



# **A QUASI EXPERIMENTAL STUDY TO ASSESS INTERNET ADDICTION AND ITS IMPACT ON PSYCHOSOCIAL HEALTH AMONG ADOLESCENTS AT SELECTED SCHOOLS OF PUNJAB WITH VIEW TO DEVELOP INFORMATIONAL BOOKLET**

**Ms. Gagandeep Kaur<sup>1</sup>**

**Prof Dr.Chinna Chadayan N<sup>2</sup>**

1. Ph.D Scholar(in field of Nursing), Desh Bhagat University, MandiGobindgarh, Punjab,

2.41/11:F Vaithiya natha Puram,Madurai ,Tamil Nadu,

\*Corresponding Author Email: [deepdhanoa4@gmail.com](mailto:deepdhanoa4@gmail.com)

## **ABSTRACT:**

In the past ten years, internet usage has exploded, not just in India but also over the world. Some people utilise the internet to conduct research, find information, communicate with others, and conduct business. On the other hand, some people utilise it to engage in pornography, binge gaming, all-night chit-chat, and even gambling. Concerns about "internet addiction" have been on the rise all around the world. Internet usage is extremely prevalent in India, especially among the younger generation. It was therefore deemed vital to investigate the internet usage patterns of young adults in an Indian context and how these relate to their physical and mental health. With this context, we launched the current study to thoroughly examine this problem. Total 60 adolescents were taken by using purposive sampling technique. Internet addiction assessed by Standardized tool given by Kimbrley young's and impact of internet addiction on psychosocial health assessed by self-structured rating scale. Collected data was analysed by descriptive and inferential statistics.

The results showed that in experimental group, majority of adolescents in pre-test and post-test had moderate internet addiction and moderate impact on psychosocial health.

In control group, majority of adolescents in pre-test and post-test had moderate internet addiction and moderate impact on psychosocial health.

Key words: Adolescents, Internet addiction, Impact.

## BACKGROUND OF THE STUDY

### INTRODUCTION

The Internet is becoming a more essential part of daily life as a result of its explosively expanding usage across the globe. Global Internet usage has considerably increased over the previous 10 years, which has profoundly changed the current communication scene<sup>1</sup>. As media and technology have advanced, the Internet has emerged as a potent tool for bridging geographical distances between people<sup>2</sup>. Due to the accessibility and mobility of new media, internet addiction (IA), which is defined as excessive computer use that interferes with daily functioning, has emerged as a possible problem for young people.<sup>3</sup>

A lack of family social activities and interests is frequently caused by excessive online usage.<sup>4</sup> To describe the ignored partners of internet addicts, the term "cyber widow" was created. Internet addiction can cause poor academic performance in high school and college as well as decreased job performance. Employees with access to the internet at their desks have been shown to spend a significant amount of time using it for purposes other than work<sup>5</sup>. The psychosocial effects of internet addiction include feelings of loneliness, resentment, and sadness.<sup>6</sup> Even though it's rare, some internet users who use the internet for extended periods of time may experience physical problems like fatigue.<sup>7</sup>

### OBJECTIVES:

1. To assess the pre-test-post-test level of internet addiction among adolescents in control group and experimental group.
2. To assess the pre-test-post-test impact of internet addiction on psychosocial health among adolescents in control group and experimental group.
3. To compare pre-test-post-test internet addiction and its impact on psychosocial health in control group and experimental group.
4. To find out pre-test-post-test association between internet addiction and selected socio-demographic variables in control group and experimental group.
5. To find out pre-test-post-test association between psychosocial health and selected socio-demographic variables in control group and experimental group.

**Population and sample:** The sample size of the present pilot study consists of 60 adolescents in selected schools of Punjab. The investigator adopted purposive sampling technique in selecting the samples based on the inclusion and exclusion criteria.

### Material and Method:

A quantitative research approach was adopted for the pilot study with quasi experimental research design to achieve the objectives of the study. Purposive sampling technique was used to draw sample of 60 adolescents at selected schools of Punjab who fulfilled inclusion criteria. Internet addiction test (Standardized tool) used to assess the level of internet addiction. A self-structured rating scale developed to assess the impact of internet addiction on psychosocial health. Analysis and interpretation of data was done according to the study by using descriptive and inferential statistics.

