



**A STUDY TO ASSESS THE INTERNET ADDICTION LEVEL AND EFFECTIVENESS OF PTP ON ADVERSE EFFECT OF INTERNET ADDICTION AND ITS MANAGEMENT AMONG ENGINEERING COLLEGE STUDENTS IN SELECTED COLLEGE AT VIJAYAPUR.**

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**ABSTRACT** Internet is being integrated as part of our everyday's life because the usage of internet has been growing explosively worldwide .homes, school, college , libraries & internet cafes are the place which are more accessible to internet nowadays .completing school work, playing online game , reading and writing emails and engaging in real time common online activities. Internet addiction is a contemporary problem brought by easy access to computer and online information

**KEYWORDS :**

**INTRODUCTION**

Internets have become a necessity in our day to today life, whether in a workplace or home. Especially the field likes communication and information technology, nursing and other medical professions where usage of computer in both academic and work field is increasing. We all enjoying the benefits of the internet, and many of us it is also an indispensable tool for work, education and communication. While time spent on internet can be hugely productive, for some people compulsive internet use can interfere with daily life, work and relationship.<sup>1</sup>

The word addiction comes from latin "addiction" which means excessively devoted to something with loss of ability to choose freely or slave.

The internet use of global system of the interconnected computer networks that use the internet protocol suite (TCP or IP) to link devices worldwide. It is a network of networks that consists of private, public, academic, business and government networks of local to global space, linked by a broad array of electronic, wireless and optical working technology.<sup>2</sup>

Internet addiction is described as an impulse control disorder which does not involve use of intoxicating drugs and is very similar to pathological gambling. Some internet users develop an emotional attachment to an online friends and activities they create on their computer screens. Internet users may enjoy aspects of the internet that allow them to meet, socialize and exchange ideas through the use of chat, rooms, social working websites and "virtual communities".<sup>3</sup>

**MATERIALS AND METHODS**

**Problem statement**

A study to assess the internet addiction level and effectiveness of PTP on adverse effect of internet addiction and its management among engineering college students in selected college at Vijayapur.

**OBJECTIVES**

1. To assess the internet addiction level
2. To find the existing level of knowledge regarding internet addiction
3. To evaluate the effectiveness of PTP on internet addiction

**OPERATIONAL DEFINITIONS**

I. Internet addiction: In this study, internet addiction is refers to as excessive ,non essential use of internet more than 6 hours a day like chatting , online gaming, browsing etc leads to behavioural problems in users

II. Management: in this study, it refers to observing the students who have symptoms of internet addiction those students are handling and managing them to make free from internet addiction

III. Adverse effect: In this study, it refers to due to excessive use of internet students may suffer from some of side effects.

IV. Engineering students: refers to students who got eligibility and studying in 4th&6th semester of engineering students.

V. Information booklet: In this study, it refers to the booklet containing information about internet addiction, adverse effect and management of adverse effect of internet addiction.

**SAMPLE AND SAMPLE SIZE**

Sample is a subset of population selected to participate in a research study. sampling is a process of selecting a group of people, event, behaviour or other elements with which to conduct to study.

The sample for present study was 70 E&C branch of engineering students from BLDEAS engineering college.

**SAMPLING TECHNIQUE**

Probability sampling is based on the theory of probability .it involves random selection of members of the population. In this every subject in a population has equal chance to be selected as a study sample. Probability sampling techniques is used to enhance the representiveness of the selected sample for the study.

a) Sample random sampling technique in which lottery method was found to be appropriate for the present study.

**CRITERIA FOR SELECTING THE SAMPLE**

**a) INCLUSION CRITERIA**

- E&C branch of engineering students who are willing to participate
- E&C branch students who are present at the time of study.

**b) Exclusion criteria**

- E&C branch of engineering students who are not willing to participate
- E&C branch of engineering students absent at time of study.

**DATA COLLECTION INSTRUMENTS**

An instrument selected for research should be as far as possible the vehicle that would best obtain data for drawing conclusion, which are

pertinent to study.

