Original Research Paper

Psychology

CORRELATES OF INTERNET ADDICTION IN ADOLESCENTS

Dr. Ruchi Jain*	School Counsellor, Sunbeam Group Of Educational Institutions, Varanasi, Uttar Pradesh *Corresponding Author
Ms. Avantika Singh	School Counsellor, Sunbeam Group Of Educational Institutions, Varanasi, Uttar Pradesh
Ms. Pragya Yadav	School Counsellor, Sunbeam Group Of Educational Institutions, Varanasi, Uttar Pradesh
Dr. Sandhya Mohanty	Research Officer, Institute of Mental Health and Hospital, Agra

ABSTRACT

Background: Internet has become an integral part of everyone's life and plays a significant role as one of the key mediums for education, entertainment, communication and many other purposes . More and more teenagers are now extremely overusing internet which has negative impact on their academic performance, daily function and.[1,2,3] **Aim:** This study aims to find out the correlates of internet addiction in adolescents. **Method: Venue:** The study was conducted in three Schools of Varanasi city, India. **Sample:** 120 students (61 male and 59 female) in the age group of 12-15 years were selected through purposive sampling. **Tools used:** The Internet addiction test , Psychological well-being scale , Social desirability Scale and Emotional Intelligence test were administered individually. **Statistical Analysis:** Percentage, Mean, SD and product moment correlation were calculated. **Results & Conclusion:** The results revealed a significant negative relationship between Internet addiction and psychological well being.

KEYWORDS : Emotional Intelligence, Psychological wellbeing, social desirability, Internet addiction.

INTRODUCTION

Internet has become an integral part of everyone's life and plays a significant role as one of the key mediums for education, entertainment, communication and many other purposes. But the over use of internet or internet addiction has many negative consequences affecting the overall health of the individuals . The current scenario of inclusion of internet addiction as a disorder is controversial and the psychiatrists and other specialists face difficulty in categorizing it under disorder. Whether or not it is considered as disorder excessive use of internet is harmful specifically in adolescents. The transition from childhood to adulthood involves dramatic physical, sexual, psychological and social changes, all taking place at the same time. During this period most of the adolescents face difficulty in solving the problem and remain in the state of confusion. The feeling of loneliness and maintaining secrecy makes them more vulnerable to overuse internet which causes loss of personal control[4], results in poor mental health or other maladaptive behaviors[5]. Over all this has a negative impact on their academic performance and wellbeing.[3]

Joseph[6] conducted a study to explore the use of internet among students of higher secondary schedule which reveals that approximately 57 % of students were suffering from mild internet addiction, 38% were suffering from moderate internet addiction and 0.5% were suffering from severe internet addiction.

Identity crisis is also very common in adolescent which often produce negative impact on their overall development and wellbeing Research has shown that a stable and strong sense of identity is associated with better mental health of adolescents.[7] Good relationships with peers are also linked with better emotional and psychological well-being of adolescents. According to Erickson[8] the main and most important developmental tasks for adolescents are to solve the identity versus role confusion crisis, construct their own unique sense of identity, and find the social environment where they can belong to and create meaningful relationships with other people[9].The positive attributes like social desirability, emotional intelligence self-esteem are related to

overall wellbeing of adolescence. Pandya and Korat[10] found that there is no significant correlation between the youths' internet addiction and psychological wellbeing. Rehman, Safi and Rizvi[11] examined the relationship between internet addiction and psychological wellbeing on youth of Kashmir. They also found negative correlation between internet addiction and psychological well being Calero, Barrevro, and Ricle[12] examined the relationship between emotional intelligence and self – perception in adolescents. Results revealed substantial positive associations between mood repair and self-esteem in the male subsample as well as between self-esteem and emotional clarity in the full sample and the female subsample. The outcomes of the linear regression analysis were consistent. It has been determined that healing from negative events can be minimized by having a positive self-perception of feelings.

With this background this study attempted to find out the correlates of internet addiction among adolescents.

Objectives

- To measure the internet addiction, wellbeing, emotional intelligence and social desirability among adolescent students
- To find out the correlation of internet addiction with wellbeing, emotional intelligence and social desirability among adolescent students
- To find out the correlation between emotional intelligence and social desirability among adolescent students.

Method

Design

It is a cross-sectional and co-relational study. The study was conducted at three English medium schools of Varanasi, U.P.

