

The Effect of Internet Addiction on Emotional Maturity of Collage Going Students

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ABSTRACT

In this digital age, the internet revolution substainally affected people's life. Education, economics, politics and social fields are greatly influenced by the internet. The internet dependency has a positive and negative impact on people. For Students, the teaching and learning have become easier compared to the olden days as nowadays information is at their fingertips. Despits its benefits, internet addiction may negatively impact the students life such as on their emotional maturity, emotional unstability, regression social maladjustment, disintrigration and lack of independence. Therefore, the aim of the present study is to determine the effect of internet addiction on the Emotional Maturity of the students. This study was conducted among 120 collage going students in Aurangabad City. The Internet addiction test and Emotional Maturity Test was used 't' test was used to analyse the data. The result revealed that, there will be a significant difference on the Emotional Maturity, Emotional unstability, Emotional Regression, Social maladjustment, personality disintegration and lack of independence of Internet Addict and Non internet Addict students. The Internet Addict students have greater the degree of emotional immaturity, Emotional unstability, Emotional regression, Social Maladjustment, Personality disintegration and lack of Independence. The result of this study can serve as a reminder and create awareness to the parents and teachers to better control their children's internet access. Such as cutting the budget for broadband allowance and continuous monitoring and can serve as an eye opener to students on negative effects of internet excessive use thus, the students need to wisely use the internet for educational purposes.

Keywords: *Internet addiction, Emotional maturity, Emotional unstability, Emotional Regression, Social Maladjustment, Personality disintegration and lack of Independence.*

The evolution of digital era affected almost every aspect of modern life. The internet becomes an essential tool for people and plays a significant role in our daily life, socially, politically, economically and even emotionally. People use the internet at work, School and home as well as in public places to communicate, business, shop, pay bills online, entertainment and much more. The internet can be accessed using Smartphones, Laptop, Tablet, Computer and Smart Television.

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Although the internet has made a significant contribution to our daily life, using too much of it will lead to addiction, which will negatively affect our life. Internet addiction is defined as the inability to control one's urge to use the internet, which eventually causes psychological, social, school and/or work difficulties in one's life. (Chov and Hsiao, 2000; Spada, 2014). In Malaysia, a research conducted by a child and Adolescent psychiatrist, Dr.Norharlina Bahar, revealed that males under the age of 24 have the highest internet addiction (The star 2016). Students especially the undergraduates aged between 19 and 24 years olds are deemed to be more susceptible to internet addiction (Lee 2010; That Cher & Goolam, 2005) people who are using the internet excessively are mostly playing online games and browsing social media. The side effects of the excessiveness led to anxiety, depression, health problems, school absenteeism, playing, fatigue, unemployment, decreased job productivity and social isolation. The addiction to the internet also could translate to low self-esteem, depression, boredom and attention-deficit hyperactive disorder. (Norharlina, 2016).

Nowadays, college students are highly depend on the internet to search for information, social, networking, entertainment, online shopping and online gaming among others. College around the world are using the internet to enhance teaching and learning inside or outside the classroom. Using the internet wisely for the right purpose is beneficial to the students, such as researching tool, seeking knowledge, enhancing their soft skills, exchanging experience and knowledge with international students and other practice while the internet has many advantages and proves to increase efficiency, it could also be harmful to the students if they become addicted to it. It may cause emotional instability (Oskenby et al 2015) and Low academic performance (Yeap et al 2016). Therefore, the objectives of this study are to examine the effect of internet addiction on emotional maturity, Emotional unstability, Emotional regression and social maladjustment, personality disintegration and lack of independence of college going students.

Statement of Problem :

To study the effect of Internet addiction on Emotional Maturity and their components like of Emotional unstability, Emotional regression, social maladjustment, personality disintegration and lack of independence of college going students.

Objectives :

To assess the Emotional maturity and their components like Emotional unstability, Emotional regression, Social Maladjustment, Personality disintegration and lack of independence among internet addict and Non-Internet addict (male+female) college going students.

