Research Paper

Impact of Internet Addiction on Well Being and Life Satisfaction of College Students

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ABSTRACT

With all the popularity and the huge widespread of internet, users are becoming addicted to the internet which is affecting their well-being and life satisfaction. Today, our lives cannot be imagined without these various online handles. This problematic computer use is a huge emerging issue worldwide. This issue has a great impact on the lifestyle and health of people of all the age groups. The basic objective of this study is to study the impact of internet addiction on the general well-being and life satisfaction of college going students and also that how are they related to each other. Taking this specific college students' lot because the course of any generation is in the hands of the youth. This study is basically about how adverse effects internet can have on the lives of people if not used sensibly and in a limit. It affects the body and the mind and makes a person anti-social and discards him/her from the rest of the world. This study is to understand the use of internet addiction and its impact on the college going students in order to determine if there lies any significant positive relationship between them or not. This research paper consists a sample population of 100 college going students between the age of 18 to 25 out of which 50 were males and 50 were females. The subjects were made to fill a questionnaire that consisted of the demographic details and 3 standardised tests namely, Internet Addiction Test, General Well Being and Life Satisfaction of the individuals.

Keywords: *Internet Addiction, Well Being, Life Satisfaction*

Internet Addiction

Internet, sometimes called "NET" is a system of the computer networks in which the user at any computer can have the permission to get the desired information from any other computer. The internet has surely continued to evolve over the years of the existence. It is a technology that allows people and users to connect and to talk to each other. In this modern world of technology, the internet is being used by all the age groups for various work purposes at various places like hospitals, schools, banks, personal use for leisure time etc.

Internet allows us to connect to the people and know any information we want to by sitting miles away and just by pressing a single button. It takes you to the past and future and the

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present. Excessive use of the internet can be problematic or being online on internet for 85 to 21.5 hours a week is defined as Internet addiction.

Internet addiction is basically described as an impulse control disorder that doesn't involve the use of any kind of intoxicating drug and is similar to the pathological gambling. Internet addiction results in various problems like personal, family, academic, financial, occupational etc. People addicted to internet spend more time alone and in solidarity than with real people. Sometimes they may create online identities and pretend to be someone else other than him or herself. It surely disturbs the quality of life and satisfaction that one has with his or her life. It disturbs the peace of mind.

A recent study n US showed that four per cent of college going students aged between 18 to 25 showed the problematic internet behaviour.

Different types of Addiction

- A-Rated Content - The person uses it to download or look at pornography on the internet or to engage in casual cybersex with the other internet users.
- Relationships- The user uses the open chat room to connect to various people in order to form online relationships or online dating. This is also called as cyber adultery.
- Games- This includes the excessive usage of playing online games.
- Information- The user searches and obsessively collects information from the internet.

Professional treatment

The professional treatment is prescribed to quit the addiction. It allows the user to use it positively rather than compulsively. Cognitive behavioural therapy (CBT) is used for the patient. This therapy helps and allows to change the thinking patterns and the beliefs associated with it that trigger the anxiety and disables the mind and body to function properly and accordingly, also affects the health.

Well Being

Well being is basically the great experience happiness, health and prosperity. It basically includes having a healthy mind and body and a good mental health, high satisfaction in life. It is actually feeling well and healthy.

GBW is a scientific term for the life satisfaction and happiness. Assessing wellbeing, scientists and the researchers usually depend on the surveys and self rating tests, these tests are however administered are validated and are totally reliable. Both the internal and external factor affect the well being like personality and the environment. It influences the general well being of an individual.

Well being emerges from ones thoughts, experiences and actions. For eg., when we have a positive outlook towards everything, we tend to have a good and healthy emotional well being and when we pursue the meaningful relationships in our lives it leads to our social well being.

Major types of Well Being

- Emotional Well Being: To manage the emotions and feelings
- Physical Well Being: Ability to improve the overall functioning of the body through staying healthy and eating healthy.
- Social Well-being: The ability to create and form meaningful relationships by communicating

- Workplace Well Being: The ability to pursue the values, interests in order to gain the happiness and contentment in life
- Societal Well Being: The ability to actively take the participation in the culture and the community around

Overall well being is very important for a healthy functioning body and mind. Good well being leads to the satisfaction in life according to various researchers. The people who are happy and healthy have a very positive outlook and happy lives have a great connect to live longer and content.