### Results:

**Table 1 :shows frequency and percentage distribution according to socio demographic variables**

SECTION-1 SOCIO DEMOGRAPHIC PROFORMA		Experimental (%)	Control (%)	Experimental (N=30)	Control (N=30)
Age	a)15-16 years	33%	33%	10	10
	b)17-18years	67%	67%	20	20
Gender	Male	53%	73%	16	22
	Female	47%	27%	14	8
Class	10 <sup>th</sup>	37%	23%	11	7
	11 <sup>th</sup>	37%	30%	11	9
	12 <sup>th</sup>	27%	47%	8	14
Place of living	Rural	50%	57%	15	17
	Urban	50%	43%	15	13
Family Type	Nuclear	73%	63%	22	19
	Joint	27%	37%	8	11
Educational status of Father	No formal education	0%	0%	0	0
	Primary	7%	7%	2	2
	Secondary	20%	20%	6	6
	Senior secondary	17%	47%	5	14
	Graduation & above	57%	27%	17	8
Educational status of Mother	No formal education	0%	0%	0	0
	Primary	10%	10%	3	3
	Secondary	10%	20%	3	6
	Senior secondary	27%	33%	8	10
	Graduation & above	53%	37%	16	11
Family Income/ month	≤ Rs 10,000	10%	0%	3	0
	Rs 10,001-20,000	17%	13%	5	4

	Rs 20,001-30,000	27%	53%	8	16
	Above Rs 30,000	47%	33%	14	10
Hours Spend online a day	≤1hour	17%	7%	5	2
	1-2 hours	53%	40%	16	12
	2-3 hours	20%	40%	6	12
	3-4 hours	10%	3%	3	1
	≥4 hours	0%	10%	0	3
Gadget mostly used	Laptop	23%	7%	7	2
	Mobile phone	63%	77%	19	23
	Personal computer (PC)	3%	3%	1	1
	Tablet	10%	7%	3	2
	Internet café	0%	7%	0	2
	Any other	0%	0%	0	0
Sites mostly used	WhatsApp	20%	33%	6	10
	Facebook	27%	37%	8	11
	YouTube	43%	17%	13	5
	Google	10%	13%	3	4
	Any other	0%	0%	0	0
Occupation of father	Working	87%	67%	26	20
	Non-working	13%	33%	4	10
Occupation of Mother	Working	50%	30%	15	9
	House wife	50%	70%	15	21
Duration of Working Father	1-3hours	10%	33%	3	10
	4-6hours	17%	13%	5	4
	7-9 hours	67%	43%	20	13
	10-12 hours	7%	10%	2	3
Duration of Working Mother	1-3hours	50%	73%	15	22
	4-6 hours	30%	3%	9	1
	7-9 hours	17%	23%	5	7
	10-12hours	3%	0%	1	0

Table 2: shows the pre-test-post-test level of internet addiction among adolescents in control group and experimental group.

Majority of adolescents in both groups had moderate addiction in pre-test and post-test.

LEVEL OF INTERNET ADDICTION				
SCORE LEVEL	PRE-EXPERIMENTAL	PRE-CONTROL	POST EXPERIMENTAL	POST CONTROL
SEVERE ADDICTION (80-100)	3(10%)	4(13.3%)	0(0%)	2(6.7%)
MODERATE ADDICTION (50-79)	25(83.3%)	20(66.7%)	20(66.7%)	24(80%)
MILD ADDICTION (31-49)	1(3.3%)	5(16.7%)	9(30%)	3(10%)
NONE ADDICTION (0-30)	0(0%)	0(0%)	0(0%)	0(0%)

