



ORIGINAL RESEARCH PAPER

Anaesthesiology

PSYCHOLOGICAL STUDY ON INTERNET ADDICTION AMONG COLLEGE STUDENTS

KEY WORDS:

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ABSTRACT

The present study is an attempt to find out the Psychological study on Internet addiction among College Students. 100 students were selected from various departments of Government College in Coimbatore. Dr. Kimberly Young's Internet Addiction Test was used for this study. Data was analyzed with one way ANOVA. Results revealed that there is a significant difference between the Siblings, and Education. The other variables gender, age, order of birth, Place of Living, and family's monthly income are not differ in their Internet addiction. The findings are discussed in the article.

INTRODUCTION

Internet addiction is a vast concept. The usage of internet is rapidly increasing each year among adolescents. But sometimes the use of the Internet has become very dangerous. Because when people use it too much, it affects them greatly. Internet is a source of information, a medium that support education, a channel of communication and a platform for supporting research. It provides access to a multitude of internet service round the clock. According to Internet World Status, the population of worldwide is 7,796,615,710, covering 100 % of the total world population in the year 2020, March 3, the internet usage of statistic estimates are for Dec 31,2019 as of March 3, 2020 is 4,574,150,134. The population composition of the internet users ranges from decision makers to commoners, professionals to students, business giants to common workers, producers to consumers, irrespective of age, gender, generation, religion and, region. The highest percentage of internet users belongs to younger generation. They are usually affected by their behaviour and in a variety of ways. Usually when using the Internet, many people spend a lot of time in online games and social media.

The present study provided description on internet addiction among College Students and examined significant differences in terms of gender, and online behaviours. The term Adolescent Internet Addiction (AIA) was coined as it particularly describes the characteristics and online behaviours of adolescents. Online behaviours are described as the purpose of internet use and internet hours consumed by adolescents. The internet usage makes them unable to focus on other things.

Internet addiction is defined as a psychological dependence on the Internet and is characterized by (a) an increasing investment of resources on Internet-related activities, (b) unpleasant feelings (e.g., anxiety, depression, emptiness) when offline, (c) an increasing tolerance to the effects of being online, and (d) denial of the problematic behaviors. Individuals exhibiting such symptoms often are dealing with underlying psychological issues. College students are particularly vulnerable to pathological Internet use due to several factors.

These factors include (a) the psychological and developmental characteristics of late adolescence/young adulthood, (b) ready access to the Internet, and (c) an expectation of computer/Internet use. The nature of the computer medium and the sense of control experienced when engaged in computer activities can also contribute to the potential for problematic computer/Internet use.

No action can be done with full compensation. As a result, they face various problems regarding their education and work. No one can deny that all of this is centered on the Internet. Therefore, this study will be able to elaborate on what effect such an internet site has on the students and what factors are the basis for such high internet activity.

REVIEW OF LITERATURE

Shanker Menon, Lakshmi Narayanan, Ahmad Taha Kahwaji (2018), conducted a study on "Internet Addiction: A Research Study of College Students in India". This study indicated that there is a high degree of correlation between age and internet addiction with older students being more addicted to the Internet than younger students. Also with regard to Internet usage, there were significant differences with regard to gender with men being more addicted than women. The study, however, found no differences between the students in terms of the study year.

Yen-Ju Lin a,b , Ray C. Hsiao c,d , Tai-Ling Liu a, Cheng-Fang Yen a, (2019), conducted a study on "Bidirectional relationships of psychiatric symptoms with internet addiction in college students: A prospective study". The results revealed that the college students with internet addiction did not have significant improvement in the severities of psychopathology, whereas those without internet addiction had significant improvement in obsession compulsion, interpersonal sensitivity, paranoid and psychoticism during the same period. So it is concluded that the Psychiatric symptoms and Internet addiction exhibited bidirectional relationships in college students during the 1-year follow-up period.

METHODOLOGY

Samples

One hundred Samples were selected from Government Arts College in Coimbatore. The total groups of the population in terms of age, gender, educational level, marital status was essentially needed to conduct this study, and random sampling technique is used for this study.

Tools Administered:

Dr. Kimberly S. Young's (2017) Internet Addiction Test was used for this study.

Description Of The Scale

IAT questionnaire consists of 20 items to measures characteristics and behaviors associated with compulsive use of the Internet that include compulsivity, escapism, and dependency. Questions also assess problems related to personal, occupational, and social functioning stemming from Internet use. Examinees respond to each statement with a number between 1 and 5, representing a Likert scale continuum, indicating the extent to which they endorse that particular behavior. The scale was created by adapting DSM-IV criteria for pathological gambling to pertain to Internet use and is a modification of the earlier 8-item scale, Young's Internet Addiction Diagnostic Questionnaire (IADQ). The IAT views Internet addiction as an impulse-control disorder and the term Internet refers to all types of online activity. The IAT is the most widely used Internet addiction scale in the world, and has been translated into several languages including English, Chinese, French, Italian, Turkish, and Korean. (Dr.

Kimberly S.Young). 10 Demographic variables are playing an important role for analyzing the internet addiction.

