

Research Paper

## A Study of Internet Addiction of Students Studying in Secondary and Higher Secondary School

Dr. Manisha D. Bhatu<sup>1\*</sup>

### ABSTRACT

The purpose of the present research was to study the internet addiction of students studying in secondary and higher secondary school. In this study 120 boys and girls studying in secondary and higher secondary schools from Rajkot district were selected as samples. For its measurement, Internet Addiction Scale was developed Yung (2015) to measure Internet Addiction among students. Here F – test was applied to see the differences of mean score of Internet Addiction between boys and girls students with secondary and higher secondary school. The results of the study show that there is a significant difference in the impact of internet addiction in boys and girls. (F- 13.37) There is a significant difference in the effect of internet addiction of students studying in secondary and higher secondary school. (F- 9.36) There is no significant difference in the effect of internet addiction among boys and girls studying in secondary and higher secondary school. (F- 2.45)

**Keywords:** *Internet Addiction, Secondary and Higher Secondary School Students*

Technological revolution in human life since the invention of internet This Vehe. Due to which there has been a radical change in people's lives. In the present information technology and cyber era, the biggest consumers of internet are the youth of the country and especially the students. Still, India is the youngest country in the world. The Internet encompasses a global network of private, public, educational, commercial, and government networks around the world. So that all the information is available on the internet to individuals and organizations at very low cost and without time delay. On the other hand, internet among school-college students No Internet addiction has increased due to excessive and unlimited use. The bad effects of this internet addiction push the students into many other problems.

In internet business, has become an indispensable tool in education, personal use and all other fields. For better or worse, the Internet has infiltrated every aspect of our lives. Society today has reached a level where life without internet has become difficult. Students are big users of internet. They are addicted to excessive use of the Internet(Addiction) and affects their psychology. The present study concluded that excessive use of the Internet reduces the mental health and adjustment level of college students.

<sup>1</sup>Assistant Professor, Mahila Arts, Commerce, BBA, BCA College Junagadh, Junagadh, Gujarat

\*Corresponding Author

Received: September 17, 2023; Revision Received: September 20, 2023; Accepted: September 22, 2023

## **A Study of Internet Addiction of Students Studying in Secondary and Higher Secondary School**

Today everyone needs help in their personal work but as soon as one becomes addicted to it, it becomes the cause and root of many problems of the person. Children of today's age have been holding smartphones in their hands since birth. His statistical speed and understanding of tools is many times greater than that of older people. A learning weak student learns the net very quickly in mobile and computer. Today's education has also become more learning on the internet. So that the student is constantly connected to the internet.

At present, he was satisfying his curiosity through the internet, doing business, getting education and availing other services internet has become a helping hand and people are using it happily. On the other hand, there is no doubt that many problems will arise considering the prevalence and future state of this use. Because of all this, psychology and philosophy are also likely to have to be rewritten.

### ***What is Internet Addiction?***

Internet addiction is one Umbrella Term which refers to the compulsive need to spend a lot of time on the Internet. The term internet addiction was first used by Goldberg in 1996. Internet addiction is a mental condition characterized by excessive use of the Internet that harms the user. Addiction is generally understood as a mental disorder associated with compulsive behavior. When someone is constantly online then he can be described as an addict.

Students need internet more than others for their academic or research needs. In today's time, the internet has become ubiquitous and pervasive with computers, laptops, palmtop tablets, PCs, iPads and smartphones. Social media services like Facebook, Twitter, Instagram and WhatsApp, YouTube have become life for students. Students today have become internet addicts spending hours and hours on the internet.

Internet addiction is an addiction that a person cannot live without and feels a void in his life due to its absence. A person spends most of his time behind virtual or imaginary relationships. Because the internet is a very powerful medium for addiction. Users can share or discuss their content using internet addiction. But when the internet addiction becomes too much, one forgets the real world. Staying in the fantasy world has no energy and feels restless. At the same time the person starts to feel alienated from the society.

### ***Definition of Internet Addiction:***

"If a person uses the Internet to the extent that his normal life is disturbed, then he comes under the category of Internet Addiction." - **Azar and Reuter Berg (1996)**

"Internet addiction is a type of compulsive drug use behavior in which a person engages in excessive amounts." - **Brater and Forrester (1985) and Freeman (1992)**

### ***Symptoms of Internet Addiction:***

Initially a person uses the internet as a hobby. But later it gradually becomes an addiction. Below are the main symptoms of internet addiction.

1. Spending hours and hours on the internet.
2. Important activities of the individual-family, social activities, events, work responsibilities, Educational Works or business related, neglecting conscious tasks.
3. An affinity with the Internet. Use internet more and more to get satisfaction.
4. A person is constantly thinking about the next internet time and using the internet
5. If you don't get it, you will feel restless.

