

# ROLE OF DEPRESSION OF PRE UNIVERSITY COLLEGE STUDENTS IN RELATION TO INTERNET ADDICTION

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*Abstract:* The purpose of this investigation is to examine the role of depression of Pre University College Students in relation to internet addiction. The current research was followed by descriptive survey method and quantitative approach as the substantial method of the study. In a quantitative method, the researcher collect, analyze and interpret varied kinds of numerical data obtained from the subjects. A sample of 180 Pre University College Students was selected through stratified random sampling technique. Data was collected through Internet Addiction Scale (1996) developed by Dr. Kimberly Young adapted and standardized by Dr. Tara Sabapathy (2016) and Depression Inventory developed by Beck (1996), adapted and standardized by Dr. Tara Sabapathy (2016). The collected data was analyzed utilizing independent 't' test and correlation analysis and in all cases the level of significance was fixed at 0.05 level of confidence. The 't' test result shows that there was a significant difference in Internet Addiction of Pre University College Students experiencing varied levels of depression. The correlation analysis of data revealed that there was a significant positive relationship between Internet Addiction of Pre University College Students and Depression. This implies that Internet Addiction of students is related to depression. Depression is one of the common problems associated in most of the youngsters now days. One of the major causes for depression is poor parent-adolescent relationship. The study suggests that direct social interaction within and outside the family will encourage the adolescent to overcome feelings of depression and reduce internet addiction.

**Index Terms** – Internet addiction, Pre University College Students, Depression

## INTRODUCTION

The Internet is becoming similar to oxygen for our life in this technological world. It is tough to be happy for some people without the internet. The Internet plays a major role in our day to day life. Nowadays people use the internet for both personal and professional purposes. Gradually the internet is becoming one of the most important factors in human needs. The usage of the internet is in different fields for different purposes like internet marketing, online business, online degrees, social media presence and internet banking. That's why the importance of the internet in our life matters a lot. It is also playing an important role in human and social development. It helps and guides an individual to be successful in Career, Business and in life also.

Internet addiction is known as a psychological disorder or illness with evident symptoms. The symptoms are similar to any kind of addiction, loss of job or relationship, withdrawal and significant time consumption. Among so many problems that arise from using the internet, the most important one is internet addiction.

Internet addiction is defined as any online related obsessive behaviour which interferes with normal living and causes severe depression, anxiety and stress on their family, friends, loved ones, and their work environment. Internet addiction is also called Internet dependency and Internet compulsivity. By several names, it is a compulsive behaviour that entirely dominates the addicts' life. Internet addiction creates the Internet a priority added more important than family, friends, and work. The Internet becomes one of the structuring principles of an addict's lives.

Depression means getting no pleasure with the thing that gave pleasure with the past. Depression is a kind of feeling which shows completely unmotivated. Generally, hopelessness and lack of energy are associated with depression. The behavioural characteristics of a depressed person are crime tendency, withdrawal from others, neglect responsibilities, changes in appearance, moving tons of slowly and being agitated or unable to settle. The showing emotion disturbed kids suffer from depression. Here depression means that pervasive unhappiness (Essential of academic science).

Excessive use of the internet can lead to a variety of emotional and physical problems along with it and it can decrease a person's ability to function at school and at home. It will lead to depression. Depression causes feelings of sadness as well as a loss of interest in activities once enjoyed.

Kim Yeonsoo and Park Young Jinand (2010) conducted a study on Internet Addiction and self-esteem among Pre University College Students. The study examined life style patterns and dietary behaviour based on the level of internet addiction. Results demonstrated risk high internet users had inappropriate dietary behavior and poor diet quality, which resulted in stunted growth and development. Sepehrian Firouzeh and Lot Jabari Jalil (2011) conducted a study on internet addiction and anxiety among Pre University College Students. The study was conducted to investigate the prevalence of internet addiction among girls and boys. The regression analysis showed that anxiety and sex significantly predicted internet addiction.

### **NEED OF THE STUDY**

National surveys revealed that over 70% of Internet addicts also suffered from other addictions, mainly to drugs, alcohol, and smoking, Trends also showed that the majority of Internet addicts suffer from emotional problems such as dark, mood disorders, social disorders and anxiety disorders and use the fantasy world of the Internet to psychologically escape unpleasant feelings or stressful situations Internet addicts also suffer from relationship problems in almost 75% of the cases and use interactive online applications such as social media, virtual communities, video games or online gaming as a safe way of establishing new relationships and more confidently relating to others through the virtual world.

