INFLUENCE OF INTERNET ADDICTION ON THE MENTAL HEALTH OF ADOLESCENTS.

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Abstract

The present piece of research work is to study influence of Internet Addiction on the Mental health of Adolescents students. 100 college students comprised the sample for the study. Tools used to measure the above mentioned variables were Internet Addiction Test by Dr. Kimberly Young (1998) to measure Internet Addiction. It consists of 20 items that measures mild, moderate and severe level of internet addiction. Mental Health was measured by Mental Health Inventory by Dr. Jagdish and Dr. A.K. Srivastava. The major findings of the present study are a negative correlation of -0.456 has been found between these two variables. A significance difference has been found between the mental health of low and high internet user college students. A significance difference between the mental health of high internet user girls and boys college students at the 0.05 level of significance. A significance significant difference between the mental health of low internet user boys and girls college students at the 0.05 level of significance. furthermore it was found that no significant difference has been found between the mental health of high internet user college students in rural and urban areas and no significant difference has been found between the mental health of low internet user college students in rural and urban areas

Introduction

A subtle shift is occurring in our society. We are becoming a "dot com" nation. As a society, we are changing. We are inventing new ways of communication, doing business, sharing information, both personal and public. It is the internet, most powerful invention of the century, which makes all these things possible in every manner. The internet is one of the

major technological systems currently changing how we define knowledge, personal value and social relationships (Postman, 1992; Webster, 1995). It has become a gateway of information, communication, commerce and entertainment for everyone.

Users of all ages can find ways to extend their thinking and receive assistance from others in pursuing their interests. It enables the user to explore new ideas, enter into complex systems and develop new intellectual connections.

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.

Internet access among adolescents has grown exponentially over the past decade. Pre adolescents and younger children also use the internet to a large extent. As a new information and communications system, the internet poses a practical problem that demands reflective and critical thinking on the part of individuals especially adolescents and families.

The internet is more exciting and challenging as a research environment than earlier media because it is a complex virtual social and physical world that children and adolescents participate in and co-construct, rather than something that is merely watched (TV) or merely used (PC). It becomes a complex virtual universe behind a small screen on which developmental issues play out in old and new ways, offering new views into the thoughts, feelings, and behaviours of children and adolescents. This universe will continue to expand as web-connected cell phones and other new internet applications emerge. This is an important and healthy sign of a new and growing area of research.

Internet addiction has recently been considered as a mental disorder and the number of those who go to visit a psychiatric clinic and seek help due to Internet addiction is gradually increasing. The Internet is not an enemy; people will be addicted to it due to various reasons. It makes them alienated with their real life and has negative impacts on their lives. The effect of Internet and social media on the development and mental health of young people is an evolving field. There is a dearth of quality research in this area especially in India and other developing countries. The popular media is quick to establish causative links but this need to be studied properly. There is urgent need for qualitative studies, to begin with, to understand the use of social media in young people. In the absence of research in our culture, one should be careful in interpreting the impact of social media. This is a novel way of communication,

which by its very nature is more prone to be used for some negative forms of communication such as cyber bullying. This in particular is an important aspect that needs to be studied. We need to do epidemiological studies to determine its frequency, mental health issues in both the victim and the perpetrator. We also need to develop our understanding of the good that such platforms offer. There is a suggestion that people who end up making serious suicidal attempts are able to be more communicative about their intent on the social media. We need both qualitative and epidemiological studies to determine if there is an empirical link.

The concept of mental health is as old as Human beings. In recent years clinical psychologists as well as educationists have started giving proper attention to the study of mental health, however, in India, relatively very few work has been conducted. Mental health is defined as co notates those behaviours, perceptions and feelings that determine a person's overall level of personal effectiveness, success, happiness and retention of goals that are neither too high nor too low to permit realistic successful maintenance of belief in one's self as a worthy, effective human-being. So a mentally healthy person is firm in his intentions and is least disturbed by strains and stresses of day-to-day life.