Life Satisfaction
Life Satisfaction is basically being happy and content about life. It is the existing happiness that comes when you remember the past or the bigger picture of your life. It is actually bit more complex than seems. Its sometimes misunderstood with happiness but are two different topics. Life satisfaction is basically the evaluating one's life overall and not just taking the note of the current situation.

It refers to the overall feelings or an idea about one's life. Life satisfaction is a global evaluation rather than just grounded on a specific point or domain.

Life Satisfaction and its contributing Factors
These fall into four categories:
- Life Chances
- Course of events
- Flow of experience
- Evaluation of Life

Every person has his own definition of satisfaction about life. Some people consider having a good car as satisfying while some are satisfied with the meals they take. Happiness is temporary whereas life satisfaction is more grounded. There are various components responsible for the satisfaction of life:
- Establishment of profound relationships
- Obligating the goals and tasks of life
- Establishing life in a sincere definite framework

Factors affecting the Life satisfaction
- Personal factors: There can be various personal factors such as physiological, psychological, social, educational, nature, economic status etc
- Environmental factors: Environment has a lot of effect on a person's nurture, his personality and behaviour. The surroundings of a person matter a lot even for the peace of mind. Good relations wit the respectable neighbours or people around you give you satisfaction. There are various other factors social circle/friendship, occupational facilities, community environment.

How does Internet addiction affects Life satisfaction and General Well being?
There was a survey done in UK which resulted that 17% of adolescents in feel lonely and helpless when there internet is not working. In today's modern world internet is used everywhere by everyone and for everything. Everyone is nowadays dependent on the internet for everything even to know the weather. But as they say excess of everything is harmful and

it leads to the deterioration of the body and mind as it exhausts the mind totally if used too much which will eventually lead to various disorders.

REVIEW OF LITERATURE

Young (1998) conducted a study on Internet addiction, the emergence of a new clinical disorder that stated that on line internet users were becoming addicted to the internet just as others became addicted to the drugs and alcohol. This study investigated the existence of internet addiction and the extent of problems caused by such misuse of internet. Clinical and social implications were discussed of pathological internet use.

Young & Rogers (1998) conducted a study on Internet addiction that stated that moderate level of depression was observed in the frequent on-line users of internet and the ones who are addicted to it. It was also shown that they spent their time alone and on internet. Effective management of the psychiatric illnesses or symptoms may indirectly correct the pathological internet use.

Griffiths, M. (1999) conducted a study on Internet Addiction to know if it really existed and it was shown that excessive use of it in majority of the cases appears to be purely symptomatic. However, it showed that it might be prevalent in some or minority of the individuals.

Gross et al (2002) conducted a study on internet use and well being that actually showed the relationship between these two variables and how internet addiction affects the well being. The questionnaire was made to fill for the survey which showed that it has a significant affect on the well being and that internet addiction has a impact on the well being on the students.

Kandell (1998) conducted a study on internet addiction on campus and the vulnerability of college students. It stated that use of internet among the college going students have increased. College students are vulnerable to the use of internet due to various factors. This study showed that it also had an effect on their academics and results.

Morahan et al (2000) conducted a study on pathological internet use among the college students. This study surveys 277 internet users among college students that were undergraduate. Pathological users scored high on UCLA loneliness scale that were socially inhibited online. It was also showed that the pathological users were generally male that were addicted to the internet.

Ko et al (2008) conducted a study on psychiatric comorbidity of internet addiction among college students. It actually showed the relationship between internet addiction, ADHD, social phobia and depression. The results showed that most of them had these disorders and were suggested effective evaluation and treatment for ADHD, depressive disorders for the college students. And it was associated with the males but not the females.

Park et al (2012) conducted a study on the social implications of the smart phone use and its effect on the Korean college students and their psychological well being. The result showed that it was negatively related to the loneliness and depression and positively related to the self esteem. In addition, bonding and the bridging of the social support and social relations increase self esteem and decrease loneliness and depression.

