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GRT

'RELATIONSHIP OF INTERNET ADDICTION WITH LOCUS OF CONTROL AMONG ADOLESCENTS(12-18 YEAR) OF URBAN AREAS OF JAMMU CITY'

**Neeru Sharma****Professor , P.G Department of Home Science, University of Jammu , Jammu and Kashmir.**

Co - Author Details :

Sunali Sharma² and Isha Sharma³**²Research Scholar , P.G Department of Home Science, University of Jammu , Jammu and Kashmir.****³Research Scholar, P.G Department of Home Science, University of Jammu , Jammu and Kashmir.**

ABSTRACT

The present research was conducted to study the relationship of Internet Addiction with Locus of Control among the adolescents. A sample of 60 adolescents (30 boys and 30 girls) in the age group of 12-18 years, studying from 9th to 12th standards, were selected from Higher Secondary Schools located in urban areas of Jammu. The result of the study shows that the mean age of the adolescents was 16.33 ± 0.93 years, and their mean education is 10.53 ± 1.45 years i.e. they were studying from 10th-12th standard. The tools used for the study were Internet Addiction Scale and Levenson's scale for Locus of Control. Mean score of adolescents on Internet Addiction was 44.03 ± 11.67 ; more boys were addicted to internet than

girls. Majority of the adolescents show External Locus of Control. Internet Addiction is positively significantly correlated with age and individual control dimension of Locus of Control.

KEYWORDS : Locus of Control, Powerful Others, Chance others, Individual control, Internet Addiction, Complete Control, Frequent problem, serious impact, Urban areas Adolescents.

INTRODUCTION:

The term adolescence comes from Latin word *adolescere*, meaning "to grow up". It is a transitional stage of physical and psychological human development that generally occurs during the

period from puberty to legal adulthood (age of maturity). The period of adolescence is most closely associated with teenage years, though its physical psychological and cultural expressions may begin earlier and end later. An important aspect of development during adolescence, according to Erikson, is the development of self. During adolescence, children are exploring their independence and developing a sense of self. Identity development also occurs within the large societal context, where cultural identity, sexual identity, and the impact of gender roles are central to the adolescents' self-definition and self-evaluation. (Erikson 1968)

According to World Population Housing Census Programme, around 40% of the population has an internet connection today, where as in 1995, it was less than 1%. The number of internet users has increased tenfold from 1999 to 2014 (www.internetlivestat.com). The first billion was reached in 2005, the second billion in 2010 and the third billion in 2014. For Adolescents; everywhere in the world, Internet and mobile phones have assumed a new position in their life. Psychologists have usually discussed family and peer influences on adolescents, but internet has added new dimensions to this. Manjunatha's (2013) study reveals that 80% of Adolescents spend significant amount of time on using Internet regularly.

Adolescents like spending time on social networking sites like Facebook, Twitter, Google, Skype etc. 'Social Network' is a collection of individuals linked together by a set of relations. Online social networking sites 'Virtually' Link individuals, who may or may not 'know' each other. They enable rapid exchange of knowledge, high levels of dialogue and collaborative communication through text, audio and video. As a Social Context, Social Networking Sites enable multiple communication functions, such as e-mail, instant messaging, chats, blogs, downloading etc to allow adolescents to participate and co-construct their own environment. Peer relations and friendships have attained a new dimension with the coming of internet and Social Networking Sites (SNS). The usage of Social Networking Sites (SNS) among the people of India is evidently increasing, particularly among the Indian adolescents. Being in a social-network may provide adolescents with a sense of group support and belongingness as well as with opportunities to negotiate conflicts and take the perspective of other group members (Rubin et al. 2006). The term "Internet Addiction" was proposed by Dr. Ivan Goldberg in 1995 for pathological compulsive internet use (Weinstein and Lejoyeux 2010) Griffith considers it as a subset of behavior addiction and any behavior that meets the 6 "core components" of addiction, i.e., salience, mood modification, tolerance, withdrawal, conflict, and relapse (Goldberg 1996). While Davis avoided the term internet addiction, referring it as a dependency on psychoactive substances, he instead preferred the term "pathological internet use" (PIU). Bahrainian et al's (2014) study also found more males addicted to internet as compared to females. Regarding locus of control, the individual's belief about the extent to which he/she is in control of his/her life, Chak's and Leung's (2004) found that greater dependent use of the internet was negatively linked to internal locus of control. Correspondingly, research on internet addiction demonstrates that the greater use of the internet is associated with some social and psychological variables. Thus, the evidence indicates that adolescents may use online communication tools in the service of important offline issues, such as the need for interconnections with others and raise the possibility that their online and offline social networks overlap. The present study has attempted to quantify the impact of internet in terms of Internet Addiction and to find the relationship of Internet Addiction with Locus of Control.