Significance Of The Study

Internet is an assistance which makes us global. All the informations are at a click distance away. Internet is a life pacing tool which makes life faster. The internet is one of the major technological systems currently changing how we define knowledge, personal value and social relationships. It has become a gateway of information, communication, commerce and entertainment for everyone. Because of the convenience of internet, users now have easy and immediate access to gambling shopping and gaming at any time of day without the hassles of everyday life (Travelling, queues). Habits such as reading, playing, computer games or watching very large no. of internet videos such as those on you tube are troubling only to the extent that these activities interfere with normal life. However, study related stress having social friends; poor relationship with teachers and students and conflictive family relationship were risk for PIU. While using internet there is no face to face communication among person (facebook & whatsap), people get socially isolated, and they have no information about what is going on in their society. Excess use of internet reduces thinking capacity of student. While using internet, there is no physical activity so it leads to obesity. It leads to certain behaviour problems. Like- Impulsive behaviour.

In a nut shell, this is a type of addiction and it is very difficult to come out of it. Undoubtedly internet makes our life very easy as well as fast but there many drawbacks associated with it. It affects all type of health of an individual i.e moral, spiritual, intellectual and physical.

Without the use of internet the life become stop and the excess use is harmful also. But things have both good and bad effects. However, in short internet is more useful for us. The internet has implications for the physical, cognitive, social, and behavioural development of children and adolescents (Finkelhor et al., 2000; Finkelhor et al., 2003; Greenfield, 2004; Huston and Right, 1998; Katz and Rice, 2002; Kraut et al., 1998; Subrahmanyam et al., 2001; Thornburgh and Lin, 2002 cited in Yan, 2006). So, it is essential to find out the influence of internet on mental health of Indian adolescent's. The present study is an effort in this direction.

Review of Related Literature

Goel (2013) has conducted a cross sectional study on 987 students (681 males and 603females) to studied the prevalence of internet addiction and associated existing psychopathology in adolescent age group of Mumbai. Students were assessed with a specially constructed semi‑structure Performa and The Internet Addiction Test by Young (1998) which were self‑administered by the students after giving them brief instructions. Dukes Health Profile was used to study physical and psychosocial quality of life of students. Subjects were classified into moderate users, possible addicts, and addicts for comparison. It is found that the mean age of adolescents was 16.82 years. Of the total, about 74.5 percent were moderate (average) users. Using Young's original criteria, 0.7 percent was found to be addicts. Those with excessive use internet had high scores on anxiety, depression, and anxiety depression.

Jahanian (2013) investigated the extent to which the internet addiction may have impacts on students' mental health in technical and vocational colleges in Alborz province. The study is based on descriptive comparative research method. 150 college students of technical and vocational colleges in Alborz province were selected according to stratified random sampling on the basis of Morgan table. General Health Questionnaire (GHQ) and Young Internet Addiction Test were used as tools. The results revealed that there is a significant and inverse relationship between internet addiction and students' mental health. It indicate that regarding the occurrence of addiction to the internet 36.6 percent of the subjects were slightly addicted, 55.3 percent of the subjects were respectively addicted, 7.3 percent of the subjects were moderately addicted and 0.6 percent of the subjects were severely addicted to the internet.

Livingstone (2010) examines the role of selected measures of internet literacy in relation to teenagers' online experiences. Data from a national survey of teenagers in the UK (N = 789) are analyzed to examine: first, the demographic factors that influence skills in using the

internet; and, second, to ask whether these skills make a difference to online opportunities and online risks. Consistent with research on the digital divide, path analysis showed the direct influence of age and socioeconomic status on young people's access, the direct influence of age and access on their use of online opportunities, and the direct influence of gender on online risks. The importance of online skills was evident insofar as online access, use and skills were found to mediate relations between demographic variables and young people's experience of online opportunities and risks. Further, an unexpected positive relationship between online opportunities and risks was found, with implications for policy interventions aimed at reducing the risks of internet use.

Shinde (2014) has followed a descriptive cross sectional survey research design with 100 professional educational students and assessed the use of internet and mental health among professional education students and also examined the co-relation between the Problematic Internet Use and Mental Health in professional education students. It is found that the level of internet addiction among professional students was moderate and tends to minimal. 84 percent of students were suffering average physical problems while 83 percent of students were suffering from anxiety where 94 percent of them were affected by social performance averagely. Majority 73 percent of them were showed the average depression. The Correlation was significant at the 0.05 level between excessive internet use, neglect of work, neglect of social life and physical problems as a part of mental health among students.

Vidyachathoth (2014) has conducted a cross sectional study and assessed the correlation between affect and internet addiction in undergraduate medical students using the Young's Internet Addiction Test and affects scores, using the PANAS scale. 90 subjects (18-20 years of age) were selected by random sampling from the first year undergraduate medical student population. Correlation between the internet addiction test scores and the positive/negative affect scores was calculated using the Pearson's correlation coefficient. 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.