Hypothesis :

1. There will be a significant difference on the Emotional maturity of Internet Addict and Non Internet Addict College going students.
2. There will be a significant difference in the Emotional Unstability of Internet Addict and Non Internet Addict College going Students.
3. There will be a significant difference in the Emotional Regression of Internet Addict and Non Internet Addict College going Students.
4. There will be a significant difference in the Social Maladjstment of Internet Addict and Non Internet Addict College going Students.
5. There will be a significant difference in the Personality disintegration of Internet Addict and Non Internet Addict College going Students.
6. There will be a significant difference in the Lack of independence of Internet Addict and Non Internet Addict College going Students.

METHODOLOGY

The sample was drawn from the population of students taking collegiate education in the Aurangabad city. The sample size was 120. It was chosen from the students belonging to first year, second year and third year classes. (Age between 18-21 years). The sample size was 120 in which 60 students (30 male + 30 female) belongs to internet addict and 60 students belonging to Non Inter addict collegiate students (30 male + 30 female).

Operational Definitions of Sample and Terms :

A) Internet addict students

On the basis of Internet Addiction Test (IAT), an individual with a high score namely above (50) score was considered An Internet addict person.

B) Non Internet addict students

On the basis of Internet Addiction Test (IAT) an individual with a low score below the 30 were indicate students who are Non-internet addict.

C) Emotional Maturity

According to Walter (1976), Emotional maturity is a process in which the personality is continually striving for greater sense of emotional health, both intrapsychically and intra personally.

D) Emotional Unstability

This factor is related to lack of capacity to dispose off problems, irritability, needs constant help for one's day-to-day work.

E) Emotional Regression

Emotional regression as feeling of inferiority, restlessness, hostility, aggressiveness and self-contredness.

F) Social Maladjustment

Such a person shows lack of social adaptability. Shows hatred, seclusive but boasting, liar and shirker.

G) Personality disintegration :

It includes all those symptoms, which represent disintegration of personality, like reaction, phobias formation, rationalization, pessimism, immorality etc. Such a person suffer from inferiorities and hence reacts to environment through aggressiveness, destruction and has distorted sense of reality.

H) Lack of Independence :

Such as person shows parasitic dependence on others, is egoistic and lack 'objective interests'.

Variables

- 1) Independent variable (IV)
 - (i) Internet Addict and Non Internet Addict.
College going students.
 - (ii) Dependent variable (D.V.)
 - a. Emotional Maturity
 - b. Emotional Unstability
 - c. Emotional Regression
 - d. Social Maladjustment
 - e. Personality disintegration.

Research Design :

1x2 (2 level of status internet addict and Non internet addict) college going students.

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Tool :

Following psychological tools were used for data collection.

1) Internet Addiction Test (IAT)

Internet Addiction Test (IAT) is developed by Dr. Kimberly Yong in 1998. This test consist of 20 item scale that measures the presence and severity of internet dependency among students and adults. The IAT measures the severity of self-reported compulsive use of the internet for adults and adolescents.

2) Emotional Maturity Scale (EMS)

For measuring emotional maturity of students a scale developed by Dr. Yashvir Singh & Mahesh Bargava (1984). The scale has five components viz. instability, emotional regression, social maladjustment, personality disintegration and lack of independence. The scale consist of total 48 items. Higher score on the scale lesser the degree of emotional maturity and vice versa.

Procedure of data collection :

The data was collected from the college going students on the various colleges. According a schedule was fixed in each college and then student were approached. The students were provided the Internet Application Test (IAT) and Emotional Maturity Scale (EMS). This procedure was followed for getting questionnaires filled by students.

RESULT AND DISCUSSION

Table No.1, Showing Means and F ratios of various variables according to Internet Addict and Internet Non Addict College going students.

