DEPRESSION, ANXIETY AND STRESS: A COMPARATIVE STUDY OF INTERNET ADDICTS AND NON ADDICTS

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ABSTRACT: Internet technology is growing rapidly in today's era. It investigated also effect on human mental health. In this study the differences between internet addicts and non-addicts on depression, anxiety and stress. Total number of 200 sample of was collected. Among the sample, 64 subjects (32%) was identified as high internet addicts and 68 subjects (34%) were identified as non- internet addicts. In this study, the Internet Addiction Test and Depression Anxiety and Stress Scale were used. The data was collected and analyzed using mean and standard deviation for research question while t- test was used **for** test of hypothesis. The result indicates that there was a significant difference in depression, anxiety and stress among internet addicts and non -addicts. In another word we can say that internet addicts were more Depression, anxious and Stressed than non -addicts. Studies have shown that problems related to Depression, Anxiety and Stress is seen more in those who are internet addicts.

Keywords: **Internet Addiction, Depression, Anxiety, Stress.**

Introduction: Internet Addiction Disorder is the term first proposed by Dr. Ivan Goldberg for pathological, compulsive Internet usage. Internet addiction disorder (IAD) also known as problematic internet use or pathological internet use is generally defined as problematic, compulsive use of the internet that results in significant impairment in an individual's function in various life domains over a prolonged period of time. This and other relationships between digital media use and mental health have been under considerable research, debate and discussion amongst experts in several disciplines, and have generated controversy from the medical, scientific and technological communities. Such disorders can be diagnosed when an individual engages in online activities at the cost of fulfilling daily responsibilities or pursuing other interests, and without regard for the negative consequences. 53% of Indians are connected to the internet every working hour which is higher than the global average of 51% of, a new international study has found.

The excessive growth of the internet has been a huge influence on psychological research in understanding its role in emotional states and there has been increased interest in the addictive potential of the internet (Griffiths, 1998). The authors report that there are a number of emotional factors which may be related to college students' internet addiction (Kandell, 1998). Among these factors the most remarkable are depression, anxiety, and stress. Research on internet addiction and depression demonstrated that the overuse of the internet, which results in a disruption of the normal lives of an individual and the people around him, was associated with an increase in the frequency of depression (Kraut et al.,1998, 2002; McKenna & Bargh, 2000; Nie, Hillygus, & Erbring, 2002). Because, excessive internet use can displace valuable time that people spend with family and friends, which leads to smaller social circles and higher levels of loneliness and stress (Nie et al., 2002). Another conclusions of excessive usage have been documented as neglect of academic, work, and domestic responsibilities, disruption of relationships, social isolation, and financial problems (Griffiths, 2000; McKenna & Bargh, 2000).Study show that the rapid use of internet caused a lot of psychological and mental disorders like anxiety, depression, stress .One of the worst effect of internet addiction is anxiety, stress and depression. Increase in using internet makes some problems and one of them is internet anxiety (Nima, 2012).There exists a positive and significant correlation between the level of anxiety and internet addiction (Nima, 2012).Christakis et al (2011) found that depressive symptoms were considerably linked with some individual items. There was also a significant relationship between problematic Internet use and moderate to severe depression. Ahmet and Murat (2011) investigated that internet addiction has a direct impact on stress, depression and anxiety.

Methodology

These chapters describe the procedural setting of the study. It consists of the various stepping stones which were involved while carrying out the research. Steps involved in this chapter are described in the following points:-

I. **Operational Definition:**

Internet Addiction- Internet addiction is mental condition in which we show a characteristic of excessive use of internet. The excessive use internet is considered to be a mental disorder that involves compulsive behavior.

Depression– Depression is a common mental disorder. Depression ,is seen as a mood or emotional state characterized by low self-worth or feeling of guilt , low ability to enjoy life, feeling of sadness, hopelessness, low energy, lethargy of thought or action, loss of appetite, and disturbing sleep.

Anxiety– Anxiety is an emotion characterized by feeling of tension, worried thought and physical changes like increased blood pressure, sweating, trembling, dizziness or a rapid heartbeat. It is common to feel anxiety when faced with a challenging situation.

Stress– Stress is a state of mental and emotional pressure or strain caused by challenging or unfavorable circumstances. It is an outside force that rules an individual's feeling and behavior.

II.   Purpose of the study:
To study the difference in depression, anxiety and stress among internet addicts and non - addicts.

III.   Aims:
In this study we have the following objectives:-
- To find the difference in internet addicts and non-addicts on depression.
- To find the difference in internet addicts and non-addicts on anxiety.
- To find the difference in internet addicts and non-addicts on stress.

IV.   Hypothesis– In this study we have the following hypothesis:-
- There will be significant difference between internet addicts and non-addicts on depression.
- There will be significant difference between internet addicts and non-addicts on anxiety.
- There will be significant difference between internet addicts and non-addicts on stress.

