing online games. Nevertheless, demographic factors also play a role in determining the use of the internet by an individual.

This paper covers a survey that was conducted on the Estonian population aged 15 – 71 years, with a total sample size of 1,507 respondents. They were interviewed face-to-face. The respondents were asked about the frequency of internet use, their online activities, personality traits, education, perceived income, and civic participation.

**Evidence:** This paper provides valuable information about different personalities and their uses of the internet backed up by credible research. The paper claims the fact that people who are prone to the experience of negative emotions such as anxiety, hostility, and the vulnerability to stress are found to be using the Internet with companionship as a motive, and instant messaging. This is a great fact to back up my argument throughout the paper.

Kim, Junghyun, Robert LaRose, and Wei Peng. "Loneliness as the Cause and the Effect of Problematic Internet Use: The Relationship between Internet Use and Psychological Well-Being." *CyberPsychology & Behavior* 12.4 (2009): 451-55. *Academic Search Complete*. Web. 3 Apr. 2012.

**Summary**: The article begins by asking the questions, how the Internet could undermine psychological well-being. By examining previous researches, it is concluded that the internet has an overall positive effect on well-being. However, research on excessive forms of internet usage has shown that uncontrolled or compulsive internet use has been known to have negative effects on psychological well-being, such as depression and loneliness. Other research suggests that dysfunctions such as loneliness and depression cause addictive, habitual, or problematic Internet use. Based on these findings, the present research examines rival hypotheses about the role of psychological well-being as the cause or the effect of compulsive usage. For this research, undergraduate students from two Midwestern universities in the United States were invited for an online survey. A total of 635 students participated, 58% were female and 42% were male. Participants were asked to choose their favorite online activity from 11 activities including social networking sites, online gaming, and email.

The study found that individuals who are lonely are use the internet to compensate their deficient social skills might experience negative life outcome, like harming other significant activities such as work, school or relationships, instead of relieving their existing problems. This suggests that individuals who are not psychosocially healthy have difficulty not only maintaing healthy social interaction in their real lives but also regulating their internet use. Therefore, those individuals end up adding additional problems to their lives besides their loneliness. The increased problems might drive them to rely more on their favorite online activity as means to diminish or escape from their augmented troubles, which could isolate them and increase loneliness more.

The other finding of the study was that a potential cycle of random unregulated internet use could occur if not moderated. From analyzing all the different students, and by comparing their different online activities it was found that “downloading” was the most problematic as it was significantly related to loneliness. Therefore, it is the entertainment applications of the internet rather than social ones that perhaps pose the greatest threat to the well-being of its users. Some social uses of the internet may be quite harmless even if they interfere somewhat with real-world activities.

**Evidence:** This paper provides excellent evidence to support my argument. The paper carefully examines how there is a positive relation between the use of the internet and loneliness. The paper talks about different online activities and how they are generally related to loneliness. However, the paper states that the internet does not necessarily cause loneliness, but lonely individuals might develop tendencies to use the internet to escape their life. This is also a very important fact I can use to support my own argument. Nevertheless, the paper also finds that a most lonely people use the internet mainly for downloading entertainment content and not social networking.

Kraut, Robert, Michael Patterson, Vicki Lundmark, Sara Kiesler, Tridas Mukophadhyay, and William Scherlis. "Internet Paradox: A Social Technology That Reduces Social Involvement and Psychological Well-being?" *American Psychologist* 53.9 (1998): 1017-031. *Academic Search Complete*. Web. 4 Apr. 2012.

**Summary:** This paper covered the HomeNet study. It consists of a sample of 93 families from eight diverse neighborhoods in Pittsburgh, Pennsylvania. Families received a computer and software, a free telephone line, and free access to the internet in exchange of permitting the researchers to automatically track their internet usage and services, for answering periodic questionnaire, and for agreeing to an in-home interview.

Researchers measured demographic characteristics, social involvement, and psychological well-being periodically throughout the study. They collected information such as age, gender and race because those factors were associated with internet usage as proven by previous research. Special software recorded the total hours in a week in which a participant connected to the internet. Electronic mail and World Wide Web were the major applications that participants used on the internet and account for most of their time online. The number of email messages participants sent and received were recorded. Also, they recorded the number of unique World Wide Web domains or sites accessed per week. Regarding social involvement and psychological well-being, participants completed a questionnaire before they gained access to the internet and again after 12 to 24 months later. They were asked about family communication, size of local social network, size of distant social network, and social support.

The findings of this research provide a surprisingly consistent picture of the consequences of using the Internet. Greater use of the Internet was associated with small, but statistically significant declines in social involvements measured by communication within the family and the size of people’s local social networks, and with increases in loneliness, a psychological state associated with social involvement. Greater use of the Internet was also associated with increases in depression. Other effects on the size of the distant social circle, social support, and stress did not reach standard significance levels but were consistently negative.

Because initial social involvement and psychological well-being were generally not associated with subsequent use of the Internet, these findings imply that the direction of causation is more likely to run from use of the Internet to declines in social involvement and psychological well-being, rather than the reverse. The only exception to this generalization was a marginal finding that people who initially had larger local social circles were lighter users of the Internet.

**Evidence:** This research will greatly aid in supporting my argument that the internet makes people less social. Both as a nation and as individual consumers, we must balance the value of the Internet for information, communication, and commerce with its costs. Use of the Internet can be both highly entertaining and useful, but if it causes too much disengagement from real life, it can also be harmful. Until the technology evolves to be more beneficial, people should moderate how much they use the Internet and monitor the uses to which they put it.

Plotnikoff, David. "Study Revisits Social Isolation and the Internet." *San Jose Mercury News* 15 Aug. 2001. *LexisNexis Academic*. Web. 3 Apr. 2012.

