



## A COMPARATIVE STUDY OF INTERNET ADDICTION AMONG COLLEGE AND UNIVERSITY STUDENTS WITH REFERENCE TO THEIR GENDER DIFFERENCES

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### ABSTRACT

The present study was conducted in various Universities and Colleges of Kashmir division in 2018. The main objective of the study was to compare the internet addiction among male and female College and University students of Kashmir division. The internet addiction test conducted on students during the course of study revealed that male students are more addicted to internet as compare to their female counterparts. During the course of the study it was also revealed that 12.5% Post graduate male students, 7.5% Post graduate female students, 22.5% under graduate male students and 12.5% under graduate female students were severely addicted to internet.

**KEYWORDS :** Internet, Internet Addiction, gender, colleges, universities, Kashmir.

### INTRODUCTION:-

Internet is a worldwide network of inter connected computer networks (e.g. commercial academic and government) that operates using a standardized set of communication protocols called TCP/IP (Transmission control protocol / Internet Protocol) or the internet protocol suite (Linux information project 2005).

The internet carries an extensive range of information resources and services such as the internet linked hypertext documents and applications of the worldwide web (www), the infrastructure to support email and Peer to Peer networks for file sharing and telephony.

### Internet Addiction:-

the internet has revolutionized the way we Work, Communicate, Shop, and gain access to entertainment while it provides convenience and adds value to our lives, there is also a dark side to the internet. Over dependence on the internet can result in neglecting career, family or academic work (Turel, Serenko and Bontis 2011). In addition, those dependent on internet can feel irritable when they are away from such applications of technology.

(Caplan and High 2006) this irritability and similar symptoms are often referred as Internet addiction. Internet addiction was first researched in the year 1996 (young, yue, and ying).

### MATERIAL AND METHODS

The present study was conducted in the year 2018 in various colleges and universities of Kashmir division. The study was carried among the male and female college and university students. A total of 160 students were chosen for the purpose of the study through simple random sampling out of the 160 chosen students. 80 students were male and 80 students were female. Out of the 80 male students, 40 were Post graduates and 40 undergraduates, similarly among the 80 female students 40 were Post graduate and 40 under graduate.

The tool employed for the purpose of the study was Dr. Kimberly young Internet Addiction test. The test measures the extent of the client's involvement with the computer and classifies the addictive behavior in terms of mild, moderate and severe impairment.

### RESULTS AND DISCUSSIONS

After successful completion of the study the following results were revealed:-

- 12.5% (05) severely addicted 52.5% (21) moderately and 35% (14) students not addicted to internet from PG male students and the average scores are 59.25 on internet addiction test.
- 7.5% (03) severely addicted, 47.5% (19) moderately and 45% (18) students not addicted to internet from PG female students and the average scores are 51.55 on internet addiction test.
- 22.5% (09) severely addicted, 62.5% (25) moderately and 15% (06) students not addicted to the internet from UG male students and the average scores are 66.25 on internet addiction test.
- 12.5% (05) severely addicted, 60% (24) moderately and 27.5% (11)

students not addicted to internet from UG female students, and the average scores are 59.35 on Internet addiction test.

**Table 1 showing descriptive statistics**

Variable	N	Minimum	Maximum	Mean	Standard Deviation
Internet Addiction	160	16	85.00	59.09	18.40

**Table 2 Showing t value of internet addiction among male and female PG students**

Variable	Group	N	MEAN	S.D	T-Value
Internet Addiction	Male	40	59.25	18.91	1.72
	Female	40	51.55	20.89	

Difference is significant at .05 level

**Table 3 Showing t value of internet addiction among male and female UG STUDENTS**

Variable	Group	N	Mean	S.D	t-value
Internet Addiction	Male	40	66.22	14.22	1.99
	Female	40	59.35	16.56	

Difference is significant at .05 level

### CONCLUSION

The result of the study came that internet addiction is more prevalent in male students as compared to female students and among the male students undergraduate students were found to be more addicted than Post graduate ones. Similarly among female students undergraduate students were found to be more addicted towards internet than the post graduate ones. The present study can be used as the basic data for similar kind of studies in the future.

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