Comparative Study

A Comparative Study of Adjustment of Among Internet Addicted and Non-Addicted Adolescents

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ABSTRACT

Adolescence is the too much sensitive age of life. Adjustment is a continual process by which a person varies his behavior to produce a more harmonious relationship. Internet uses sometimes converts into addiction for adolescent. In the present study researcher selected 120 adolescents selected (30 male internet adolescents, 30 female internet addicted adolescent, 30 male non-internet adolescents, 30 female non-internet addicted adolescent) by purposive sampling technique. Researcher has used Internet Addiction Test by Dr. Kimberly Young was used; and for assess adjustment, Bell's Adjustment inventory BAI developed by Dr. R. K. Ojha for collect the data. The result shows that the there is significant difference in adjustment level in internet addicted and non-addicted adolescents.

Keywords: *Adjustment, Internet Addicted, Non-Addicted, Adolescents*

Internet addiction is a growing epidemic characterized by a compulsive desire to interact online through internet gaming, gambling, cybersex, social networking or compulsive surfing of the web. According to Dr. Kimberly Young, the first psychologist to document internet addiction, these disorders are similar to impulse-control disorders. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and Adolescents through adulthood. Over the course of your life, if you experience mental health problems, you're thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: 1) Biological factors, such as genes or brain chemistry, 2) Life experiences, such as trauma or abuse, 3) Family history of mental health problems. Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

The concept of adjustment is as old as human race on earth. Systematic emergence of this concept starts from Darwin. In those days the concept was purely biological and he used the term adaptation. The adaptability to environmental hazards goes on increasing as we proceed on the psychogenetic scale from the lower extreme to the higher extreme of life. Insects and germs, in comparison to human beings, cannot withstand the hazards of

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changing conditions in the environment and as the season changes, they die. Hundreds of species of insects and germs perish as soon as the winter begins.

S. John, Michael Raj (2012) investigated Impact of Internet use on adjustment of IT students. Internet has occupied of pivotal place today. The usage of internet gets increased in a high-speed level. And the usage of internet has systematic impact on the human behavior. The present piece of research specifically focuses on the impact of internet usage on the adjustment of the IT students. 100 internet users identified from the IT Department, Bharathiar University, Coimbatore, Tamilnadu formed the sample for the study. All the subjects are perusing for their MSc and MCA degrees. Their age ranged of 20-24 years of the age. The internet user general questionnaire developed by Pratar Elli and Browne (1999) and Bells Adjustment Inventory developed by Lalita Sharma have been used to collect the relevant data. The data were subjected to one way analysis of variance test. The findings revealed that internet using found to have influencing effect of the level of adjustments of the internet users.

Ying-Fang Chen and Samuel S. (2008) studied University Students' Internet Use and Its Relationships with Academic Performance, Interpersonal Relationships, Psychosocial Adjustment, and Self-Evaluation. This study examined the relationships between university students' Internet use and students' academic performance, interpersonal relationships, psychosocial adjustment, and self-evaluation. The study was based on data drawn from a national survey of college students in Taiwan. A stratified sample of 49,609 students (2005–2006 academic year juniors) was randomly selected from 156 universities (174,277 students). Students completed a questionnaire online. Heavy Internet users and nonheavy Internet users differed significantly on a number of dimensions. Nonheavy users had better relationships with administrative staff, academic grades, and learning satisfaction than heavy Internet users.

Dr. Neeta Sharma, Km. Anu (2015) studied on Influence of Internet Addiction on Mental Health and Adjustment of College Students. Internet is a network of millions of computers across the world and thereby it is the vast collection of resources people, it enables efficient and effective communication. The use of the internet among college students has increased considerably over the last few years. Internet has become an indispensable tool in business and academia and personal use is increasing every day. For better or worse, internet has infiltrated every aspect of our lives. Society has reached such a level that it is difficult rather impossible to live without the Internet. Moreover, college students are the greater users of the Internet. Excessive use of the Internet leads the students to become addicts and affect the psychology of the students. In fact, the present study concluded that greater use of Internet leads to decrease the mental health and Adjustment level among college students. Hence Internet addiction and mental health and Adjustment are closely related. It can also be stated Internet plays a major role in the psychology of the students.

Objectives of the Study
- To study and compare internet addicted and internet non-addicted adolescents with regards to their adjustment.
- To study and compare internet addicted and internet non-addicted male adolescents with regards to their adjustment.
- To study and compare internet addicted and internet non-addicted female adolescents with regards to their adjustment.

