



A COMPARATIVE STUDY TO ASSESS THE LEVEL OF INTERNET ADDICTION AMONG INDIAN GIRLS AND BOYS - A CROSS-SECTIONAL ONLINE SURVEY.

Nursing

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ABSTRACT

Objectives: To assess and compare the level of internet addiction among Indian girls and boys. **Study Design:** Cross-sectional online survey. **Materials & Methods:** Data collection was collected from 280 in which 140 girls and 140 boys who pursuing graduation by the online survey through Google forms with the use of Young's Internet Addiction Tool (IAT) – 20. **Results:** Among all the 140 Indian girl respondents surprisingly only 1 girl is having severe internet addiction whereas the majority of the 57 respondents are normal without any internet addiction. With the mean and standard deviations 35.27 ± 17.13 also. Among all the 140 Indian boys respondents, surprisingly only 2 boys are having severe internet addiction whereas the majority of the 69 respondents are having mild internet addiction levels. With the mean and standard deviations 39.05 ± 14.83 also. Z-Test value of 2.8466 is revealing a significant difference between the internet addiction levels among Indian girls and boys at the probability value of 0.05. **Conclusion:** The results highlight the vulnerability of college students to Internet addiction. The findings provide explanations on the addictive behavior of the internet users, support the inclusion of "Internet Addiction" and There is a need to focus on mental health concerning internet Addiction, as problematic internet use is increasingly being reported and younger Internet users are more at risk of becoming Internet addicts.

KEYWORDS

Internet Addiction, Indian Girls and Boys, Young's Tool of IAT-20

INTRODUCTION

COVID-19 Pandemic led every individual of the world to use more internet for survival than usual, which is ultimately resulted in a certain level of internet addiction. To be precise online education, isolation, social distancing or any other covid protocols restricted the movements of the individuals, giving a greater scope and rationale to use extensive use of the internet for various daily life activities as well as working and educational purposes also.

This is an alarming signal to impact on the mental health issues of the individuals

Problem Statement

A Comparative study to assess the level of internet addiction among Indian girls and a boys-A cross-sectional online survey.

Objectives

1. To assess the level of internet addiction among Indian girls and boys.
2. To compare the level of internet addiction among Indian girls and boys.

Operational Definitions

1. **Internet addiction:** - Any online-related compulsive behavior which interferes with a normal lifestyle and causes stress.
2. **Girls:** -Female students who are studying graduation for the academic year 2020-2021.
3. **Boys:** -Male students who are studying graduation for the academic year 2020-2021.

Hypothesis

H_1 - There will not be any significant difference between the level of internet addiction among girls and boys.

MATERIALS & METHODS

Study design

Cross-sectional online survey

Population -

Target population

All Indian girls and boys who are perusing the graduation course for the academic year 2020-21

Accessible population

All the Indian girls and boys who are perusing the graduation course for the academic year 2020-21 and accessible through the online platform to respond to the research tool.

Sample and its Criteria

All the students who are pursuing graduation and

INCLUSIVE CRITERIA

1. Indian Girls and boys who are pursuing graduation in the academic year 2020-21 only.
2. Indian Girls and Boys who are willing to participate.
3. Girls and Boys who are residents of India only.

EXCLUSIVE CRITERIA

1. Indian Girls and Boys who are reading and residing outside India.
2. Indian Girls and Boys who are not able to access through online platform.

Sampling Technique

Non-probability convenience sampling technique.

Sample Size

The total sample size of the study is 280 subjects in number, of which 140 Indian Girls and 140 Indian Boys.

Tool

Young's Internet Addiction Tool (IAT) statements were incorporated in a Google form Consists of 3 items for background variables (gender state and course of the sample) and 20 items rated on a 6-point scale ranging from 0-5. The statements refer to offline situations or actions unless otherwise specified. 0 = Not Applicable. 1 = Rarely, 2 = Occasionally, 3 = Frequently, 4 = Often, 5 = Always. The maximum score is 100 points.

The IAT total score ranges, with the higher the score representing the higher level of severity of Internet compulsivity and addiction. Total scores that range from 0 to 30 points are considered to reflect a normal level of Internet usage, 31 to 49 indicate the presence of a mild level of Internet addiction, 50 to 79 reflect the presence of a moderate level and, 80 to 100 indicate a severe dependence upon the Internet. The tool was found reliable with the score 'r' = 0.76 at the probability values of 0.05 which indicates that the tool was consistent to use in the present study.

