The Effect of Internet Addiction on Emotional Maturity of Collage Going Students

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Abstract: In this digital age, the internet revolution sustainably affected people’s life. Education, economics, politics and social fields are greatly influenced by the internet. The internet dependency has a positive and negative impact on people. For Students, the teaching and learning have become easier compared to the olden days as nowadays information is at their fingertips. Despite its benefits, internet addiction may negatively impact the students life such as on their emotional maturity, emotional instability, regression social maladjustment, disintegration and lack of independence. Therefore, the aim of the present study is to determine the effect of internet addiction on the Emotional Maturity of the students. This study was conducted among 120 college going students in Bhavnagar City. The Internet addiction test and Emotional Maturity Test was used ‘f’ test was used to analyses the data. The result revealed that, there will be a significant difference on the Emotional Maturity, Emotional instability, Emotional Regression, Social maladjustment, personality disintegration and lack of independence of Internet Addict and Non internet Addict students. The Internet Addict students have greater the degree of emotional immaturity, Emotional instability, Emotional regression, Social Maladjustment, Personality disintegration and lack of Independence. The result of this study can serve as a reminder and create awareness to the parents and teachers to better control their children’s internet access. Such as cutting the budget for broadband allowance and continuous monitoring and can serve as an eye opener to students on negative effects of internet excessive use thus, the students need to wisely use the internet for educational purposes.

Keywords: Internet addiction, Emotional maturity, Emotional instability, Emotional Regression, Social Maladjustment, Personality disintegration and lack of Independence

1. Introduction

Computers are extensively used in various fields of human activity. The internet is a global computer network providing a variety of information and communication facilities, consisting of interconnected networks using standardized communication protocols. It is a network of networks that connects millions of the people around the world. The internet is a widely recognized channel for information exchange, academic research, entertainment, communication, and commerce. Now the utilization of the internet and its outcomes has become a controversial issue. At one side it is very important and useful need of modern man while at the other side people are sickly addicted to it. Researches show that the regular utilization of the internet caused a lot of psychological and mental disorders like anxiety, depression, stress and obsessive-compulsive disorder (Azher, 2014).

The concept of internet addiction, which was first used by Goldberg in 1995, which is tried to be defined through different terms such as “net addiction”, “internet addiction”, “online addiction”, “internet addiction disorder”, pathologic internet use” and “cyber disorder” (Ehrenberg & Ott,1999). Shaw and Black (2008) stated that Internet addiction is “characterized by exorbitant or poorly controlled preoccupations, urges or behaviors regarding computer use and internet access that lead to impairment or distress”. Kandell (1998) defined Internet addiction as “a psychological dependence on the Internet, regardless of the activity once logged on”. Internet addiction Disorder means excessive use of the internet with symptoms like anger, tension, and anxiety (Goldberg, 1995).

Young (1999) claims ‘Internet addiction is a broad term that covers a wide variety of behaviors & impulse control problems’. Internet addiction is categorized by five categorical subtypes:

- Cyber sexual addiction: compulsive use of adult websites for cyber-sex & cyberporn.
- Cyber-relationship addiction: over involvement in online relationships.
- Net compulsions: obsessive online gambling or day trading.
- Information overload: compulsive web surfing or database searches.
- Computer addiction: obsessive computer game playing.

Shyness can be defined as a feeling of discomfort or inhibition in social or interpersonal situations that keeps from perceiving the goals, either academic or personal. Shyness results in excessive self-focus and worry, often a preoccupation with one’s thoughts, feelings or physical reactions (accelerated heart rate, pulse, etc.). The degree to which shyness can create problems for people varies widely, from mild social clumsy to debilitating social phobia (Buss, 1985).

Adolescence is considered the most vulnerable period of an individual’s life. It is not just enough if an adolescent is conscious of the critical time he is passing through, but the parents, elders, teachers etc. as well, in order to handle him properly and profitably. Development oftechnology has to lead to many inventions and discoveries; the internet is one among them. The human tendency to try new things does not stop. Everyone is attracted to new things but it depends on how they use it. Decision-making capacity is not the same throughout the life; it keeps gaining more stability on experience. Many encounters like misuse of the internet or becoming a victim without proper knowledge are seen in many instances which harm one’s life.
Adolescents are attracted to the internet because of their developmental characteristics of being curious to know answers on many issues. The internet is the fastest means which keep in touch with information and having fun. Being online will lead to lack of physical contact and prevents from knowing an individual person. Easy interaction over online may not be the same during face to face, an individual might encounter shyness. Also, internet addiction leads to many psychological issues which harm the peaceful mind leading to not maintaining wellness in life.

