

A Comparative Study of Adjustment of Among Internet Addicted and Non-Addicted College Students of Patan City

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ABSTRACT

A student is an individual engaged in formal education or learning, typically enrolled in an educational institution such as a school, college, or university, for the purpose of acquiring knowledge, skills, and academic qualifications. Internet uses sometimes converts into addiction for College Students of Patan City. In the present study researcher selected 180 College Students of Patan City selected (40 male internet College Students of Patan City, 40 female internet addicted College Students of Patan City, 40 male non-addicted College Students of Patan City, 40 females non-internet addicted College Students of Patan City) 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 College Students of Patan City.

Keywords: *Adjustment, Internet Addicted, Non-Addicted College Students*

Adjustment is the main component part of human life. Living is a process of adjustment and it is a process of unique importance in human life. It is a satisfactory and harmonious relationship of an organism to its environment. Thus, the term adjustment may be defined as, "the process of finding and adopting modes of behavior suitable to the environment or to the changes in the environment".

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 College Students of Patan City 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.

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Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

Alabi (2013) "A Survey of Facebook Addiction Level among Selected Nigerian University Undergraduates" study suggested that 'Internet Spectrum Addiction' happen because of problematic internet use. This study reported clearly that Nigeria not protected for other social media users; they said limited internet facility was defensive. They said it is essential that take fast action and prevention for social networking addiction. They found that in the private universities than it is in public universities there is growing tendencies of Facebook addiction among undergraduates. They suggested that many students from private universities came from rich family, so access of internet are not problem for them.

Amit Malviya, et. al (2014) "A Study to Evaluate Internet Addiction Disorder Among Students of a Medical College and Associated Hospital of Central India" paper suggest that like any other addiction, internet addiction is same. This paper said that uncontrollable feeling without use of internet and they found result that problem with users and their relationships. Also, problem for their academic work or in services. Uncontrolled use of accessing social networking sites playing online games and surfing of different internet sessions also include in this addiction.

Anderson (2001) "Internet use among college students: An exploratory study, paper study the association between use of internet and its effects on academic performance, sleep patterns, school curricular activities and also real-life relationships from college students. They collect large sampling 1,300 from college students. It found that sleep patterns are only related with use of internet.

Ani (2010) "Internet access and use: A study of undergraduate students in three Nigerian Universities" paper found that the access level internet and also use of electronic resources among students of Nigerian University. They collect data from different three universities and undergraduate students. They found that use of internet is extensively by students. From their collecting sampling they found that majority of respondent's uses internet on private sector, commercial internet services as well as in cybercafé. Also they suggest that education by internet for students is essential to use of electronic resources and database.

Objectives of the Study

- To study and compare internet addicted and internet non-addicted College Students of Patan City with regards to their adjustment.
- To study and compare internet addicted and internet non-addicted male College Students of Patan City with regards to their adjustment.
- To study and compare internet addicted and internet non-addicted female College Students of Patan City with regards to their adjustment.

Hypotheses of the Study

- There is no significant difference between internet addicted and internet non-addicted College Students of Patan City with regards to their adjustment.
- There is no significant difference between male College Students of Patan City with internet addicted and male College Students of Patan City with internet non-addicted with regards to their adjustment.

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- There is no significant difference between female College Students of Patan City with internet addicted and female College Students of Patan City 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 180 College Students of Patan City (Internet addicted and Non-Addicted) as total sample were equally categories according to their Gender (80 males and 80 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 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 College Students of Patan City.

College Students of Patan City	N	Mean	SD	t- Value	Level of Sign.
Internet addicted	80	64.05	11.47	18.168**	0.01
Internet Non-addicted	80	33.17	10.00		

** 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 College Students of Patan City; mean score of internet addicted College Students of Patan City is 64.05 and non-internet College Students of Patan City is 33.17 with corresponding SD are 11.47 and 10.00 respectively. The calculated t-value 18.168 is significant at 0.01 level of significance with df/158. It means that the College Students of Patan City with internet addiction and College Students of Patan City with internet non-addiction are differs significantly on their adjustment. Further, College Students of Patan City with Internet non-addicted have good adjustment in compare to College Students of Patan City 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 College Students of Patan City.

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Table - B: Differences in Mean score of adjustment of internet addicted and non-addicted male College Students of Patan City.

College Students of Patan City	N	Mean	SD	t- Value	Level of Sign.
Male Internet addicted	40	64.12	11.72	12.627**	0.01
Male Internet Non-addicted	40	33.32	10.03		

** 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 College Students of Patan City; mean score of internet addicted male College Students of Patan City is 64.12 and non-internet male College Students of Patan City is 33.32 with corresponding SD are 11.72 and 10.03 respectively. The calculated t-value 12.627 is significant at 0.01 level of significance with df/78. It means that the male College Students of Patan City with internet addiction and male College Students of Patan City with internet non-addiction are differs significantly on their adjustment. Further, male College Students of Patan City with Internet non-addicted have good adjustment in compare to male College Students of Patan City 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 College Students of Patan City.

Table - C: Differences in Mean score of adjustment of internet addicted and non-addicted Female College Students of Patan City.

College Students of Patan City	N	Mean	SD	t- Value	Level of Sign.
Female Internet addicted	40	64.05	11.36	12.916**	0.01
Female Internet Non-addicted	40	33.02	10.09		

** 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 College Students of Patan City; mean score of internet addicted female College Students of Patan City is 64.05 and non-internet female College Students of Patan City is 33.02 with corresponding SD are 11.36 and 10.09 respectively. The calculated t-value 12.916 is significant at 0.01 level of significance with df/78. It means that the female College Students of Patan City with internet addiction and female College Students of Patan City with internet non-addiction are differs significantly on their adjustment. Further, female College Students of Patan City with Internet non-addicted have good adjustment in compare to female College Students of Patan City 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 College Students of Patan City.

Finding

- The result shows that the internet addicted and internet non-addicted College Students of Patan City differs significantly on their adjustment. Further, internet non-addicted

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College Students of Patan City are well adjusted than the internet addicted College Students of Patan City.

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

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Conflict of Interest

The author declared no conflict of interest.

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