

The Internet Addiction in Relation to Depression and Anxiety Among Youth



Psychology

KEYWORDS : Internet addiction, depression, anxiety.

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ABSTRACT

The internet is a new tool that is used as an essential part of everyday life all over the world and its use increase especially among youth. In spite of the widely perceived merits of the tool, peoples are little much aware about the negative impacts of the use, especially the over and misuse. The purpose of the study was to determine the relationship of internet addiction with depression and anxiety. The study was conducted on the sample of 120 (60 internet addicts and 60 non internet addicts) college students of Bhopal, age range between 18 to 23 years. Young Internet Addiction (IAT), Beck Depression Inventory-II (BDI-II), Hamilton Anxiety Rating Scale (HAM-A) were used for this study. t-test were applied to determine the significant difference on depression and anxiety between internet addicts and non internet addicts. The significant differences were found between them.

Introduction:

The population using internet among world-wide has increased from 360 million in December 2000 to 2.4 billion in June 2012 [1]; this show's that world-wide internet penetration is 34.3% of population. In Asia, it has grown from 114 million internet users in December 2000 to 1.07 billion in June 2012; this show's that internet penetration in Asia is 27.5% of population. In India, there were about 137 million internet users in June 2012 as compared to 5 million in 2000, so the internet penetration in India is 11.4% of population. A research conducted by IMRB International (Indian Market Research Bureau) in June 2013, indicates that the Internet usage in India has gone up with more and more Internet users using the Internet on a regular basis. In June 2013, India had 190 Million Internet Users, of this; 130 Million belonged to Urban India and the rest 60 Million were from Rural India. Rapid expansion and proliferation of the internet has provided better opportunities for communication, information and social interaction. However, the excessive undisciplined use by some individuals has led to the emergence of the concept of internet addiction. (Griffiths M, Wood RT, 2000)

The excessive growth of the internet has had a huge influence on psychological research in understanding its role in mental health and there has been increased interest in the addictive potential of the internet (Griffiths, 1998). The authors report that there are a number of factors which may be related to internet addiction (Kandell, 1998). Among these factors the most remarkable are depression and anxiety. Depression is symptoms of dysphoric affect and mood, loss of interest in life activities and feeling of hopelessness (Derogatis & Melisaratos, 1983). Internet addict adolescents have been reported that depression, lower self-esteem and lower life satisfaction. Clinical depression associated with increased levels of internet usage (Young, Rodgers, 1998; Yen et. al., 2008). The research showed that anxiety could be related to the rate of internet use (Shepherd & Edelman, 2005). Internet addiction also may contribute to anxiety (Egger & Rautenberg, 1996; Yu, 2001). Those who suffer from anxiety often have a great deal of trouble communicating and interacting with others in a healthy, positive, and meaningful way. These human characteristics are viewed as important determinants of internet addiction

Methodology:

The unique culture and diversity in India demands a dis-

tinct point to this topic which can bring into focus characteristic issue that people here face. Much has not been done in the area of the internet addiction in relation to depression and anxiety among youth in the Indian perspective. This study shall attempt to contribute to this task.

Sample:

The sample consisted of 120 (60 internet addicted & 60 non internet addicted) college students (male and female) of Bhopal (M.P.). The age of the subjects were ranging between 18 to 23 years.

Tools:

i) Basic Data Sheet

It was developed for the study to record basic socio demographic information about the participants (viz., socio-demographic detail, living conditions etc).

ii) Young Internet Addiction Scale (IAT)

Young's Internet Addiction Scale was developed by Dr. Kimberly Young, 1998 which is one of the most reliable scales for evaluating internet addiction. Total internet addiction scores were calculated, with possible scores for the sum of 20 items ranging from 0 to 100. Based on the scoring, subjects were classified into normal users (<20), mild (21-49), moderate (50-79) and severe (>79) internet addiction groups.

iii) Beck Depression Inventory-II (BDI-II)

The Beck Depression Inventory-II (BDI-II) was a 1996 revision of the BDI created by Dr. Aaron T. Beck, one of the most widely used instruments for measuring the severity of depression. The BDI-II is a 21 question multiple-choice self-report inventory, each answer being scored on a scale value of 0 to 3. Higher total scores indicate more severe depressive symptoms.

iv) Hamilton Anxiety Rating Scale (HAM-A)

The Hamilton Anxiety Rating Scale (HAM-A) is a psychological questionnaire used to rate the severity of anxiety. It was originally published by Max Hamilton in 1959. For clinical purposes, and the purpose of this scale, only severe or improper anxiety is attended to. The scale consists of 14 items. Each of the 14 items contains a number of symptoms, and each group of symptoms is rated on a scale of zero to four, with four being the most severe.

Procedure:**I. Screening to identify youth with internet addiction:**

This phase involved testing of youth by Young Internet Addiction Scale (IAT) to identify them for internet addiction and to classify them into two categories: internet addicts and non-internet addicts.

III. Administration of the tools:

After categorizing the groups, the tools namely, the socio demographic details, Beck Depression Inventory-II (BDI-II), Hamilton Anxiety Rating Scale (HAM-A) were administered.

Results:

In order to determine the significance of difference on Depression and anxiety between internet addicted and non internet addicted subjects, t-test was applied. The result pertaining to the following Table:

Table 1

Significant difference between the means of Depression of internet addicted and non-internet addicted students.

Mean				
Internet Addicted	Non Internet Addicted	DM	DM	't' ratio
9.06	4.70	4.36	0.60	7.27*

* significant, $t_{0.05}(58) = 2.00$

Table 1 reveals that the significant difference of Depression between internet addicted students and non-internet addicted students was 7.27, which is higher than the required value at 0.05 level of significance ($t=2.00$). It shows there is significant difference between internet addicted and non-internet addicted students on Depression.

Table 2

Significant difference between the means of Anxiety Of internet addicted and non-internet addicted students.

Mean				
Internet Addicted	Non Internet Addicted	DM	DM	't' ratio
7.32	2.98	4.34	0.60	7.07*

* significant, $t_{0.05}(58) = 2.00$

Table 2 reveals that the significant difference of Anxiety between internet addicted students and non-internet addicted students was 7.07, which is higher than the required value at 0.05 level of significance ($t=2.00$). It shows there is significant difference between internet addicted students and non-internet addicted students on Anxiety.

There is significant difference on Depression and Anxiety of Internet Addicted Students and Non-Internet Addicted Students. It may be due to lack of rest and excessive use of internet which prevails on internet addicted students more than non-internet addicted students. There are other factors like economic status, daily routine habits etc are also affected in internet addicted students life which lead them towards Depression and Anxiety.

Conclusion:

Within the limitations of the present study, it was concluded that there is significant difference was found on Depression and Anxiety level in internet addicted students and

non internet addicted students.

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