



A STUDY TO ASSESS THE EFFECTS OF DIGITAL ADDICTION ON PSYCHOSOCIAL BEHAVIOUR OF ADOLESCENTS AT SELECTED SCHOOLS OF PUNJAB

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Abstract: Adolescents are more and more swamped with old and new forms of digital media. Electronic media, such as smart and online media, has grown in popularity over the past decade, and these newer digital media offer both reimbursement and fear for the health of children and adolescents. The purpose of study was to assess the level of digital addiction and its impact on psychosocial behaviour in adolescents. A descriptive study was conducted among 100 school adolescents in Punjab. A non-probability sampling technique was used to assign samples and information was collected from adolescents. A digital addiction scale and standardized tools like UCLA and DASS were used to collect the data. 53% of adolescents have moderate digital addiction. It was also concluded that there was a positive correlation between digital addiction and psychosocial behaviour among adolescents. A significant relationship was found between the degree of digital addiction and selected demographic variables. It was also concluded that there is a significant relationship between psychosocial behaviour and certain demographic variables. Digital addiction and its effect on psychosocial behaviour among adolescents can be prevented, and coping can be improved if you pay attention and recognize yourself in the previous phase.

Index Terms - digital addiction, psychosocial behaviour, adolescents, schools.

INTRODUCTION

As indicated by a review distributed by the American Society for Addiction Medicine, addiction is a drawn out reparable ailment that includes an intricate connection between a person's psychological equipment, acquired attributes, circumstances, and instructive encounters. Addicts use sedates or participate in hazardous practices, which they do in most of cases in spite of adverse results. Propensity aversion and the leaders' endeavors are progressing, very much like some other neurological issue.¹ The American Psychiatric Association has characterized digital addiction on the grounds that the absences of an individual to deal with the utilization of computerized gadgets, bringing about obvious distress, stress, temper swings, acknowledgment, oppression and useful shortfalls in interpersonal organizations, work and scholarly execution.²

Digital addiction or advanced fixation also known as innovation compulsion, is a catch-all word for a variety of addictions, including online addiction, phone addiction, web-based media slavery, TV addiction, computer addiction, game addiction, and web series addiction. This is typically one of the more recent types of obsession that has troubled people all across the world.³ Digital addiction is advanced habit and also known as innovation fixation, web slavery, cell phone compulsion, innovation reliance or computerized dependence, or within the impression of computerized media dependence or web fixation.⁴ "Adolescents are classified by WHO and UNICEF as children aged 10 to 19 years. The WHO definition has been approved by the Indian government's Ministry of Health and Family Welfare. Adolescents aged 10 to 19 years account for around a quarter of India's population.⁵ India stands second in the globe with around 500 million Internet customers with an extent of cutting edge contraptions. Fast mechanical overhauls have extended the accessibility and businesses of mechanized devices in all age pack hugely since past decade arising perils that various individuals especially adolescents, will be impacted by cutting edge

propensity.⁶ Around 166 million of wired Indian adolescents and Students by and by use online media destinations. It is enormously dangerous for adolescents and become incredibly typical and wide over the latest a few years.⁷

This pilot study was led to finish the essential for the level of PhD in nursing at Desh Bhagat University from 2018 to 2021

Objectives of the study

1. To assess the level of digital addiction among adolescents.
2. To assess the psychosocial behaviour among adolescents with digital addiction.
3. To find out the correlation between digital addiction and psychosocial behaviour
4. To find out the association between digital addiction and selected demographic variables
5. To find out the association between psychosocial behaviour and selected demographic variables

MATERIALS AND METHODS

A descriptive research design was adopted for the existing pilot study. The pilot research included 100 adolescents from Punjab schools who matched the inclusion criteria. A convenient sampling approach was used to assign samples. The amount of digital addiction was assessed using a digital addiction scale, and psychosocial behaviour was assessed using validated instruments. Ethical permission was granted by the institution's ethical committee. Data was collected on August 2021.

RESULT

Findings related to sample characteristics of adolescents:

As a consequence, it was discovered that the majority of adolescents (47%) were between the ages of 15 and 16, with males accounting for 58 %. A total of 47% of adolescents were in the 9th or 10th class. 39 % of adolescents were Sikhs, 60% of adolescent fathers were farmers, and 27% of adolescent mothers worked at home and in the private sector. Families with monthly earnings of less than 5,000 Rs. and more than 15,000 Rs. accounted for 27% of the adolescent population. Nuclear-family adolescents accounted for 59 %, while second-born children accounted for 45 percent. 54 % of adolescents watched television as a form of entertainment. A total of 50% of adolescents were enrolled in both public and private schools. Adolescents spend an average of 2-3 hours every day on their digital devices, according to 46% of them.

