

Excessive use of Internet and its impact on Mental Health and Emotional maturity of Adolescent Girls

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ABSTRACT

The purpose of the present study was to see the impact of excessive use of Internet on Mental health and Emotional maturity of class 10th adolescent girls. For this purpose 160 girls of class 10th were selected from Ranchi district. Self-prepared personal data sheet, Mental health Questionnaire (MHQ) developed by O. N. Srivastava and Bhatt and Emotional maturity scale developed by Singh and Bhargawa were administered on selected sample for data collection. Obtained scores were analyzed with the help of Mean, SD, t test and correlation. The result show that there were significant difference between Internet addict girls and Non addict girl's mental health and Emotional maturity. Results show that there is a positive correlation between mental health and Emotional maturity.

Keywords: *Mental Health, Emotional Maturity, Adolescent girls.*

The present research is concerned with the internet addiction (heavy and compulsive use of internet), and two most important variables Mental health and Emotional maturity. Internet is an important tool to gain the knowledge and explore the whole world. In present time most of the youth, college students as well as children are user of internet. They spend most of their precious time on internet for entertainment, shopping, chatting etc. This tendency makes them internet addict and adversely affects their life. We know that Jharkhand is a state of sweet and innocent tribal's. As there is dearth of information regarding the adverse effects of internet addiction, the number of internet addicts is rapidly increasing in Jharkhand. In Jharkhand very few studies has been conducted in this field. Thus present study is an attempt to find out the impact of internet addiction on mental health and Emotional maturity of adolescent girls.

Mental health is the most important and essential aspect of personality which plays significant role in the development of each phase of life. Mental health is a powerful tonic for development of all cognitive, affective, behavioural and psychomotor ability of people.

Mental Health is the capacity of the individual to perceive, feel, think logically and act in ways that enhance his or her ability to enjoy the life and deal with the challenges of day to day life. It describes as a level of psychological well-being, or an absence of a mental or

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psychological illness. From the perspective of 'positive psychology' or 'holism', mental health is an individual's ability to enjoy own whole life; create a proper balance between his personal desires and environment hazards and efforts to achieve psychological resilience. The World Health Organization (2013) defines mental health as "a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

Lulla (1981) defined mental health as a combined outcome of five aspects of health namely physical, emotional, moral, spiritual and social health. Mental health needs three things that is right thought, right attitude and right action of a person. Mental health can also be called the process of human self-realization, self-satisfaction and fully successful existence. According to Chauhan (1987) "Mental health is a condition that permits the maximum development of physical, intellectual and emotional state of an individual, so that he can contribute maximum to the welfare of the society and can realize his ideas and crisis of life." Hales and Hales (1995) stated that mental health is the capacity to think rationally and logically and to cope with the transitions, stresses, traumas, and losses that occur in all lives, in ways that allow emotional stability and growth. Satcher (2006) defined mental health as a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life.

Emotional maturity is that characteristics of emotional behaviour that is generally attained by an individual through his personal experience as he or she grows up . Emotional maturity is one of the most important ability of a person to deal constructively with reality.

Emotional maturity can be defined as the psychological process of impulse controlled through the agency of self. An emotionally mature person has the capacity to make effective adjustment with himself, members of his family, his peers, friends and other person in the society. The emotionally mature person not only resolved all conditions that aroused anxiety and hostility in him, but it is continuously in the process of seeing himself in clearer perspective. Continual involvement to gain healthy integration of feeling, thinking and action is emotional maturity.

Walter, D. and Smitson W.S. (1974) defined Emotional maturity as, "A process in which the personality is continually striving for greater sense of emotional health, both intra-psychically and intra-personally". In brief emotional maturity can be called as the process of impulse control through the agency of "self" or "ego".

Emotional maturity is an important ability to understand, control, and manage emotional behaviour. Emotional maturity enables us to live life according to ones own desire. It is reflected in day to day life through our thoughts and behaviours. When we face any difficult situation in life, our level of emotional maturity is one of the biggest factors which determine our ability to cope effectively.

It is the ability to handle one's negative emotions such as anger, insecurity, disappointment, fear, guilt, grief and jealousy etc. A person's reaction to any of the above and other negative feelings is an indication to their maturity level. If an individual has the ability to experience those emotions and quickly resolve them, he is emotionally mature person. On

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the other side emotionally immature people tends to remain stuck in negative emotions with no innate ability to get pass them. Emotional maturity allow us to take charge of life. Everybody have their own vision and ambition for a successful life. Focusing on realising the vision, they can create a happy, healthy life. When a person develops emotional maturity, his life becomes a joy rather than a chore.

An emotionally mature person has the capacity to make effective adjustment with himself, members of his family, his peers in the institute, society and culture. The emotionally mature person is not one who has necessarily resolved all conditions that aroused anxiety and hostility but it is a continual involvement in a struggle to gain healthy integration of feeling, thinking and action.

Emotional Maturity plays a vital role in the formation and growth of intellectual abilities, People with high levels of Emotional Maturity tend to be more successful in life than with lower levels, simply because they know and understand themselves better. They know that success requires more effort and patience so they do their best and get more success in their life in comparison to emotionally immature person. Emotionally mature people having ability to face the reality and deal effectively. They have ability to find the quickest solution to resolve their problems. Emotional mature people confront their problems and emotional immature people always avoid their problems.