Sr.No.	Variable IV	Internet Non Addiction		Internet addiction		N	F value	sign
		Mean	SD	Mean	SD			
1.	EM Emotional Maturity	99.41	28.3	112.5	23.15	120	9.31**	0.01**
2.	EU Emotional Unstability	21.41	7.19	23.9	6.52	120	5.34*	0.05
3.	ER Emotional Regression	20.88	6.21	24.53	6.41	120	5.3*	0.05
4.	SM Social Maladjustment	21.71	6.96	23.1	5.97	120	4.09*	0.05
5.	PD Personality Disintigration	19.07	7.36	23.7	7.06	120	7.27*	0.01
6.	LI Lack of Independence	16.38	5.86	17.21	5.01	120	7.9**	0.01

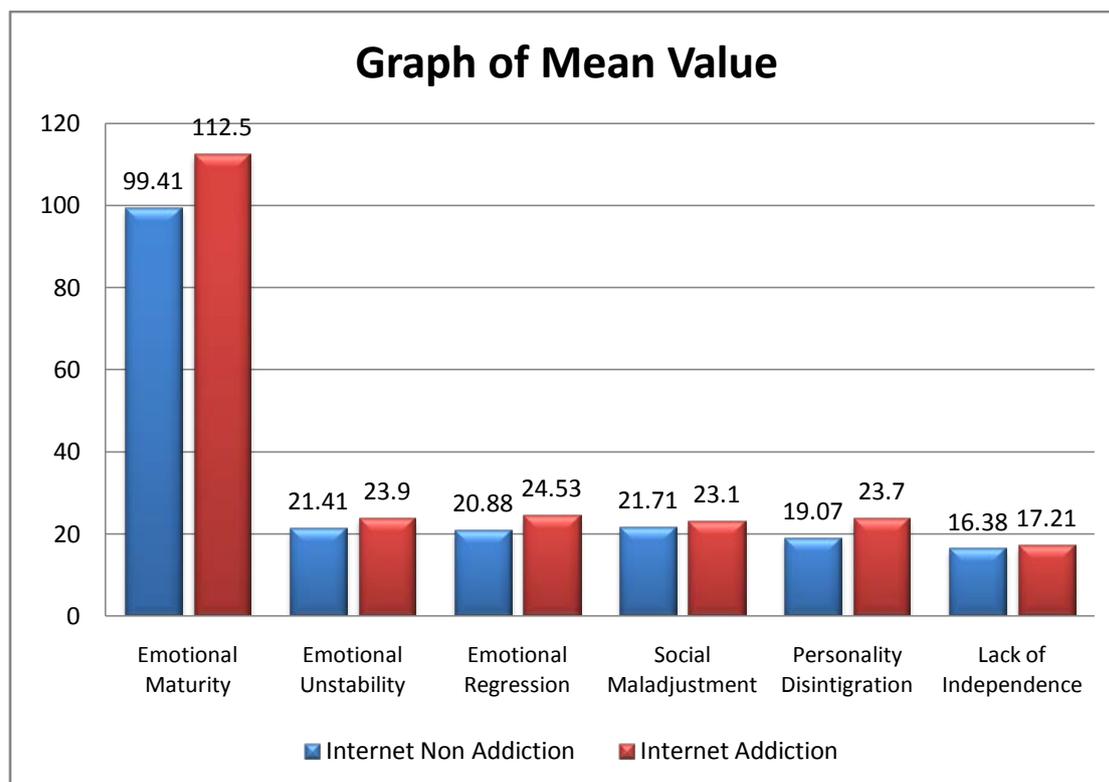
df=119 F = .95 (1,119) = 3.92

F = .99 (1,119) = 6.84

Higher Score on the scale greater the degree of emotional immaturity.

Lower Score on the scale greater the degree of emotional maturity.

