A study about Internet addiction of Annamalai University students

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Abstract

Internet use is one of the important tools of our present day society whose impact is felt on university students such as increased use of Internet. It brings change in mood, an inability to control the amount of time spent with the Internet, withdrawal symptoms when not engaged, a diminishing social life, and adverse work or academic consequences, and it also affects self-esteem of the students. The main objective of this study is to know the level of internet addiction of Annamalai University students. A total sample of 100 university students were selected from different departments through random sampling. After selection of the sample, Young Internet Addiction Scale was used to assess the Internet usage. The results found 80.0% students have moderate internet addiction and 2.0% students have severe addiction. But results found that there no significant difference on the basis of gender and age group and their locality.

KEYWORDS: Internet Addiction, University Students, Gender, Age, Locality.

INTRODUCTION

Internet dependence is characterized as any online-related, compulsive behaviour, which interfere with normal living and causes extreme stress on family, friends, loved ones, and one's work. Internet addiction has been called Internet addiction and Internet compulsivity. By any name, it is a impulsive conduct that totally dominates the someone who is addicted life. Web addicts make the Internet a need more significant than family, companions, and work. The Internet turns into the sorting out rule of addicts' lives.

Each individual has diverse web propensities. Some may be constrained to utilize web abundantly for their work while some may be absolutely subject to the person to person communication destinations just to be in contact with loved ones distant. The utilization of web possibly gets tricky when it begins meddling with one's expert life, individual connections, and different exercises of day by day living.

Review of literature

Sharma et al., (2019) studied aims to estimate the prevalence of internet addiction and identify its associated factors among undergraduate college students in Udupi Taluk, Karnataka. A cross-sectional study was adopted. A total of 1304 college students were included through convenient sampling. The prevalence of internet addiction was found to be 44% and it was significantly associated with factors such as gender, father's occupation, mother's education, availability of personal gadgets, use of smartphone, exposure to internet at young age; and with increase in internet addiction, there was subsequent increase in the level of depression, anxiety, and stress.

Kawa et al.,(2017) did a study to assess internet addiction and impulsivity among male and female Hostelers of Aligarh Muslim University. The sample in the study consisted of one hundred university students out of which 53 were males and 47 were females who were selected on the purposive basis from different male and female hostels of Aligarh Muslim University. The results showed that the male Hostelers experienced more internet addiction and impulsivity as compared to the female hostelers and a significant positive correlation was found between internet addiction and impulsivity among them.

A study conducted by **Goel et al.(2013)** on the prevalence of internet addiction and associated existing psychopathology in adolescent age group. It was a cross-sectional study. it has been found males in comparison to females were significantly more likely to be addicted. Moderate users and the possible addicts used the internet mostly for social networking, academic purposes, chatting, emailing, gaming, and downloading media files and pornography. The purpose of using the internet was significantly different for addicts**.**

Krishnamurthy and Chetlaplli (2019) did a study on the internet addiction: prevalence and risk factors: a cross-sectional study among college students in Bengaluru, the silicon valley of India. This study of college students aged 16-26 years with marginally high female representation, identified, confidence interval, and as students with mild and moderate internet addiction respectively. Binary logistic regression found internet addiction to be associated with male gender , continuous availability online, using the internet less for coursework/assignment, making new friendships online, getting into relationships online. The results highlight the vulnerability of college students to internet addiction.

Sharma et al (2016) conducted a study on high school students to find out patterns of internet use and prevalence of internet addiction among high school students. Internet addiction was found significant more in males, prolonged users, and younger age exposure to internet and high socioeconomic status.

Need of the study

College students have a strong drive to develop a firm sense of identity, to develop meaningful and intimate relationships, usually have free and easily accessible connections, and their internet use is implicitly if not explicitly encouraged. The understanding that the internet use can be a disorder is still in its initial stages in India. In order to identify these facts and try to overcome and to safeguard the young generations. This is significant and needed one.

