

## Effect of Internet Addiction on Aggression among Indian Adults

Shivam<sup>1\*</sup>, Kanak Tomar<sup>2</sup>

### ABSTRACT

The objective of this research paper was to find out the effect of internet addiction on aggression among adults in India. This study included one dependent variable, aggression, and two independent variables, internet addiction and gender. Dr. Kimberley S. Young's internet addiction test and the aggression scale developed by Km. Roma Pal and Tasneem Naqvi were utilized to collect the data. A total sample of 240 adults in which there are 120 girls and 120 boys were selected from colleges and coaching centers. 3X2 factorial design had been used. For analyzing the data two way ANOVA and mean had been calculated. The effect of gender on aggression was not found to be significant at any level of confidence, but the effect of internet addiction on aggression was found to be significant at the 0.01 level of confidence. Adults with high internet addiction had higher levels of aggression, and adults with low internet addiction had lower levels of aggression.

**Keywords:** *Internet addiction, Aggression, Gender, ANOVA, Mean, Adults*

### Internet Addiction

India stands second within the world with more than seven hundred million internet users today as per the Telecom Regulatory Authority of India (TRAI, 2021). The web or the internet is an arrangement of computer networks that are interconnected worldwide and has responded to numerous quick technological enhancements since its beginning in early 1960s, and today it gives a scope of wide range of services. Especially, with the introduction of the concept of westernization, globalization and liberalization, India has witnessed drastic changes in trends and lifestyle of its citizens pertaining to different spheres of life like education, booming of IT industries, increase in world trade etc. We cannot neglect the fact that the internet has become an integral part of an adolescent's life. During this day and age when computers and the Internet are essential for school, we must beware of the long-term effects of this electronic phenomenon. In spite of being an exceptional discovery in field of communication, the web is absolutely not liberated from its negative side as it very well may be utilized for online erotic entertainment, online computer games, excessive chatting, gambling, cyber bullying and cybercrimes. Nalwa (2003) analyzed the degree of Internet addiction in school children between 16 to 18 years of age. The data were assessed by Davis's online Cognitive scale. "The UCLA Loneliness Scale" further controlled on the contents, Remarkable functional usage and behavioral argument are observed among towards groups. Dependent subjects are found to impediment other work to spend their time

<sup>1</sup>Student, Department of Psychology, D.J. College Baraut(Baghpat)

<sup>2</sup>Student, Department of Psychology, D.J. College Baraut(Baghpat)

\*Corresponding Author

Received: February 26, 2024; Revision Received: March 09, 2024; Accepted: March 13, 2024

## Effect of Internet Addiction on Aggression among Indian Adults

on the networking sites feel life boring without internet and lose their sleep due to late night no logons dependent subjects are found to feel more feelings of loneliness than non-dependent subjects. Kumar (2006) examined the utility of internet and its related concerns in teachers and students of colleges of engineering in India. The finding revealed that 48.3% educational community is used the internet 2 to 3 times in a week 40% subjects use it each day as well as 5.6 percent subjects use internet 2 to 3 times around a month. The findings further represented the majority of the subjects i.e. (69.40%) utilize the internet facility for education purpose while near half i.e., 51.9% utilize it for research purpose, 47.4% for communication and a significant member of them i.e., 34.7% use it for entertainment purpose. Jhala & Sharma (2017) checked the adolescents of Vadodara, Gujarat for the prevalence and Internet usage nature among them. A research study was conducted on 1657 adolescents. The researchers used a version which was modified of the European School Survey Project on Alcohol and Other Drugs (ESPAD) questionnaire. The questionnaire was modified according to the need of the study. The other tool used for internet addiction was Young's Internet Addiction test. 44.8% of children attending school were medium users, i.e. not addicted to the Internet. Whereas 14.6% were internet addicted. The study also revealed that adolescents used the web majorly for connecting socially. The most commonly used sites on the web were the social networking sites. Kumar and Mondal (2018) conducted a study on 200 college going students of Kolkata to investigate Internet use and its relationship with psychopathology and self-esteem among university students. After selection of the sample, Young's Internet Addiction Scale, Symptom Checklist-90-Revised, and Rosenberg Self-Esteem Scale were used to assess the Internet usage, psychopathology, and self-esteem of the college students. Depression, anxiety and interpersonal sensitivity have been found to be correlated with Internet addiction. The results indicated that severe internet users showed higher psychopathological symptoms as compared to moderate users of Internet in four dimensions The four-dimension included obsessive-compulsive, interpersonal sensitivity and depression, anxiety, and global severity index. Along with that, low self-esteem has been found in students to be associated with possible users of Internet. Internet use was found to have a very strong impact on students, especially in the areas of anxiety and depression, and sometimes affected their social lives and relationships with their families.

