



Internet Addiction among Secondary school children and its Relation with their Academic Achievements

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ABSTRACT

Undoubtedly, Internet has brought a great revolution worldwide and the world is in its feast. It has delimited the whole world and made a man able to access anywhere, anytime and in any field of life. Facilities are available at one's door step. But, it is well said that excess of everything is bad. Likewise, excess use of internet has become a problem today. The investigator in the present study tried to examine the prevalence of internet addiction among secondary school children and its relationship with their academic achievements. The secondary school students studying in class IX and X of different government and private schools of Lucknow city (capital of the state of Uttar Pradesh, India) constitute the population of the study. The investigation was conducted on 300 male and female students. It was found that internet usage among secondary school students has been rising, though it is controlled today but it might have a rising trend abruptly in future. The result has also shown that internet usage pattern of male students is quite higher than the female students. It was found that average to high use of internet positively influenced the academic achievements while no use and extremely high usage had a negative impact on academic achievements of the students.

KEYWORDS

Introduction

The Internet is a global system of interconnected computer networks that use the Standard Internet Protocol suit to serve billions of users worldwide. It is a network of networks that consists of private, public, academic, business and government networks of local to global scope that are linked by a broad array of electronic and optical networking technologies.

The foremost target of internet has always been the communication and internet has excelled beyond the expectations. Still innovations are going on to make it faster and more reliable. By the advent of computer's internet our earth has reduced and has attained the form of a global village. Any kind of information on any topic under the sun is available on the internet. Students and children are among the top users who surf internet for learning, entertainment and research.

As the internet increasingly becomes part of our lives, internet addiction disorder has received much attention. Internet addicts may withdraw from social and inter personal interaction. Their family relationships and academic or occupational functioning may deteriorate. Several withdrawal symptoms have been identified, including nervousness, agitation, aggression as well as addiction syndromes.

Many of the Indian Institute of Technology (IIT) are restricting campus internet use during night hours, because of recent suicides linked to presumed anti social behavior that internet use promotes. Internet addicts suffer from emotional problems such as depression and anxiety related disorders and often use the fantasy world of the internet. Over 60% of people seeking treatment for Internet Addiction Disorder (IAD) claim involvement with sexual activities online which they consider inappropriate, such as excessive attention to pornography or involvement in explicit sexual online conversations. More than half are also addicted to alcohol, drugs; tobacco etc. people who develop problems with their internet use may start using internet on casual basis. The research on internet addiction in teenagers has remained mostly confined within the developed countries but in developing countries particularly in India studies on internet addiction are not providing healthy sign. The investigator in the present study wants to determine the impact of internet addiction on academic achievement of secondary school students.

Statement of the aim: A study of internet addiction among secondary school children and its relation with their academic achievement.

Objectives of the study

To see the extent of internet addiction among the secondary school students.

To compare the internet addiction on the basis of gender.

To examine the impact of internet addiction on academic achievement of secondary school children.

Hypotheses of the study

Internet addiction is not a rising problem among the secondary school students.

There is no significant difference in internet addiction among teens on gender basis.

Internet addiction does not affect the academic achievement of secondary school children.

Justification of the study

Teenagers of today find that the internet and computers are necessities if they are going through High school. They need internet and computers to do research / projects for their assignments. If they don't have computer they will get behind in this information age. Internet addiction among teenagers is not specifically targeted the teens themselves, even children in lower grades will require a computer to search their assignments, but it all leads to one thing - computer dependency. After all, today's teens have literally grown up with the internet and what may be considered "too much time online."

Internet addiction disorder is a general term used to describe and obsession with the online world in which a user spends an excessive amount of time engaged in computer related activities. These activities may include web surfing, social networking, online shopping, internet pornography and video games. Internet addiction disorder (IAD) is a condition where an individual compulsively and almost always on productivity uses the internet and finds any attempt to limit its use distressing.

No age group is immune to online addiction children teens , and even adults can develop video game addictions ,For teenagers , Internet addiction may be problematic as they are not mature to understand what is wrong and what is right , It is obvious that when the children will spend much time with internet and indulge in unproductive activities ,their academic achievement may be adversely affected. The investigator wants to determine the degree or extent to which internet addiction is prevalent among secondary school children so that it can be controlled to ensure good academic performance of the children and to save them from hazards of internet addiction disorder.

Methodology

The method adopted for this study was descriptive and statistical in nature. The secondary school students of class ix and x of different government and private as well as Hindi and English medium secondary school of Lucknow city (capital of the state of Uttar Pradesh ,India) constituted the population of the study . A stratified random sampling design was applied to target population. The investigation was conducted on 300 male and female students from different school of Lucknow. The total sample was equally distributed to include Government and private school students in the study.

School wise sample distribution

S.No.	Name of the schools	Number of the students
1	Janta Inter college, Alambagh ,Lucknow	45
2	Government Inter college,ishantganj, Lucknow	37
3	Government Girls Inter college , Gomti Nagar ,Lucknow	36
4	Janta Girls Inter college, Alambagh ,Lucknow	32
5	Sherwood Academy, Indira Nagar ,Lucknow	32
6	Dabble College, Indira Nagar, Lucknow	61
7	New Way Higher Secondary School , Indira Nagar ,Lucknow	57

Tools used

The Young's Internet Addiction Test (YIAT) was applied in order to assess problematic internet use. The split half reliability of this tool is 0.859 and Cronbach's Alpha is 0.902. In order to determine the academic achievement of the students a self completed questionnaire were used by the investigator.