Hypotheses of the Study
- There is no significant difference between internet addicted and internet non-addicted adolescents with regards to their adjustment.
- There is no significant difference between male adolescents with internet addicted and male adolescents with internet non-addicted with regards to their adjustment.
- There is no significant difference between female adolescents with internet addicted and female adolescents with internet non-addicted with regards to their adjustment.

RESEARCH METHOD
Descriptive research method has been used.

Sample and Sampling
In the present research sample comprised of 120 adolescents (Internet addicted and non-Addicted) as total sample were equally categories according to their Gender (60 male and 60 female). Total sample were selected randomly from Patan District of Gujarat state.

Research Tools
For the measures of internet addiction, Internet Addiction Test by Dr. Kimberly Young was used; and for assess adjustment, Bell's Adjustment inventory BAI developed by Dr. R. K. Ojha for collect the data.

Statistical Techniques
Data were analyzed by following statistical techniques:
- Mean and Standard Deviation (S.D.)
- t-test for significance of difference between means

RESULTS AND INTERPRETATION
In order to find out the significance of differences in mean emotional intelligence scores of corporate employees students' t-test was computed. The detail has been presented in table - A.

Table - A: Differences in Mean score of adjustment of internet addicted and non-addicted adolescents.

Adolescents	N	Mean	SD	t- Value	Level of Sign.
Internet addicted	60	66.38	04.53	6.130**	0.01
Internet Non-addicted	60	53.56	05.65		

** Significant at 0.01 level of significance

It is indicted from table - A; that the mean adjustment scores of internet addicted and internet non-addicted adolescents; mean score of internet addicted adolescent is 66.38 and non-internet adolescents is 53.56 with corresponding SD are 4.53 and 5.65 respectively. The calculated t-value 6.130 is significant at 0.01 level of significance with df/118. It means that the adolescents with internet addiction and adolescents with internet non-addiction are differs significantly on their adjustment. Further, adolescents with Internet non-addicted have good adjustment in compare to adolescents with internet addicted. So, null Hypothesis is rejected as there is significant difference in mean score of adjustment of internet addicted and internet non-addicted adolescents.

Table - B: Differences in Mean score of adjustment of internet addicted and non-addicted male adolescents.

Adolescents	N	Mean	SD	t- Value	Level of Sign.
Male Internet addicted	30	65.95	05.58	5.439**	0.01
Male Internet Non-addicted	30	57.66	05.90		

** Significant at 0.01 level of significance

It is indicted from table - B; that the mean adjustment scores of internet addicted and internet non-addicted male adolescents; mean score of internet addicted male adolescent is 65.95 and non-internet male adolescents is 57.66 with corresponding SD are 5.58 and 5.90 respectively. The calculated t-value 5.439 is significant at 0.01 level of significance with df/58. It means that the male adolescents with internet addiction and male adolescents with internet non-addiction are differs significantly on their adjustment. Further, male adolescents with Internet non-addicted have good adjustment in compare to male adolescents with internet addicted. So, null Hypothesis is rejected as there is significant difference in mean score of adjustment of internet addicted and internet non-addicted male adolescents.

Table - C: Differences in Mean score of adjustment of internet addicted and non-addicted Female adolescents.

Adolescents	N	Mean	SD	t- Value	Level of Sign.
Female Internet addicted	30	66.14	05.54	6.062**	0.01
Female Internet Non-addicted	30	55.62	06.02		

** Significant at 0.01 level of significance

It is indicted from table - C; that the mean adjustment scores of internet addicted and internet non-addicted female adolescents; mean score of internet addicted female adolescent is 66.14 and non-internet female adolescents is 55.62 with corresponding SD are 5.54 and 6.02 respectively. The calculated t-value 6.062 is significant at 0.01 level of significance with df/58. It means that the female adolescents with internet addiction and female adolescents with internet non-addiction are differs significantly on their adjustment. Further, female adolescents with Internet non-addicted have good adjustment in compare to female adolescents with internet addicted. So, null Hypothesis is rejected as there is significant difference in mean score of adjustment of internet addicted and internet non-addicted female adolescents.

Finding

- The result shows that the internet addicted and internet non-addicted adolescents differs significantly on their adjustment. Further, internet non-addicted adolescents are well adjusted than the internet addicted adolescents.
- The result shows that the internet addicted and internet non-addicted male adolescents differs significantly on their adjustment. Further, internet non-addicted male adolescents are well adjusted than the internet addicted male adolescents.
- The result shows that the internet addicted and internet non-addicted female adolescents differs significantly on their adjustment. Further, internet non-addicted female adolescents are well adjusted than the internet addicted female adolescents.

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Conflict of Interest

The author(s) declared no conflict of interest.

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