



## EFFECT OF INTERNET ADDICTION ON META COGNITION OF B.P.S. MAHILA-VISHWAVIDYALAYA'S STUDENTS

### Education

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### ABSTRACT

Internet is very important in modern age but it become addiction in today's students. Some students are using internet in excess. On the other hand meta-cognition refers our knowledge regarding our cognitive processes and how to use it optimally to reach learning goals. But due to excess use of internet effect our physical health and Meta cognition. So to access this effect investigators choose this topic. For this purpose sample was selected from B. P. S. Mahila- Vishwavidyalaya\* Khanpur kalan (Sonipat) through purposive sampling. Internet Addiction test (I.A.T) by Kimberly Young (1996) and Meta-Cognition Inventory by Punita Govil (1971) was used for data collection. The result shows that 88 students out of 200 students have high level of internet addiction, 88 students out of 200 students are having low level of meta-cognition. From this investigation, it also be concluded that internet addiction has impact on Meta cognition of B. P. S. University's students. Hosteller students are more affected by internet addiction because of free wi-fi in hostels. Internet addiction has negative co-relation with Meta cognition.

### KEYWORDS

Internet addiction, Meta Cognition, Vishwavidyalaya's\* students.

#### Introduction:

Internet is life line of today's young generation but excess use of this is very harmful as we know that by use of internet the cognition skills of a person developed. He is able to know and understand things in wide range. As the term meta-cognition refers our knowledge regarding our cognitive processes and how to use it optimally to reach learning goals (Byler and Snowman, 1993). 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. In other words, meta-cognition is one's knowledge or awareness out of one's cognitive system or to know how to learn. Its knowledge helps us consider our progression at the time of knowing and learning. It is a multifaceted concept. If a person use internet in limit it is good for development of Meta cognition skills but when the use is unlimited and become addiction then it must be harmful. Some studies also gave evidence about this. In a study regarding the role of cognition on internet usage over 97 university students, Benjamin, Spada and Monta (2008) found that there is a significant positive relationship between internet addiction and all aspects of meta-cognition. Also, this study revealed that there is a significant relationship between internet addiction and negative feelings. Mesgaran, Ahmadi, (2013) found that Internet addiction is multi factorial injury and several factors cause this injury e.i that is meta-cognition, emotional intelligence and sensation seeking. At last we can say that Meta-Cognition is affected by Internet Addiction. This influence may be positive or negative.

#### Significance of the Study:

Now a days, computer become at prime list of everyone. It has many qualities. Some of them will be useful for our research project. One the best thing of it is internet. It access give us to experts in just about any field we might be interested in. With the help of net, we can online shopping, sharing information and etc. It is used by mostly person. But some time it waste hours of time at social media. It can be mentally harmful to us. On the other hand it is a boon. It has brought all together. It has made impossible looking activities very easy. But it is like a double edged sword. Society has beneficial a lot form internet but not without a paying a heavy price. It changes our sleeping habits and many more social disadvantages. Other social activities which are important form a normal civic life are ignored. The person lacks the normal sharing of problems with family members and friends. This leads to loneliness which again is the major cause mental imbalance, it also gives a short of cultural shock. It may be one of the major reasons of spicing and eroding the ideology and cultural values of to-days youth. Through this addiction we feel every time tired. It brings you close to the people who one for away and drives, you away from the people who are near and deem to you. It seems that internet addiction is

related to depression. It may be one of the major reasons of spicing and eroding the ideology and cultural values of to-days youth after conducting study we may be able to cop up this problem. So, the investigators' study aims to investigate the effect of internet addiction on Meta cognition.

#### Statement of the Study

Effect of Internet Addiction on Meta Cognition of B.P.S. Mahila-Vishwavidyalaya's Students.

#### Objective of the Study:

- To assess the level of Internet Addiction among students of B. P. S. Mahila- Vishwavidyalaya Khanpur kalan (Sonipat).
- To assess the level of Meta-Cognition among students of B. P. S. Mahila- Vishwavidyalaya Khanpur kalan (Sonipat).
- To study and compare the Internet Addiction among Hostellers and Day-scholars students of B.P.S. Mahila- Vishwavidyalaya Khanpur kalan (Sonipat).
- To find out the relationship between Internet Addiction and Meta-cognition of students of B.P.S. Mahila - Vishwavidyalaya Khanpur kalan (Sonipat).