Based on the objectives of the study, 3 point scale & knowledge questionnaires were used in order to assess the internet addiction level & adverse effect & management of internet addiction of engineering students. These were considered to be the appropriate instruments.

**SELECTION & DEVELOPMENT OF THE TOOL**

The tool was selected on the basis of objectives of the study.

The tool was selected after

- Review of literature provides adequate content area & information
- Consultation & discussion with experts
- Reviewing textbooks

Discussion consultation with statistician. The following steps were taken to select the tool

**Preparation of blue print**

The items were distributed according to internet addiction level & knowledge questions. The blue print consists of 17 questions on internet addiction level & 22 questions on internet addiction adverse effect & management.

**DESCRIPTION OF THE TOOL**

The final draft of the tool was prepared considering the suggestions of validators. It consists of 3 sections:

Section A: consists of baseline proforma

Section B: 3 point scale on assessment of level of internet addiction

Section C: Knowledge questionnaire on assessment of internet addiction.

1. Section A: baseline proforma consists of 8 items to obtain information regarding (1) age in years (2) Place of residence (3) Type of family, (4) Monthly Pocket money you take from your parents is, (5) Educational status of the parents, (6) Do you have computer in your home?, (7) Occupation of the parents, (8) Duration of usage of internet in a day.

Section B: 3 point scale on assessment of level of internet addiction

The questions rated as

- 1---disagree
- 2----neutral
- 3-----agree

Section C: knowledge questionnaire on assessment of internet addiction

**RESULTS**

In order to find a meaningful outcome to the research questions, the collected data must be processed, analyzed in some coherent fashion, so that patterns & relationship can be discussed.

Analysis is the categorizing, ordering, manipulating & summarizing of data collected to obtain, answers to research's the interpretation of tabulated data can bring light to the real & effectiveness of the findings.

In this study descriptive exploratory approach was adopted to assess the internet addiction & knowledge among engineering students. Data collected from 70 students were tabulated, analyzed & interpreted by using descriptive & inferential statistics based on the Formulated objectives of study.

The findings were presented under the following headings:

Section A: Demographic variable of respondents

Section B: Assessment of internet addiction level of respondents

Section C: Dissociation of internet addiction with selected demographic variables

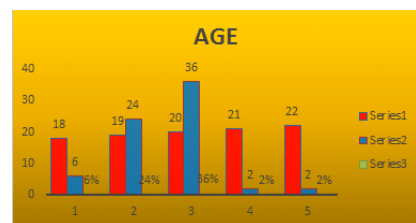
Section C: Assessment pre- existing level knowledge with selected demographical variable.

**SECTION - I**

**TABLE NO: 2 DISTRIBUTIONS OF RESPONDENTS ACCORDING TO THEIR SOCIO DEMOGRAPHIC VARIABLES n = 40**

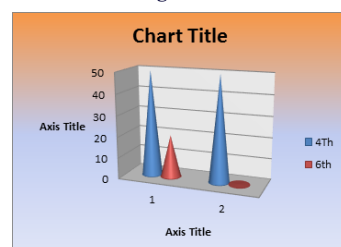
Sl. No	Variables	Frequency	Percentage (%)
1	Age	24	6%
	18	38	24%
	19	02	36%
	20	02	2%
	21		2%
	22		
2	Year of study	50	50
	4Th	20	20
	6th		
3	Place of residence	25	25%
	Hostel	38	38%
	Home	3	3%
	Relative home PG	4	4%
4	Type of family	48	48%
	Nuclear	22	22%
	Joint		
5	Monthly pocket money	47	47%
	Less than 2000	07	7%
	2000-3000	6	6%
	3000-4000 More than 4000	10	10%
6	Educational status of parents	08	8%
	Primary schooling	28	28%
	10th	09	9%
	PUC	25	25%
	Degree		
7	Computer in home	39	39%
	Yes	31	31%
	No		
8	Occupation of parents	15	15%
	Business	20	20%
	Farmer	05	05%
	Coolie	30	30%
	Others		
9	Duration of usage internet per day	26	26%
	1hr	25	25%
	1-3hr	09	9%
	3-5hr	10	10%
	More than 5 hr		