Maximum=100

Minimum=0

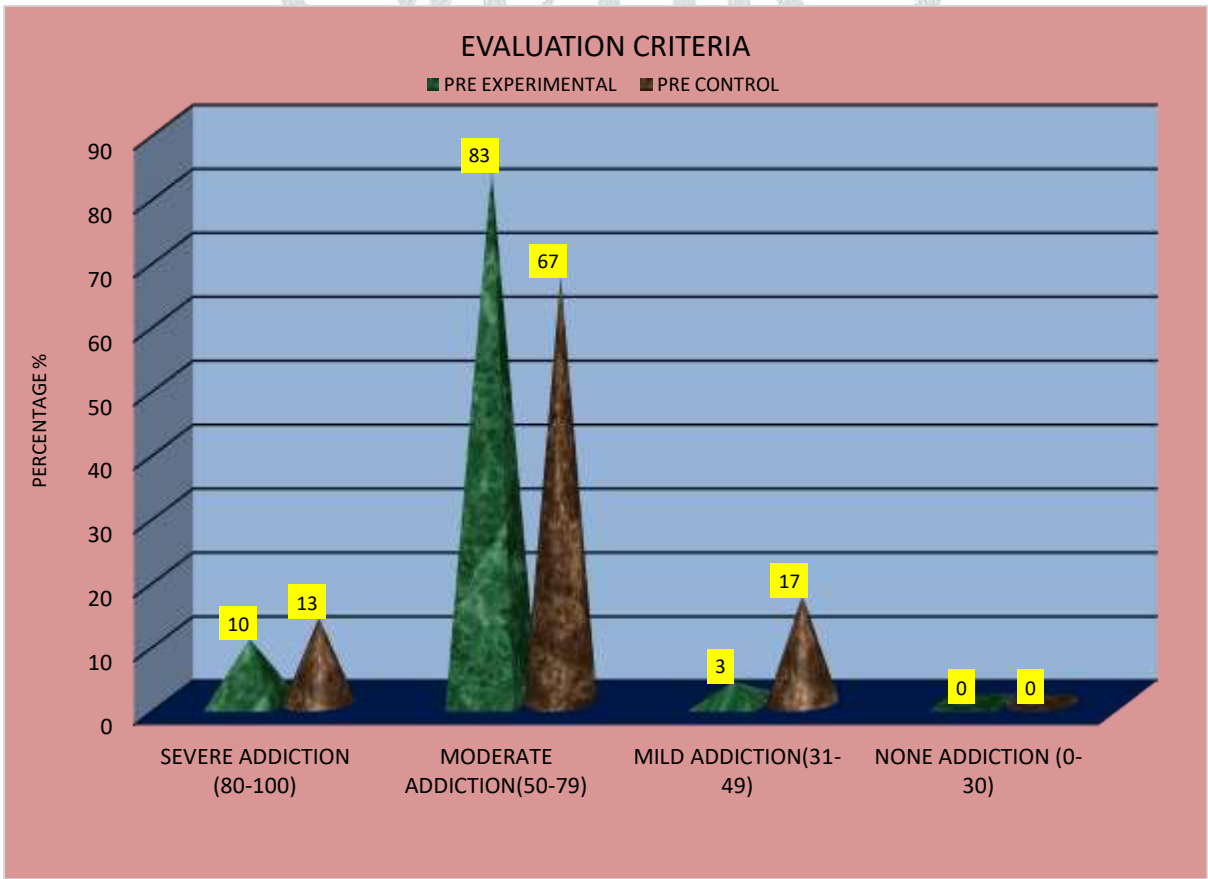


Figure 1: Shows level of internet addiction among adolescents



Table 3 shows the pre-test-post-test impact of internet addiction on psychosocial health among adolescents in control group and experimental group.

Majority of adolescents in pre-experimental and pre control group had moderate impact of internet addiction and in post-test majority of adolescents in experimental group had mild impact and in control group majority had moderate impact.