DATA ANALYSIS & RESULTS

Data collection collected from 502 respondents was processed and refined by removing the responses which are not filled, inappropriate, and inaccurate after all these processes the final respondents for the main data study analysis is 280 subjects.

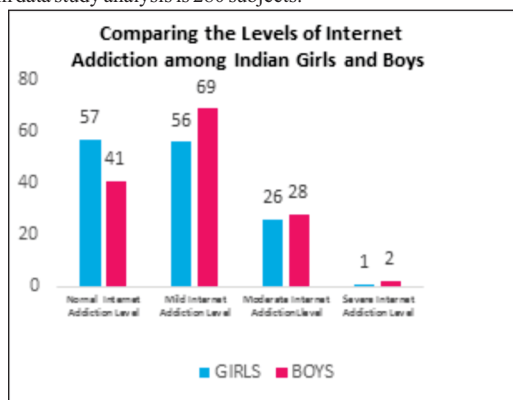


Figure. No.1: Comparing the Level of Internet Addiction among Indian Girls and Boys.

Table No.1: Z-Test Parameters of Indian girls and boys on Internet Addiction.

Gender/Parameter	Overall Mean	Standard Deviation	Observed Difference	Z Test Score
Girls	35.27	17.13	2.3	2.8466
Boys	39.05	14.83		

Table No.2: Inferences for the Z-Test

S.No	Z Value	Inference
1	Below 1.96	Not significant
2	Above 1.96 to 3	Significant at P= 0.05
3	Above 3	Highly significant at P=0.005

It is evident as the Z-Test value of 2.8466 is revealing a significant difference between the internet addiction levels among Indian girls and boys at the probability value of 0.05.

Hence H_1 is disproved which says that "There will not be any significant difference between the level of internet addiction among girls and boys".

DISCUSSION

Z-Test value of 2.8466 is revealing a significant difference between the internet addiction levels among Indian girls and boys at the probability value of 0.05.

Now, these values reveal a lot of indicators and how the gender differences are there in terms of technology or internet usage also in India. Unlike in many aspects, there is gender discrimination, the reasons may be anything but boys are having more access and no restrictions towards internet usage whereas on the other hand girls are not given much access to it.

Internet addiction has been accompanied by major problems such as online education, reduced curriculum study, anxiety, reduced interpersonal relationships, and reduced physical activities, irregularity, and nutritional diseases. If this problem is not addressed as a priority the next upcoming generations will soon land up with internet addiction in India.

CONCLUSIONS

The following conclusions were drawn from the findings of the study.

- A good number of students were addicted either mild or moderately to the internet that requires timely remedial action.
- Internet addiction has become a vital problem for college-going students. Students should be counseled about the hazard of internet addiction. It is essential to develop strategies for the prevention of internet addiction which is very important.
- Individuals with a present-oriented time perspective tend to evidence poorer self-control, increasing the likelihood of procrastination and Internet addiction. Individuals with a future-oriented time perspective, on the other hand, tend to have stronger self-control, decreasing their risk of procrastination and Internet

addiction

- The results highlight the vulnerability of college students to Internet addiction. The findings provide explanations on the addictive behavior of the internet users, support the inclusion of "Internet Addiction"
- There is a need to focus on mental health concerning internet Addiction, as problematic internet use is increasingly being reported and younger Internet users are more at risk of becoming Internet addicts.

IMPLICATIONS

The findings of the study have the following implications.

General Education

- The future of the country depends upon the upcoming generations from the youth going to college. Educational strategies need to be developed and More focus should be given to them to prevent internet addiction by bringing awareness about the hazards.
- Colleges should take up the responsibility of educating the respective students.

Administration

- Students, faculty as well as parents should be made responsible to take necessary steps towards the prevention of internet addiction.
- Arrange and conduct workshops, conferences, seminars on various hazards and ill effects of internet addiction.

LIMITATIONS

The present study is limited to

- All the Indian girls and boys who are accessible through online platform.
- Larger and a representative sample would have provided more accurate information.
- The online cross-sectional survey was not adequate to assess the level of internet addiction among Indian girls and boys.
- An observational checklist and direct interview would have served the purpose of the study more effectively than online google forms.

RECOMMENDATIONS

In the light of the finding and personal experience of the researchers, the following recommendations are put forth.

- A similar study can be conducted in a large representative sample for better generalization.
- A similar study can be conducted on general software professionals and IT Professionals.
- A qualitative study can be conducted to see the behavioral changes among the students.
- An experimental study can be conducted to assess the health hazards of internet addiction.

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