OBJECTIVES

1. To study the levels of Internet Addiction among adolescents.
2. To find the relationship of Internet Addiction with Locus of Control.

RESEARCH METHODOLOGY

The methodological framework for the study is as under:

SAMPLE

Size: The sample for the study comprises of 60 adolescents, 30 boys and 30 girls, in the age group of 12-18 years.

Criteria for selection:

- Age: Only adolescents who were in the age group of 12 -18 were selected.
- School: Only adolescents studying in Private schools from the urban areas of Jammu city were selected, to match the sample.
- Residence: Only adolescents residing in urban areas of Jammu were selected.

Sample Technique: Multistage sampling technique was used for identification of sample. Jammu city was purposively chosen and from Jammu city, to match the sample, only private schools were selected. A comprehensive list of private schools in Jammu was obtained from the office of the Directorate of School Education. From this, four schools were selected randomly. These are Oriental Academy Higher Secondary School, Kachi Chawni; Vidhya Peeth Nagbani Jammu, Chogan Slathia; Heaven Kingdom School, Janipur; and Dewan Bandri Nath Vidhya Mandir School. Among these schools screening tool was distributed among classes 9th, 10th, 11th and 12th. It was used to screen the Internet users. A list of internet users thus prepared. From this list 60 adolescents, 30 boys and 30 girls were selected randomly for the final data collection.

Tools for the data collection:

The following tools were used for data collection:

Screening Devise: A self devised questionnaire was used for screening the internet users. Questions included information regarding background variables and preferences regarding usage of Internet, time spent on these sites and devices used by adolescent for accessing internet etc.

Levenson's Scale for Locus of Control: Locus of Control refers to the extent to which individuals believe they can control events affecting them. This scale has been prepared by Sanjay Vohra (1992). The concept was developed by Julian B. Rotter in 1954, and has since become an aspect of personality studies. It is a Likert type scale, with multiple choice responses presented in a continuum. In this five point scale, the responses are given weight from 1 to 5. Responses ranges from Strongly Agree, Agree, Undecided, Disagree to Strongly Disagree. The scale has three dimensions i.e. Powerful Others, Chance Control Individual Control.

Young's Internet Addiction Test: Young's Internet Addiction Test is developed by Kimberly Young in 1995. It is a five point Likert scale having 20 items. The instrument encompasses the extent to which internet use affects subjects thoughts, feelings, behavior, sleep patterns and functioning and its validity has been established (Widvanto and Mcmurran 2004). The instrument shows very good internal consistency (cronbach alpha=0.903). Scores vary from 20-100, with 20-49 depicting an average online users who has complete control over his/her usage, 50-79 connoting a users having frequent problem due to internet usage and 80-100 signifying a users having a serious impact of internet on his life.

Data collection: First of all screening was done to identify the sample. For this purpose the screening

tool was used. From this process the internet users were identified for final selection of sample. After this, pretesting was done to ensure the validity of the scales. After the selection of sample and finalization of tools, the data was collected by visiting the selected schools in urban areas of Jammu city. Data Analysis: Data was analyzed by both quantitative and qualitative procedures. Frequency and percentages were calculated. Statistical analysis was done by using SPSS software (20th version) and Mean, Standard deviation, Chi square, Range, t-test and Correlation.

RESULTS

BACKGROUND INFORMATION ABOUT THE USERS

Table No. 1Age distribution of the Respondents

Age (in Years)	Boys (n=30)		Girls (n=30)		Total (n=60)	
	N	%	N	%	N	%
School Students						
15	4	13.33	7	23.33	11	18.33
16	17	56.66	11	36.66	28	46.66
17	3	10	9	30	12	20
18	6	20	3	10	9	15
Mean ± S.D	16.40±.93		16.26±.94		16.33±.93	

Table no.1 shows that the mean age of the adolescents was 16.33±.93years (Boys:16.40±.93 years and Girls 16.26±.94years). Majority of the girls (36.66%) were 16 years of age, 30% were 17 years of age and 23.33% were 15 years of age. Majority of the boys (56.66%) were 16 years of age, 20% are 18 years of age and 13.33% were 15 years of age.

