

Association between Internet Addiction and Aggression among Adolescents according to Their Gender

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Abstract: *Due to the technological advancement and availability of smart phones, internet is easily accessible for every individual. Internet has been perceived as a best friend for everyone; hence, amount of time spent on the internet is rapidly increasing. A future without internet is highly impossible as any information, entertainment, social networking, shopping, education etc. is available at spur-of-the-moment. Though, there are positive outcomes due to technological advancement, its negative consequences also need to be considered. Amongst any other age groups, adolescents are the most vulnerable group to use internet. The effects of excessive use of internet can lead to aggressiveness causing psychosocial behavioural problems. In the light of these perspectives, the present study was undertaken to find the association between Internet Addiction and Aggression among adolescents. A sample of 200 adolescents between the age group of 13-15 years studying in 8th, 9th and 10th standard from different schools of Hyderabad, Telangana state were selected for the study. The Internet Addiction Test (IAT; Young, 1998) and Aggression Questionnaire (Buss & Perry, 1992) was used to elicit the data. The results revealed that Internet Addiction have association with Aggressive behaviors of the respondents.*

Keywords: Internet Addiction, Aggression, Adolescents

1. Introduction

Adolescents begin spending more time with their peers and less time with their families. Their concept of friendship increasingly focuses on intimate exchanges of thoughts and feelings (lumen learning). They seem to communicate with their peers more electronically than face to face. They chat with their friends through instant messaging, texting, social network sites such as Facebook and email (Bob Livingstone). Internet use has become a vital part of one's life without internet many of them could not imagine their life. The Internet provides multifariousness of possibilities for communication, entertainment, and dealing with every day-life requirements (e.g., making restaurant reservations, searching for information, online gaming, online classes, etc.) (Shwetha, 2017)

The term internet is defined as, "an electronic communication network that connects computer networks and organizational computer facilities around the world" (Marriam-Webster). Internet Addiction has been called Internet dependency and Internet compulsivity. "Dr. Ivan Goldberg" suggested the term "internet addiction" in 1995 for pathological compulsive internet use. Internet addicts prioritize internet than family, friends and work. Along with all benefits the internet brings, problems due to excessive use are also becoming apparent (Khatoun, et.al, 2016).

According to Berkowitz (1968) people use this term "aggression" to explicate any behavior which objective is to damage other people or things. The term "aggression" may be defined as any act that can cause suffering or antipathy. Adolescents with problematic internet use were lonelier, hyperactive and aggressive (Lim et al., 2014). Mehroof and

Griffiths (2010), and others' studies showed that internet addiction was significantly correlated with aggression.

Considering the above discussion, the researcher has made a sincere effort to study the "The Association between Internet Addiction and Aggression among Adolescents". The study provides an understanding of the adolescents' internet addiction and its effects on them.

The Objectives of the present study are –

- 1) To assess level of 'Internet addiction' among the adolescents
- 2) To assess level of 'Aggression' among the adolescents
- 3) To compare the levels of Internet addiction among adolescents according to their gender
- 4) To compare the levels of Aggression among adolescents according to their gender
- 5) To know the association between level of Internet addiction and level of aggression among the adolescents

2. Methodology

The present study was conducted in Hyderabad, Telangana state. The sample consist of 200 adolescents including both boys (100) and girls (100) between the age group of 13 to 15 years studying in VIII, IX and X. The random sampling technique was used to draw the sample. The Internet Addiction Test (IAT; Young, 1998) and Aggression Questionnaire (Buss & Perry, 1992) tools were used to collect the data. Due to the Covid -19 pandemic situation and lockdown in the Hyderabad, it was not possible to physically administer the tool. Hence, the researcher created a Google form of the questionnaire to administer it to the respondents. After the responses was sorted, the data was

compiled using the excel sheet. Statistical analysis was done and results are tabulated. Chi-square test was done to know the association.

3. Results and Discussion

After statistical analysis data was tabulated and presented.

Table 1: Assessment of ‘Level of Internet addiction’ among the Respondents

Internet addiction	Gender		Total (N=200)
	Male (n=100)	Female (n=100)	
Level of internet addiction			
Normal level	0(0%)	1(1%)	1(0.5%)
Mild level	12(12%)	15(15%)	27(13.5%)
Moderate level	77(77%)	56(56%)	133(66.5%)
Severe	11(11%)	28(28%)	39(19.5%)
Total	100(100%)	100(100%)	200(100%)

Table 1 elucidates the assessment of ‘Level of Internet addiction’ among male and female respondents. It was observed that more than one fourth (28%) of female respondents were reported severely addicted to internet. More than half of the female respondents (56%) had reported ‘Moderate level of Internet addiction’. Least percentage of female respondents (1%) had reported ‘Normal level of Internet addiction’. Whereas male respondents, majority of the respondents (77%) had reported ‘Moderate level of Internet addiction’. Least percentage of male respondents (12%) had reported ‘mild level of Internet addiction’, where as 11% of male respondents were reported severe Internet addiction.

