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## A STUDY OF INTERNET ADDICTION AMONG COLLEGE STUDENTS

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**Abstract:-**The present study was an attempt to find out the Internet addiction among male and female college students. A number of 100 male and female students (50 male + 50 female) of Rohtak were taken as a sample on the basis of random sampling method. A standardized Internet Addiction Test (IAT) by Dr. Kimberly Young will be used in this study. The findings of the study reveals that (i) it was found that that 2 (4%) male students have been found to be internet addicts i.e. have scores between 80-100. While 22 (44 %) male students were found an average users . They have control over your Internet usage and 26 (52%) male subjects were experiencing occasional or frequent problems because of the Internet. They have full impact of Internet on their life and (ii) it was found that 1 (2%) female student have been found to be internet addicts i.e. have scores between 80-100. While 29 (58 %) female students were found an average users. They have control over your Internet usage and 20 (40%) female subjects were experiencing occasional or frequent problems because of the Internet. They have full impact of Internet on their life.

**Keywords:** Internet addiction, usages, problems, surfing .

### INTRODUCTION :-

The Internet is the world's largest computer network. It links computer terminals together via wires or telephone lines in a web of networks and shared software. With the proper equipments, an individual can access vast amounts of information and search databases on various computers connected to the Internet, or communicate with someone located anywhere in the world as long as one has the proper equipments (Handy Science Answer Book, 2003).

Internet is in indeed the most outstanding innovation in the field of communication added in the history of mankind. It is a combination of most advanced technologies till today. But most advanced technologies often have a dark side also just like nuclear power and pesticides. The Internet is no different. The influences of the Internet potentially range across the whole landscape of human endeavour, raising profoundly important issues-technological, social, political, legal, economic, environmental and cultural (Lambert et al., 2005). A broad perspective is required to understand and solve the controversial issues. Though Internet has its own advantages and disadvantages by using it, but it is dramatically changing the way people live, work, communicate, recreate and participate in public life all over the world (Haseloff, 2005).

Because students use the Internet at higher rates than any other age group (Lenhart, Rainie and Lewis, 2001), a better understanding of how Internet use effects their social development is an important line of scientific inquiry (Whitlock et al., 2006). Indeed, a small but growing body of research is beginning to examine the implications of various electronic forums for social interaction (e.g., chat rooms, news groups, message boards) on adolescents behaviour (e.g., Gross, 2004; Subrahmanyam, Greenfield and Tynes, 2004; Tynes, Reynolds and Greenfield, 2004 cited in Whitlock et al., 2006).

Research on American youth shows that the Internet serves as a powerful resources for information about socially sensitive topics such as sex and interpersonal relations (Suzuki and Calzo, 2004); it also serves as a community - building tool providing information on civic engagement and political participation (Rainie and Horrigan, 2005). Studies have shown that through Internet communication, youth are given the opportunity to exercise leadership skills and become stakeholders in communities that they themselves have created. Despite fears of stalkers and inappropriate sites, parents are beginning to recognize the Internet as a powerful tool for both networking and academic enhancement for their children. The Home Net Too project research indicate that home Internet use has no adverse effects on children's social or psychological outcomes and has positive effects on their academic outcomes.

Although the Internet has consistent positive impacts on modern society, it has also caused various societal concerns about privacy, security, pornography, Internet crime and virtual community (Greenfield and Yan, 2006). Its easy accessibility poses greater risks and dangers for youth as compared to other forms of media. 85% of parents reported that among all forms of media, the Internet posed the greatest risk to their children (Common Sense Media, 2006). Parental concerns are valid, especially considering that teens are essentially free to view and post whatever they choose and communicate with whomever they want (as cited in Louge, 2006).

Mostafaei and Khalili (2012) showed that there is no internet addiction between students. Female more than males had signs of internet addiction. Females in comparison with males are more social neglect and have high expectation. Chathoth1 et al. (2013) found that majority (57.77%) conformed to mild addiction. The most common purpose for internet use was found to be social networking (97.8%), followed closely by e mailing (87.8%). The prevalence of moderate to severe internet addiction appeared to be low, a significant number of students conform to mild addiction. Jahanian, Ramezan (2013) revealed that there is a significant and inverse relationship between Internet addiction and students' mental health. In addition, the obtained results indicate that regarding the occurrence of addiction to the Internet 36.6% of the subjects were slightly addicted to the Internet; 55.3% of the subjects were respectively addicted to the Internet; 7.3% of the subjects were moderately addicted to the Internet and 0.6% of the subjects were severely addicted to the Internet. Azher et al. (2014) showed that prevalence of internet is more in male students than female students. Regression analysis showed a positive and significant relation between internet addiction and anxiety level among University students. Vidyachathoth et al. (2014) found a significantly positive correlation was found between the internet addiction test scores and the negative affect scores. A positive correlation was also found between the daily duration of internet use and negative affect scores. Malviya et al. (2014) evaluated internet addiction disorder among students of a medical college and associated hospital of central India. It was found that among 242 study subjects, 164 (67.8%) were males and 78 (32.2%) were females. Overall analysis to find out proportion of study subjects falling in the category of internet addicts on the basis of scoring system adapted for the study reveals that 23 (9.5%) subjects have been found to be internet addicts i.e. have scores 80-100. Among 23 (9.5%) internet addicts found in the study, 15 (6.1%) were males and 8 (3.3%) were females. (n=242).