RESULTS AND DISCUSSION

Table 1 showing the Mean, STD, Sum of Squares, df, Mean square and F value of the internet addiction based on age groups [(18-20) and (21-24)] . The p value is less than 0.05(P<0.05) , so it is not significant. It is inferred that the null hypothesis is accepted. The similar study of Shanker Menon, Lakshmi Narayanan, Ahmad Taha Kahwaji (2018) is indicated that there is a high degree of correlation between age and internet addiction with older students being more addicted to the Internet than younger students.

Age groups	N	Mean	Std. Dev	SS	df	Mean Square	F	Significant level
Age 18-20	70	39.93	17.844	519.017	1	519.017	1.750	.189
Age 21-24	30	44.90	15.641	29065.343	98	296.585		
Total	100	41.42	17.287	29584.360	99			

Table 2 showing the Mean, N, STD, SS, df, Mean Square, and F value of Internet Addiction of College students based on Gender. The present study reveals that the p value is lesser than the significant value of 0.05 (p<0.05). BAKKEN, INGER JOHANNNE; WENZEL, HANNE GRO; GOTESTAM, K.GUNNAR, Apr2009, conducted a stratified probability sample study to assess the prevalence of internet addiction and at-risk Internet use by the Young Diagnostic Questionnaire (YDQ). The prevalence of internet addiction (YDQ score 5-8) was 1.0% and an additional 5.2% were at-risk internet users (YDQ score 3-4). Internet addiction and at-risk internet use was strongly dependent on gender and age with highest prevalence among young males. In this study internet addiction is not influence the gender. so that the null hypothesis is accepted.

GENDER	Mean	N	Std. Deviation	SS	df	Mean Square	F	Significant level
Male	43.54	48	18.166	415.520	1	415.520	1.396	.240
Female	39.46	52	16.365	29168.840	98	297.641		
Total	41.42	100	17.287	29584.360	99			

Table 3 showing the Mean, STD, Sum of Squares, df, Mean square and F value of the internet addiction based on Siblings.

SIBLING	Mean	N	Std. Deviation	SS	df	Mean Square	F	Significant level
Below Two	38.86	66	16.614	1268.558	1	1268.558	4.390	.039
above two	46.38	34	17.730	28315.802	98	288.937		
Total	41.42	100	17.287	29584.360	99			

The above table showing the results of mean, Std, SS, Ms, and F value of Internet addiction based on Siblings. The F value 4.390 (p>0.05) is bigger than the table value, it is inferred that there is a significant difference between the siblings. Hence the null hypothesis is not accepted.

Table 4 showing the Mean, STD, Sum of Squares, df, Mean square and F value of the internet addiction based on Birth order.

BIRTH ORDER	Mean	N	Std. Deviation	SS	df	Mean Square	F	Significant level
first born	38.50	42	16.395				1.242	.293

middle born	42.64	42	18.135	738.467	2	369.234		
last born	45.88	16	17.013	28845.893	97	297.380		
Total	41.42	100	17.287	29584.360	99			

The above table showing the Mean, STD, Sum of Squares, df, Mean square and F value of the internet addiction based on the order of birth . The p value is less than 0.05(P<0.05) . It is inferred that the null hypothesis is accepted.

Table 5 showing the Mean, STD, Sum of Squares, df, Mean square and F value of the internet addiction based on the students education . The p value is bigger than 0.05(P<0.05). It is inferred that the null hypothesis is not accepted.

EDUCATION	Mean	N	Std. Deviation	SS	df	Mean Square	F	Significant level
PG	47.74	23	14.673	1192.756	1	1192.756	4.117	.045
UG	39.53	77	17.642	28391.604	98	289.710		
Total	41.42	100	17.287	29584.360	99			

Table 6 showing the Mean, STD, Sum of Squares, df, Mean square and F value of the internet addiction based on the family's monthly income . The p value is lesser than 0.05 (P<0.05) . It is inferred that the null hypothesis is accepted

INCOME	Mean	N	Std. Deviation	SS	df	Mean Square	F-value	Significant level
upto 25000	41.45	82	17.409	.444	1	.444	.001	.969
above 25000	41.28	18	17.211	29583.916	98	301.877		
Total	41.42	100	17.287	29584.360	99			

Table 7 showing the Mean, STD, Sum of Squares, df, Mean square and F value of the internet addiction based on the types of living . The p value is lesser than 0.05(P<0.05) . It is inferred that the null hypothesis is accepted

PLACE	Mean	N	Std. Deviation	SS	df	Mean Square	F	Significant level
URBAN	43.12	57	18.184	384.359	1	384.359	1.290	.259
RURAL	39.16	43	15.949	29200.001	98	297.959		
Total	41.42	100	17.287	29584.360	99			

CONCLUSION

The present study revealed that the difference between the demographic variables respectively age, gender, order of birth, family income and internet addiction are not make changes in the Internet addiction of the college students, except two variables that are siblings and education that makes little difference in internet addiction.

Limitations OfThe Study

The present study was conducted in a short time and the sample size is relatively small.

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