The evolution of digital era affected almost every aspect of modern life. The internet becomes an essential tool for people and plays a significant role in our daily life, socially, politically, economically and even emotionally. People use the internet at work, School and home as well as in public places to communicate, business, shop, pay bills online, entertainment and much more. The internet can be accessed using Smartphones, Laptop, Tablet, Computer and Smart Television.

Although the internet has made a significant contribution to our daily life, using too much of it will lead to addiction, which will negatively affect our life. Internet addiction is defined as the inability to control one's urge to use the internet, which eventually causes psychological, social, school and/or work difficulties in one's life. (Chov and Hsiao, 2000; Spada, 2014). In Malaysia, a research conducted by a child and Adolescent psychiatrist, Dr. Norharlina Bahar, revealed that males under the age of 24 have the highest internet addiction (The star 2016). Students especially the undergraduates aged between 19 and 24 years olds are deemed to be more susceptible to internet addiction (Lee 2010; That Cher & Goolam, 2005) people who are using the internet excessively are mostly playing online games and browsing social media. The side effects of the excessiveness led to anxiety, depression, health problems, school absenteeism, playing, fatigue, unemployment, decreased job productivity and social isolation. The addiction to the internet also could translate to low self-esteem, depression, boredom and attention-deficit hyperactive disorder. (Norharlina, 2016).

Nowadays, college students are highly depend on the internet to search for information, social, networking, entertainment, online shopping and online gaming among others. College around the world are using the internet to enhance teaching and learning inside or outside the classroom. Using the internet wisely for the right purpose is beneficial to the students, such as researching tool, seeking knowledge, enhancing their soft skills, exchanging experience and knowledge with international students and other practice while the internet has many advantages and proves to increase efficiency, it could also be harmful to the students if they become addicted to it. It may cause emotional instability (Oskenby et al 2015) and Low academic performance (Yeap et al 2016). Therefore, the objectives of this study are to examine the effect of internet addiction on emotional maturity, Emotional unstability, Emotional regression and social maladjustment, personality disintegration and lack of independence of college going students.

## Internet

The Internet, sometimes called simply "the Net," is a worldwide system of computer networks - a network of networks in which users at any one computer can, if they have permission, get information from any other computer (and sometimes talk directly to users at other computers). It was conceived by the Advanced Research Projects Agency (ARPA) of the U.S. government in 1969 and was first known as the ARPA Net. The original aim was to create a network that would allow users of a research computer at one university to "talk to" research computers at other universities. A side benefit of ARPA Net's design was that, because messages could be routed or rerouted in more than one direction, the network could continue to function even if parts of it were destroyed in the event of a military attack or other disaster.

### Internet Addiction

Internet addiction is defined as any online-related, compulsive behavior which interferes with normal living and causes severe stress on family, friends, loved ones, and one’s work environment. Internet addiction has been called Internet dependency and Internet compulsivity. By any name, it is a compulsive behavior that completely dominates the addict’s life. Internet addicts make the Internet a priority more important than family, friends, and work. The Internet becomes the organizing principle of addicts’ lives.

### Statement of Problem:

To study the effect of Internet addiction on Emotional Maturity and their components like of Emotional instability, Emotional regression, social maladjustment, personality disintegration and lack of independence of college going students.

### Objectives

To assess the Emotional maturity and their components like Emotional unstability, Emotional regression, Social Maladjustment, Personality disintegration and lack of independence among internet addict and Non-Internet addict (male female) college going students.

### Hypothesis:

1) There will be a significant difference on the Emotional maturity of Internet Addict and Non Internet Addict College going students.
2) There will be a significant difference in the Emotional Unstability of Internet Addict and Non Internet Addict College going Students.
3) There will be a significant difference in the Emotional Regression of Internet Addict and Non Internet Addict College going Students.
4) There will be a significant difference in the Social Maladjustment of Internet Addict and Non Internet Addict College going Students.
5) There will be a significant difference in the Personality disintegration of Internet Addict and Non Internet Addict College going Students.

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6) There will be a significant difference in the Lack of independence of Internet Addict and Non Internet Addict College going Students.

2. Methodology

The sample was drawn from the population of students taking collegiate education in the Bhavnagar city. The sample size was 120. It was chosen from the students belonging to first year, second year and third year classes. (Age between 18-21 years). The sample size was 120 in which 60 students (30 male + 30 female) belongs to internet addict and 60 students belonging to Non Inter addict collegiate students (30 male + 30 female).