Depression is a significant contributor to the global burden of disease and affects people in all communities across the world. Today, depression is estimated to affect 350 million people. The World Mental Health Survey conducted in 17 countries found that on average about 1 in 20 people reported having an episode of depression in the previous year. Depressive disorders often start at a young age: they reduce people's functioning and often are recurring. For these reasons, depression is the leading cause of disability worldwide in terms of total years lost due to disability. The demand for curbing depression and other mental health conditions is on the rise globally.

### **STATEMENT OF THE PROBLEM**

The topic identified for the current investigation is on "Role of Depression of Pre University College Students in Relation to Internet Addiction."

### **PURPOSE OF THE STUDY**

The purpose of this investigation is to examine the role of depression of Pre University College Students in relation to internet addiction.

### **OBJECTIVES OF THE STUDY**

1. To find out the relationship between Internet Addiction of Pre University College Students and Depression.
2. To find out whether differences in Depression level would account for significant difference in Internet Addiction of Pre University College Students.

### **RESEARCH HYPOTHESES**

The following hypotheses guided the study:

1. There is no significant relationship between Internet Addiction of Pre University College Students and Depression.
2. There is no significant difference in Internet Addiction of Pre University College Students experiencing less and average depression levels.
3. There is no significant difference in Internet Addiction of Pre University College Students experiencing average and more depression levels.
4. There is no significant difference in Internet Addiction of Pre University College Students experiencing less and more depression levels.

## METHODOLOGY

The current research was followed by descriptive survey method and quantitative approach as the substantial method of the study. In a quantitative method, the researcher collect, analyze and interpret varied kinds of numerical data obtained from the subjects. The sample comprises 180 Pre University College Students from three types of management namely, Government, Private Aided and Private Unaided colleges of Bangalore City. Data was collected through Internet Addiction Scale (1996) developed by Dr. Kimberly Young adapted and standardized by Dr. Tara Sabapathy (2016) and Depression Inventory developed by Beck (1996), adapted and standardized by Dr. Tara Sabapathy (2016). The collected data was analyzed by utilizing independent 't' test and correlation in all cases the level of significance was fixed at 0.05 confidence levels.

## DATA ANALYSIS AND INTERPRETATION

**Table 1:** Table showing variables, Number (N), degrees of freedom (df), and coefficient of correlation ('r') and its significance at 0.05 and 0.01 levels between Internet Addiction of Pre University College Students and Depression.

Variables	N	Df	'r' Value	Sig. level
Scores of Internet Addiction and Depression	180	178	0.511	*

df=178; \*Significant at 0.05 level (Table Value  $r=0.138$ )

The obtained 'r' value 0.511 is greater than the table value of 0.138 at 0.05 level of significance. Hence the null hypothesis is rejected and the alternate hypothesis is formulated that "there is a significant relationship between Internet Addiction of Pre University College Students and Depression."

**Table-2:** Table showing the Number (N), Mean (M), Standard Deviation (SD) and 't' values of Internet Addiction scores of Pre University College Students as per differences in Depression