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DISCUSSION

Over the years, there have been numbers terminologies by different researchers to define internet addiction. Young (1996) characterized internet addiction as a wide term identifying problems arises from impulse. control and behavior that resulted from high psychological dependency towards the internet or inability to control one's urge to use the Internet Addiction towards the internet had shown a variety of negative impact that it has towards their mood modification, availability of time, the level of tolerance, patience and judgment. (Hall & Parsons, 2001; Leung, 2004). More studies were conducted later and almost every researcher conceptualized internet addiction as a compelling behavior and cognitions directed from the use of internet which leads to anxiety and agitation in daily life. (Caplan 2008; Shapiva et al, 2000). Those studies indicated that people who spent most of their time on the internet are prone to emotional disturbances and when they were feeling anxious and agitated, their emotions influenced their behavior, hence, affected their relationship with others. Similarly, the researchers has identified that an individual with emotional instability is prone to have a less interpersonal skill, that leads to the inexistence of social activities in their daily life. (Caplan, 2003).

According to this above review, the purpose of the present study is that to determine the effect of internet addiction on the Emotional Maturity and their component such as Emotional Maturity (EM), Emotional Unstability (EU), Emotional Regression (ER), Social Maladjustment (SM), Personality Disintegration (PD) and Lack of Independence (LI) of the students. In the present study, it was hypothesized that there will be significant difference on Emotional Maturity, Emotional Unstability, Emotional Regression, Social Maladjustment, Personality disintegration and lack of Independence of Internet Addict and Non Internet Addiction Collage going students. All these hypothesis was accepted. Because in Hypothesis one, f Value is 9.31** is significant on 0.01 level. (According Table No.1). It indicates that there is significantly difference on the Emotional Maturity of Internet Addict and Non

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Internet Addict College going students. It is observed that Internet Non Addiction students are better Emotional Maturity (M=99.41) than net addict students (M=112.5).

According to Table No.1, it is also observed that in Hypothesis 2, (f=5.34*) significant at 0.05 level, in Hypothesis 3, f=5.3* significant at 0.05, in Hypothesis 4, f=4.09*, significant at 0.05 level, In Hypothesis 5, f=7.27** significant at 0.01 level and In last hypothesis f=7.9** significant at 0.01 level. All these values show that there is significantly difference on the Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence of Internet Addict Non Internet Addict College going students. On the basis of Mean, it was observed that Internet Addict students are better on Emotional immaturity (M=112.5), Emotional Unstability (M=23.9), Emotional Regression (M=24.53), Social Maladjustment (M=23.1), Personality Disintegration (M=23.7), and Lack of Independence (17.21) than Non internet Addict students.

On the basis of these 'f' value and Mean value we can say that or it is observed that internet addict students are representing syndrome of lack of capacity to dispose off problems, irritability, needs constant help for one's day-to-day work, Unerability, Stubbornness and Temper tantrums. They representing such syndroms as feeling of inferiority, restlessness, hostility, aggressiveness and self-centerdness. Such a students show lack of social adaptability and hatered. Such a person suffers from inferiorities and hence reacts to environment through aggressiveness, destruction and has distorted sense of reality. Emotional instability or also known as neuroticism in the Big five personality trait refers to the negative emotion such as anxiety, easily upset, insecurity, moody, tense, nervous and depression. Evidence was found that internet addiction causes not only physical and social problems but creates a psychological disturbances, that affects the Big five personality interns of emotional instability (Hur, 2012) Numerous studies revealed that internet addiction caused depression among teenagers and adolescent (Yen et al., 2007; Yen et al,2008). An individual who spent more time on the internet lacks in a offline social interaction that leads to alination and poor relationship with friends and family. (Sanders et al.2000).

CONCLUSION

The Internet Addict students are significantly better in Emotional immaturity, Emotional unstability, Emotional regression, Social Maladjustment, Personality disintegration and lack of independence than Non internet addict college going students.

IMPLICATION

The results of this study suggested several implications for the students, parents, lecturers and colleges. First the college may propose new rules and guidelines regarding the internet use on campaus, especially on wifi. Furthmore, the colleges may design activities that will limit the time student spend on the internet. The colleges may provide a support system and counseling session particularly for this issue. The parents also need to controle their children access to the internet. Good interpersonal relation has been consistently proved beneficial to reduce net addiction. Parents should also develop face to face communication with their children. Lastly, students need to be fully aware of the internet addiction negative effects on their emotions.

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Conflict of Interest

There is no conflict of interest.

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