

Psychological well-being with reference to internet addicts and non addicts male and female

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ABSTRACT

Aim of the research is to find out the psychological wellbeing among male and female of internet addicts and non addicts. So, investigator selected two groups one is types of addicts and other is Gender, both groups have 120 respondents. In each group has 60 addicts wise and other one groups has 60 area wise adolescents. Data were collected from Anand and surroundings areas. Scale was use for data collection is personal datasheet Psychological wellbeing scale developed by Devendra Singh Sisodia and Ms. Pooja Choudhry (1971). 2x2 factorial design was used and data were analysis by 'F' test. Result show, there is significant difference between the Psychological wellbeing regarding ADO. Non internet addicts ADO psychological wellbeing is better than internet addict's ADO. Significant difference found between the Psychological wellbeing regarding Gender. Male psychological wellbeing is better than females. There is no significant interaction effect between the ADO and gender on Psychological wellbeing.

Keywords: *Psychological well-being, Internet addicts, Non addicts.*

The Psychological well-being is the individual view point as per his or her perspective. Current times we observe that expectation of human is very high and never end of it. So, the psychological well-being is the personal satisfaction, enough demands and self-respect. In this research discussed about the Psychological Well-being.

Well-being requires harmony between mind and body. It implies a sense of balance and ease with the pressures in a person's life. There is no under-stimulation and no excessive negative stress; above all, there is a sense of control over one's destiny.

Well-being is concerned with how and why people experience their lives in positive ways, including both cognitive judgment and affective reactions. As such, it covers terms as happiness, satisfaction, morale and positive affect.

“It has been taken to consist of freedom from any subjective feelings of discomfort or desirability and from any disturbances of mental functions” -**Bhogle (1995)**

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“A state of complete physical mental and social well-being and does not consist only of the absence of disease or infirmity”

World health organization (1948) (WHO)

At the most basic level, psychological well-being (PWB) is similar to other terms, which are helpful for positive mental state, such as happiness or satisfaction, and in many ways it is not necessary, or worrying about the fine distinction between such words is. If I say that I am happy, or very satisfied with my life, then you are quite sure that my psychological well-being is very high!

Aims of The Study

1. To study of the Psychological well-being between Internet Addicts and Non-Addicts.
2. To study of the psychological well-being between male and female.
3. To study interaction effect among type of addiction, Gender.

Hypothesis

1. There will be no significant difference between Internet Addicts and Non-Addicts peoples in relation Psychological well-being.
2. There will be no significant difference between male and female in relation Psychological well-being.
3. There is no significant interaction effect among types of addiction and gender.

METHODOLOGY

Research Design

This research was adopted 2X2 factorial designs with 2 type of addiction (internet addicts and Non addicts) and type of gender (male and female).

Sample

In this present study there are simple random sampling for this purpose Anand and surrounded areas was selected. For this study 60 respondents are internet addicts 30 and 30 non internet addicts selected as well as 60 out of which 30 male 30 female of respected cells.

Tools used

The following tools were used in the present study:

Personal Data Sheet: A personal datasheet developed by the investigator was used to collect information about type of addiction, gender.

Psychological Well-Being Scale: In the present investigation measure the psychological wellbeing scale by Dr. Devendra Singh Sisodia and Pooja Choudhry was used the psychological well-being scale consists 50 items with strongly agree, agree, disagree, response pattern, reliability co-efficient for test method were 0.87 and 0.90 respectively inventory the scale was validated against the external criteria and coefficient obtained was 0.94.

Statistical Analysis

Here in this study ‘F’ test was used for statistical analysis.

RESULT AND DISCUSSION

Psychological wellbeing with reference to types of addiction and Gender

The main objective was to study whether internet addicts and non addicts male and female of differ in Psychological wellbeing. In this context, 3 null hypotheses (no.01to03) were constructed. For this purpose 2x2 factorial design was framed. To examine these null hypothesis statistical techniques of two way ANOVA was used. The results obtained are presented in table no. 1, 2 and 3.