Table no.2 Educational Qualification of the Respondents

Educational Qualification	Boys (n=30)		Girls (n=30)		Total (n=60)	
	N	%	N	%	N	%
9th	7	23.33	8	26.66	15	25
10th	7	23.33	7	23.33	14	23.33
11th	8	26.66	8	26.66	16	26.66
12th	8	26.66	7	23.33	15	25
Mean ± S.D	10.56±1.13		10.50±1.16		10.53±1.14	

Table no.2 reveals that the mean education of adolescents was 10.53±1.14 years (Boys 10.56±1.13 years and Girls 10.50±1.16 years). Majority of the girls, 26.66% each respectively, were in 11th and 9th standards, 23.33% each respectively, were in 10th and 12th standards. Majority of the boys, 26.66% each respectively, were in 11th and 12th standards, and (23.33%) each respectively, were in 9th and 10th standards.

INTERNET ADDICTION AMONG ADOLESCENTS

Table no. 3 Distribution of sample on Levels of Internet Addiction

Responses	Boys(n=30)		Girls(n=30)		Total(N=60)	
	N	%	N	%	N	%
Complete control	12	40	30	100	42	70
Frequent problem due to usage	18	60	-	-	18	30
Serious impact of internet on life	-	-	-	-	-	-
χ^2	25.71*					

Significant at 5% level

Table no.3 shows that 70% of the respondents had complete control over their internet usage, whereas only 30% had frequent problems due to internet usage, though none fall in the range of serious impact. All the girls had complete control over their internet usage where as 60% of the boys had frequent problem due to usage of internet. The sex differences were found to be significant at 5% level.

Table no.4 Mean scores of Respondents on Internet Addiction

Variables	Girls(n=30)		Boys(n=30)		Total		t-value
	Mean	S.D	Mean	S.D	Mean	S.D	
Internet Addiction	36.20	7.01	51.86	10.06	44.03	11.67	6.99*

Significant at 5% level

Table no. 4. shows that the mean score of girls on Internet Addiction was 36.20 ± 7.01 whereas that of boys was 51.86 ± 10.06 . There are significant sex difference in Internet Addiction with boys scoring higher on internet addiction than girls. LOCUS OF CONTROL AMONG ADOLESCENTS

Powerful Others:

Table no.5 Other people Control the outcomes of the respondents

Levels of Control	Boys(n=30)		Girls(n=30)		Total(N=60)	
	N	%	N	%	N	%
Less Control (1-4)	5	16.66	6	20	11	18.33
Average Control (5-6)	25	83.33	24	80	49	81.66
More Control (7-10)						
χ^2	0.11NS					

NS= Non-Significant

Table no.5 shows that 81.66% of the adolescents were controlled by Powerful others. The outcomes of 80% girls and 83.33% boys were controlled by powerful others. Chi-square value shows Non-Significant differences among boys and girls.

Chance Others:

Table no.6 Chance or random control of outcomes of the respondents

Level of control	Boys(n=30)		Girls(n=30)		Total(N=60)	
	N	%	N	%	N	%
Less control (1-4)	2	6.66	5	16.66	7	11.66
Average control (5-6)	9	30	13	43.33	22	36.66
More control (7-10)	19	63.33	12	40	31	51.66
χ^2 3.59NS						

NS=Non Significant

Table no.6 shows that 51.66% of the adolescents were controlled by chance, the outcomes of 40% of girls and 63.33% of boys were controlled by chance.36.66% of the respondents show average control of others, the outcomes of 30% boys and 43.33% girls show average control of others. Only 11.66% of the respondents were less controlled by chance others, the outcomes of 6.66% boys and 16.66% girls. Chi-square value shows Non-Significant differences

Individual Control

Table no.7 Own Control of the respondents

Level of control	Boys(n=30)		Girls(n=30)		Total(N=60)	
	N	%	N	%	N	%
Less control (1-4)	17	56.66	18	60	35	58.33
Average Control (5-6)	8	26.66	8	26.66	16	26.66
More control (7-10)	5	16.66	4	13.33	9	15
χ^2 0.14NS						

NS= Non-Significant

Table no.7 shows that 58.33% of the respondents have lesser individual control, 26.66% have average control and 15% have more individual control. The adolescents show more external locus of control and were lesser controlled by own self, where girls have more own control than boys. Chi-square value shows Non-Significant differences.