Objectives-

The present study has been conducted to fulfil the following objectives:

- To study the relationship between internet addiction and mental health of college students.

- To compare the mental health of high and low internet user college students.

- To compare the mental health of high internet user boys and girls college students.

- To compare the mental health of low internet user boys and girls college students.

- To compare the mental health of high internet user college students in rural and urban areas.

- To compare the mental health of low internet user college students in rural and urban areas.

Hypotheses-

The following hypotheses were formulated to test for the present study:

- There is no significant relationship between internet addiction and mental health of college students.

- There is no significant difference between the mental healths of high and low internet user college students.

- There is no significant difference between the mental health of high internet user boys and girls college students.

- There is no significant difference between the mental health of low internet user boys and girls college students.

- There is no significant difference between the mental health of high internet user college students in rural and urban areas.

- There is no significant difference between the mental health of low internet user college students in rural and urban areas.

Sample

A sample of 100 college students will be taken from the four colleges of Rohtak district on the basis of random sampling technique. The sample included 50 males and 50 females' students of science stream. Among 50 males, 25 males were belonging to rural areas and 25 male belong to urban area. On the other hand, among 50 females, 25 were belonging to rural area and remaining 25 females belongs to urban area.

Tool Used

Following tools were used in the present study to measure the above mentioned variables:

- Internet Addiction: Internet Addiction Test by Dr. Kimberly Young (1998). It consists of 20 items that measures mild, moderate and severe level of internet addiction.

- Mental Health: Mental Health Inventory by Dr. Jagdish and Dr. A.K. Srivastava.

Statistical Techniques Used

In order to achieve the objectives mean and standard deviations and 't' test was applied with the help of SPSS -20.0 software.

Analysis related to objective- I

Objective 1: To study the relationship between internet addiction and mental health of college students.

Hypothesis 1: There is no significant relationship between internet addiction and mental health of college students.

To find out the relationship between internet addiction and mental health of college students, Pearson's Product Movement Correlation between these two variables has been calculated here.

Table 4.3: Correlation between Internet Addiction and Mental Health of College Students

Variable	Number	Mean	S.D.	'r'
Internet Addiction	100	35.92	22.614	-0.456
Mental Health	100	140.61	6.654	

Source: Field Work

Table 4.3 shows the co-efficient of correlation between internet addiction and mental health of college students. A negative correlation of -0.456 has been found between these two variables.

So, our null hypothesis "there is no significant relationship between internet addiction and mental health of college students" is rejected and it can be reframed that internet addiction is negatively correlated with mental health. It means that if internet addiction is increased the mental health is decreased.

Analysis related to objective- 2

Objective 2: To compare the mental health of high and low internet user college students.

Hypothesis 2: There is no significant difference between the mental health of high and low internet user college students.

Table 4.4: Mental Health of Low and High Internet user College Students

Categories	N	Mean	S.D.	't' value	Level of Significance
Low internet Users	40	141.82	10.815		
High Internet Users	60	134.33	11.392	3.286	Significant at 0.01

Source: Field Work

Table 4.4 shows the mean score and standard deviation (S.D.) for mental health of low and high internet user college students. The mean score for mental health of low and high internet users are 141.82 and 134.33 respectively. The standard deviation for mental health of low and high internet users is 10.815 and 11.392 respectively.

The calculated 't' value is 3.286 which is greater than the table value at 0.05 (1.98) and 0.01 (2.63) level of significance. It means, a significant difference has been found between the mental health of low and high internet user college students. The mental health of low internet users is better than the mental health of high internet users.

Hence, the null hypothesis "there is no significant difference between the mental health of high and low internet user college students" is rejected.

