

Level of Internet Addiction among School going Adolescents

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Abstract: *Internet addiction disorder (IAD) also known as problematic internet use or pathological internet use is generally defined as problematic, compulsive use of the internet, that results in significant impairment in an individual's function in various life domains over a prolonged period of time. Young people are at particular risk of developing Internet Addiction Disorder or Problematic Internet Use. Aim of the study: To assess the level of internet of addiction among adolescents and to compare the level across various variables regarding social demographic variable, age, gender, and level of education. Tools used: Young's Internet Addiction Test (2009) The IAT is the first valid and reliable measurement of internet addiction. This 20 item questionnaire was designed by Kimberly Young. Results: Results were obtained and analyzed by using descriptive statistics, t-test, ANOVA and correlation.*

Keywords: Internet addiction, IAT

1. Introduction

Internet addiction disorder (IAD) also known as problematic internet use or pathological internet use is generally defined as problematic, compulsive use of the internet that results in significant impairment in an individual's function in various life domains over a prolonged period of time. Young people are at particular risk of developing Internet Addiction Disorder or Problematic Internet Use.

This and other relationships between digital media use and mental health have been under considerable research, debate and discussion amongst experts in several disciplines, and have generated controversy from the medical, scientific and technological communities. Such disorders can be diagnosed when an individual engages in online activities at the cost of fulfilling daily responsibilities or pursuing other interests, and without regard for the negative consequences. The Internet can foster various addictions including addiction to pornography, game-playing, auction sites, social networking sites, and surfing of the Web. There are various consequences of internet addiction such as mental health consequences and social consequences. The mental health consequences can be understood from the longitudinal study of Chinese high school students (2010) suggests that individuals with moderate to severe risk of Internet addiction are 2.5 times more likely to develop depressive symptoms than their IAD-free counterparts. If we talk about the social consequences of the internet addiction, the best document of the social consequences of internet addiction is time-disruption which subsequently results in interference with regular social life, including academic, professional performance and daily routines. Some studies also reveal that IAD can lead to disruption of social relationships in Europe and Taiwan. It is, however, also noted by others that IAD is beneficial for peer relations in Taiwan.

Dr. Keith W. Beard (2005) states that "an individual is addicted when an individual's psychological state, which includes both mental and emotional states, as well as their

scholastic, occupational and social interactions, is impaired by the overuse of Internet.

The physical symptoms may include weakened immune system due to lack of sleep, loss of exercise, and increased the risk for carpal tunnel syndrome and eye and back strain. Symptoms of withdrawal might include agitation, depression, anger and anxiety when the person is away from technology. These psychological symptoms might even turn into physical symptoms such as rapid heartbeat, tense shoulders and shortness of breath.

Gioanni et al., (2007), Conducted a study on internet addiction among Italian population in which young's internet addiction test was administered online among Italian population (n=236) which were different in terms of gender, age and occupation. The results of the study revealed that young users are more at risk of developing the internet addiction disorder as compared to adult users, perceiving a comprised social and individual quality of their life that led them to make them compensatory usage of the internet. Similarly, employed users perceive their social and individual quality of life as more compromised by the internet than the students. More ever subjects who declared spending too much time online obtained high score on the IAT then others in all IAT subscales. Finally nightly users were more at risk subjects for developing an internet addiction disorder, diminishing their individual quality of life and disabling their time control.

Kimberly S.Young (2009), Conducted a study titled "*Internet addiction: emergence of new clinical disorder*". This study investigated the existence of Internet addiction and the extent of problems caused by such potential misuse. Of all the diagnoses referenced in the *Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition* (DSM-IV; American Psychiatric Association, 1995), Pathological Gambling was viewed as most akin to the pathological nature of Internet use. By using Pathological Gambling as a model, addictive Internet use can be defined as an impulse-control disorder that does not involve an

intoxicant. Therefore, this study developed a brief eight-item questionnaire referred to as a Diagnostic Questionnaire (DQ), which modified criteria for pathological gambling to provide a screening instrument for classification of participants. On the basis of these criteria, case studies of 396 dependent Internet users (Dependents) and 100 nondependent Internet users (Non dependents) were classified. Qualitative analyses suggest significant behavioral and functional usage differences between the two groups such as the types of applications utilized, the degree of difficulty controlling weekly usage, and the severity of problems noted. Clinical and social implications of pathological Internet use and future directions for research are discussed.

Aims and objectives

- To assess the level of internet addiction among school going adolescents.
- To assess level of internet addiction across different socio demographic variables.
- To compare level of internet addiction among school going adolescents on the basis of education level.
- To compare level of internet addiction on the basis of gender.
- To study the relationship between age and level of internet addiction.

Research design and place of study:

The present study was the cross sectional study which was carried out on school going adolescent in district Baramulla of Jammu and Kashmir.

Sampling:

Purposive sampling was applied and total sample size was 150 schools going adolescent which was taken from the three higher secondary schools in Baramulla.

Inclusion and exclusion criteria:

- School going adolescents of both sexes in the age range of 13 to 19.
- Only those students were included who gave history of using internet from past 1-year or more.
- Those who gave valid consent were included in the study.
- Students who were either not using internet or were using it for less than 1yr and not willing to give valid consent were excluded from study.