Potenza et al., (2011) reported that Internet gambling may be particularly strongly associated with problem/pathological gambling and other adverse measures like poorer academic performance, alcohol, substance abuse, and affects mental health among adolescents

Table 2: Assessment of ‘Level of Aggression’ among the Respondents

Level of aggression	Gender		Total (N=200)
	Male (n=100)	Female (n=100)	
Mild	2(2%)	3(3%)	5(2.5%)
Moderate	84(84%)	50(50%)	134(67%)
Severe	14(14%)	47(47%)	61(30.5%)
Total	100(100%)	100(100%)	200(100%)

It is clear from Table 2 that half of the female respondents (50%) had reported ‘Moderate level of Aggression’ and nearly half of the female respondents (47%) were reported severe aggression. Least percentage of female respondents (3%) had reported ‘Mild level of Aggression’. Whereas the male respondents, majority of the respondents (84%) had

reported ‘Moderate level of aggression’. Only (2%) percentage of male respondents had reported ‘Mild level of aggression’ and 14% of male respondents were reported severe level of aggression.

Whitaker & Bushman (2011) reported that effects of playing relaxing video games on aggression and prosocial behaviours found that the participants who played relaxing video games, exhibited less aggression and were more helpful than those who played violent and neutral video games.

Table 3: Comparison between Male and Female Respondents on Level of Internet Addiction

Level of internet addiction	Gender		Total (N=200)	P Value
	Male (n=100)	Female (n=100)		
Normal level	0(0%)	1(1%)	1(0.5%)	0.004**
Mild level	12(12%)	15(15%)	27(13.5%)	
Moderate level	77(77%)	56(56%)	133(66.5%)	
Severe	11(11%)	28(28%)	39(19.5%)	
Total	100(100%)	100(100%)	200(100%)	

P<0.001**, Significant

The table 3 represents the comparison between male and female respondents on level of Internet Addiction. The above table shows that highly significant difference between male and female respondents on level of Internet Addiction. When compared to male and female more no. of female respondents reported (28%) for severe level of Internet addiction compare to male respondents 11 percent only.

Karacic (2017) study on internet addiction through the phase of adolescence revealed that Adolescents aged 15- 16 years, especially male adolescents, are the most prone to the development of Internet addiction.

Table 4: Comparison between Male and Female Respondents on level of Aggression

Level of aggression	Gender		Total (N=200)	P Value
	Male (n=100)	Female (n=100)		
Mild	2(2%)	3(3%)	5(2.5%)	<0.001**
Moderate	84(84%)	50(50%)	134(67%)	
Severe	14(14%)	47(47%)	61(30.5%)	
Total	100(100%)	100(100%)	200(100%)	

P<0.001**, Significant

It is clear from table 4 represents that comparison between male and female respondents on level of aggression. There is a highly significant difference between male and female respondents on level of Aggression. It is observed from above table that more no. of female (47%) were reported severe level of aggression compared to male respondents 14 percent. A study conducted by Onukwufor (2013) reported that verbal aggression was more among males as compared to females.

Table 5: Association of Internet Addiction and Aggression among the Respondents

Variables	Level of internet addiction				Total	Chi-square Value
	Normal level	Mild level	Moderate level	Severe		
Level of aggression						
Mild	0(0%)	0(0%)	4(3%)	1(2.6%)	5(2.5%)	0.023**
Moderate	1(100%)	22(81.5%)	94(70.7%)	17(43.6%)	134(67%)	
Severe	0(0%)	5(18.5%)	35(26.3%)	21(53.8%)	61(30.5%)	
Total	1(100%)	27(100%)	133(100%)	39(100%)	200(100%)	

P<0.05**

Table 5 represents the association of Internet addiction on aggressive behaviours among the respondents. With regard to level of Aggression majority of respondents reported 'Moderate level of Internet Addiction'. The results revealed that female respondents reported more level of Internet addiction and aggression compared to male respondents. When the dimensions of Aggression were compared with the levels of Internet Addiction, it was observed that the level of Aggression was moderately significant.

A study conducted by Raja Ahmed Jamil (2017) also supporting to present study. The results revealed that relationship between Internet addiction and Aggression among teenagers showed that the predictor variable internet addiction had a very high significant positive effect on outcome variable aggression.

4. Conclusion

- The results of the present study revealed that Majority of the male and female respondents reported that 'Moderate level of Internet addiction'.
- Majority of the male respondents had reported 'Moderate level of aggression' and nearly half of the female respondents were reported severe level of aggression.
- The analysis of comparison between male and female respondents indicated that there was highly significant difference between male and female respondents with respect to level of Internet addiction. When compared to male and female more no. of female respondents (28%) reported severe level of internet addiction.
- The analysis of comparison between male and female respondents indicated that there was highly significant difference between male and female respondents with respect to level of aggression. When compared to male and female more no. of female respondents (47%) reported severe level of aggression.
- The analysis of association of Internet Addiction and aggression among the respondents indicated that Internet Addiction scores have influence on the aggressive behaviours of the respondents.
- It can be concluded from the present study that Internet addiction was associated with aggressive behaviour among adolescents.

5. Implications of the study

- The present study may help parents to know the impact of Internet addiction on Behaviour of their children.
- It is also helpful for the Psychologist and Special educators to plan the Intervention for children with aggressive behaviour.

- It is also help the Policy makers to give instructions for schools to avoid digital education.

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