Operational Definitions of Sample and Terms:

A) Internet addict students
On the basis of Internet Addiction Test (IAT), an individual with a high score namely above (50) score was considered An Internet addict person.

B) Non Internet addict students
On the basis of Internet Addiction Test (IAT) an individual with a low score below the 30 were indicate students who are Non-internet addict.

C) Emotional Maturity
According to Walter (1976), Emotional maturity is a process in which the personality is continually striving for greater sense of emotional health, both intrapsychic ally and intra personally.

D) Emotional Unstability
This factor is related to lack of capacity to dispose of problems, irritability, needs constant help for one's day-to-day work.

E) Emotional Regression
Emotional regression as feeling of inferiority, restlessness, hostility, aggressiveness and self-centeredness.

F) Social Maladjustment
Such a person shows lack of social adaptability. Shows hatred, exclusive but boasting, lire and shirker.

G) Personality disintegration:
It includes all those symptoms, which represent disintegration of personality, like reaction, phobias formation, rationalization, pessimism, immorality etc. Such a person suffer from inferiorities and hence reacts to environment through aggressiveness, destruction and has distorted sense of reality.

H) Lack of Independence:
Such as person shows parasitic dependence on others, is egoistic and lack 'objective interests'.

Variables

1) Independent variable (IV)
(i) Internet Addict and Non Internet Addict. College going students.
(ii) Dependent variable (D.V.)
   a. Emotional Maturity
   b. Emotional Unstability
   c. Emotional Regression
   d. Social Maladjustment
   e. Personality disintegration.

Research Design:

1x2 (2 level of status internet addict and Non internet addict) college going students.

Tool: Following psychological tools were used for data collection.

1) Internet Addiction Test (IAT)
Internet Addiction Test (IAT) is developed by Dr. Kimberly Yong in 1998. This test consists of 20 item scale that measures the presence and severity of internet dependency among students and adults. The IAT measures the severity of self-reported compulsive use of the internet for adults and adolescents.

2) Emotional Maturity Scale (EMS)
For measuring emotional maturity of students a scale developed by Dr. Yashvir Singh & Mahesh Bargava (1984). The scale has five components viz. instability, emotional regression, social maladjustment, personality disintegration and lack of independence. The scale consists of total 48 items. Higher score on the scale lesser the degree of emotional maturity and vice versa.

Procedure of data collection

The data was collected from the college going students on the various colleges. According a schedule was fixed in each college and then student were approached. The students were provided the Internet Application Test (IAT) and Emotional Maturity Scale (EMS). This procedure was followed for getting questionnaires filled by students.
3. Result and Discussion

Table 1: Showing Means and F ratios of various variables according to Internet Addict and Internet Non Addict College going students

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Variable IV</th>
<th>Internet Non Addiction</th>
<th>Internet addiction</th>
<th>N</th>
<th>F value</th>
<th>sign</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>(EM) Emotional Maturity</td>
<td>99.41</td>
<td>28.3</td>
<td>120</td>
<td>9.31**</td>
<td>0.01**</td>
</tr>
<tr>
<td>2</td>
<td>(EU) Emotional Unstability</td>
<td>21.41</td>
<td>7.19</td>
<td>120</td>
<td>5.34*</td>
<td>0.05</td>
</tr>
<tr>
<td>3</td>
<td>(ER) Emotional Regression</td>
<td>20.88</td>
<td>6.21</td>
<td>120</td>
<td>5.3*</td>
<td>0.05</td>
</tr>
<tr>
<td>4</td>
<td>(SM) Social Maladjustment</td>
<td>21.71</td>
<td>6.96</td>
<td>120</td>
<td>4.09*</td>
<td>0.05</td>
</tr>
<tr>
<td>5</td>
<td>(PD) Personality Disintigation</td>
<td>19.07</td>
<td>7.36</td>
<td>120</td>
<td>7.27*</td>
<td>0.01</td>
</tr>
<tr>
<td>6</td>
<td>(LI) Lack of Independence</td>
<td>16.38</td>
<td>5.86</td>
<td>120</td>
<td>7.9**</td>
<td>0.01</td>
</tr>
</tbody>
</table>

df=119  F = .95 (1,119) = 3.92
F = .99 (1,119) = 6.84
Higher Score on the scale greater the degree of emotional immaturity.
Lower Score on the scale greater the degree of emotional maturity.