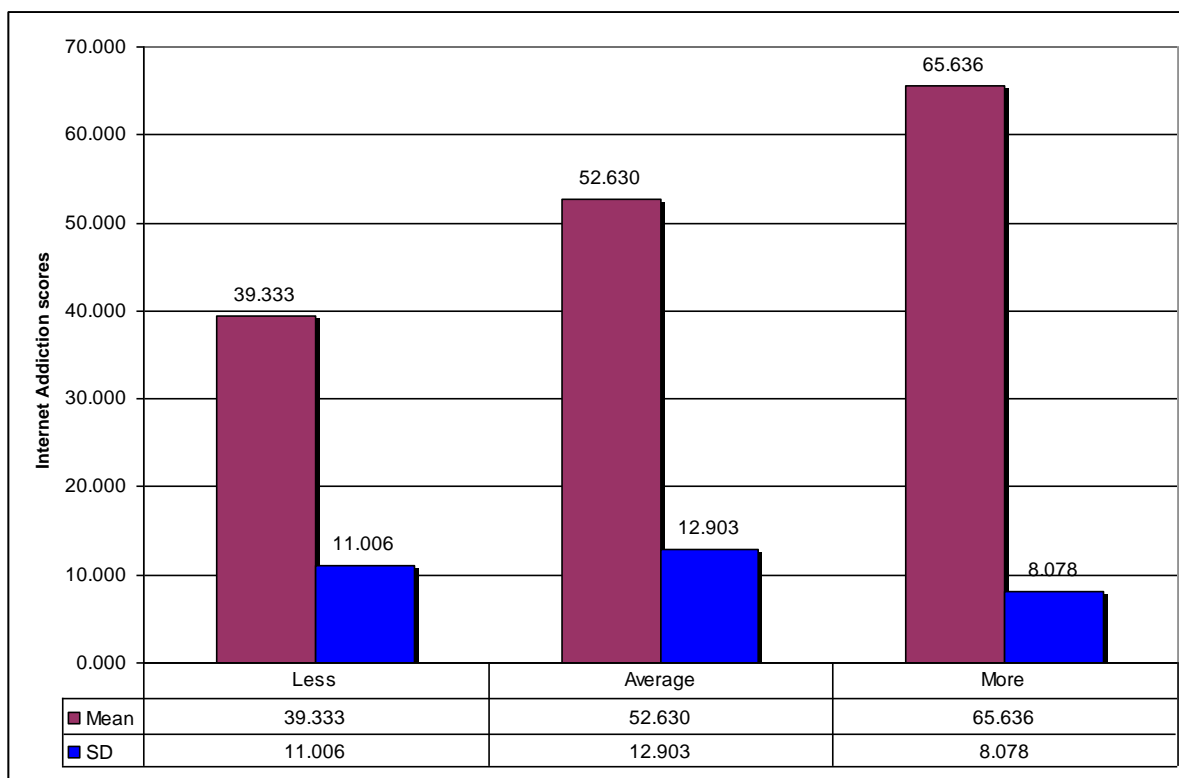
Variable	Group	N	Mean	Standard Deviation	't' Value	Sig level
Depression	Less	12	39.333	11.006	3.98	*
	Average	157	52.630	12.903		
	Average	157	52.630	12.903	4.91	*
	More	11	65.636	8.078		
	Less	12	39.333	11.006	6.57	*
	More	11	65.636	8.078		

\*Significant at 0.05 level ('t'=1.97).

The obtained 't' value 3.98 is greater than the table value 1.97 at 0.05 level of significance. Hence the null hypothesis is rejected and the alternate hypothesis is formulated that "there is a significant difference in Internet Addiction of Pre University College students experiencing less and average levels of depression." The table further reveals that the Pre University College Students experiencing average level of depression (M= 52.630) have higher levels of Internet Addiction than the Pre University College Students experiencing low level of Depression (M=39.333)

The obtained t value 4.91 is greater than the table value 1.97 at 0.05 level of significance. Hence, the null hypothesis is rejected and the alternate hypothesis is formulated that "there is a significant difference in Internet Addiction of Pre University College students experiencing more and moderate levels of Depression." The table further reveals that the Pre University College Students experiencing more level of depression (M=65.636) have higher levels of Internet Addiction than the Pre University College Students of average levels of depression (M=52.630)

The obtained ‘t’ value 6.57 is greater than the table value 1.97 at 0.05 level of significance. Hence, the null hypothesis is rejected and the alternate hypothesis is formulated that “there is a significant difference in Internet Addiction of Pre University College Students experiencing less and more levels of depression.” The table further reveals that the Pre University College Students experiencing more level of depression (M=65.636) have higher levels of Internet Addiction than the Pre University College Students experiencing less level of depression (M= 39.333).



**Fig.2:** Bar graph showing Internet Addiction scores of Pre University College Students.

**RESULTS**

1. There was a significant relationship between Internet Addiction of Pre University College Students and Depression (r=0.511).
2. There was a significant difference in Internet Addiction of Pre University College Students experiencing less and average depression level (t=3.98).
3. There was a significant difference in Internet Addiction of Pre University College Students experiencing average and more depression level (t= 4.91).
4. There was a significant difference in Internet Addiction of Pre University College Students experiencing less and more depression level (t= 6.57).

**CONCLUSION AND EDUCATIONAL IMPLICATIONS**

The ‘t’ test result shows that there was a significant difference in Internet Addiction of Pre University College Students experiencing varied levels of depression. The correlation analysis of data revealed that there was a significant positive relationship between Internet Addiction of Pre University College Students and Depression. This implies that Internet Addiction of students is related to depression. Depression is one of the common problems associated in most of the youngsters now days. One of the major causes for depression is poor parent–adolescent relationship. The study suggests that direct social interaction within and outside the family will encourage the adolescent to overcome feelings of depression and reduce internet addiction. The family can take up positive recreational programs like travelling and visiting family members, which will avoid their children from excessive internet usage and addiction. Direct social interaction within and outside the family will encourage the children to overcome feelings of depression and reduce internet addiction.

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