Table no.8 Mean scores of respondents on dimensions of Locus of control.

Variables	Boys(n=60)		Girls(n=60)		‘t’- value
	Mean	S.D	Mean	S.D	
Powerful others	8.23	1.50	7.80	1.49	1.12 NS
Chance control	7.06	1.87	6.03	1.56	2.31 NS
Individual control	4.30	2.36	4.06	2.22	.393 NS
Total Score	19.66	3.10	17.99	3.03	2.14 NS

NS= Non-Significant

Table no.8 shows that the mean score of the boys on Powerful Control by others was 8.23 ± 1.50 and that of girls was 7.80 ± 1.49 . On Chance Control by others the mean score of the boys was 7.06 ± 1.87 and the score of girls was 6.03 ± 1.56 . On Individual control the mean score of boys shows 4.30 ± 2.36 and that of girls was 4.06 ± 2.22 . The total mean score of boys (19.66 ± 3.10) was higher than the total mean score of the girls (17.99 ± 3.03). There were Non-Significant differences on all dimensions of Locus of control

Table no.9 Correlation between Locus of Control and Internet Addiction.

Variable	Powerful Others	Chance Control	Individual Control	Internet Addiction
Powerful Others	1			
Chance Others	.173	1		
Individual Control	-.224	-.009	1	
Internet Addiction	.080	.222	.255*	1

*. Correlation is significant at the 0.05 level (2-tailed).

Table no.9 shows that the Internet Addiction was positively significantly correlated with individual control dimension of Locus of Control. All other dimensions show no significant correlation.

CONCLUSIONS

The Internet as a global village has become an important and entertainment source for adolescents (Chou and Peng, 2007) serving substantial role in changing the social lives of people (Ross et al, 2009). Along with all the benefits that Internet brings, problems of excessive use are also becoming apparent (Nalwa and Anand, 2003)

The results of the study show that the mean age of respondents was $16.33 \pm .93$ years. Significant Sex differences were observed in Internet Addiction with boys scoring more than girls. Bahrainian et al's (2014) study also found more males addicted to internet as compared to females .

similar results were found in Goel's(2013) study too. Razieh et al (2012) also found boys to be more addicted than girls. In contrary, Wang et al's (2012) study reveals that boys were less addicted as compared to girls. In the present study majority of the adolescents have 'Complete Control' over their Internet Addiction; very few of them have 'Frequent problems due to usage'. Significant Sex differences were observed with girls having 'Complete Control' on Internet than boys. In Goel's (2013) study adolescents showed 'Moderate Control' over their internet usage.

Adolescents are influenced by the peer group interactions and influences because they are still trying to build an identity for themselves. In the present study too majority of the adolescents show External Locus of Control. Boys in comparison to girls show more external Locus of Control. Similar results were found in Kulas' (1996) study shows boys in comparison to girls show more external Locus of Control.

Internet addiction is positively significantly correlated to 'Individual Control' dimensions of Locus of Control. Iskender and Akin (2010), on the other hand found that internet addiction was negatively correlated with Internal Locus of Control.

SUGGESTIONS:

For parents

1. Monitor your child's usage of internet in term of how much time they are spending on the internet in each of these categories:
 - Chat Rooms
 - Interactive games
 - Email
 - News groups
 - Online shopping sites
 - Whats app/Hike/instagram etc
2. Recognize what the children are missing out on i.e. time with others, sleep, exercise, hobbies, responsibilities, academics, reading books etc
3. Always pay attention to warning signs such as:
 - Losing interest in activities that previously brought them joy
 - Withdrawal from friends
 - Academic problems
 - An increasing need for privacy
4. Parents should know about the basic safety of Internet usage.
5. Always spend quality time with children.
6. Be good role models, control your own usage in front of children.

For Adolescents:

1. Use safety features of network.
2. Do not accept the request of unknown people on social networking sites.
3. Do not disclose the personal identity to unknown persons.
4. Be a part of the familial and social activities.
5. Indulge in physical exercise, direct communication, peer interactions.
6. Be ready for the life of responsibilities and work.

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