Sample

A sample of 120 Students(60 Boys and 60 Girls s) was drawn through purposive sampling from three schools of Varanasi, U.P.

Inclusion and Exclusion Criteria

The age range of the subjects were 12-15 years. Students who

scored less than 30 were not considered as internet addicted and were excluded. Students who were cooperative and gave consent to participate in the study were included .

Tools

Young's Internet Addiction Test (IAT) [4] : The test is designed by Dr. Kimberly consisting of 20 questions and each item is scored using a five-point Likert scale. It covers the degree to which internet use affect daily routine, social life, productivity, sleeping pattern, and feeling The reliability for this questionnaire is 0.899 The higher score indicates greater dependence on the Internet.

Carol Ryff's Scales of Psychological Wellbeing (SPWB)[13:] It is made up of 42 different items that are equally distributed among six different dimensions as autonomy, environmental mastery, personal growth, purpose in work and life, positive relations with others, and self-acceptance. The responses are scored on a 6 point scale"strongly agree" to "strongly disagree". Twenty PWB items were positively worded and 22 negatively worded. .The internal consistency coefficients were quite high between 0.86 and 0.93 (Springer & Hauser, 2011).

Emotional Intelligence Test (EIT) [14] This test was developed by Dr. Ekta Sharma and it constitutes 60-items grouped under five domain such as Self-awareness, Managing emotion, Motivating oneself, Empathy and Handling relationship. The response pattern is of Likert type i.e., on a five-point scale from always, most often, occasionally, rarely to never. This is reliable and valid tool widely used in researches.

Social Desirability Scale. (SDS) [15] This test was developed by Marlowe & Crowne's in 1960 and it constitutes 33-item self-report questionnaire, with True-False format for scoring response against each item. The internal consistency of coefficient .88 and one month test-retest correlation .89.

Procedure

After receiving approval and obtaining consent from the school administrators, the prospective students were approached and briefed about the nature of the study and informed consent was taken from each student.. Young's Internet Addiction Test (IAT) was first administered by the investigator and the participant who scored 30 above were included in the study as per inclusion criteria. Total 120 students were enrolled out of 164 students. Then other above-mentioned tools were individually administered on each participant. The respondents were asked to read the statements carefully and write their response in the response sheet. They were told that there were no right and wrong answers to the statement in the questionnaire. Average completion time for the questionnaire was forty-five minutes. After collection of data, scoring was done for individual subject with respect to each of the variables in accordance to the standard procedure of scoring.

Data Analysis

The data were analyzed though Mean, S.D., Product Moment Correlation.

RESULT AND DISCUSSION

Table-1: Frequency, Percentages and Mean of Demographic Variables			
Characteristics		Frequency	Percentage
Branch	I	40	33.3%
	II	40	33.3%
	III	40	33.3%
Gender	Boys	61	50.8%
	Girls	59	49.2%
Family Type	Nuclear	62	51.6 %
	Joint	58	48.3%
Age		Mean= 13.50	SD=1.12

Table- 1 describes the sociodemographic characteristics of students. Equal no of students (40) participated in the study. 61 (50.8%) boys and 59 (49.2%) girls participated in the study. All the participants belonged to urban background . 51.6 % students hailed from nuclear family and 48.3% students from joint family. The mean and SD of age of participants was 13.50±1.12.

Table -2 :Mean and SD of study variables			
Variables	N	Mean	Std. Deviation
Internet addiction	120	41.48	15.20
Psychological wellbeing	120	201.29	27.67
Emotional intelligence	120	165.43	27.69
Social Desirability	120	20.63	2.70

Table- 2 shows the mean and SD of study variables. The mean and SD of internet addiction is 41.48 ± 15.20 and psychological wellbeing is 201.29 ± 27.67. The mean and SD of Emotional intelligence is 165.43 ± 27.69 and Social Desirability is 20.63 ± 2.70.

Table- 3: Correlation of Study variables		
Measures	Correlation Coefficient	Significance Level
Internet Addiction vs Psychological Wellbeing Scale	-.468**	0.1
Internet Addiction vs Emotional Intelligence	-.033	NS
Internet Addiction vs Social Desirability	-.178	NS
Psychological Wellbeing vs Emotional Intelligence	.124	NS
Psychological Wellbeing vs Social Desirability	.033	NS
Emotional Intelligence vs Social Desirability	-.180*	.05
* Implies .05 significance level. ** Implies .01 significance level		

Table- 3 shows the correlation coefficient of internet addiction with different variables i.e., Psychological well- being, social desirability, and emotional intelligence.