**Figure 4: Column diagram showing the percentage distribution students according to their age**



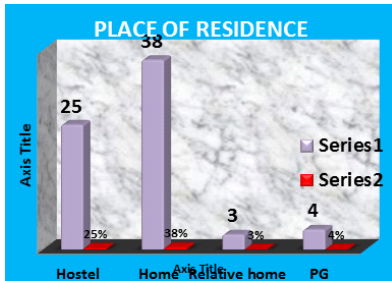
Above graph shows the distribution of respondents by age in which 6% of 18 years, 24% of 19 years, 36% are 20 years, 2% are 21 years and 2% are 22 years.

**Figure 4: Cone diagram showing the percentage distribution of students according to their year of study.**



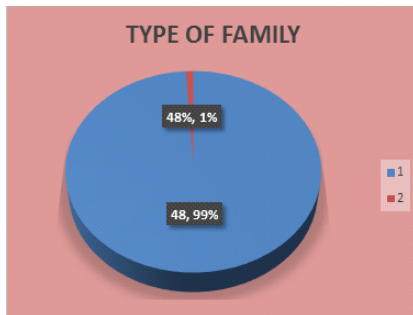
Above bar graph shows distribution of respondents according to year of study in which majority belongs to 4th semester (50%), 20% of them belong to 6th semester.

**Figure 4: bar diagram showing the percentage distribution of students according to their place of residence.**



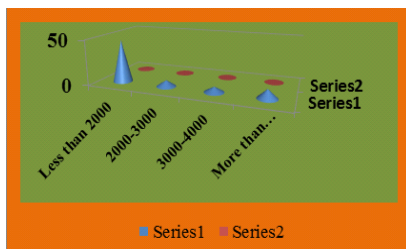
Above bar graph shows that distribution of respondents according to place of residence in which 38% live in home, 25% live in hostel, 4% in PG., 3% in relatives home.

**Figure 4 : Pie- diagram showing the percentage distribution of students according to their type of family.**



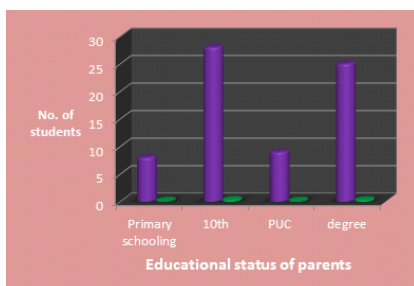
The above pie graph shows the distribution of respondents according to type of family in which 48% is nuclear family and 22% of respondents belong to joint family.

**Figure 4: cone diagram showing the percentage distribution of students according to their monthly pocket money.**



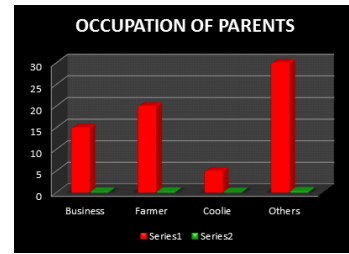
The above bar graph shows the distribution according to pocket money they receive monthly in which 47% less than 2000, 7% less than 3000, 6% less than 400 and 10% more than 4000.

**Figure 4: Cone diagram showing the percentage distribution of adolescent girls according to their age**

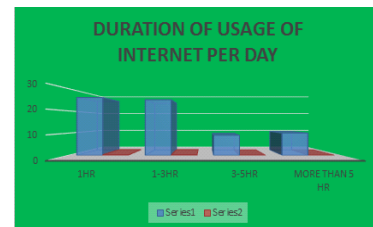


The above conical graph shows the distribution according to educational status of parents 28% of parents are 10th, 25% degree, 9% PUC, 8% primary schooling

**Figure 4: Cone diagram showing the percentage distribution of students parent occupation according to their age.**



The above bar graph shows the distribution of respondents according to occupation of parent in which 30% of others work, 20% of farmer, 15% of business and 5% of coolie workers