### Aggression

Aggression refers to acts of physical, emotional as well as sexual violence. According to Anderson and Bushman (2002) aggression is a behaviour that is intended to directly harm another individual. Due to the fact that adolescents spend the majority of their time online, which is thought to be the single biggest factor influencing behavior, this could directly contribute to the adolescent's development of an aggressive personality. The social learning theory of aggression addressed that imitative learning is one of the most contributing factors that forces aggressive behavior. Furthermore, several studies documented a significant relationship between internet dependency and aggressive behavior. Nevertheless, it is vague why aggressive behavior may be associated with and contributed by internet addiction. So, empirical evidence is needed to describe this association. While there is a very extensive literature on aggression and several different definitions, there is no consensus on a single definition of aggression which poses a huge negative impact on the individual with regard to family relations, interpersonal skills etc. Similarly, Yen et al (2007) reported a high correlation between aggressive behaviors and internet dependence. There is literature linking specific internet use patterns to an increase in aggressive conduct, but there is not enough data to suggest that spending more time on social media is directly associated with aggressive behavior. Agbaria (2020) documented that personal characteristics namely

## Effect of Internet Addiction on Aggression among Indian Adults

positive or negative affect and self-control that may elucidate why internet addiction is related to aggression. In addition, the general aggression model addressed that both individual characteristics, as well as situational factors, influence aggressive behavior (Anderson & Bushman, 2002). In their study, Kumar and Thakur (2016) found a significant negative relationship between aggression and five dimensions of family environment (i.e., cohesion, conflict, acceptance and care, independence, and active leisure orientation). Kaur and Niwas (2015) found that there is an intermediate level between aggression and five dimensions of family environment. Aggression among high school students 25% of high school students show high aggressiveness, 64% of students medium aggressiveness and 11% of students low aggressiveness. A positive correlation was observed between aggression and most dimensions of the family environment.

### METHODOLOGY

#### *Objectives*

- To study the effect of internet addiction on aggression among adults.
- To study the effect of gender on aggression among adults.
- To study the interaction effect between internet addiction and gender on aggression among adults.

#### *Hypotheses*

- There will be no significant effect of internet addiction on aggression among adults.
- There will be no significant effect of gender on aggression among adults.
- There will be no significant interaction, effect between internet addiction on aggression among adults.

#### *Variables*

- **Independent variable:** Two independent variables have been taken, first internet addiction varied at three levels i.e. low, average, and high. Second gender also varied at two level i.e. boys and girls.
- **Dependent variables:** One dependent variable have been taken aggression.

**Experimental Design:** 3x2 factorial design have been used in this study.

#### *Tools*

A survey instrument was used in this study which was comprised of three sections. In the first section, demographical and personal information of the participants was obtained. The second section included a standardized scale of internet addiction constructed by Kimberley Young. The third section is comprised of a standardized aggression scale developed by Km. Roma Pal and Mrs. Tasneem Naqvi.

1. **Demographical Assessment:** The survey instrument consisted of some preliminary questions regarding age, gender, school, stream of the student and fathers occupation.
2. **Internet Addiction Scale:** The internet addiction test (IAT) is developed by Dr. Kimberly Young (1998). The 20-item internet addiction test questionnaire measures Characteristics and behavior associated with compulsive use of the internet that include Compulsivity, escapism, and dependency. Questions additionally evaluate issues connected with individual, word related, and social working originating from web use. Examines respond to each statement with a number between 0 and 5,

## Effect of Internet Addiction on Aggression among Indian Adults

representing  $\alpha$  Likert-scale continuum, indicating the extent to which they endorse that particular behavior.

- 3. Aggression Scale:** The aggression scale (A-scale) constructed and standardized by Km. Romal Pal & Mrs. Tasneem Naqvi. On the basis of available literature review and related existing tools, the preliminary scale of Aggression was prepared which consisted to items. The present scale is based on Chauhan and Tiwari's frustration scale in which aggression has been taken as a mode of frustration. The preliminary form of the scale was given to 15 Judges with the request to rate each item on five point scale according to the concept of aggression, language of items & its clearness of meaning thus only, those items were retained in the final form of the scale which passes most appropriateness as assessed by the experts. So final form of the scale has 30 items.

On the basis of raw scores on internet addiction three groups have been made low, average and high.

### *Sample*

The sample size for the current study consisted of 240 adults (120 boys and 120 girls) age ranging from 21 to 28 years randomly selected from colleges and coaching centers.

### *Procedure*

The researcher had approached different colleges and coaching centers and after getting the permission to conduct data from the concerned authorities the questionnaires were distributed to the students. Before participation in the study their consent to participate in the study was obtained and they were also given the option to opt out of the study if they wished to. Confidentiality of the responses were ensured and they were also told that their personal information would not be revealed and the responses would be used strictly only for research purposes. Thirty minutes was given to the students to complete both the questionnaires.

Scoring and Statistical analysis: After collecting the data scoring of all two-scale done according to the manual and data had been analyzed with the help of mean, two-way analysis of variance. Two-way ANOVA have been calculated for aggression with help of JAMOVI software.