Young (2007) conducted a study on cognitive behaviour therapy with internet addicts. The results showed that middle aged men with 4 year degree were likely to suffer from the from some internet addiction. It was shown less in females that the internet addiction was at a low level. It was also shown that most of the people were able to show their presenting complaints by the eighth session.

Huang (2010) conducted a study on the internet addiction and its effect of psychological well being. It was shown that there was a relationship between the internet addiction and the psychological well being which had an impact on the depression, loneliness, self esteem and life satisfaction too. Internet addiction was resulted to have an impact on the psychological well being of the college students.

Wang (2001) conducted a study on internet dependency and psychosocial maturity among college students. The survey was conducted among 217 students in an Australian regional university. It was shown that the internet dependency of the students seemed to be very independent of the psychosocial maturity and the general self efficacy.

Morgan et al (2003) conducted a study on internet activities and depressive symptoms among college freshmen. Results showed that increased chat room chat and instant messaging were associated with the decreased depressive symptoms whereas the increased internet hours showed the internet activities for shopping, games are closely associated with the increased depressive symptoms.

Koc et al (2016) conducted a study on Facebook addiction among the Turkish college students. The results showed that weekly timely commitments, insomnia, depression and anxiety positively predicted Facebook addiction. It was found that the students who spent more time on Facebook did on have a psychological well being and had self esteem issues too.

Samaha et al (2016) conducted a study on relationships among smartphone addiction, stress, life satisfaction and academic performance. The results showed that smartphone addiction resulted in positively related to perceived stress but negatively related to the satisfaction with life. And the smartphone risk was very negatively related to the academic performance but positively related to the satisfaction with life.

Chen et al (2018) conducted a study on the internet use by university students' and its relationship with interpersonal relationships, academic performance, self-evaluation and psychosocial adjustment. The result showed that heavy and non-heavy internet users differed a lot of number of dimensions. Non heavy users had better relationship with their academic performance, learning satisfaction, administrative staff. Heavy users were more likely to be ill, lonely, depressed and introverted.

Celik et al (2013) conducted a study on the relationship between interpersonal cognitive distortions and problematic internet use and life satisfaction in university students. Findings revealed that females had high level of problematic internet use than males and felt lonely and had low self-esteem. Significant predictors of internet use were life satisfaction and cognitive distortions.

Yeh et al (2008) conducted a study on gender differences in virtual and actual support to internet addiction through depressive symptoms among college students in Taiwan. The results showed that in females both virtual and actual support indirectly or directly mediated

through depressive symptoms. Also, in both genders lower actual support and higher virtual support resulted in higher depressive symptoms.

Lavin et al (1999) conducted a study on collegiate vulnerability and sensation seeking to internet dependence. The results revealed that the dependents on the internet showed lower on sensation seeking, excitement, thrill and adventure than nondependent internet users. It was shown that dependents were also low on life satisfaction and self-esteem.

Wang et al (2008) conducted a study on life satisfaction and leisure satisfaction of adolescents concerning online gaming. The result was shown that adolescents likely to spend their time and occupy the leisure time with online gaming. It also showed a negative relationship between life satisfaction and web surfing frequency in adolescents.

Liu et al (2008) conducted a study on the relationship between life satisfaction and internet addiction and its effects on the life satisfaction of the college students. The result showed that the life satisfaction of the students was less who used more internet compared to the ones who were less active. It was also shown that females had higher score in life satisfaction than the males as the males had a negative score in internet addiction and most of the male participants were addicted to internet and spent their most time on it.

Seyhan et al (2008) conducted a study on depression, loneliness and computer self efficacy as predictors of internet use. The results showed that loneliness was found to be the most important variable. Depression was ranked the second predictor and computer self efficacy was ranked the third one. It was also indicated that the students that had spent more hours on internet were likely to get depressed and lonely than who spent less time on internet.

Chi et al (2016) conducted a study on the internet addiction among the college students in china as prevalence correlates. The results showed that promoting the psychosocial competence and improving family relations will eventually reduce the dependence on internet. Also, it was revealed that psychosocial relations were to be treated among the high dependents on internet.