Tools used:

Young’s Internet Addiction Test (2009):

The IAT is the first valid and reliable measurement of internet addiction. This 20 item questionnaire was designed by Kimberley Young. It measures internet addiction in mild, moderate and severe levels. Each answer is scored on a Likert scale from 1 to 5. In a way that, score 1= rarely, 2= occasionally, 3= frequently, 4= often, and 5= always. The final score is obtained by summing the scores of all questions. The higher score represents a greater level of addiction. The total score between 20 and 49 represents a mild addiction, 50-79 represents moderate addiction, and 80-100 represents severe addiction.

Procedure:

After proper permission from the school authorities a sample of 150 school going adolescents were selected from the three private higher secondary schools of Baramulla Town by using purposive sampling method. Students who gave the history of using internet for 1year and more and who were willing to participate in the study were contacted. Information was collected by using a semi structured performa that contained details of demographic data, gadget used to access internet (Desktop, Laptop, Mobile phone or Tablet). After that their level of internet addiction was assessed by using young’s Internet Addiction Test (IAT). Results thus obtained were analyzed by using descriptive statistics, t-test, ANOVA and correlation.

2. Results

Table 1 shows the description of school going adolescent on internet addiction across different socio- demographic variables.

Gender	Severity			
	None	Mild	Moderate	severe
Male	5	60	18	1
	6%	71.4%	21.4%	1.2%
Female	14	42	10	0
	21.2%	63.6%	15.2%	0%
Total	19	102	28	1
	12.7%	68.0%	18.7%	.7%
Education	Severity			
	None	Mild	Moderate	severe
Middle school	10	11	4	0
	40%	44%	16%	0%
High school	2	25	4	0
	6.5%	80.6%	12.9%	0%
Higher secondary	7	66	20	1
	7.4%	70.2%	21.3%	1.1%
Total	19	102	28	1
	12.7%	68.0%	18.7%	.7%
Age of participants	Severity			
	None	Mild	moderate	severe
14 years	4 (33.3%)	5 (41.7%)	3 (25%)	0 (0%)
15 years	7 (21.2%)	25 (75.8%)	1 (3.0%)	0 (.0%)
16 years	3 (15.8%)	11 (57.9%)	5 (26.3%)	0 (.0%)
17 years	3 (7.3%)	33 (80.5%)	5 (12.2%)	0 (.0%)
18 years	2 (9.1%)	13(59.1%)	7(31.8%)	0 (.0%)
19 years	0 (.0%)	15 (65.2%)	7 (30.4%)	1 (4.3%)
Total	19 (12.7%)	102 (68.0%)	28 (18.7%)	1 (.7%)

Table 2: Shows t- value distribution across genders

Gender	N	Mean	SD	t - value	p- value
Male	84	42.10	14.029	2.743	.007
Female	66	35.70	14.372	2.735	.007

The table shows significant difference on internet addiction between the genders, table shows males have more severity of addiction than that of females.

Table 3: Shows one way analysis of internet addiction and education level

Groups	df	Mean square	f	Sig.
Between the group	2	1120.228	5.672	.004
Within the group.	147	197.509		

Post Hoc

(i)Education of participants	(j)Education of participants	Mean difference (i-j)	Sig.
Middle school	High school	-10.521*	.006
	Higher sec. school	-10.317*	.001
High school	Middle school	10.521*	.006
	Higher sec. school.	.204	.944
Higher sec. school.	Middle school	10.317*	.001
	High school.	-.204	.944

The mean difference is significant at the 0.05.

The above tables show significant difference between levels of education and internet addiction. On post Hoc. The further analysis show significant difference between middle and high education level on internet addiction, also shows significant difference on Middle and higher secondary education levels on internet addiction.

Table 4 shows correlation between age of the participants and internet addiction.

	Age of participants
Level of internet addiction	.285**

Correlation is significant at 0.01 level.

Significant positive correlation between age of the participants and internet addiction was found, which means as age increases internet addiction also increases.

3. Discussion

A total of 150 school going students were selected and assessed. The mean age of the participants was 16.65. (SD=1.542). Overall, 131 (87.33%) students were in internet addiction group. The overall distribution of internet addiction was as follows: Participants with mild addiction were 102 (68%) and moderate addiction were 28 (18.7%). The results showed only one case of severe internet addiction. Our findings are consistent with the findings of Hashemia A et al., 2014 & Manohar, et al., 2016. In our study, 60% middle school students were having internet addiction followed by 93% in high school and 92% in higher secondary students respectively. Present study also showed severity of internet addiction more in males than females. Similar findings were reported by Young (1998), Lin and Yu (2008), Bernauy, et.al. (2009), Razieh, et.al. (2012), Goel D, et al 2013, Ghamari F, et al 2011, Salehi M, et al 2014. Current study also showed positive correlation between age of participants and severity of internet addiction ($p < 0.01$). Similar findings were reported by Hashemia A et. al., 2014.

4. Conclusion

A present study highlights the negative impact of internet on adolescents. It highlights the urgent need of primary and secondary prevention of internet misuse, so that the capacity of adolescents could be channelized in a positive direction. In this process the parents, teachers, professionals and policy makers have important role to play.

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