Figure 4.1: Mean Scores for Mental Health of Low & High Internet User College Students
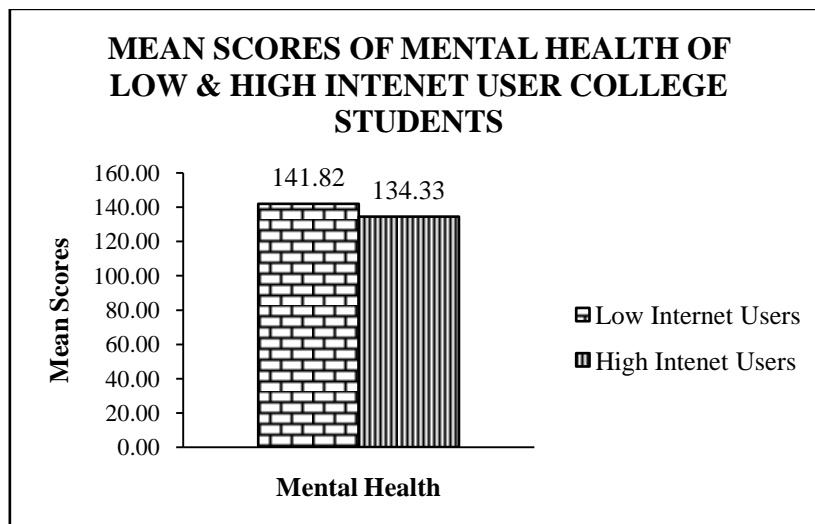

Figure 4.1 represents the mean scores for mental health of low and high internet user college students. There is a difference of 7.49 in the mean scores between low and high internet user college students. When we have a look at the mean score for mental health of low internet user and high internet users, a difference has been found between means scores of both variables.

Analysis related to objective- 3

Objective 3: To compare the mental health of high internet user boys and girls college students.

Hypothesis 3: There is no significant difference between the mental health of high internet user boys and girls college students.

Table 4.5: Mental Health of High Internet user Boys and Girls College Students

Categories	N	Mean	S.D.	't' value	Level of Significance
High Internet User Girls	15	129.06	17.09	2.128	Significant at 0.05
High Internet User Boys	45	136.08	8.270		

Source: Field Work

Table 4.5 represents the mean score and standard deviation (S.D.) for the mental health of high internet user boys and girls college students. The mean scores for mental health of high internet user's girls is 129.06 and for high internet users boys is it, 136.08 respectively. Standard deviations are 17.09 and 8.270 for mental health of high internet user girls and boys college students.

The calculated 't' value is 2.128 which is greater than the table value at 0.05 (2.00) and less than the table value at 0.01 (2.66) level of significance. It means there is a significant difference between the mental health of high internet user girls and boys college students. Mental health of high internet user boy college students is better as compared to the mental health of high internet user girl college students.

On the base of table 4.5, it is clear that our null hypothesis "there is no significant difference between the mental health of high internet user boys and girls college students" is rejected at the 0.05 level of significance.

Figure 4.2: Mean Scores for Mental Health of High Internet User Boys & Girls College Students.

MEAN SCORES FOR MENTAL HEALTH OF HIGH INTERNET USER BOYS AND GIRLS COLLEGE STUDENTS
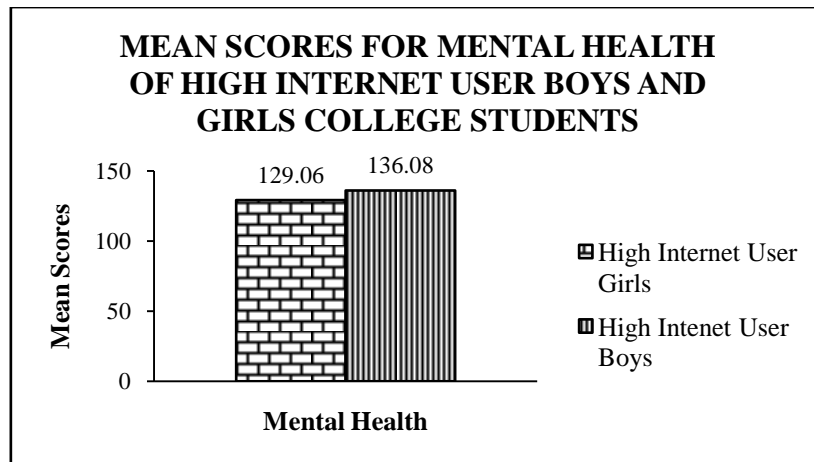

Figure 4.2 represents the mean scores for mental health of high internet user boys and girls college students. There is a difference (7.02) between the mental health of high internet user boy and girl college students have been found.

Analysis related to objective- 4

Objective 4: To compare the mental health of low internet user boys and girls college students.

Hypothesis 4: There is no significant difference between the mental health of low internet user boys and girls college students.