## A Study of Internet Addiction of Students Studying in Secondary and Higher Secondary School

6. Limiting or controlling one's internet usage time Repeated unsuccessful attempts to bring
7. A person decides to spend less time on the Internet and then realizes that many hours have gone by.
8. To hide the extent of time with the Internet from own family, lie to the therapist (specialist). It can lead to lying to family and friends.
9. Use the Internet despite the cost of not incurring excessive fees.
10. Your own mailbox in no time, keep checking social media status.
11. Significant relationships due to Internet use, to job, educational or career opportunities endanger.
12. Significant time should also be spent in internet related activities.

### REVIEW OF THE LITERATURE

1) Dr. Mayur v. Bhammar (2020) A Psychological Study of Social Media on Youth During Covid-19 Pandemic. In the present research Dr. Mayur V. Bhammar (2019) Self composed "Social Media Addiction Scale" was used. 120 young men and women from joint and nuclear families were selected as samples. To perform statistical analysis of data F-test (ANOVA) was used. The results of the present study show that social media addiction has a greater inhibitory effect in young men and women from nuclear families as compared to joint families. The effect of social media addiction is more inhibitory among young men than among young women.

2) Azizah Zainudin, Marina Md. Din, Marini Othman-2013 "Impact due to Internet Addiction among Malaysian University students."

The purpose of this study is to study the effects of internet addiction among university students in Malaysia. The research methodology used in this study was from five different universities in Malaysia 653 The survey was done by distributing questions to university students. Four potential effects were measured in this research study including academic performance, relationships, Includes personality and lifestyle. Research shows that, Internet addiction causes difficulty in respondents' academic performance, has a bad personality and practices an undesirable lifestyle. "Average user" And "Excessive user "academic performance among, there were significant differences in personality and lifestyle.

3) Subhashini KJ, Praveen G. – 2018 "An era of digital slavery: a study on internet addiction among professional college students of Hassan, Karnataka"

Hassan Institute of Medical Science, A cross on vocational course students of Government Medical College and Government Engineering College-A cross sectional study was conducted. Total for Internet addiction using Young's Internet Addiction Test 300 Students were assessed and Beck's Depression Inventory-2 Depression was assessed using.

Results: 300 Among the students of professional college 173 (57.7%) The internet was found to be addictive and from that 67 (38.7%) There was found to be a depressed and statistically significant association ( $P < 0.05$ , Or 3.6, 95% CI 2.02–6.39) was seen. Males were found to be more addicted than females and it was statistically significant.

## **METHODOLOGY**

### ***Research problem:***

The problem with the research presented is as follows.

### **"Internet Addiction of Students Studying in Secondary and Higher Secondary School"**

### ***Objectives***

The following objectives have been determined in relation to the problem of the present research.

1. To study the effect of internet addiction in boys and girls.
2. To study the effect of internet addiction among secondary and higher secondary school students.
3. To study the effect of internet addiction among secondary and higher secondary school boys and girls.

### ***Hypotheses***

The following zero hypotheses have been formulated for the purpose of the research presented.

1. There is no significant difference in the effect of internet addiction in boys and girls.
2. There is no significant difference in the effect of internet addiction among secondary and higher secondary school students.
3. There is no significant difference in the effect of internet addiction among boys and girls of secondary and higher secondary school.

### ***Variables***

#### **Independent variables**

- Gender: 1) Boys and 2) Girls
- Type of School: 1) Secondary and 2) Higher Secondary

#### **Dependent Variable**

- Internet Addiction

### ***Sample***

In the present study, a total of 120 secondary and higher secondary school going boys and girls were selected through simple random sampling. Students were selected from Rajkot district.

### ***Tools***

#### **Internet Addiction**

Yung(2015) developed Internet addiction A scale was used to measure internet addiction among students. A total of 20 statements are given in this test, in which against each statement Five options are given 'Never', 'Rarely', 'Sometimes', 'Often', 'Always'. in which a check against one of the options (✓) is to be marked and answered. One for these statements, two, three, four, five were multiplied like this. The minimum score is 0 (zero) and the maximum score is 100 (one hundred).

In this balance A score of 20 to 39 is normal internet usage. The person sits on the internet occasionally and has control over the time. It has to be interpreted as such. If the score is 40 to 69, then it has to be interpreted as more internet addiction, i.e. more or less Internet addiction. If the score is 70 to 100, then very complicated problems arise in the life of the

## A Study of Internet Addiction of Students Studying in Secondary and Higher Secondary School

person. It has to be interpreted as such. That means there is a high level of internet addiction in him.

Since basic information about the reliability of this balance of Jung is not available, the present researcher finding the test-retest reliability on 50 students, the reliability score was found to be 0.86. Which shows the reliability of this scale. This scale is widely used for various researches. Which indirectly supports its authenticity.

### **Statistical Methodology**

To analyze the data keeping in view the objective of the present study 2X2 A factorial design was used. as well as statistical analysis of the data F-test (ANOVA) used SPSS was calculated by the program.

## **RESULT AND DISCUSSION**

The purpose of the present research was to study the internet addiction of students studying in secondary and higher secondary school. The result of which is discussed below.

