

Research Paper

Adjustment among Internet Addict and Non-Addict Adolescents

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ABSTRACT

The present study aimed to know the adjustment among internet addict and internet non-addict adolescents. It also aimed to check adjustment with reference to gender and residential area. High School Adjustment Inventory (HSAI) by A. K. Singh & A. Sen Gupta (2011) was used. The sample constituted total 120 adolescents out of which 60 were from internet addict adolescents (30 urban area and 30 rural area) and 60 from internet non-addict adolescents (30 urban area and 30 rural area). The data was collected from Ahmedabad District. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that.

Keywords: *Adjustment, Internet Addict and Non-Addict Adolescents, Urban and Rural Area*

Adjustment is a process that provides applicants who met and exceeded the conditions of their firm choice an opportunity to reconsider where and what to study. Eligible applicants register to use Adjustment in Track. If they are accepted by another university or college, the new choice will replace their original choice as their unconditional firm offer. Adjustment is the relationship which comes to be established between the individual and the environment. Every individual play certain position in his social relations. He is trained to play his role in such a way that his maximum needs will be fulfilled. So, he should play his role properly and get maximum satisfaction. If he does not play his role according to standards and training. Home Environment received his needs may not be fulfilled and he may get frustrated. The term adjustment refers to the extent to which an individual's personality functions effectively in the world of people. It refers to the harmonious relationship between the person and the environment. In other words, it is the relationship that comes among the organisms, the environment and the personality.

Definition of Adjustment

- “The act of adjusting, or condition of being adjusted; act of bringing into proper relations; regulation. Success depends on the nicest and minutest adjustment of the parts concerned” – (Paley, 1956).
- “Settlement of claims; an equitable arrangement of conflicting claims, as in set-off, contribution, exoneration, subrogation, and marshaling”. – (Bispham, 1967).
- “Adjustment is such process through which individual maintains the balance among the factors affecting the fulfillment of his needs”. – (Boring and Lang Field, 1975).

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- “Adjustment is an attempt to fulfill needs and become tension free”. –(Colman, 1988)

Meaning of Adjustment

We have used the term adjustment several times without clarifying its exact meaning. The concept of adjustment was originally borrowed from biology. Term adaptation, which returns to efforts by a species to adjust to changes in its environment just as a field mouse has to adapt an unusually brutal, winter a person to adjust to changes in circumstances such as a new job, a financial set back, or the loved one. As you can see, the study of adjustment delays in to nearly every corner of people’s lives and we will be discussing fevers array of issues and topics. Before we begin considering these topics in earnest, however we need to take a closer look of psychology’s approach to investigation behavior. Adjustment is a quality of human response or personality to which we turn our attention when we are interested in the question of how poorly mental activity and behavior are suited to the demands made on the people we are studying.

Concept of Adjustment

1. Adjustment is a continuous process to produce harmonious relationship between a man and his environment.
2. Adjustment implies proper degree of social feelings and sense of social responsibility.
3. Adjustment is a state which promotes happiness and efficiency in an environment.
4. Adjustment is a process through which a man can change his environment according to his needs.
5. Adjustment leads to the modification of one’s behavior and attitude.

Parmar Rashmikant N. (2017) had found the 1. Significant difference is existing between internet addict and non- addict adolescents on Mental Health. Internet addict adolescent have poor mental health than non-addict adolescent, 2. Significant difference is not existing between male and female adolescents on Mental Health. 3. Significant interaction effect was existing between Type of adolescents and Gender on Mental Health. Female Internet Addict Adolescent have poor Mental Health then remaining group of adolescents. 4. Significant difference was existing between addict and non- addict adolescents on Adjustment. Internet addict adolescent have poor adjustment than non-addict adolescent. 5. Significant difference was not existing between male and female adolescents on adjustment. 6. Significant interaction effect was not existing between Type of adolescents and Gender on adjustment.

Objectives

The objectives:

1. To Study of the adjustment among the internet addict and internet non-addict adolescents.
2. To Study of the adjustment among the adolescents of urban and rural area.
3. To Study of the interactive effect of adjustment with regards to type of adolescents and residential area.

METHODOLOGY

Hypothesis

1. There will be no significant difference in the mean score of adjustment among the internet addict and internet non-addict adolescents.

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2. There will be no significant difference in the mean score of adjustment among the adolescents of urban and rural area.
3. There will be no significant difference in the interactive effect of the mean scores of adjustments with regards to the type of adolescents and residential area.

Sample

The sample of the present study constituted total 120 adolescents out of which 60 were from internet addict adolescents (30 urban area and 30 rural area) and 60 from internet non-addict adolescents (30 urban area and 30 rural area).