4. Discussion

Over the years, there have been numbers terminologies by different researchers to define internet addiction. Young (1996) characterized internet addiction as a wide term identifying problems arises from impulse. Control and behavior that resulted from high psychological dependency towards the internet or inability to control one’s urge to use the Internet Addiction towards the internet had shown a variety of negative impact that it has towards their mood modification, availability of time, the level of tolerance, patience and judgment. (Hall & Parsons, 2001; Leung, 2004). More studies were conducted later and almost every researcher conceptualized internet addiction as a compelling behavior and cognitions directed from the use of internet which leads to anxiety and agitation in daily life. (Caplan 2008; Shapiva et al, 2000). Those studies indicated that people who spent most of their time on the internet are prone to emotional disturbances and when they were feeling anxious and agitated, their emotions influenced their behavior, hence, affected their relationship with others. Similarly, the researchers has identified that an individual with emotional instability is prone to have a less interpersonal skill that leads to the inexistence of social activities in their daily life. (Caplan, 2003).

According to this above review, the purpose of the present study is that to determine the effect of internet addiction on the Emotional Maturity and their component such as Emotional Maturity (EM), Emotional Unstability (EU), Emotional Regression (ER), Social Maladjustment (SM), Personality Disintigration (PD) and Lack of Independence (LI) of the students. In the present study, it was hypothesized that there will be significant difference on Emotional Maturity, Emotional Unstability, Emotional Regression, Social Maladjustment, Personality disintegration and lack of Independence of Internet Addict and Non Internet Addiction College going students. All these hypothesis was accepted. Because in Hypothesis one, F value is 9.31** is significant on 0.01 level. (According Table No.1). It indicates that there is significantly difference on the Emotional Maturity of Internet Addict and NonInternet Addict College going students. It is observed that Internet Non Addiction students are better Emotional Maturity (M=99.41) than net addict students (M=112.5).

According to Table No.1, it is also observed that in Hypothesis 2, (f=5.34*) significant at 0.05 level, in Hypothesis 3, f=5.3* significant at 0.05, in Hypothesis 4, f=4.09*, significant at 0.05 level, In Hypothesis 5, f=7.27** significant at 0.01 level and In last hypothesis f=7.9** significant at 0.01 level. All these values show that there is significantly difference on the Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintigration and Lack of Independence of Internet Addict Non Internet Addict College going students. On the basis of Mean, it was observed that Internet Addict students are better on Emotional immaturity (M=112.5), Emotional Unstability (M=23.9), Emotional Regression (M=24.53), Social Maladjustment (M=23.1), Personality Disintigration (M=23.7), and Lack of Independence (17.21) than Non internet Addict students. On the basis of these ‘f’ value and Mean value we can say that or it is observed that internet addict students are representing syndrome of lack of capacity to dispose off problems, irritability, needs constant help for one's day-to-day work, Unerability, Stub-bornes and Temper tantrums. They represent syndromes like feeling of inferiority, restlessness, hostility, aggressiveness and self-centeredness. Such a student’s show lack of social adaptability and hateder. Such a person suffers from inferiorities and hence reacts to environment through aggressiveness, destruction and has distorted sense of reality. Emotional instability or also known as neuroticism in the Big five personality trait refers to the negative emotion such as anxiety, easily upset, insecurity, moody, tense, nervous and depression. Evidence was found that internet addiction causes not only physical and social problems but creates a psychological disturbances, that affects the Big five personality intern of emotional instability (Hur, 2012) Numerous studies revealed that internet addiction caused depression among teenagers and adolescent (Yen et al., 2007; Yen et al,2008). An individual who spent more time on the internet lacks in a offline social interaction that leads to alienation and poor relationship with friends and family. (Sanders et al.2000).

5. Conclusion

The Internet Addict students are significantly better in Emotional immaturity, Emotional unsteadiness, Emotional regression, Social Maladjustment, Personality disintegration...
and lack of independence than Non internet Addict College going students.

6. Implication

The results of this study suggested several implications for the students, parents, lecturers and colleges. First the college may propose new rules and guidelines regarding the internet use on campus, especially on wifi. Furthermore, the colleges may design activities that will limit the time student spend on the internet. The colleges may provide a support system and counseling session particularly for this issue. The parents also need to control their children access to the internet. Good interpersonal relation has been consistently proved beneficial to reduce net addiction. Parents should also develop face to face communication with their children. Lastly, students need to be fully aware of the internet addiction negative effects on their emotions.

References