



# IMPACT OF INTERNET ADDICTION ON MENTAL HEALTH OF ADOLESCENT

**\*\*Dr. Subedar Yadav**

\*\*Assistant professor Dep. Of Psychology Nehru P. G. College Lalitpur (U.P.)

**Abstract:** - The present paper deals with the internet addiction adolescent. The main purpose of the study was to measure the impact of internet addiction on mental health of adolescent both (girls and boys). 50, 16 to 18 years adolescent were involved in this study. They were internet addictive adolescent. (I.A.T.) Internet Addiction Test developed by Kimberly Young (1996) and (M.H.S.) Mental Health Scale by Dr. Taresh Bhatia and S.C. Sharma were applied on the subject's "t" Test were used analysis of Data. The result revealed that girls have better mental health in comparison to the boys.

**Keyword:** - Mental health, Adolescent, Internet Addiction.

**Introduction:** - Internet addiction is a term that any layman can understand that is excessive internet usage is a common experience in daily life. Internet addiction is a mental condition characterized by excessive use of the internet, usually to the detriment of the user. Addictive is generally understood to be a mental disorder involving compulsive behavior. When some is constantly online, they may be described as addicted to it.

Internet addiction, Internet Gaming Disorder (I.G.D.) is also having negative impacts on your Psychosocial functions. Excessive internet use is related to many psychiatric and psychosocial disorders. If you feel the need to play games, give up on sleep, trying to reach new levels, you may be experiencing "problematic internet use". Let us delve deeper in to the causes of internet addiction, symptoms and treatment social pathologists, psychologists and education experts are aware of the potential negative impacts of excessive internet usage and the related physical and psychological problems. Whose excessive use of the internet was causing academic, social and interpersonal problems. Excessive internet use may create a heightened level of psychological arousal, resulting in little sleep, failure to eat for long periods and limited physical activity, possibly leading to the user experiencing physical and mental health problems such as depression, OCD, low family relationship and anxiety.

**Objective:** - The main purpose of the study was to know impact of internet addiction on mental health of adolescent with gender.

**Hypotheses:** - There would be no significant difference between mental health among adolescent boys and girls.

**Method:** -

**Sample:** - Sample for the study consisted out of 100 adolescent (both girls and boys) 50 were addicted ones. So Mental Health Scale (M.H.S.) were applied to those 50 adolescents. Accidental sampling method were used selected the sample and also selected adolescent were equally in to 25 Girls and 25 Boys, they selected from district Lalitpur (U.P.).

**Tool:** -

**Mental Health Scale:** - This scale was designed by Dr. Taresh Bhatia and Dr. S.C. Sharma. This scale measure five important areas of an individuals mental health.

**Internet Addiction Test:** - It is developed by Kimberly young (1996) it is valid inure of addictive use of internet. It is a 20-item scale converting the degree to which use of internet disrupts every day life. Each item has been scored on a 5-point Likert scale.

**Procedure:** - For collecting the data testing were conducted. A verbal consent was taken from the subjects after informing them the purpose of the study. They were assured that the information they provide will be kept confidential and used only for research, subjects were requested to respond honestly and to answer all the items, after they had completed the questionnaires. They were thanked and the completed questionnaires were collected.

**Statistical used:** - “t” test statistical used to test the significance difference on mental health among adolescent boys and girls.

**Result and Discussion:** - Impact of internet addiction on mental health of adolescent scores were analyzed by mean of t-test the findings have been presented in the tables: -

**Table:** - Mean, S.D. and t-value of mental health among adolescent boys and girls.

Gender	N	M	S.D.	SE <sub>D</sub>	t-value	P
Girls	25	185.04	7.85	3.13	6.36	.01
Boys	25	165.12	13.55			

Presents the mean of internet addictive girls 185.04 followed by internet addictive boys 165.12. Their S.D. values are respectively 7.85, 13.55. t-value 6.36 presented in the table signifies that both the groups differed significantly on their level of mental health at .01 level.

It shows that internet addictive girls have high mental health level than boys. Girls are more realistic and have social maturity, emotional maturity and also have joyful living. It can be safely concluded that the girls have better mental health in comparison to the boys. The proposed hypotheses are accepted.

### Reference

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