Research Design

A total sample of 120 adolescents equally distributed between internet addict and internet non-addict adolescents and residential area from Ahmedabad District selected for the research study.

Showing the table of Sample Distribution

Residential Area (B)	Type of adolescent (A)		Total
	Internet addict (A ₁)	Internet non-addict (A ₂)	
Urban Area (B ₁)	30	30	60
Rural Area (B ₂)	30	30	60
Total	60	60	120

Variable

Independent Variable

1. **Type of adolescents:** Internet addicts and Internet non-addicts.
2. **Residential Area:** Urban and Rural Area.

Dependent Variable: Adjustment Score.

Tools

High School Adjustment Inventory (HSAI) by A. K. Singh & A. Sen Gupta (2011) was used. The scale consists of 150 statements. Students should read the question carefully and then making their responses by putting tick mark (√) in either two cells indicating Yes or No in the sheet. There is no time limit for the test. But generally, the students take 40 to 45 minutes time in completing the test. The reliability Test-Retest was 0.764 and Splif-half was 0.825 and Validity was 0.42.

Procedure

The permission was granted from Internet addict and internet non-addict adolescents in Gujarat state after the establishment of rapport, personal information and the High School Adjustment Inventory (HSAI) was administrated the data was collected, scored as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

RESULT AND DISCUSSION**Table: 1** The Table showing sum of variance mean 'F' value and level of significance of type of adolescents and residential area.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	4284.07	4.14	0.05*
SS _B	1	1477.01	1.43	N.S.
SS _{A*B}	1	78.41	0.08	N.S.
SS _{Error}	116	1036.01		
SS _{Total}	119	126016.93		

*0.05=3.92, **0.01=6.84, N.S.= Not Significant

A = Type of adolescents B = Residential Area
 A1 = Internet addicts B1 = Urban Area
 A2 = Internet non-addicts B1 = Rural Area

Table: 2 The Table showing the Mean Score of Adjustment of Internet addict and internet non-addict adolescents.

	A (Type of adolescents)		'F' value	Sign.
	A ₁ (Internet addicts)	A ₂ (Internet non-addicts)		
M	98.05	110.00	4.14	0.05
N	60	60		

The above table no.2 shows the mean score of adjustment among internet addict and internet non-addict adolescents. The mean score of internet addict adolescents group is 98.05 and internet non-addict adolescents group is 110.00. The 'F' value is 4.14 which is found to be significant level at 0.05. This means that the two-group interaction effect under study differ significantly in relation to adjustment and residential area. It should be remembered here that, according to scoring pattern, higher score indicates high adjustment. Thus, from the result it could be said that, the internet non-addict adolescents group is having more adjustment than internet addict adolescents group. Therefore, the hypothesis no.1 that, "There is no significant difference in the mean score of adjustment among the internet addict and internet non-addict adolescents" is rejected.

Table: 3 The Table showing the Mean Score of Adjustment of adolescents of urban and rural area.

	B (Residential Area)		'F' value	Sign.
	B ₁ (Urban Area)	B ₂ (Rural Area)		
M	107.53	100.52	1.43	N.S.
N	60	60		

The above table no.3 shows the mean score of adjustment among adolescents of urban and rural area. The mean score of adolescents of urban area group is 107.53 and adolescents of rural area group is 100.52. The 'F' value is 1.43 is not significant. Therefore, the hypothesis no.2 that, "There is no significant difference in the mean score of adjustment among the adolescents of urban and rural area" is accepted.

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Table: 4 The Table showing the interactive effect of the Mean Score of adjustment of type of adolescents and residential area

			A		‘F’ value	Sign.
			A ₁	A ₂		
M	B	B ₁	102.37	112.70	0.08	N.S.
		B ₂	93.73	107.30		
N			60	60		

The above table no.4 shows the interactive effect of Adjustment among the level of education and gender. The mean score of internet addict adolescents of urban area group is 102.37, internet addict adolescents of rural area group is 93.73, internet non-addict adolescents of urban area group is 112.70 and internet non-addict adolescents of rural area group is 107.30. The ‘F’ value is 0.08 which was found to be not-significant. Therefore, the hypothesis no.3 that, “There is no significant difference in the interactive effect of the mean scores of adjustment with regards to the type of adolescents and residential area” is accepted.

CONCLUSION

1. There is no significant difference in the mean score of adjustment among the internet addict and internet non-addict adolescents.
2. There is significant difference in the mean score of adjustment among the adolescents of urban and rural area. Therefore, it could be said that, the adolescents of rural area group are having high adjustment than adolescents of urban area group.
3. There is no significant difference in the interactive effect of the mean scores of adjustments with regards to the type of adolescents and residential area.

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Conflict of Interest

The author(s) declared no conflict of interest.

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