



INTERNET ADDICTION AND IT'S RELATION WITH PSYCHOLOGICAL WELLBEING AMONG THE UNIVERSITY STUDENTS.

Nursing

**Ms. Amina
Ahmed***

Assistant Professor, Royal School of Nursing, The Assam Royal Global University.
*Corresponding Author

**Prof. Dr. Gitumoni
Konwar**

Dean cum Principal, Royal School of Nursing, The Assam Royal Global University

ABSTRACT

Background: In today's technological era, smartphone and internet become an integral part of everyone's life. Despite of having tremendous benefits it has become a major concern for youth's wellbeing. Hence the researcher aimed to assess the relationship between internet addiction and psychological wellbeing among the University students.

Material and methods: The study was conducted among 220 students which were selected by using stratified proportionate random sampling technique. Data were collected by Young's Internet Addiction Test and Ryff's Psychological Wellbeing scales.

Results: Findings revealed that 3% respondent had Internet addiction, 28.5% were at risk of developing Internet addiction. Internet addiction was negatively correlated with Psychological Wellbeing ($p=0.000$) as well as with its specific dimensions. Findings further revealed that student's father's education and mother's occupation were found statistically associated ($p=0.01$) with the internet addiction.

Conclusion: The study concluded that students need proper counseling regarding the use of Internet.

KEYWORDS

Internet addiction, psychological wellbeing, counseling

BACKGROUND

In the last few years, there were explosive growths of internet use as the recent uses of internet become easier and everywhere after the introduction of smartphone. People with internet users had increased from 360 million in 2000 to 4383 (56.8%) million in May 9, 2019. In India, there were about 560 (40.9%) million internet users in 2019 as compared to 5 million in 2000, i.e. 34.4% of population (Internet World stats, 2017 & 2019).

Internet is not only a source of information but also a rapid means of communication which makes the life much easier and indispensable (Rehman, Shafi & Rizvi, 2016). It has been using for many purposes like education, entertainment, research, business transactions, pornography, excessive gaming, chatting and even gambling (Goel, Subramanyam & Kamath, 2013). The increasing popularity and frequency of internet use has led to the emergence of problem which has been labeled as internet addiction.

The concept of Internet addiction as a disorder was initially proposed by Ivan Goldberg (1995). This Disorder is characterized by an individual's lack of control over his or her use of the Internet, resulting in marked distress, preoccupation, mood changes, tolerance, withdrawal and functional impairments of social, occupational and academic performance (Krishnamurthy & Chetlapalli, 2015). Young (1998) reported that Internet addiction as an impulse-control disorder which does not involve an intoxicant.

There are extreme variances in Internet addiction across age, cultures and countries. Sharma et al (2015) reported that the prevalence of Internet addiction was 5.58% in India. Krishnamurthy and Chetlapalli (2015) reported that college students are more prone to develop Internet dependence than anyone else and this can be due to availability of time, ease of use, unlimited access to the internet; the psychological characteristics of young adulthood, limited or no parental supervision, some courses are Internet-dependent from assignments and projects to communication with peers and mentors, the Internet offering a route of escape from exam stress etc.

Excessive internet use has a negative effect on face-to-face interactions by reducing time spent with friends and family members, which leads to increased loneliness, impulsive and compulsive behaviors, novelty-seeking, anxiety and depression, thus decreasing psychological wellbeing (Kraut, 1998, Whang, Lee & Chang, 2003, Liu, 2004 & Mannell, Zuzanek & Aronson, 2013). Internet dependence also leads to insomnia, day time sleepiness, eye strain and even reduces academic performance (Vyjayanthi, Makharam, Afraz & Gajrekar, 2014)

Youth are the future resources of our country. If they become addicted

at early age of their life it may lead to harmful consequences. But these data are not clear in north eastern region of India. Hence, the researcher felt it necessary to find out the relation between internet addiction and psychological wellbeing among the students.

METHODOLOGY

A correlational study was carried out among the students from different departments of Royal Global University, Guwahati, Assam. A total of 220 students were selected by using stratified proportionate random sampling technique. Data were collected with Standardized tool consisting of Part A: Demographic performa: this includes age, sex, departments, father's and mother's education and father's and mother's occupation, family income per month and place of stay. Part B: Internet Addiction by Young Cronbach's alpha coefficient score was 0.887, indicating good internal consistency. It consisted of 20 items, wherein each item was scored using a six-point Likert scale ranging from never (1), rarely (2), sometimes (3), often (4) to always (5). Total score was categorized as normal users (20-49), risk users (50-79) and internet addiction (80-100) and Part C: Psychological Wellbeing by Ryff (2018). Cronbach's alpha coefficient alpha for the psychological wellbeing was 0.858. It is a 42 items scale consisted of six dimensions namely autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance. Each subscale consisted of 7 items divided between positive and negative items. For each item, students were asked to indicate the degree to which they agreed or disagreed with the statement, on a 6-point scale ranging from 1 (strongly disagree) to 6 (strongly agree). Before data collection, permission was taken from concerned authority and an informed verbal and written consent was obtained from all the participants after explaining the purpose and other details of the study. Confidentiality and anonymity was assured. The data analysis has been done by using SPSS, version 16.0.