METHODOLOGY
Aim: To investigate the impact of internet addiction on general well being and life satisfaction of college students

Objective
O₁ To study the level of internet addiction, well being and life satisfaction in college students
O₂ To study the gender difference in internet addiction in college students
O₃ To study the gender difference in wellbeing of college students
O₄ To study the gender difference in life satisfaction of college students
O₅ To study the relationship between internet addiction, well being and life satisfaction
Hypothesis
H₁ There will be a significant gender difference between internet addiction, general well being and life satisfaction
H₂ There will be a significant gender difference in internet addiction and general well being
H₃ There will be a significant gender difference in internet addiction and life satisfaction

Sample

A sample of 100 college going individuals of age group 18 to 25 years was selected using purposive sampling. All the participants were the residents of various parts of Jammu, Delhi, NCR. The mean age was 20.79.

50 males and 50 females participated in this research.

Research Variables

Independent Variable

- Internet Addiction

Dependent Variable

- General Well being
- Life Satisfaction

Tools

S.N	Name of the Tool	Author	Year	No. of items	Reliability	Validity
1	Internet Addiction Test	Dr. Kimberly Young	1998	20	Split half coefficient=0.90	High content validity
2	PGI General Well being	S.K Verma	2000	20	Test-retest coefficient= 0.91	High convergent Validity
3	Life Satisfaction	Hardeo Ojha	1989	20	Split half coefficient=0.83	High construct Validity

Tools Description

- **Internet Addiction Test (IAT):** It was developed by Dr. Kimberly Young. It is a 5 point Likert type scale ranging from 0 to 5 consisting of 20 questions. The IAT higher score represents the higher level of severity of internet addiction.
- **General Well Being Scale (PGI GWBM):** It was developed by S.K Verma in 2017. It consists of 20 items that need to be responded as per the subject's preference.
- **Life Satisfaction Scale (LSS-OH):** The LSS-OH was developed by Professor Hardeo Ojha. It is a five point Likert Scale viz., Strongly agree, Agree, Neither, Disagree and Srongly agree; with 20 items in which 12 items are in positive direction indicating satisfaction with life (i.e 1,2,4,6,7,9,10,11,13,14,17,19) and 8 items in negative direction to satisfaction with life (i.e 3,5,8,12,15,16,18,20).

Statistical Tools

- **T test** was used to calculate the gender difference between the variables
- **Descriptive Statistics** was used to calculate sum, mean, median etc
- **Pearson Correlation** was used to find the relationship between the variables
- **Simple Linear Regression** was used to find the degree of effect of independent variable on the dependent variables

RESULTS

The results of the analysis carried out to determine the various hypotheses with the objectives to see the relationship between the three variables i.e., Internet addiction, and General Well Being and Life satisfaction; and to study the impact of Internet Addiction on Well Being and Life Satisfaction.

Table-1 Represents descriptive statistics

Descriptive Statistics

	N	Range	Minimum	Maximum	Mean		Std. Deviation	Variance	Skewness		Kurtosis	
	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Statistic	Statistic	Std. Error	Statistic	Std. Error
INTERNET ADDICTION	100	65.00	20.00	85.00	48.3300	1.40159	14.01590	196.446	.245	.241	-.496	.478
WELL BEING	100	18.00	1.00	19.00	10.6300	.54821	5.48212	30.054	-.227	.241	-1.315	.478
LIFE SATISFACTION	100	45.00	39.00	84.00	62.9800	.92605	9.26052	85.757	.080	.241	-.093	.478
Valid N (listwise)	100											

Group Statistics

	GENDER	N	Mean	Std. Deviation	Std. Error Mean
INTERNET ADDICTION	MALE	50	51.2200	13.78596	1.94963
	FEMALE	50	45.4400	13.77688	1.94835

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
INTERNET ADDICTION	Equal variances assumed	.129	.721	2.097	98	.039	5.78000	2.75628	.31024	11.24976
	Equal variances not assumed			2.097	98.000	.039	5.78000	2.75628	.31024	11.24976

Group Statistics

	GENDER	N	Mean	Std. Deviation	Std. Error Mean
WELL BEING	MALE	50	10.9800	5.48277	.77538
	FEMALE	50	10.2800	5.51451	.77987

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference		Lower	Upper
WELL BEING	Equal variances assumed	.048	.826	.637	98	.526	.70000	1.09973		-1.48238	2.88238
	Equal variances not assumed			.637	97.997	.526	.70000	1.09973		-1.48238	2.88238