DISCUSSION

This study aimed to find out the correlation of internet addiction with psychological wellbeing, emotional intelligence and social desirability of adolescence students. Results revealed that there is significant negative correlation between internet addiction and psychological wellbeing as correlation coefficient r is - .468* which is significant at 0.1 level. The findings of this study are similar to the finding of other studies who reported that psychological wellbeing related negatively to diminished impulse control, loneliness / depression and social comfort; dimension of internet addiction . [16,17]. The continuous use of the internet gradually makes the youngsters to be more dependent on the internet resulting social withdrawal. Many of them spend their time in playing destructive games and visits inappropriate sites which makes lots of changes in their behavior which in turn decreases their ability to learn useful life skills.

There was no significant correlation between internet addiction and emotional intelligence but implies negative association. This is in contradiction to the findings of Waldo [18] who found no correlation between internet addiction and emotional intelligence. Several researches also reported consistent findings which is similar to our study. [19,20] Saraiva [21] in his study showed a weak, but statistically significant, negative relationship between emotional intelligence and internet addiction

It was also found that there is no significant relationship between internet addiction and social desirability but negatively related. Social desirability had a strong negative relationship with adolescent internet addiction as revealed by

waldo[18,22] Internet addiction is positively associated with psychoticism, neuroticism, and frequency of Internet use; and negatively associated with social desirability and self-concept.

This study further revealed that there is no significant correlation between psychological wellbeing and emotional intelligence but indicates positive relation which is similar to the findings of a study which stated that students' EI correlates positively with psychological well-being. [23] The positive correlation between psychological wellbeing and social desirability may possibly due to use of Denial to avoid self-criticism. By using Denial adolescents use internet continuously in spite of obvious negative consequences. It also protect them from seeing or feeling things that are unpleasant. [24]

This study also revealed that emotional intelligence and social desirability has significant negative correlation. Our findings are in contradiction to the findings of other studies who reported a significant correlation between social desirability and emotional intelligence [25,26]. But a study conducted by Luke and Hansen[27] to see the impact of social desirability and emotional intelligence on work place found that there is no significant or substantial relationships between self report EI and social desirability. It might be related to deceptive denial which suggest that EI and SD has unique under pinnings for which future research is needed to consider different facets of social desirability.

Limitations
The study was limited to few schools of restricted area of Varanasi and the sample size was small that restricts generalizability of results. It is a cross sectional short term study. Despite these limitations, this study contributes to understanding the association between internet addiction, emotional intelligence, social desirability and wellbeing of adolescents.