Table No.01 (N=120) Means and SD of Psychological wellbeing with reference to types of addiction and Gender

Independent variable		Male	Female
Internet Addicts	Mean	195.73	187.23
	SD	17.64	14.15
	N	30	30
Non Addicts	Mean	163.00	147.70
	SD	16.62	23.12
	N	30	30

Table no.02 (N=120) ANOVA summary of Psychological wellbeing with reference to types of addiction and Gender

Source of variance	Sum of squares	df	Mean sum of squares	F	Sign. Level
Types of addiction	39168.533	1	39168.533	118.50	0.01**
Gender	4248.300	1	4248.300	12.85	0.01**
ADO *Gender	346.800	1	346.800	1.05	NS
SSW(error)	38343.533	116	330.548		
SST	82107.167	119			

NS= Not Significant

Table No.03 (N=120) Difference between mean score of psychological wellbeing with reference to types of addiction and Gender

Independent variable	N	Mean (M)	Difference between mean
Internet addicts	60	155.35	36.13
Non addicts	60	191.48	
Male	60	179.36	11.90
Female	60	167.46	

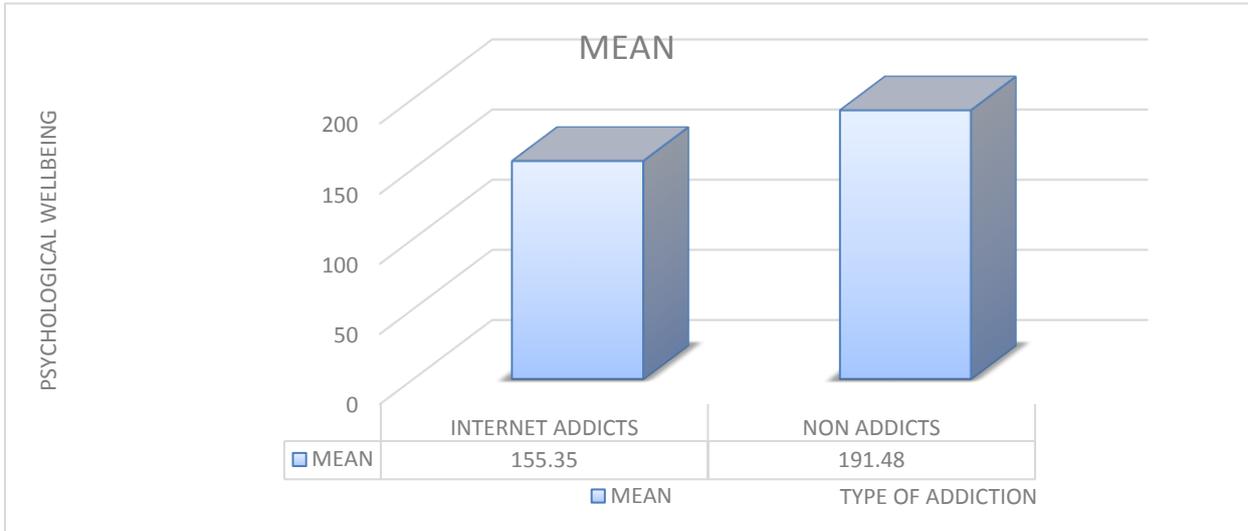
Psychological wellbeing with reference to types of addiction

When F test was applied to check the impact of types of addiction on Psychological wellbeing, significant F value was found. The F value (table no.02) is 118.50 which are statistically significant on level 0.01. Table 03 reveals that the mean scores of Psychological wellbeing of internet addicts and non addicts are 155.35 and 191.48 respectively and the difference between two is 36.13 which is very high and not negligible. Hence the null hypothesis 1 was rejected and it was concluded that there was significant impact regarding the types of addiction.