Group Statistics

	GENDER	N	Mean	Std. Deviation	Std. Error Mean
LIFE SATISFACTION	MALE	50	64.5800	8.52150	1.20512
	FEMALE	50	61.3800	9.76853	1.38148

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference		Lower	Upper
LIFE SATISFACTION	Equal variances assumed	1.169	.282	1.746	98	.084	3.20000	1.83325		-.43802	6.83802
	Equal variances not assumed			1.746	96.227	.084	3.20000	1.83325		-.43886	6.83886

Descriptive Statistics

	Mean	Std. Deviation	N
INTERNET ADDICTION	48.3300	14.01590	100
WELL BEING	10.6300	5.48212	100
LIFE SATISFACTION	62.9800	9.26052	100

Table 2 Represents Correlation

Correlations

		INTERNET ADDICTION	WELL BEING	LIFE SATISFACTION
INTERNET ADDICTION	Pearson Correlation	1	-.371**	-.160
	Sig. (2-tailed)		.000	.112
	N	100	100	100
WELL BEING	Pearson Correlation	-.371**	1	.396**
	Sig. (2-tailed)	.000		.000
	N	100	100	100
LIFE SATISFACTION	Pearson Correlation	-.160	.396**	1
	Sig. (2-tailed)	.112	.000	
	N	100	100	100

**. Correlation is significant at the 0.01 level (2-tailed).

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	INTERNET ADDICTION[b]	.	Enter

a. Dependent Variable: WELL BEING

b. All requested variables entered.

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	409.133	1	409.133	15.624	.000[b]
	Residual	2566.177	98	26.185		
	Total	2975.310	99			

a. Dependent Variable: WELL BEING

b. Predictors: (Constant), INTERNET ADDICTION

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	17.640	1.846		9.557	.000
	INTERNET ADDICTION	-.145	.037	-.371	-3.953	.000

a. Dependent Variable: WELL BEING

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	INTERNET ADDICTION[b]	.	Enter

a. Dependent Variable: LIFE SATISFACTION

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.160[a]	.026	.016	9.18804

a. Predictors: (Constant), INTERNET ADDICTION

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	216.793	1	216.793	2.568	.112^a
	Residual	8273.167	98	84.420		
	Total	8489.960	99			

a. Dependent Variable: LIFE SATISFACTION

b. Predictors: (Constant), INTERNET ADDICTION

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	68.083	3.314		20.543	.000
	INTERNET ADDICTION	-.106	.066	-.160	-1.603	.112

a. Dependent Variable: LIFE SATISFACTION

DISCUSSION & CONCLUSION

The study aimed to understand the relationship between Internet addiction, General Well Being and Life Satisfaction and the effect of internet addiction on life satisfaction and General well-being among college students. For this hypothesis was constructed. It was hypothesised that the internet addiction, well-being and life satisfaction will have a significantly positive relationship. The other hypothesis was constructed that internet addiction will have significant effect on general well-being and internet addiction will have significant effect on life satisfaction.

For this study sample of 100 participants was taken that were college going students aged 18-25 years out of which 50 were males and 50 were females. The respective subjects were asked to fill a questionnaire booklet that consisted of three different standardized test that were Internet addiction, PGI General well-being and Life satisfaction. Along with these questionnaires the demographic information of the participants was also collected. All these questionnaires were administered in person.

For the data collection, SPSS-18 was used for the analysis. Descriptive analysis was used to interpret the results. Pearson correlation coefficient was calculated to examine the relationship between the Internet addiction, Life satisfaction and General well-being. Then, the Linear regression was conducted to enumerate the extent to which the internet addiction influences the life satisfaction and general well-being. T test was used to calculate the gender difference between the variables.

A very critical and close study, evaluation and analysis of the sample reveal some definite features. The study basically covers topographical regions and varied backgrounds of the college students who provided the necessary results for the study to draw conclusions.

After reviewing the inputs, it was found out that the mean of Internet addiction of sample (48.33) was the average. The mean of general well-being of the sample (10.63) was seen to be the desired average. The average mean of Life satisfaction was (62.98).

So, it can be concluded that the results even though the General well being and Life satisfaction of individuals are positively related to each other.

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