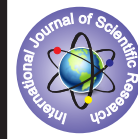


EFFECT OF INTERNET ADDICTION AMONG WORKING AND NON WORKING WOMEN IN RELATION TO THEIR MENTAL HEALTH



Education

KEYWORDS: Internet addiction, Mental Health, working women, Non working women.

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ABSTRACT

Women play different role of society. In the ancient era women work only at home but in present time they start to do job, business etc. as we know that internet also plays main role in every job so women start to use it. But as the time passed it become addiction. To assess this addiction in relation to mental health investigator select sample of 100 women through purposive sampling. This study reveals that maximum of women from sample found addicted with poor mental health and working women are more addicted then non working women. On the other hand there is negative correlation between internet addition and mental health.

Introduction:

Women are the main part of any society. They play variety of significant roles in our society from their birth till the end of life. Even after playing her all the roles and the entire job timely in efficient manner in the modern society. She has to take care of herself and family members as daughter, granddaughter, sister, daughter-in-law, wife, mother, mother-in-law, grandmother, etc. By following such a big responsibility in the family, they are fully able to come out and do job for bright future of own, family and country. The home has always been a woman's priority; it still is and shall always remain so. It is the woman who makes a home into a home, with all the outpouring of her love, care, devotion and hard work. This fact has always been recognized by all and a hard truth of a man's life but, today this fact is being intentionally cut to size. The reason being just simply the woman's, working outside the home. The woman which come out to do job is called working woman. On the other hand woman who stay at home and doing home chore is called non working woman.

In our daily life we see different type of addiction like smoking, drinking etc. Similar to other addictions there is one another addiction which called internet addiction. Those suffering from Internet addiction use the virtual fantasy world to connect with real people through the Internet, as a substitution for real-life human connection, which they are unable to achieve normally. Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling. Some Internet users may develop an emotional attachment to on-line 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 networking websites, or "virtual communities." Other Internet users spend endless hours researching topics of interest Online or "blogging". This makes people self-centered. One becomes isolated and secludes due to its addiction.

Mental health is a level of psychological well-being, or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. As a person become a internet addicted there must be some effect on his mental health. Now a day women do so many things on internet and as time passed it became habit as well as addiction.

Significance of the Study:

It is the era of technology. In this time, the use of internet is very common in life. Internet is very useful for every step of life. It is use for sharing information as well as research. There are millions of documents on the internet, published by specialists, scientists, teachers and students. These are useful but not too much useful. Excess use of anything is bad, so excess use of internet is also bad. It affects our physical health as well as mental health. It almost becomes an addiction. It has changed the eating and the other

normal habits of individual. The individual's addiction to internet increases, his mental health would decrease. Internet addiction causes in a personal's life such as making difference in life style in order to spend more time on the internet, a general decrease in physical activity, neglecting the health status as a result of internet abuse, avoiding significant activities of life in order to have more time for internet application, reduce social relationship and neglecting the family and friends. Now a day women also going to addicted to internet. So, the investigator' study aims to investigate the effect of internet addiction on mental health.

Statement of the Problem:

"Effect of Internet Addiction among working and non working women in Relation to their Mental Health"

Review of Related Literature:

Barmola (2015) in his study "Internet Addiction, Mental Health and Academic Performance of School Students/Adolescents" revealed that there was a significant effect of internet addiction on academic performance and mental health of students/adolescents.

Patel (2014) in his study "Co-Relation between Problematic Internet use and Mental Health in Professional Education Students" revealed that the level of internet addiction among professional students was moderate and tends to minimal. The Correlation was significant at the 0.05 level between excessive internet use, neglect of work, neglect of social life and physical problems as a part of mental health among students.

Ramezan & Zeinab (2013) in his study "The Impact of Internet Addiction on Students' Mental Health in Technical and Vocational Colleges in Alborz Province" reveal that there was a significant and inverse relationship between Internet addiction and students' mental health.

Objective of the Study:

The study is based on the following objectives:

- To assess the level of Internet Addiction among women.
- To assess the level of Mental Health among women.
- To study and compare the Internet Addiction among working and non working women.
- To find out the relationship between Internet Addiction and Mental Health of working and non working women.

Hypotheses of the Study:

The study is based on the following hypotheses:

- There is no significant difference between the Internet Addiction among working and non working women.
- There is no significant relationship between Internet Addiction and Mental Health of women.

Methods of the study:

The present paper is carried out on the basis of descriptive survey

method. 100 women were selected according to purposive sampling.

Tool Used:

- Internet Addiction test (I.A.T) by *Kimberly Young (1996)*.
- Mental Health Battery Test (M.H.B.) by *Arun Kumar Singh and Alpana Sen Gupta (1971)*

Analysis and Interpretation of the Result:

Section I (O¹): Assess the level of Internet Addiction among women.

Table 1

Serial No.	Raw Scores	No. of Students	Remarks
1.	20 - 49	20	Low
2.	50 – 79	35	Medium
3.	80 – 100	45	High

Interpretation –Table2 depicts that 10 women have excellent level of mental health, 18 women are having average mental health and 35 women are having very poor level of mental health.

Section III (O³): Study and compare the Internet Addiction among working and non working women.

Table 3

Group	No. of women	Mean	S. D	t-value	Level of significance	Result
Working women	50	64.06	18.68	3.70	0.01 level*	Significant
Non Working women	50	38.68	15.30			

*2.36 at 0.01 level

Interpretation: From the table 3 despite that the mean values of internet addiction of working and non working women are 64.06 and 38.68 respectively. The calculated value of 't'- ratio is 3.70 which is greater than the critical table value at 0.01 level of significant with 98df. It means that there is a significant difference between internet addiction of working and non working women. So the null hypothesis “There is no significant difference between the internet addiction among working and non working women” is rejected. The result shows that the level of internet addiction is higher in working women rather than non working women.

Section IV (O⁴): To find out the relationship between Internet Addiction and Mental Health of working and non working women.

Table 4

Group	No. of students	Mean	Co-relation	Level of significance	Result
Internet Addiction	100	53.99	-0.20	0.01 level	Significant
Mental Health	100	71.58			

*0.182 at 0.01 level

Interpretation: It is depicted from the table 4 that relationship between internet addiction and mental health is **significant**. So the hypothesis “There is no significant co-relationship between internet addiction and mental health of women” is rejected. There is negative co-relation between internet addiction and mental health. If internet addiction has increase, mental health is decrease and vice-versa.

Conclusion:

Form this study it reveals that maximum of women are internet addicted and having poor mental health. It also showed that working women are more addicted then non working women. The reason behind this can be at first phase they uses internet due to the official work but after it become habit, and after some time it become addition. On the other hand non working women are so busy in daily chore not having time for internet. Another result reveals that internet addiction and mental health are negatively co-related. If one increases then another decreases and vice-versa. Internet addiction can be decreases by conducting counselling, seminar, healthy talks, motivational talk etc.

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