IMPACT OF INTERNET ADDICTION ON PSYCHOSOCIAL HEALTH				
SCORE LEVEL	PRE-EXPERIMENTAL	PRE-CONTROL	POST EXPERIMENTAL	POST CONTROL
MILD IMPACT (27-40)	2(6.7%)	6(20%)	<b>18(60%)</b>	5(16.7%)
MODERATE IMPACT (14-26)	<b>26(86.7%)</b>	<b>23(76.7%)</b>	12(40%)	<b>23(76.7%)</b>
SEVERE IMPACT (0-13)	2(6.7%)	1(3.3%)	0(0%)	2(6.7%)

Maximum=40

Minimum =0

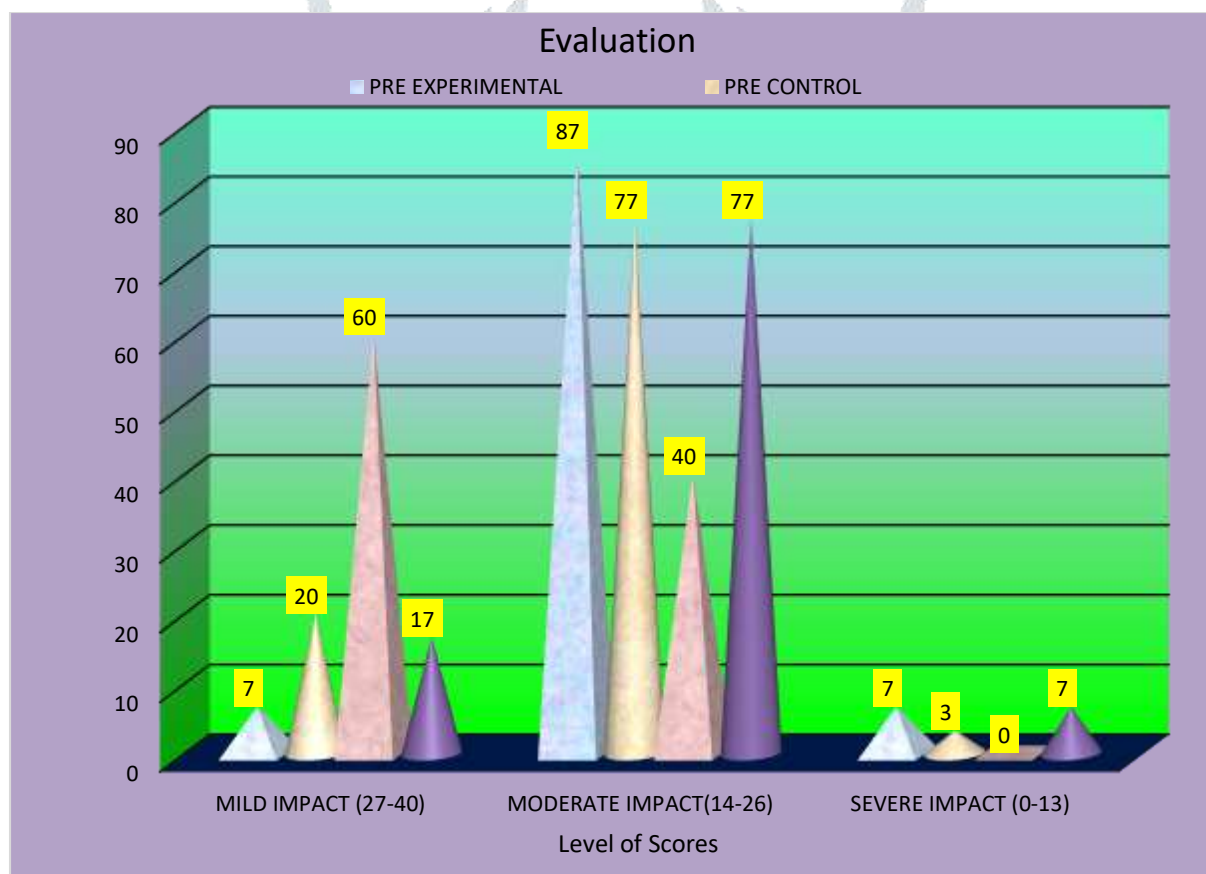


Figure 2: shows impact of internet addiction on psychosocial health

**Table 4:** shows the comparison of pre-test post-test level of internet addiction This table depicts the difference between pre-test and post-test level of internet addiction among adolescents.