David Plotnikoff is a newspaper writer and editor in the San Francisco Bay Area. He supervised team of five business and technology writers. He was responsible for daily coverage, enterprise reporting and projects. He edited major projects on Silicon Valley mergers, chip technology and Internet culture. He authored major poll project on the Internet's impact on families and children. He directed beat coverage of semiconductors, retailing, tourism, small business, minority business, philanthropy and telecom services. He conceived and implemented one of the first cyberspace beats for any major daily. He wrote weekly Internet column which appeared in more than 80 markets. He wrote breaking news, cultural criticism, profiles, guides and features. He covered Internet demographics, community, infrastructure, regulation, Web development and e-commerce. And, he authored Internet guides for newsrooms, parents, libraries and schools.

**Summary:** This article also discusses the first research that was mentioned in the previous article, however, here it is taken more into depth and the primary focus is this one research. The article starts by saying how the research found that the internet was dangerous to one’s social and psychological well-being. Obviously, this kind of news was not welcomed positively by the people. Many researchers were confused. What the research originally did was that it tracked the behavior of 93 households of new Internet users. It found that the more time people spent online, the more likely they were to be socially isolated and depressed. However, a couple of years later, the same professor came back with new results. After re-examining the families originally studied and a new group of people categorized as new computer purchasers, he found that depression significantly declined with Internet use and that social isolation was not associated with high internet use. The new study found that the internet has caused more social involvement and psychological well-being. The reporter argues that what changed over the years is the internet itself. Now it has more social tools and avenues for personal connections than it did before.

**Evidence**: Clearly, this article will be used to counter my argument. The findings of the recent research found that the internet is not positively co-related with social isolation hence it goes against my argument. Also, the reporter brings up a good point that the internet now is more social than it was earlier which also is a good point to be used.

Media Development Authority. *Cyber Wellness.* 2011 Web

<http://www.mda.gov.sg/Public/Pages/CyberWellness.aspx>, 7 April 2012.

**Summary:** This specific government website offers the role that the Media Development Authority in Singapore caters to the development of a healthy cyberculture among its citizens. It takes into account how the current technological changes and advancements have allowed some people to abuse its capabilities. Due to this, there needs to be an increased responsibility for Internet users and identify proper roles and conduct that need to be followed. This is where cyber wellness comes into the picture. It refers to the ability of users to recognize specific actions that should not be made when using the Internet.

To better promote a healthy cyber culture in Singapore, its government is collaborating with different groups and sectors of society to promote specific values and principles related to the objective. One example to show this is the creation of the Inter-Ministry Cyber Wellness Steering Committee (ICSC). The role of the ICSC is to facilitate communication and collaboration with concerned sectors about appropriate internet usage and allowing users to understand the processes related to achieving cyber wellness. It also brings about opportunities to reinforce new ways to encourage other groups to submit their proposals for implementation purposes.

Another important tool critical in advancing the role of cyber wellness comes from the creation of the Internet and Media Advisory Committee (INMAC). Together with the ICSC, INMAC focuses on providing ways to advance cyber wellness. It identifies important points for discussion and relevant issues that users may face in achieving a healthy cyber culture. Among key areas tackled by this group correspond to issues related to game addiction, cyber-bullying, and other privacy issues that users might face. Such directive puts forward ways to maximize the potential of users in achieving a cyber culture that is responsible and accountable to the needs of users.

**Evidence:** This specific website offers ways to understand how the government can reinforce its role in shaping responsible use of the Internet. It can help provide the necessary direction on what possible changes can be used in shaping policy development. It can also point out steps in encouraging users on how the utilize the innovations and advancements provided by the Internet. By promoting a healthy cyber culture, it serves as a good supplementary argument to demonstrate the role that the government plays and the programs necessary to promote changes needed.

Clarke, Richard A. ‘How China Steals Our Secrets.’ *The New York Times.* 2 April 2012 Web

<http://www.nytimes.com/2012/04/03/opinion/how-china-steals-our-secrets.html?sq=internet%20problems&st=cse&adxnnl=1&scp=17&adxnnlx=1333746110-Uf9Mko1iT8TDj4nNLJ0Ptw> 7 April 2012

**Summary:** The article by Richard Clarke argues about the way the Chinese government is able to tap into U.S. security and identify the secrets of the government. It points out how the Internet is being used by Chinese hackers to access sensitive government information. This form of cyber-attacks creates concern among legislators and local authorities because of the potential damage it can provide. There is also the related concern surrounding national security and promotion of foreign policy related to its anti-terrorism policy.

The article also puts forward challenges this invasion can create towards information. Apart from the actual damage brought by a cyber-attack, there are also related challenges as far as achieving competitive advantages are concerned. This particularly applies to U.S. businesses. Acquiring this delicate information can provide losses for companies and further destabilizing the current U.S. economy. These alongside potential challenges have sought the U.S. Congress to act accordingly.

One proposed approach to combat this issue comes from the proposal to create a cybersecurity bill. This legislation seeks to create a greater teeth and sanctions to Chinese cyber-espionage that is happening. It would enable the U.S. government to prosecute criminals invading cyberspace and accessing classified information. It can also serve as deterrence for those who are seeking to engage in such actions. By seeking to promote a better response to cyber attacks, it can help provide a better way to address the related challenges with the advancement that the Internet has made today. These of course should come from the collaborative effort from both the legislative and executive branch of the government to protect its interests.

**Evidence:** This article remains to be crucial for it points out one of the potential evils of the Internet: the threat of a cyber-attack. As the U.S. government continues to rely on the Internet as a repository of information, there are also related threats alongside. These are of course cyber-attacks and cyber-espionage. This information then can serve as a good direction in highlighting the potential challenges of using the Internet. Apart from specific social consequences, there are also evils that target the ability of the government to exercise its role and function effectively.