Objectives of the study

- To assess the internet addiction of university students
- To find out the internet addiction based on the gender of university students
- To find out the internet addiction based on the age group of university students

Hypotheses of the study

1. There is no significant difference based on the gender of university students
2. There is no significant difference based on the age group of university students
3. There is no significant difference based on the locality of university students

Instruments used

Young 20-item scale for internet addiction (YIAT 20) was applied to assess the internet addiction of university students. The higher the score, the greater the level of addiction is. The obtained scores were categorized into four categories: no addiction (0-30), mild dependence (31-49), moderate dependence (50-79) and severe dependence (80-100). These twenty items were specially designed to asses self-reported problematic internet use. Respondent was asked to indicate on a 5-Likert-type format (from "never" to "always") . The extent of various symptoms or behaviour of internet addiction, which has been scaled from one to five indicating the daily internet usage from low to high. The PIUQ, therefore, assesses internet addiction on a scale 20 to 100 (where 100 is an indication of having internet addiction). The overall Cronbach's computed from the studies was 0.889.

Table 1:

Distribution of respondents based on the total score of internet addiction of university students

Category	Range	Frequency	Percentage
Normal	0-30	6	6.0 %
Mild addiction	31-49	12	12.0%
Moderate	50-79	80	80.0%
Severe	80-100	2	2.0%
	Total	100	100.0

Table 1 shows the score of internet addiction acquired by the university students. From the table it is observed that 6.0% respondents is normal. 12.0% students mild addiction, 80.0% students moderate addiction, 2% students severe addiction. Most of the students have moderate addiction.

Table 2:

Mean, Standard Deviation of internet addiction based on gender of university students

Gender	N	Mean	Std. Deviation	t-value	p-value
Female	50	55.48	13.586	.799	.426
Male	50	57.46	11.081		

Table 2 shows the mean, standard deviation, t-value and the p-value of internet addiction on the basis of gender. The mean value of the internet addiction is 55.48 and 57.46 respectively male and female of university students. The above two mean values were compared with t-test. The obtained p-value is .426 which is statistically not significant. Since male mean value is more than female. It can be stated that males are having more internet addiction than females. Therefor the framed hypothesis that there is no significant difference on internet addiction based on gender is accepted.

Table 3:

Mean, SD of internet addiction of based on age group of university students

Age	N	Mean	Std. Deviation	t-value	p-value
18-20	76	55.55	13.508	1.324	
					.188
21-23	24	59.38	7.246	1.784	

The Internet Addiction score of respondents based on the age group were analysed and are given in the table 3. T-test was applied to find out the Internet Addiction of university by their age group. 18 to 20 years of students mean value is 55.55, 21 to 23 years of students mean value is 59.38. The obtained p-value .188 is statistically not significant. This reveals that the Internet addiction of the students on the based on age group is accepted.

Table 4:

Mean, Standard Deviation of based on the locality of university students

Locality	N	Mean	Std. Deviation	t-value	p-value
Rural	48	56.56	9.735	.071	.943
Urban	52	56.38	14.488		

Table 4 shows the mean, standard deviation, t-value and the p-value of university students of internet addiction scores on the basis of their locality. The mean value of the internet addiction is 56.56 and 56.38 respectively for university students of their rural and urban areas respectively. The above two mean values were compared with t-test. The obtained p-value .943 is statistically not significant. Therefore the formulated hypothesis that there is no significant difference in internet addiction on the locality is accepted.

CONCLUSION

Internet use is one of the most important tools of our present-day society whose impact is felt on college students such as increased use of internet. It brings change in mood, an inability to control the amount of time spent with the internet, withdrawal symptoms when not engaged, a diminishing social life, and adverse work or academic consequences, and it also affects self-esteem of the students. In this present study results found that 80.0% university students having moderate internet addiction. Males students having higher internet addiction than female students. 21 to 23 years old students having more addiction than 18 to 20 years old students. But rural and urban students slightly difference internet addiction.

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