RESULTS

Data were analyzed by using both descriptive and inferential statistics for 200 samples as 20 samples were rejected because of incomplete submission of the tools. The findings of the present study showed that among 200 respondents, majority 48.5% were in the age group 17-19 years, and 56% were male. With respect to departments, majority 24.5% of the students were from engineering department. About education of father and mother, majority 61.5% father and 65% mother were having education from 11th to graduate level. With respect to occupation of father and mother, majorities 56% were having Government Job and 70% were Home Maker respectively. With regards to place of stay, majority 54% were staying at home, regarding family income students were reluctant to reveal their family income so it could not be evaluated.

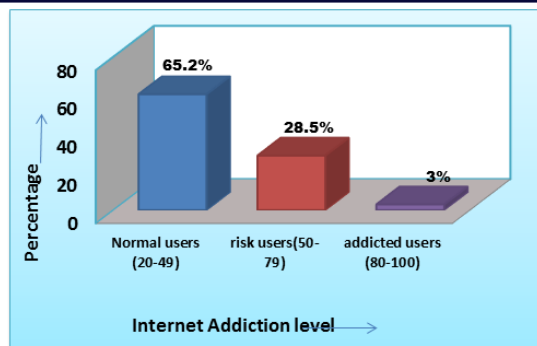


Figure 1: Bar diagram showing percentage distribution of sample's internet addiction

Figure 1 portrayed that 3% of the respondents were having Internet addiction, 28.5% were at risk of developing Internet Addiction and 60.5% were normal users.

Table 1: Correlation between internet addiction and psychological wellbeing (n=200)

Psychological wellbeing	Mean	SD	Internet addiction	
			r- value	p value
Autonomy	25.96	4.98	-.206	.003**
Environmental mastery	26.85	3.68	-.234	.001**
Personal growth	27.72	5.202	-.0246	.000**
Positive relation	28.14	5.30	-.226	.001**
Purpose in life	27.72	4.94	-.171	.015*
Self acceptance	27.12	5.46	-.115	.029**
Total	163.52	21.58	-.269	.000**

Significant level is assessed at <0.05 level

*(<0.05), **(<0.01), S*-significant, S**-Highly significant

Table 1 showed that internet addiction was significantly negatively correlated to psychological wellbeing ($r=-0.269, P<0.01$). Both variables have an inverse relationship, as the level of internet addiction increased; the level of psychological wellbeing decreased. In regard to specific dimensions, it was also showed that-autonomy ($r=-0.206, P<0.01$), environmental mastery ($r=-0.234, P<0.01$), personal growth ($r=-0.456, P<0.01$), positive relations ($r=-0.246, P<0.01$), purpose in life ($r=-0.226, P<0.01$) and self acceptance ($r=-0.155, P<0.01$) consistently showed inverse relationship with internet addiction. These findings suggested that as internet addiction increases these dimensions of psychological wellbeing decreases.

Table 2: Association between respondent's levels of Internet addiction and selected demographic variables (N=200)

Sl. No	Variables	Chi-square	df	'P' value
1	Age	8.844	9	0.452 NS
2	Sex	6.539	3	0.088 NS
3	Departments	41.927	36	0.229 NS
4	Father's education	31.612	9	0.001 S**
5	Mother's education	6.202	9	0.720 NS
6	Father's occupation	9.971	12	0.519 NS
7	Mother's occupation	28.293	9	0.001 S**
8	place of stay	11.551	6	0.073 NS

Significant level <0.05, S**-Highly significant, NS-Not significant

Table 2 showed that there was a significant association between level of internet addiction and father's education and mother's occupation but there was no significant association between level of internet addiction and age, sex, departments, mother's education, father's occupation, family income per month and place of stay.

DISCUSSION

The present study findings revealed that 3% respondents were having Internet addiction and 28.5% were at risk of developing Internet Addiction. The findings were consistent with the study findings done by Goel, Subramanyam and Kamath (2013) which revealed that 0.7% were found to be addicted and 74.5% were found to be the moderate users. These findings were also consistent with the study finding done by Whang, Lee and Chang (2003) and Nath, Naskar and Victor (2016).

The findings also showed that internet addiction was significantly negatively correlated to psychological wellbeing. Regarding specific dimensions, it was also showed that-autonomy, environmental mastery, personal growth, positive-relations, purpose in life and self-acceptance had inverse relationship with internet addiction. These suggested that as internet addiction increases psychological wellbeing and its dimensions decreases at a significant level. These finding is consistent with the study findings done by Sharma and Sharma (2018).

The present study findings further revealed that there was a significant association between level of internet addiction and father's education and mother's occupation. These finding is consistent as well as contradictory with the study findings done by Nath, Naskar and Victor (2016).

CONCLUSION:

Based on the study findings, researcher concluded that, youth are at risk of developing internet addiction and internet addiction has a negative relation with psychological wellbeing. Therefore, researchers strongly recommended that the teachers, parents, institutional authority, policy makers should be aware of these findings while taking some decision which affect the youth, as giving a smartphone with internet to a youth is like giving a gram of cocaine to them. The students should be properly counseled regarding handling of smartphone and use of internet so that they can take the maximum benefit of it.

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