Psychological well-being with reference to Internet addicts and Non addicts male and female

Column No.1 Bar Chart Showing Mean Score of types of addiction with Reference to Psychological wellbeing,

X = Types of addiction (Internet Addicts A₁, Non Addicts A₂)
Y = 1.00cm = 2 average score

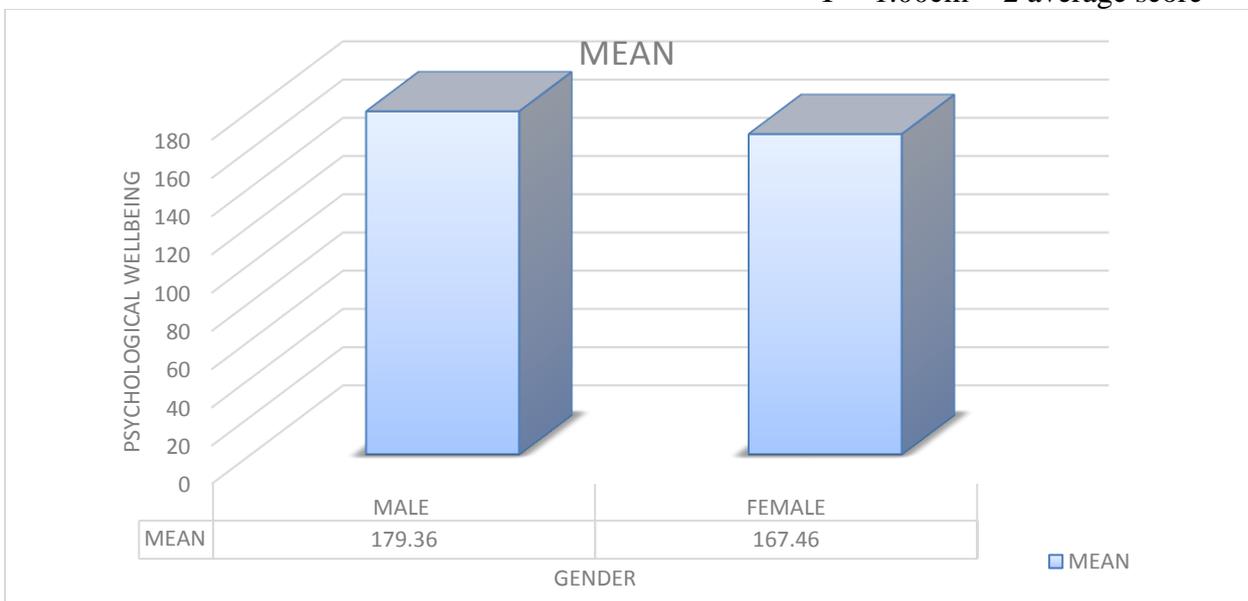


Psychological wellbeing with reference to Gender

When F test was applied to check the impact of Gender on Psychological wellbeing, significant F value was found. The F value (table no.02) is 12.85 which are statistically significant on level 0.01. Table 03 reveals that the mean scores of Psychological wellbeing of male and female are 179.36 and 167.46 respectively and the difference between two is 11.90 which is very high and not negligible. Hence the null hypothesis 2 was rejected and it was concluded that there was significant impact regarding the Gender.

Column No.2 Bar Chart Showing Mean Score of gender with Reference to Psychological wellbeing.

X = Gender (MaleB₁, Female B₂)
Y = 1.00cm = 2 average score



Psychological wellbeing with reference to interaction effect of types of addiction and Gender

When F test was applied to check the effect of ADO and gender on Psychological wellbeing no significant impact was found. The F value (table no.03) is 1.05 which is statistically not significant. Hence the null hypothesis 3 was maintained and it was concluded that there was not significant interaction effect of ADO and gender on psychological wellbeing.

CONCLUSION

1. There is significant difference between the Psychological wellbeing regarding types of addiction. Non internet addicts ADO psychological wellbeing is better than internet addicts ADO.
2. Significant difference found between the Psychological wellbeing regarding Gender. Male psychological wellbeing is better than females.
3. There is no significant interaction effect between the types of addiction and gender on Psychological wellbeing.

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Conflict of Interest

The author declared no conflict of interest.

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