Paired t-test value was 6.708 i.e. Highly significant in experimental group. Unpaired T test value 3.308 is significant.

		LEVEL OF ADDICTION				Paired T Test		
		Pre-test		Post-test				
Group	N	Mean	SD	Mean	SD	df	T	Result
Experimental Group	30	65.97	10.183	53.03	8.041	29	6.708	P value=<0.001 Significant
Control Group	30	64.867	13.040	61.80	12.084	29	1.631	P value=0.114 non-Significant
Unpaired T Test	Df	58		Df	58			
	T	0.364		T	3.308			
	Result	P value=0.717 non-Significant		Result	P value=0.002 Significant			

Maximum = 100 Minimum = 0

**Table 5:** shows the comparison of pre-test post-test impact of internet addiction This table depicts the difference between pre-test and post-test level of internet addiction among adolescents.

Paired t-test value was 6.582 i.e., highly significant in experimental group. Unpaired T test value 5.102 is significant.

		IMPACT OF INTERNET ADDICTION				Paired T Test		
		Pre-test		Post-test				
Group	N	Mean	SD	Mean	SD	df	T	Result
Experimental Group	30	19.73	5.058	27.50	5.131	29	6.582	P value=<0.001 Significant
Control Group	30	21.867	5.264	20.80	5.041	29	0.849	P value=0.403 non-Significant
Unpaired T Test	Df	58		Df	58			
	T	1.601		T	5.102			
	Result	P value=0.115 non-Significant		Result	P value=<0.001 Significant			

Maximum = 40 Minimum = 0

**Pre-test-post-test association between internet addiction and selected socio-demographic variables in control group and experimental group:**

In present pilot study in pre-test experimental group there is not significant association of internet addiction with socio demographic variables.

In post-test experimental group had significant association of internet addiction with gender and educational status of father.

Pre-test and post-test in control group there is significant association of internet addiction with gadget mostly used and duration of working of mother.

### **Pre-test-post-test association between psychosocial health and selected socio- demographic variables in control group and experimental group:**

In present pilot study in pre-test and post-test in experimental group there is not significant association of impact on psychosocial health with socio demographic variables.

Pre-test in control group had significant association of impact on psychosocial health with hours spend online a day.

Post test in control group there is significant association of impact on psychosocial health with age and class.

### **Conclusion**

On the basis of the findings of the study, it concluded that after giving informational booklet to experimental group post-test level of internet addiction and its impact on psychosocial health among adolescents decreases than pre-test. and there was association between level of internet addiction and its impact on psychosocial health with selected socio demographic variables.

### **References:**

1. Internet and Mobile association of India. *I-Cube 2008 Study*. . Available from: [http://www.iamai.in/Upload/Research/ICube\\_2008\\_Summary\\_Report\\_30.pdf](http://www.iamai.in/Upload/Research/ICube_2008_Summary_Report_30.pdf) .
2. Goldberg I. Internet Addiction 1996. Available from: <http://web.urz.uniheidelberg.de/Netzdienste/anleitung/wwwtips/8/addict.html> .
3. Mark G. Does internet and computer “addiction” exist? Some case study evidence. *Cyberpsychol Behav*. 2000;3:211–8. [Google Scholar]
4. Goldberg I. Internet Addiction Disorder. *Wikipedia the Free Encyclopedia*. 1995.. Available from: <https://www.wikipedia.org> .
5. Davis R, Flett G, Besser A. Validation of a new scale for measuring problematic Internet use: implications for pre-employment screening. *CyberPsychology & Behavior* 2002; 5:331–45.
6. Petersen KU, Weymann N, Schelb Y, Thiel R, Thomasius R. Pathological Internet use--epidemiology, diagnostics, co-occurring disorders and treatment. *Fortschr Neurol Psychiatr*. 2009 May;77(5):263-71. Epub 2009 May 5.
7. [www.addictionrecov.org/Addictions/index.aspx?AID=43](http://www.addictionrecov.org/Addictions/index.aspx?AID=43)