V.   Variable –

Independent Variable
- Internet Addiction

Dependent Variable
- Depression
- Anxiety
- Stress

VI.   Sample of the study:
The study has been conducted on adult people. Based on purposive sampling technique 200 sample were selected. Which we have divided into three parts with the help of Internet Addiction Test (64 high internet addicts, 68 is moderate internet addicts and 68 is low internet addicts). But we have done a sample of high addicts and low addicts in our research. Respondents age range from 17-21 year of both males and females.
Description of tests used
In this study standardized questionnaire have been used for data collection. Following tests were used to measure different variables:-

VII.   Internet Addiction Test
The IAT was developed by Dr.Kimberly Young 1998 and it consists of 20 questions was adopted to evaluate the respondents level of internet addiction. Each item is scored using a five point likert scale, a graded response can be selected (1= "rare" to 5= "always").The reliability for this questionnaire is 0.89 in cronbachs alpha.

Depression Anxiety Stress Scale (DASS) -21:-
The DASS-21 is based on three subscale of depression, anxiety and stress. Each subscale consists of seven questions .Each subscale comparison of seven statements regarding how the test subject was feeling over the last week and responses ranging from 0 to 3. The scoring system is likert type and the total score for each subscale given the severity of that very symptom which has a range from 0-21 for each subscale. Both English and non –English versions have high internal consistency (cronbachs alpha score >0.7).

VIII.   Procedure of data collection
Subject was asked to sit in peaceful and calm environment. Rapport established with the subject and instruction were given to them before beginning the subject. First of all demographic information was collected in prescribed Performa individually .After this, the answer sheet with booklets were handed over to sample for the test and investigators read out the instruction. After making sure that the subject had understand the instructions, they were asked to begin. During the administration, the investigator checked frequently to see whether the respondents were making their response properly. After completion of the test the booklets with answer sheets were collected.

IX. **Statistical Analysis-**After scoring various techniques of statistics were applied Mean, Standard Deviation and "t" test were computed.

X. **Result& Discussion –**

Table no: 1 showing the Mean, SD and "t "value of internet addicts and non - addicts adults with respect to depression.

Group	N	Mean	SD	df	t	Significance level
Internet addicts	64	22.73	3.88	130	15.96	.01
Non- internet addicts	68	11.40	4.24			

In above table 1: The mean score of internet addicts and non-addicts on the depression are 22.73 and 11.40 and their SD are 3.88 and 4.24. The "t" value is 15.96 with df 130 which is significant at .01 level of confidence. According to the result table we found that there is a significant difference between mean score of internet addicts and non- addicts regarding depression. So the hypothesis: 1 that there is a significant difference between internet addicts and non – addicts on the depression was accepted.

Table No. 2: Showing the Mean, SD and "t "value of internet addicts and non - addicts adults with respect to anxiety.

Group	N	Mean	SD	df	t	Significance level
Internet addicts	64	19.69	3.06	130	12.76	.01
Non-internet addicts	68	12.16	3.75			

In above table: 1 the mean score of internet addicts and non-addicts on the anxiety are 19.69 and 12.16 and their SD are 3.06 and 3.75 .The "t" value is 12.76 with df 130 which is significant at .01 level of confidence. According to the result table we found that there is a significant difference between mean score of internet addicts and non- addicts regarding anxiety. So the hypothesis: 2 that there is a significant difference between internet addicts and non – addicts on the anxiety was accepted.

Table no 3: Showing the Mean, SD and "t "value of internet addicts and non - addicts adults with respect to stress.

Group	N	Mean	SD	df	t	Significance level
Internet addicts	64	27.06	4..94	130	15.41	.01
Non-internet addicts	68	13.04	5.52			

In above table 1: The mean score of internet addicts and non-addicts on the stress are 27.06 and 13.04 and their SD are 4.94 and 5.52. The "t" value is 15.41 with df 130 which is significant at .01 level of confidence. According to the result table we found that there is a significant difference between mean score of internet addicts and non- addicts regarding stress. So the hypothesis 3: There will be significant difference between internet addicts and non – addicts on the stress was accepted.

Conclusion of study -

The following conclusions were found from the analysis and interpretation of the data:

According to the mean score of internet addicts was found to be higher than non addicts on the variables of depression. In Study, we can say that the people who have a strong **uses** of the internet are more likely to have symptoms of depression. Such people spend most of their time on the internet. They had a bad effect in daily activities. Such example, if students spending more time on internet student continuously decrease of performance in their school. Similarly, if a working person more use of internet in office efficiency of work may be decrease. Due to mostly time engage with internet. Sometime deprivation for job cause more uses of internet. Steadily increase lack of appetite, sleep and interest in anything and also become disappointing from everywhere.

According to the mean score of internet addicts was found to be more anxiety level than non-internet addicts. In earlier studies have also found that people who use the internet more often have more anxiety than usual. Such peoples seem very worried about small things. Because they do not have the capacity to solve small problem due to excessive use internet. Even in the family, such person does not establish any harmony with their family members. Due to the cause anxiety increases in them and they start forming online relationship to overcome from anxiety. Eventually such people are collapse their family and friends. Such people tend to lean more towards the internet even if they do not want to.

Just like depression and anxiety, people who suffer from internet addiction also contain high level of stress. Studies prove that such spending more time of social website to overcome from their stress and loneliness. Due to the addiction of the internet also reduces the

ability to fight against stress and which has an effect on the physical and mental capacity of the person which eventually leads him to a disease.

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