

INTERNET ADDICTION AND PERSONALITY TYPES AMONG UNIVERSITY STUDENTS: A CORRELATIONAL STUDY

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ABSTRACT

Nowadays Internet Addiction is being seen in most of the students whether they are adolescents or college and university goers; it is also seen that their life activities are being greatly influenced by it. Some personalities are found to be associated with the Internet Addiction e.g. introversion, extroversion, and ambiversion; while some not. The aim of the present study was to find out the correlation between Internet Addiction and Personality types among university going students. Correlational study design was used to conduct the study. Random sampling method was used to collect the data. Total 96 students (48 males & 48 female) were taken as sample from various departments of university. The Internet Addiction Test developed by Young (1998) and Extroversion-Introversion Inventory developed by P.F. Aziz and R. Agnihotry were used to measure internet addiction and personality of the university students, respectively.

Product Moment method was used to see the correlation between personality and Internet. Results, thus revealed that there is no significant correlation between personality types and Internet Addiction among university going students.

Keyword: Internet Addiction, Students, Personality type.

INTRODUCTION

In this present era we are living “virtual lifestyle”, the use of internet has inflated incredibly across the world over the last lustrum; which is growing “Internet dependence” and negatively creating an environment which affects our mental and physical health, relationships, as well as social and work issues. However, it is essential not to fall prey to it. This is because its repercussions could be damaging. Present study examined internet addiction and their relation to various types of personalities among university students.

As an essential period of student life, Internet usage is prevalent in the present virtual era. And it is seen that some kind of students use Internet in a excessive way but some kinds have normal attitude for the same. So, this is the matter of different-different types of personality traits which shows obviously different-different kinds of Addiction to Internet.

PERSONALITY AND ITS TYPES

What makes someone who they are? Each person has an idea of their own personality type — if they are bubbly or reserved, sensitive or thick-skinned. Psychologists who try to tease out the science of who we are define personality as individual differences in the way people tend to think, feel and behave. There are many ways to measure personality, but psychologists have mostly given up on trying to divide humanity neatly into types. Carl Jung proposed core ideas in his exploration of personality, including the constructs of introversion and extroversion.

Jung (1921) suggested the principal distinction between personalities is the source and direction of an individual’s expression of energy – defining extroversion as “an outward turning of libido” (para.710) and introversion as “an inward turning of libido” (para. 769).

The interest of the introvert is directed inwards; they think, feel, and act in ways that suggest the subject is the prime motivating factor. Extroverts, on the other hand, direct their interest outwards to their surrounding environment; they think, feel, and act in relation to **external factors** rather than the subjective.

INTERNET ADDICTION

The excessive use of mobile phones has developed a new kind of addiction among individual’s known as Mobile phone addiction (Internet Addiction). And believe me this addiction is no worse than other different kinds of addiction. Addiction is considered by

World Health Organization (WHO) as, “dependence, as the continuous use of something for the sake of relief, comfort or stimulation, which often causes craving when it is absent. For instance, I would like to refresh our memory by pointing one very simple and common day to day situation seen in University going students and even in school going students- when it comes to University students every one of us has seen this that after every class that means when a particular class gets over, every single student takes out his/her mobile phone and checks whether there is any miss call or any message and this particular act is the very first thing done by them as soon as teacher leaves the classroom. Now coming to school going students, after reaching home the first thing done by them is to check their mobile phones.

So, here we definitely can relate personality with smartphone usage in its extreme or normal level.

RIVIEW OF RELATED LITERATURE

The findings also indicated a relation between gender and Internet dependency. In fact, male students were found to be more likely to depend on the Internet. Similarly, Kim et al., Azbralsky, Midily and Winslow, and Seihan (all reviewed by Hashemi)¹⁹ found Internet dependency to be related with demographics including gender. Boys might be more dependent on the Internet since they can freely access the Internet at home, school or even Internet cafés. However, sociocultural factors prevent girls from having such privilege. Moreover, boys are more knowledgeable about modern technologies.^{20,21}

However, the term addiction has moved a long way behind the substance abuse and have accommodated several psychological addiction such as compulsive gambling (Griffihs, 1990), video game playing (Keepers, 1990), exercise (Morgan, 1979), Love relationships (Peele and Brodsky, 1975).

In India 755 of the adolescents whose age ranges from 12-17 years own a smart phone and India being the second largest telecom industry in the world it has attracted a good crowd towards their service providers (Krithika. M, Dr. S. Vasantha, 2013). The method used for performing the research is descriptive research design. Stratified random sampling has been got from non-probability sampling method only for a few selected students in south Chennai, Tamil Nadu, India. Tools and Techniques which were used during the course of the research are percentage analysis, chi-square, factor analysis, T-test analysis.

In the recent years cell phones, pocket laptops and other technologies gained huge recognition and have also conquered our lives in the present (Kumiko Aoki, Edward J. Downes, 2003).

The study was conducted with 328 adolescents attending two high schools in the Aegean region of Turkey. This study evaluated the risk of internet addiction in adolescents in relation to their personality traits. We found that the risk of addiction was 1.79 times higher for adolescents who were open to experience. Today, while internet usage is steadily increasing, we recommend preventive interventions aimed at protecting adolescents, particularly those who are open to experience, from internet addiction.