#### **SIGNIFICANCE OF THE STUDY**

Internet is the most popular daily routine activity. Different kinds of people with different ethnicities, backgrounds, social standing is using the Internet on a daily basis. Using the Internet, we can connect with just about anybody from anywhere in the world. We can have multiple conversations with people from different countries in real time. It's amazing to think that we can also view a person via webcam from hundreds of thousands miles away with a single click. This is the genius and beauty of the Internet. The Internet has implications for the physical, cognitive, social, and behavioural development of children and adolescents. So, it is essential to find out the impact of social media and internet on students. The present study is an effort in this direction. According to the previous researches and due to the wide use of the Internet in our society especially in the cortex of students and with respect to the fact that the issue of Internet addiction in students have been discussed; it seems that the increasing use of the Internet in India affect mental and physical health of adolescent. Therefore, it is required to know the use and time spent of Internet by the college students. Thus, this study is conducted in order to investigate Internet addiction on college students.

#### **OBJECTIVES OF THE STUDY**

1. To study the level of internet addiction of male college students.
2. To study the level of internet addiction of female college students.

#### **DESIGN OF THE STUDY**

In the present study, descriptive survey method has been used and the students studying in college of Haryana constituted the target population for the present study.

#### **Sample**

A sample of 100 college students has been taken from the four colleges of Rohtak district on the basis of random sampling technique.

#### **Tool Used**

Internet Addiction Test (IAT) by Dr. Kimberly Young will be used in this study. The scale exhibits the following characteristics:

- ❖ It comprises 20 items rated in a five-point Likert scale (from 1 - not at all, to 5 - always).
- ❖ As with the first diagnostic questionnaire, this measurement is derived from the DSM-IV criteria for pathological

gambling and alcoholism and it measures the extent of individual's problems due to the Internet use in daily routine, social life, productivity, sleeping patterns, and feelings.

- ❖ 20 - 49 points: You are an average on-line user. You may surf the Web a bit too long at times, but you have control over your usage.
- ❖ 50 -79 points: You are experiencing occasional or frequent problems because of the Internet. You should consider their full impact on your life.
- ❖ 80 - 100 points: Your Internet usage is causing significant problems in your life. You should evaluate the impact of the Internet on your life and address the problems directly caused by your Internet usage

#### STATISTICAL TECHNIQUES USED

In order to study the nature of the data, descriptive statistics i.e. frequency, mean, percentage have been used to analyse the data with the help of SPSS -20.0 software.

#### RESULTS

**Table 1**  
Analysis of the male subjects falling in the category of internet addicts on the basis of scoring system adapted for study

Scoring Interval	Frequency	Percentage
20-49	22	44.00
50-79	26	52.00
80 and above	2	4.00
Mean Score	49.90	
Standard Deviation	18.48	

N=50

The analysis to find out proportion of male subjects falling in the category of internet addicts on the basis of scoring system adapted for the study reveals that 2 (4%) male students have been found to be internet addicts i.e. have scores between 80-100. While 22 (44 %) male students were found an average users. They have control over your Internet usage and 26 (52%) male subjects were experiencing occasional or frequent problems because of the Internet. They have full impact of Internet on their life. The total mean score shows that majority of the male subjects were average users.

**Table 2**  
Analysis of the female subjects falling in the category of internet addicts on the basis of scoring system adapted for study

Scoring Interval	Frequency	Percentage
20-49	29	58.00
50-79	20	20.00
80 and above	1	2.00
Mean Score	43.34	
Standard Deviation	18.99	

N=50

The analysis to find out proportion of female subjects falling in the category of internet addicts on the basis of scoring system adapted for the study reveals that 1 (2%) female student have been found to be internet addicts i.e. have scores between 80-100. While 29 (58 %) female students were found an average users. They have control over your Internet usage and 20 (40%) female subjects were experiencing occasional or frequent problems because of the Internet. They have full impact of Internet on their life. The total mean score shows that majority of the female subjects were average users.

## CONCLUSION

The study reveals that use of internet increasing day by day, especially in students. Male students were found to have more usage of internet as compared to female students. The results of the study are suggestive of Internet dependence among students of colleges of Rohtak city. The data is indicative of Internet addiction to be an emerging problem of the modern era. Internet addiction has commonly been viewed as an extremely broad topic with few common definitions and little guidance. Researchers should work to develop a standardized definition of Internet addiction with supporting justification. Multi centric studies are required to assess the real problem and thereby take appropriate steps to tackle the growing problem.

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