Results & Analysis

Date analysis is performed using SPSS (Statistical Package for social sciences) versions 15 of statistical analysis software. The mean, standard deviation and students't' test were the required statistics to determine and to test the hypothesis the results are shown in the form of tables.

Table 1
Extent of Internet addiction among Secondary Schoolchildren

S. N.	Usage Patterns	Numbers of Students	Percentage (%)
1	Rare / never	94	31.3
2	Average use	96	32.0
3	High Usage	80	26.7
4	Internet Addiction	30	10.0

The above table 1 shows that ninety four students scored less than 20 points in Young's' Internet Addiction Test which is 31.3% of total sample called never or rarely user of internet. A total of 96 out of 300 students are average users of internet and constitute 32% of the total sample, scoring 20-49 points. 80 students use internet at high rate and their score

is between 50-79 showing highly usage pattern. Only 30 students (10%) had extremely high usage of internet and this is the condition of internet addiction.

Figure-1 distribution of students in percentage in relation to internet usage pattern

On the basis of the above result we found that hypothesis 1 which states that internet addiction is not a rising problem among the secondary school students is rejected. It indicates that internet use is becoming a problem today, though addiction is still under context but it is rising. This is not a good sign for future generations.

Table – 2
Significance of the difference between Internet usage pattern of male and female secondary school students

Gender	N	Mean	Standard Deviation	S.E _M	T – value df = 298	Significance
Male	166	46.54	27.08	2.10	5.967	Significant at 0.01 level
Female	134	26.99	29.13	2.51		

The table – 2 reveals that there were 166 male and 134 female students. The mean score of the internet usage pattern of male students is 46.54 and that of female is 26.99. The standard deviation score of male students is 27.08 which is more than the standard deviation score of female students i.e. 29.13. The t – value is 5.967 which is significant at 0.05 and 0.01 level of significance. So the null hypothesis which states that there is no significant difference between internet usage pattern of male and female secondary school students shall be rejected .The result also shows the internet usage patterns of male students is quite higher than that of their female counter parts. It indicates that male students are more addicted to internet than girls. It further shows that boys might have more access to internet facility.

Table – 3
Impact of internet addiction on the academic achievement of secondary school children

Sources of variation	Sum of squares	Degree (df) of freedom	Mean square	F-Value	Significance
Between group	3417.47	3	1139.15	14.534	Significant at 0.01 level
Within groups	23199.43	296	78.37		
Total	26616.91	299			

It is evident from above table-3 that the sum of squares of academic achievement between different internet addiction categories is 3417.47 at degree of freedom 3 and mean square is 1139.15 where as the sum of squares of academic achievement within group is 23199.43 at 296 degree of freedom and mean square is 78.37 respectively. The calculated F-value is greater than the critical F-values at 0.01 level. Therefore the hypothesis which states that internet addiction does not affect the academic achievement of the secondary school children shall be rejected. It means that internet usage patterns effects the academic achievement of the children.

It was observed that percentage marks obtained by students with average use were 64.04 ±7.90 and that of students with internet addiction was 58.63± 8.95, thus showing that average to high use of internet positively influenced the academic achievement while no addiction and extremely high usage had a negative impact on academic achievement. Statistically, this association was significant.

Discussion

The advent of computers and the internet has led to a series of dramatic changes and developments in the ways of generating, storing and sharing knowledge. Teenagers of today find internet and computer as their basic necessities, otherwise

they will get behind in this information age. The investigator in the present study has found that out of 300 secondary school children internet usage pattern is extremely high among them. Only 10 percent students i.e. they are addicted to internet, though this is a small figure, but it shows a rising trend as compared to the trends found at the advent of internet and its usage. Application of t-test while analyzing the gender wise internet usage pattern reveals that male and female secondary school children differ significantly in their usage pattern. The result shows that the male students are more addicted to internet usage. This further indicates that male students are more access to internet than the female students. The investigation was conducted in the capital city, Lucknow, India which is also surrounded by the social, ethical and cultural milieu of Indian society where girls are still more prone to restrictions and bindings. In such a situation their accessibility to computers and internet is less than the boys. Today male child is privileged with numerous facilities and prefer-

ences as compared to the girl child, specifically in traditional and orthodox society. The real story of the virtual world that is unfolding in the city of Lucknow is of youngsters who log in early and forget to ever log out of the World Wide Web. Easily accessible on their phones now, internet has children as young as booked, and psychologist in Lucknow say that 90% of the children coming to them are internet addicts or suffer from Compulsive Internet Usage (CIU). Typically, children in the age group of 12-18 years are most affected by CIU. They show usual behavior issues like lack of attention in studies and misbehaving with teachers as well as parents. It was observed that they are suffering from cyber addiction, which makes a child irritable and affects his academics and social relations.

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