**Table No.1 Showing the effect of internet addiction of students studying in secondary and higher secondary school ANOVA table.**

Variables	SS	Df	Mean Square	F	Sig.
A	2881.200	1	2881.200	13.37	0.01
B	2017.200	1	2017.200	9.36	0.01
AB	529.200	1	529.200	2.45	NS
Error	24991.200	116	215.441	-	-
Total	30418.800	119	-	-	-

**Table No. 2 Showing the effect of internet addiction in boys and girls F table**

Variables	N	Mean	SD	F	Sig.
A1(Boys)	60	47.50	15.36	13.37	0.01
A2(Girls)	60	37.70	14.59		

Sig Level: 0.05 2.66, 0.01 : 3.92

**Table No. 3 Effect of internet addiction among secondary and higher secondary school students F table**

Variables	N	Mean	SD	F	Sig.
B1 (Secondary)	60	46.70	16.10	9.36	0.01
B2(Higher Secondary)	60	38.50	14.90		

**Table No. 4 Impact of internet addiction among secondary and higher secondary school boys and girls F table**

Variables	N	Mean	SD	F	Sig.
A1B1	30	49.50	16.47	2.45	NS
A1B2	30	45.50	15.36		
A2B1	30	43.90	15.48		
A2B2	30	31.70	10.69		

NS = Not Significant

## **A Study of Internet Addiction of Students Studying in Secondary and Higher Secondary School**

### ***Main effect***

Here above table no. According to Table No. 1 there is a significant difference in the effect of internet addiction among boys and girls of secondary and higher secondary school.

Here is the effect of internet addiction in boys and girls as per above table no.2 The value of F is found to be 13.37. Which is significant at 0.01 level. Here the median effect of internet addiction in boys is 47.50, while in girls the median effect of internet addiction is 37.70. Here the effect of internet is more inhibiting in boys as compared to girls. Hence the null hypothesis formed earlier is rejected. Now most of them are on the internet. And it wastes too much time. In such a situation, girls engage themselves in activities like housework. On the other hand, boys tend to use internet addiction as they have limited options. Hence, such a result may have occurred.

Here the above table no.3 of the effect of internet addiction among secondary and higher secondary school students. The value of F is found to be 9.36. Which is significant at 0.01 level. Here the mean of internet addiction effect of students studying in secondary school is 46.70, while the mean of internet addiction effect of students studying in higher secondary school is 38.50. Here the effect of internet addiction of students is more inhibitory than studying in secondary and higher secondary school. Hence the null hypothesis formed earlier is rejected.

### ***Internal effect***

Here as per the above table no.4 there is no significant difference in the effect of internet addiction in the interaction of boys and girls studying in secondary and higher secondary school. of interaction here. The value of F is found to be 2.45. Which is not significant at 0.05 or 0.01 level. Here the median effect of internet addiction in boys studying in secondary school is 49.50, in girls studying in higher secondary school the median effect of internet addiction is 45.50, in boys studying in higher secondary school the median effect of internet addiction is 43.90, while in girls studying in higher secondary school the median effect of internet addiction is 31.70. is There is no significant difference in the effect of internet addiction among boys and girls studying in secondary and higher secondary school. Hence the pre-formed null hypothesis is accepted. That is, there is no significant interaction effect between type of school and gender.

## **CONCLUSION**

The following conclusion is obtained from the results obtained in the present research.

1. There is a significant difference in the impact of internet addiction in boys and girls.
2. There is a significant difference in the effect of internet addiction among students studying in secondary and higher secondary school.
3. There is no significant difference in the effect of internet addiction among boys and girls studying in secondary and higher secondary school.

## **REFERENCES**

- Subhashini KJ, Praveen G. – 2018: “An era of digital slavery: a study on internet addiction among professional college students of Hassan, Karnataka” International Journal of Community Medicine and Public Health
- Azizah Zainudin, Marina Md. Din, Marini Othman-2013: “Impact due to Internet Addiction among Malaysian University students. "International Journal of Asian Social Science
- Dr. Mayur v. Bhammar (2020) A Psychological Study of Social Media on Youth During Covid-19 Pandemic. Brainstorming on Mental Health–First Edition -2020

## **A Study of Internet Addiction of Students Studying in Secondary and Higher Secondary School**

- Maru Swati (2022) "A Study of an Effect of Internet Addiction, Stress & Depression on Mental Health of College Students."
- Allport GW (1935): "A Hand book of Social Psychology." (p.798-844).
- Khanyie Dlamini: The role of social media in education."
- Kotari, CR (1996): "Research Methodology" Lind Edition Vishwaprakashan Publishing Company.
- Neil Selwyn (2016): "Social media and education", Learning, media and technology 41(1), 1-5.
- Norm Friesen (2012): "The questionable promise of social media for education." Journal of computer assisted learning 28(3), 183-194.

### ***Acknowledgment***

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### ***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Bhatu, M.D. (2023). A Study of Internet Addiction of Students Studying in Secondary and Higher Secondary School. *International Journal of Indian Psychology*, 11(3), 3927-3933. DIP:18.01.366.20231103, DOI:10.25215/1103.366