Findings related to level of digital addiction among adolescents

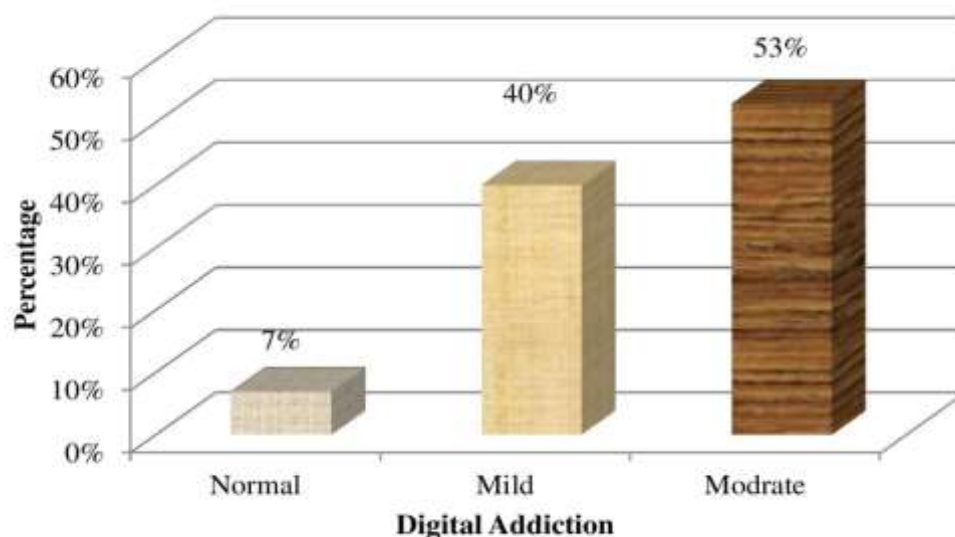


Figure-1: Percentage distribution of adolescents with level of digital addiction

Figure 1 illustrates that the majority of adolescents (53%) have a moderate level of digital addiction, 40% have a mild level of digital addiction, and just 7% have a normal level of digital addiction.

Findings related to psychosocial behaviour among adolescents with digital addiction

Psychosocial behaviour (the degree of depression, anxiety, stress, loneliness, and poor sleep quality) among adolescents with digital addiction was inferred.

Findings related to correlation between digital addiction and psychosocial behaviour

It was inferred that there was positive correlation between the level of digital addiction and psychosocial behaviour among adolescents.

Findings related to the association between digital addiction and selected demographic variables

Select demographic characteristics such as age in years, educational status, father's occupational status, recreational activity, and hours spent on digital devices were found to have a strong relationship with digital addiction.

Findings related to the association between the selected demographic variables and their psychosocial behaviour among adolescents

There was a significant link between depression levels and some demographic characteristics, such as school type. There was no evidence of an association between anxiety levels and certain demographic characteristics. There was a substantial link between stress levels and some demographic characteristics such as school type and hours spent on digital devices.

There was a strong relationship between loneliness and several demographic characteristics including mother's occupation status and family monthly income in rupees. There was no evidence of a link between sleep quality and certain demographic factors.

DISCUSSION

In present study, the majority of adolescents 53 (53%) had moderate digital addiction, followed by 40 (40%) who had light digital addiction and just 7 (7%) who had normal digital addiction.

In 2016, author did a research and endorsed a similar conclusion to the present analysis, stating that a total of 54 (54%) adolescents had mild online addiction, 42 (42%) adolescents had moderate internet addiction, and 4 (4%) adolescents had severe internet addiction.⁸

In present study, the mean anxiety score was 9.42, with a standard deviation of 3.33, the mean stress score was 12.27, with a standard deviation of 4.204, and the mean loneliness score was 25.92, with a standard deviation of 7.784 in the current study.

Researcher published a research in 2017 that indicated that a modified DASS-21 was used to assess anxiety, stress, and loneliness. Loneliness among senior high school students had a mean (M =8.29) and standard deviation (SD =4.08) of M = 17.86 (SD =12.82). The average score for stress was 8.36 (SD=3.91).⁹

The bulk of the adolescents in this research (58%) were men, while the remaining 42% were females. The relationship between digital addiction and the usage of digital devices indicated statistically significant differences. There were positive associations between digital addiction and depression, anxiety, and stress in adolescents.

Researcher identified and corroborated similar findings in a research done in 2021 with 1993 student from secondary school 48.9% and high schools 51.1%, with 52.5% of females and 47.5% of male. There were statistically significant differences in the pattern of usage of smart device addiction to smart device use. There was a link between addiction to digital devices and depression, anxiety, and stress among students.¹⁰

LIMITATIONS OF THE STUDY

The study was limited to adolescents who were enrolled in certain Punjab schools. The study was limited to adolescents who used the digital device on a daily basis. The study was restricted to adolescents who were available at the hour of information assortment.

CONCLUSION

According to the findings of the study, the majority of adolescents with digital addiction experienced psychosocial problems, with depression being the most common, followed by stress, anxiety, loneliness, and poor sleep quality. The researcher concluded that if students are considered aware of the dangers of digital addiction and how to cope with them, they can avoid psychosocial difficulties and improve their coping skills.

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