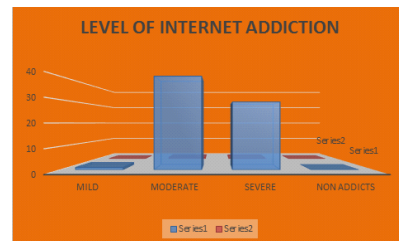
The above bar graph shows that distribution of respondents according to duration internet usage per day is 26% of 1hr, 25% 1-3hr, 10% more than 5hr and 9% of 3-5 hr per day.

**Section-B**

Assessment of internet addiction of respondents

Distribution of respondents according to level of internet addiction

Level of addiction	No. of respondents	Percentage
Mild	01	1.42%
Moderate	40	57.14%
Severe	29	41.42%
Non addicts	00	0.01%



The above graph shows that distribution of respondents according to scores on internet addiction in which 1.42% of mild, 57.4% is moderate, 41.42% is severe and 0.01% is non addicts.

Section B: Reveals the distribution of respondents according to level of internet addiction, 1.42% of mild, 57.14% of moderate, 41.42% 0.01% of non addicts.

**Association of demographical variable with internet addiction:**

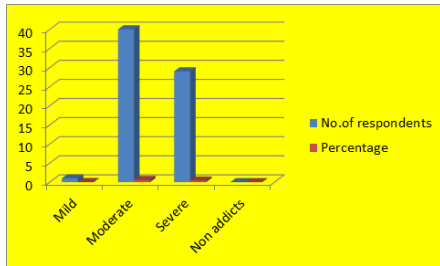
Sl.no	Demographical variable	Chi square\χ <sup>2</sup>	Df	Table value	remarks
1	Age	2.911	4	9.49	NS
2	Place of residence	4.4	3	7.82	NS
3	Type of family	0.45	1	3.84	NS
4	Monthly pocket money received	9.268	3	7.82	S
5	Education status of parents	2.356	3	7.82	NS
6	Internet facility available in home	0.016	1	3.84	NS
7	Occupation of parents	5.18	3	7.82	NS

8	Duration of usage of internet per day	4.57	3	7.82	NS
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**S-Significant**

**NS-Non significant**

This table shows the association between internet addiction and demographic variable it is noted that calculated value is greater than table for the demographical variable of the monthly pocket money received from parents .thus the demographical variable monthly pocket money received is having association with internet addiction, the demographic variable of age, type of family, educational status of parents, internet facility in home , occupation of parents , duration of usage of internet per day is not association with internet



**PRE TEST KNOWLEDGE GRAPH**

Knowledge level	Score	frequency	Percentage
Poor	0-6	6	8.57%
Average	7-12	34	48.57%
Good	13-18	30	42.85%
Excellent	19-22		
Total		70	99.99%

**Post test knowledge scores**

Knowledge level	Score	Frequency	Percentage
Poor	0-6	03	4.28%
Average	7-12	21	30%
Good	13-18	42	60%
Excellent	19-22	04	5.71%
Total		70	99.99%

**DISCUSSION**

A report of findings is never sufficient to convey their significance. The meaning that researcher give to the results place a rightful and important role in the report the discussion session is devoted to thoughtful and insightful analysis of findings. Leading to discussion their clinical and theoretical utility.

This chapter deals with the discussion of study with appropriate literature review, statistical analysis and findings of the study based on the objectives and findings of the study. The aim of the present study was to assess the internet addiction level and adverse effect and management of internet addiction among engineering students in selected BLDE Engineering College with view to develop an information booklet a total of 70 students were selected for the study using simple random sampling techniques.

**CONCLUSION**

This chapter gives brief description of present study including conclusion drawn from its findings and their implications of the study and recommendations for the future. Adverse effects of internet addictions are preventable. The present study findings indicates that there is in creating awareness in colleges regarding internet addiction and its management the findings of this study needs for prevention of internet addiction.

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