Table 4.6: Mental Health of low Internet user Boys and Girls College Students

Categories	N	Mean	S.D.	't' value	Level of Significance
Low Internet User Girls	35	141.57	6.208	2.541	Significant at 0.05
Low Internet User Boys	5	151.20	16.39		

Source: Field Work

Table 4.6 shows the mean scores and standard deviation for mental health of low internet user girls and boys college students. It depicts that the mean scores for these two groups are 141.57 and 141.80 respectively. The standard deviation for mental health of low internet user girls and boys college students is 6.208 and 5.805 respectively.

Table 4.6 depicts that the calculated 't' value is 2.541, it is greater than the table value at 0.05 (2.02) and less than the table value of 0.01 (2.71) level of significance. So, the null hypothesis that "there is no significant difference between the mental health of low internet user boys and girls college students" is rejected at the 0.05 level of significance. It means that the mental health of low internet user boys is better than the mental health of low internet user girl college students.

Figure: 4.3: Mean Scores for Mental Health of Low Internet user Boys and Girls College Students

**MEAN SCORES FOR MENTAL HEALTH OF
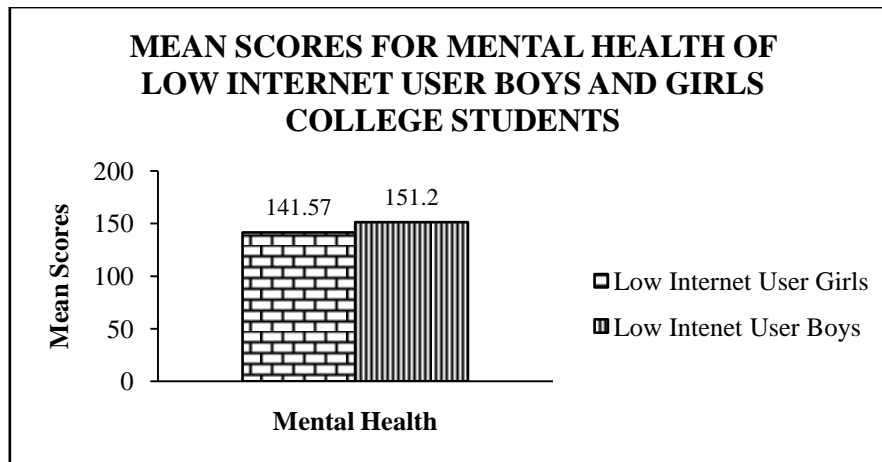LOW INTERNET USER BOYS AND GIRLS
COLLEGE STUDENTS**

Figure 4.3 represents the comparison of mean scores for mental health between low internet user boys and girls college students. It shows that the mean scores for mental health of low internet user boys are greater than the mean scores for mental health of low internet user girls.

Analysis related to objective- 5

Objective 5: To compare the mental health of high internet user college students in rural and urban areas.

Hypothesis 5: There is no significant difference between the mental health of high internet user college students in rural and urban areas.

Table 4.7: Mental Health of High Internet user College Students in Rural and Urban Areas

Categories	N	Mean	S.D.	't' value	Level of Significance
Rural (High Internet Users)	31	139.93	6.076		
Urban (High Internet Users)	29	139.96	7.939	0.016	Not Significant

Source: Field Work

Table 4.7 represents the mental health of high internet user college students in rural and urban areas. The mean score for these two categories are 139.93 and 139.96 respectively. The standard deviations for these categories are 6.076 and 7.939 respectively.

The calculated 't' value for these two categories is 0.016, which is less than the table value at 0.05 and 0.01 level of significance.

So, that the null hypothesis "there is no significant difference between the mental health of high internet user college students in rural and urban areas" is not rejected. It means

that there is no difference in the mental health of high internet user college students in rural and urban areas.