Many studies have shown that overuse of internet can genuinely restrain teenagers experience in life, their academic performance, social adjustment, emotional maturity, creativity, self-confidence, psychological and physical well being. They suffer from anxiety, depression, lack of social support etc. **Mazalin and Moore (2004)** found that time spent in chartrooms, online browsing, and games was related to higher levels of social anxiety and less mature identity status among older college students and young adult males, but not females. **Kim et al., (2010)** found that heavy Internet users drank and smoked more and had a poorer quality diet and higher frequency of meal skipping than non Internet users. **Ha et al., (2007)** found a significant association between Internet addiction and depressive symptoms in college students. According to **Koovakkai and Muhamwd (2010)** The habit of changing/manipulating information on the Internet, habit of downloading vulgar pictures/pornographic items, plagiarism and tendency of sending unwanted messages are comparatively high among the college students in rural areas. As compared to the urban college students, the Internet abuse was more among the rural college students. This may be because of their ignorance about the seriousness of the matter.

There is a significant and inverse relationship between Internet addiction and students' mental health (Jahanian & Seifury, 2013). **Niemz and et al.,** shows that people who use the Internet for a long period of time will have interpersonal, social and academic problems.

Objective

1. To find out the extent of internet addiction in adolescent girls of Ranchi.
2. To compare the level of Mental health, and Emotional maturity, of internet addict and non-addict adolescent girls of Ranchi.
3. To study the relationship between Mental health and Emotional maturity.

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Hypotheses

1. The extent of internet addiction will be high in adolescent girls of Ranchi.
2. Level of Mental health will be poor in Internet addict students than non-addict students.
3. Level of Emotional maturity will be low in Internet addict students than non-addict students.
4. There will be positive co-relation between level of mental health and Emotional maturity.

Sample

The present study will be conducted on **160** randomly selected adolescent girls of class 10th from different school of Ranchi district who use internet.

Tools

- 1) **Personal Data Sheet (PDS):-** To collect the basic information regarding age, sex, education, SES, family structure and other details about the respondents will be used, which was designed by researcher.
- 2) **Internet Addiction questionnaire-** Self prepared questionnaire was used to know the extent of addiction.
- 3) **Mental health Questionnaire** Mental health Questionnaire (MHQ) developed by O. N. Srivastava and Bhatt was utilized to assess the mental health of selected sample. It has total 48 items. Low score on this scale indicate good mental health and high score indicate poor mental health or mental illness.
- 4) **Emotional maturity scale** prepared by Dr. Yashvir Singh and Dr. Mahesh Bhargava (1999) was used to measure emotional maturity of the subjects. This scale has a total of 48 items, measures 5 areas of emotional maturity that are (a) Emotional instability (b) Emotional regression (c) Social maladjustment (d) Personality disintegration (e) Lack of independence .

RESULT AND DISCUSSION

The data were analyzed by t-test to find out the difference between internet addict and non-addict adolescent girls on mental health and emotional maturity. Further Pearson's Product moment method was used to find out the Correlation between Mental Health and Emotional maturity.

Table No 1 Extent of internet addiction in adolescent girls.

High		Average		Low	
Number	Percentage	Number	Percentage	Number	Percentage
98	61.25%	15	9.375%	47	29.375%

Table no 1 show that out of 160 adolescent girls 98 girls (61.25%) are internet addict. They spend their maximum time on internet. Only 47 students had low level of addiction.

Table No- 2 Comparison of internet addict and non-addict adolescent girls on Mental health

Group	Number	Mean	SD	t value
Internet addict	98	43.55	5.45	6.02 significant at 0.01
Non addict	47	38.6	4.2	

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It is apparent from the Table no 2 that non addict adolescent girls have scored higher on mental health than the addict adolescent girls. Mean score of internet addict girls was 43.55 and mean of non-addict girls were 38.6. Difference between them was 4.95 and calculated t value is 6.02 which is significant at 0.01). This result indicates that non addict girls have higher level of mental health in comparison to the Internet addict girls. Since high score indicates poor mental health on MHQ.

Table No- 3 Comparison of internet addict and non addict adolescent girls on Emotional maturity score

Group	Number	Mean	SD	t value
Internet addict adolescent girls	98	70.13	5.65	6.74 Significant at 0.01
Non addict adolescent girls	47	63.32	5.81	

Table No 3 depict that non addict girls have scored higher on Emotional maturity than the Internet addict girls. Mean and SD of internet addict on emotional maturity was 70.13 and 5.65. On the other side mean and SD of non addict girls was 63.32 and 5.81. To check the difference between them, t value is calculated. Calculated t value is 6.74 and it is significant at 0.01 level. This result indicates that non addict girls have higher level of Emotional maturity in comparison to the Internet addict adolescent girls.

Table No 04 Correlation coefficient between Mental health and Emotional maturity

Variable	Correlation
Mental Health	0.81
Emotional maturity	

The result of the correlation coefficient presented in Table No 1 show that there is a high positive correlation between Mental Health and Emotional Intelligence. Maturity. Calculated correlational value is +0.81. It means girls who had high level of emotional maturity also had better level of mental health.

CONCLUSION

1. Extent of addiction was high. Out of 160, 98 adolescent girls were internet addict.
2. Significant difference was found between internet addict and non addict girls in their Mental Health and Emotional maturity.
3. There is a positive correlation between Mental Health and Emotional Intelligence.

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Conflict of Interest

The author declared no conflict of interests.

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