#### Hypotheses of the Study:

- There is no significant difference between the Internet Addiction among Hostellers and Day-scholars students of B.P.S. Mahila-Vishwavidyalaya Khanpur kalan (Sonipat).
- There is no significant relationship between Internet Addiction and Meta-cognition of students of B.P.S. Mahila- Vishwavidyalaya Khanpur kalan (Sonipat).

#### Research Methodology and Sample:

For the present study, the normative survey method was employed by the investigators and Purposive sampling was used.

#### Tools Used:

- Internet Addiction test (I.A.T) by Kimberly Young (1996).
- Meta-Cognition Inventory by Punita Govil (1971).

#### Analysis and interpretation of Data:

**Section-1:** To assess the Level of Internet Addiction among Students of B. P. S. Mahila- Vishwavidyalaya Khanpur kalan (Sonipat).

**Table 1**

Serial No.	Raw Scores	No. of Students	Remarks
1.	20 - 49	50	Low
2.	50 - 79	62	Medium
3.	80 - 100	88	High

**Interpretation** – Table 1 denotes that 50 students from the entire sample have low level of internet addiction between the range of 20-49, 88 students out of 200 students have high level of internet addiction and 62 students are those who using internet in medium way.

**Section-II:** To assess the Level of Meta Cognition among Students of B. P. S. Mahila- Vishwavidyalaya Khanpur Kalan (Sonipat).

**Table 2**

Serial No.	Raw Scores	No. of Students	Remarks
1.	107 and above	8	Very high
2.	95 – 106	11	High
3.	82 – 94	31	Average
4.	70 – 81	62	Low
5.	69 and below	88	Very low

**Interpretation** - It is evident from the **table 2** that 8 students out of 200 are having high level of Meta cognition, 88 students out of 200 students are having low level of meta- cognition, 31 students of B. P. S. Mahila-Vishwavidyalaya are lying on average level of meta cognition.

**Section-III:** Comparison of Internet Addiction among Hostellers and Day-Scholars Students of B.P.S. Mahila- Vishwavidyalaya Khanpur kalan (Sonipat).

**Table 3**

Group	No. of students	Mean	S. D	t-value	Level of significance	Result
Hostellers	100	62.95	19.5046	3.6208	2.60 at 0.01 level	Significant
Day-scholars	100	40.7	16.14			

**Interpretation:** It is evident from the **table 3** that the computed 't' value of internet addiction is 3.6208 and the critical value is 2.60 at 0.01 level of significance with 198 df. Calculated 't' value is more than critical t-value, it means that there is a significant difference between hostellers and day-scholars students. Therefore, the null hypothesis "**There is no significant difference between the internet addiction of Hostellers and Day-scholars students, is rejected**". Mean scores of Hosteller's students is 62.95 whereas mean score of Day-scholar's students is 40.7. So mean's difference is trustworthy. The internet addiction has more impact on hosteller's students rather than day-scholars students. Hosteller's students are using more internet because of free Wi-Fi connection is available in the university campus as well as hostel. Thus we can say that they are more internets addicted.

**Section IV: Find out the Relationship between Internet Addiction and Meta Cognition of students of B.P.S. Mahila-Vishwavidyalaya Khanpur kalan (Sonipat).**

**Table 4**

Group	No. of students	Mean	Co-relation	Level of significance	Result
Internet Addiction	200	53.99	-0.198	0.182 at 0.01	Significant
Meta Cognition	200	71.58			

**Interpretation:** It is depicted from the **table 4** that relationship between internet addiction and meta cognition is **significant**. So the hypothesis "**There is no significant co-relationship between internet addiction and meta cognition of B.P.S. University's students,**" is **rejected**. There is negative co-relation between internet addiction and Meta cognition. If internet addiction has increase, meta-cognition is decrease and vice versa.

#### **Conclusion:**

Our study's result shows that 88 students out of 200 students have high level of internet addiction, 88 students out of 200 students are having low level of meta-cognition. From this investigation, it also be concluded that internet addiction has impact on Meta cognition of B. P. S. University's students. Hosteller students are more affected by internet addiction because of free wi-fi in hostel. Internet addiction has negative co-relation with Meta cognition. If addiction has increase, Meta cognition has decrease and vice-versa. From all this discussion we can say that internet has a great impact on Meta cognition of B. P. S. Mahila- Vishwavidyalaya's students.

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