REFERENCES
1. Niu, L., Luo, D., Zhou, Y., Xiao, S., and Tian, Y. (2013). Impact of family socio-economic status on smoking-related knowledge, attitude and behaviors among medical college students. Chin. J. Public Health 29, 1761–1765.
2. Zhang, J., Chen, C., Wang, L., Liu, L., Liu, F., Zhao, F., et al. (2013). The relationship between time spent online and Internet addiction among Chinese college freshmen: a mediated moderation model. Acta Psychol. Sinica,46, 1521–1533.
3. Demir, Y., & Kutlu, M. (2018). Relationships among Internet addiction, academic motivation, academic procrastination and school attachment in adolescents. Int. Online J. Educ. Sci, 10, 315–332.
4. Young ,K.S. (1998). Internet addiction: the emergence of a new clinical disorder. CyberPsychol Behav, 1, 237–44.
5. Ciarrochi, J., Parker, P, Sahdra, B., Marshall, S., Jackson, C., Gloster, A.T., et al. (2016). The development of compulsive Internet use and mental health: a four-year study of adolescence. Dev Psychol, 52, 272–83.
6. Bindhu, J.,(2019). "A study on internet addiction among adolescences. International Journal of Current Research, 11, (05), 3612-3615.
7. Ragelien, T. (2016). Links of adolescents identity development and relationship with peers: A systematic literature review. Journal of the Canadian Academy of Child and Adolescent Psychiatry / Journal de l'Académie canadienne de psychiatrie de l'enfant et de l'adolescent, 25(2), 97–105.
8. Erikson, E.H. Identity, youth and crisis. New York, NY: W. W. Norton & Company, Inc; 1968.
9. Chen, K., Lay, K., Wu, Y., Yao, G. (2007). Adolescent self-identity and mental health: The function of identity importance, identity firmness, and identity discrepancy. Chinese Journal of Psychology, 49, 53–72.
10. Pandiya, M, M., & Korat, N. R. (2015). Internet addiction and psychological wellbeing among youth of Rajkot district. The international journal of Indian psychology, 2(2), 5-9.
11. Rehman, A ., Shafi, H., Rizvi, T. (2016). Internet Addiction and Psychological Well-being among Youth of Kashmir. International Journal of Indian Psychology 3 (3), DOI: 10.25215/0303.040, DIP: 18.01.040/20160303
12. Calero, A.D., Barreyro, J.P, Injoque-Ricle, I.(2018). Emotional intelligence and self-perception in adolescents. Eur J Psychol , 14, 632-43
13. Ryff, C. D. ve Keyes, C. L. M. (1995). The structure of psychological well-being revisited. Journal of personality and social Psychology, 69 (4), 719-727.
14. Douglas, P. Crowne and David Marlowe(1960) a new scale of social desirability independent of psychopathology. Journal oj Consulting Psychology, 24(4), 349-354
15. Sharma, E. (2011) . Emotional Intelligence Test (EIT). Prasad psycho corporation ISO 9001:2008 certified organization.
16. Sharma, A.,& Sharma, R. (2018). Internet addiction and psychological well-being among college students: A cross-sectional study from Central India. J Family Med Prim Care. Jan-Feb;7(1):147-151. doi: 10.4103/jfmpc.jfmpc_189_17. PMID: 29915749; PMCID: PMC5958557
17. Cardak, M. (2013). Psychological well-being and internet addiction among university students, The Turkish Online Journal of Educational Technology,12 (3) 134-141
18. Waldo, A.D. (2014). Correlates of Internet Addiction among Adolescents. Philippine Mental Health Association, Baguio-Benguet Chapter, Baguio City 2600, Philippines. 5 (18), 2014 November DOI: 10.4236/psych.2014.518203
19. Lan-hua, L., Li-ping, Z., Zhao-lan, L. (2010). Impactof emotional intelligence on internet addiction disorder among students at a college in Weifang,2009. Preventive Medicine Tribune, 2010-09
20. Parker, J. D., Taylor, R. N., Eastabrook, J. M., Schell, S. L., & Wood, L. M.,(2008) Problem gambling in adolescence: Relationships with internet misuse, gaming abuse and emotional intelligence. Personality and Individual Differences, 45, 174- 180.
21. Saraiva J, Esgalhado G, Pereira H, Monteiro S, Afonso RM, Loureiro M. J (2018) The Relationship Between Emotional Intelligence and Internet Addiction Among Youth and Adults. J Addict Nurs. 29(1):13-22. doi: 10.1097/JAN.0000000000000209. PMID: 29505457.
22. Chang, J. & Hung, C. (2008). Problematic Internet Use. http://iacapap.org/wp-content/uploads/H.6-internet-addiction-072012.pdf
23. Jugnu, V. (2018)Emotional Intelligence and Psychological Well Being among Undergraduate Students. Journal of Advances and Scholarly Researches in Allied Education. 14(2) 269-278
24. Chen, E. S. L. (2021). The Relation of Personality Traits to Internet Addiction and Internet Social Behaviour in Chinese Secondary School Students. Advances in Social Sciences Research Journal, 8(8), 550–563
25. Judge, T. A., & Bono, J. E. (2001). Relationship of core self-evaluations traits—self-esteem, generalized self-efficacy, locus of control, and emotional stability—with job satisfaction and job performance: A meta-analysis. Journal of Applied Psychology, 86(1), 80-92.
26. Gamal, A.A., Moussa, N.Z., Mahmoud, S., et al. (2022). Social desirability and its relationship to emotional intelligence students of faculty of education minia university. Journal of research in education and psychology, 37(1), 397-424.
27. Downey, L. K., Godfrey, J.L., Hansen, K., Stuogh, C. (2006). The Impact of Social Desirability and Expectation of Feedback on Emotional Intelligence in the Workplace. Journal of Applied Psychology: Emotional Intelligence, 2(2), 12-18.