Figure 4.4: Mean Scores for Mental Health of High Internet user College Students in Rural and Urban Areas
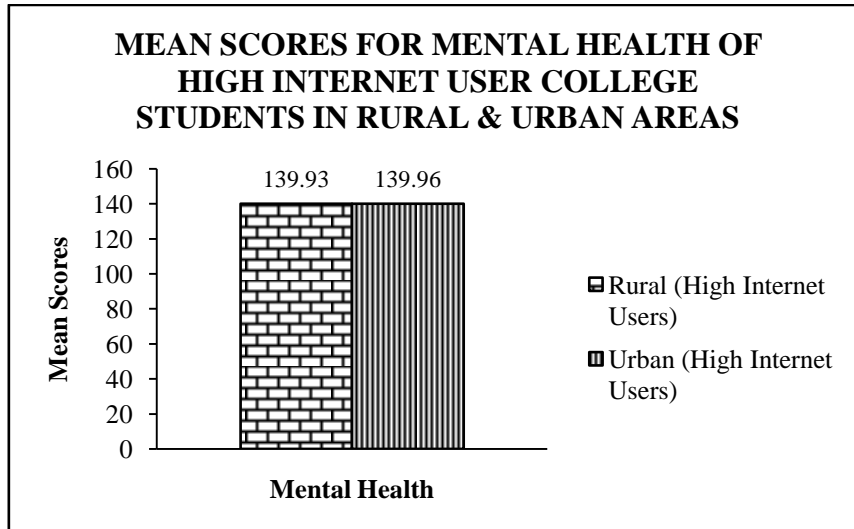

Figure 4.4 represents the difference between mean score for mental health of high internet user college students in rural and urban areas. It clearly shows that there is a little difference of 0.03 has been found between the mean scores of these two categories.

Analysis related to objective- 6

Objective 6: To compare the mental health of low internet user college students in rural and urban areas.

Hypothesis 6: There is no significant difference between the mental health of low internet user college students in rural and urban areas.

Table 4.8 represents the mental health of low internet user college students in rural and urban areas. The mean scores for these two categories are 142.42 and 140.85 respectively. The standard deviation for these categories is 5.947 and 6.263 respectively.

Table 4.8: Mental Health of Low Internet user College Students in Rural and Urban Areas

Categories	N	Mean	S.D.	't' value	Level of Significance
Rural (Low Internet Users)	19	142.42	5.947		
Urban (Low Internet Users)	21	140.85	6.263	0.807	Not Significant

Source: Field Work

The calculated 't' value for these two categories is 0.807, which is less than the table value at 0.05 and 0.01 level of significance.

So, the null hypothesis, "there is no significant difference between the mental health of low internet user college students in rural and urban areas" is not rejected. It means that there is no difference between the mental health of low internet user college students in rural and urban areas.

Figure 4.6: Mean Scores for Mental Health of Low Internet user College Students in Rural and Urban Areas
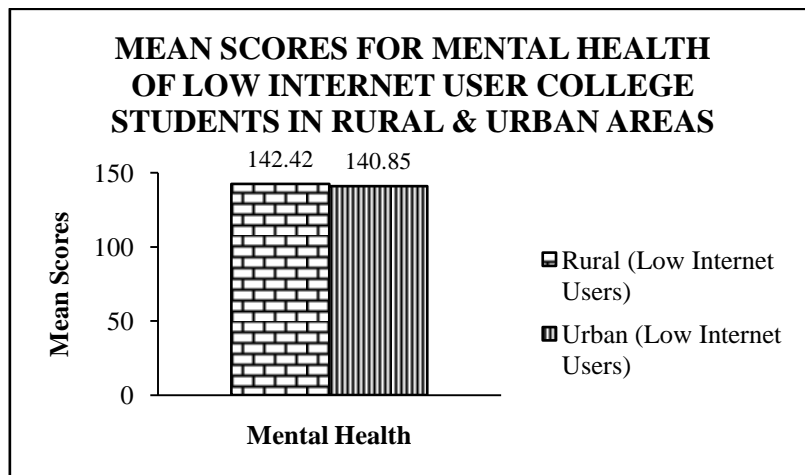

Figure 4.6 represents the mean scores for mental health of low internet user college students in rural and urban areas. There is a little difference of 0.85 has been found between the mean scores for mental health of low internet user college students in rural and urban areas. The mean score for mental health of low internet users of rural area is little greater than low internet users of urban area.

Major Findings

The major findings of the present study are as follows:

❖ A negative correlation of -0.456 has been found between these two variables.

❖ A significance difference has been found between the mental health of low and high internet user college students.

❖ A significance difference between the mental health of high internet user girls and boys college students at the 0.05 level of significance.

❖ A significance significant difference between the mental health of low internet user boys and girls college students at the 0.05 level of significance.

❖ No significant difference has been found between the mental health of high internet user college students in rural and urban areas.

❖ No significant difference has been found between the mental health of low internet user college students in rural and urban areas

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