In the year 2001 four focus group interview sessions were conducted with 32 college students who regularly use cell phones. The questionnaire was used to undergraduate students in an introductory communication course in a large Northeast university in December 2001 and January 2002. The results responses from the focus group interviews were: people used phones for personal safety and also in case of any emergency. Cell phones are not only communication devices, but were also used to keep important information such as phone numbers. social interaction among friends and family was a necessity among the responses received.

RESEARCH QUESTIONS

- What are the factors behind any person being Internet Addict ?
- Is there personality factors matter, if yes; then which type of personality is prey to addict for Internet?
- Is there any relation between Internet addicted behavior and personality?
- What is influence of personality on preying Addict to Internet?

RESEARCH OBJECTIVES

- To investigate the factors behind anyone of being Internet Addict.
- Analyze the need of Internet usage among Agra University students .
- To determine if personality affects student’s leniency to Internet Addiction.

HYPOTHESIS TESTING

HO: There is no significant relationship between personality and Internet usage or Addiction.

H1: There is a significant correlation between personality and Internet usage and Addiction.

H2a: There is a significant relationship between Extrovert personality types students and Internet Addiction.

H2b: There is a significant relationship between Introvert personality types of students and Internet Addiction.

METHODOLOGY

SAMPLING TECHNIQUE: Non probability (Purposive) sampling technique was used for collecting the data from the students. The selection of units from the population is based on convenience and accessibility.

PRIMARY DATA: Data was collected through a questionnaire which was reported to around 100 Agra University students, in which 96 students filled the questionnaire from which data was collected.

SECONDARY DATA: Data was collected from various journals, articles magazines and other websites.

TOOLS

INTERNET ADDICTION TEST (IAT)

Internet Addiction Test (IAT) is created by Dr. Kimberly Young. This questionnaire consists of 20 items that measure mild, moderate and severe level of Internet Addiction.

INTROVERSION-EXTROVERSION INVENTORY

Introversion-extroversion Inventory constructed and standardized by Dr. Aziz and Dr. R. Agnihotry. It is a close ended (answered in 'Yes/No') self-reported inventory which contains 60 questions related to personality behavior used for measuring whether an individual has introvert or extrovert or ambivert personality.

STATISTICAL ANALYSIS– It was done through Pearson's product moment Correlation, Table and Graphs using SPSS software.

SCOPE OF THE STUDY

The study can do further research in providing an insight on better understanding of a human nature as a tool for controlling their addicted behavior by make them aware to their irrational aspects and causes of personality.

DELIMITATIONS

- The study is conducted within a short period due to time constraint.
- The study is restricted to a particular area that is Agra University.
- Lack of sufficient sample size.
- The study dealt with the two variables- Internet Addiction and Personality Types.
- Studied in both Indian and western perspectives.
- Age range is 18 to 35.
- Total sample size is 96 which is too small to generalize.

PROCEDURE

As the sample was taken for the study from University students, so it was quiet easy to reach to the sample .First proper rapport was developed between the researcher and the participants. The motive of the research was properly explained to them. Their queries regarding the research were properly dealt with and most importantly it was made sure to them that their identity will be kept completely confidential and the response that they will give for the questions were neither wrong nor right, the answers will be completely used for the research purpose and will not be tampered or misused.

Both the questionnaires were given to the participants together and were asked to fill the questionnaire according to the instructions given. The questionnaires were made to fill in front of the researcher. After the participants have completed the questionnaires they were thanked for participating in the research as their involvement was the essential part of the research.

DATA ANALYSIS AND INTERPRETATION

In the present study the data was analyzed using product moment test analysis to find out the relationship between Internet Addiction and personality types. The result for the present study was obtained by using SPSS Software.

RESULT

Table 1: Showing overall correlation between Personality types and Internet Addiction in Male and Female.

Correlations			
		Internet Addiction Range	Personality Range
Int. Addiction Range	Pearson Correlation	1	-0.089
	Sig. (2-tailed)		0.386
	N	96	96
Personality Range	Pearson Correlation	-0.089	1
	Sig. (2-tailed)	0.386	
	N	96	96

Table 1 shows that the overall correlation (including male & female) between Internet Addiction and Personality Types is not significant because p-value is more than significant level.

Table 2: Shows the description of statistics of Internet Addiction range & personality types range.

Descriptive Statistics			
	Mean	Std. Deviation	N
Int. Addiction Range	42.79	14.724	96
Personality Range	6.76	12.74	96

Table 2, is showing the descriptive statistics, in which mean and standard deviation of personality types and Internet Addiction of 96 university students.

DISCUSSION

With the present study, results indicate that there is no significant relationship between internet Addiction and any specific personality type whether it is extrovert or introvert or ambivert, though the relationship have been proved at some places, but that's not strong enough to generalize. The level of Internet Addiction seen in 96 University students is found to be mild to moderate and rarely severe for male and female students irrespective of their personality types; so null hypothesis is accepted and automatically alternative hypothesis is rejected.

CONCLUSION

Hence, it can be concluded that Addiction of Internet do play a part, but not related with any specific type of personality (as it can be seen in this research), but is being one of the reasons of concern.

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