## **RESULT AND DISCUSSION**

The purpose of the present study was to investigate the effect of internet addiction on aggression among adults. In the present study the first independence variable is internet addiction and the second independent variable is gender the first independence variable i.e., internet addiction has been varied at three levels low, average and high and the second independent variable has been varied at two levels boys and girls. Dependent variable is aggression. 3x2 factorial design has been used in the present study. Data have been analysed with the help of mean and two way ANOVA separate result for each factor has become presented below:

*Table no.1. Summary table of ANOVA for Aggression*

	Sum of Squares	df	Mean Square	F	p
IA	37134.4	2	18567.2	46.948	< .001
GENDER	1054.2	1	1054.2	2.666	0.104
IA * GENDER	93.3	2	46.7	0.118	0.889
Residuals	92544.3	234	395.5		

**Table no.2. Mean score of IA and Gender for Aggression**

	Internet Addiction	GENDER	AGGRESSION
Mean	High	Boys	87.6
		Girls	83.1
	Average	Boys	68.9
		Girls	66.4
	Low	Boys	57.8
		Girls	52.3

Table no.1 (Summary table of ANOVA) related to effect of internet addiction on aggression reveals that ‘F’ value for factor (A) is 46.948. Which is significant at 0.01 level of confidence the significant ‘F’ value shows the internet addiction is an influencing factor for aggression. Thus, the hypothesis that there will be no significant effect of internet addiction on aggression is rejected. Mean score is also presented in table no.2, which indicates that the difference is significant. Internet addiction positively affects aggression. It means adults who are related to high internet addiction scored higher on aggression and adults who are related to low on internet addiction scored low on aggression. Yifan Zhang (2022) show in his study that a significant positive correlation between internet addiction and aggressive behavior. Maarten (2009) found in their study that adolescents who perceive, low friendship quality, internet use for communication purposes predicted less depression, whereas internet use for non-communication purposes predicted more depression and more social anxiety. Rana and Malhotra (2005) showed in their study that family environment affected by aggressive behavior.

Table no.1 (summary table for ANOVA) related to effect of gender on aggression reveals that ‘F’ value for factor (B) is 2.666, which is insignificant at any level of confidence. The insignificant ‘F’ value shows that gender is not an influencing factor for aggression. Thus, the hypothesis that there will be no significant effect of gender on aggression is accepted. Table no.2 shows that boys had been higher aggression than girls but the difference is very slight. Yifan Zhang showed in his study that gender did not moderate the effect of internet addiction on aggressive behavior. Rana and Malhotra (2005) showed in their study that as expected boys scored higher than girls on physical, verbal and indirect aggression.

In this investigation the interaction effect of AxB factor (internet addiction and gender) on aggression reveals that ‘F’ value for factor AxB is 0.118. Which is found insignificant at any level of confidence. The insignificant ‘F’ value shows that AxB factor is not an influencing factor for aggression. Thus, the hypothesis that “there will be no significant interaction effect of internet addiction (A) and gender (B) on aggression” is accepted.

## CONCLUSION

This present investigation is a valuable addition in the field of Internet addiction and aggression. It is relatively and emerging field of Psychology. Therefore, the present study provide an excellent evidence for the postulates aggression that are affected by internet addiction. The present study provide sufficient data towards the role of internet addiction on aggression. Findings show internet addiction significantly affect the level of aggression. Gender has not been found significant. On the other side interaction effect between internet addiction and aggression also found insignificant.

## REFERENCES

- Anderson, C. A., & Bushman, B. J. (2002). The effects of media violence on society. *Science*, 295, 2377-2378.
- Jhala, J., & Sharma, R. (2017). Prevalence and Nature of Internet Use among Adolescents in Vadodara (Gujarat). *The International Journal of Indian Psychology*, 4(2). 2348-5396.
- Kaur, D. & Niwas, R. (2015). Aggressive behaviour of secondary school students in relation to their family environment. *Scholarly Research Journal for Interdisciplinary Studies*, 4(27), 4341-4345
- Kumar, A & Thakur, S. (2016) Aggression Among Senior Secondary Students in Relation to Family Environment. *International Journal of Recent Scientific Research*. 7(1), 8302-8305.
- Kumar, M., & Mondal, A. (2018). A study on Internet addiction and its relation to psychopathology and self-esteem among college students. *Industrial psychiatry journal*, 27(1), 61-66.
- Kumar, Rajeev and Kaur, Amritpal, "Internet Use by Teachers and Students in Engineering Colleges of Punjab, Haryana, and Himachal Pradesh States of India: An Analysis" (2006). *E-JASL 1999-2009 (volumes 1-10)*. 67. <https://digitalcommons.unl.edu/ejasljournal/67>
- Nalwa. Internet Addiction in Students: A Cause of Concern January 2004 *Cyberpsychology & behavior: the impact of the Internet, multimedia and virtual reality on behavior and society* 6(6):653-6 DOI:10.1089/109493103322725441
- Nehal Singh. (2019) *The International Journal of Indian Psychology* ISSN 2348-5396 (e) | ISSN: 2349-3429 (p) Volume 7, Issue 1, DIP: 18.01.004/20190701 DOI: 10.25215/0701.004
- O'Brien CP. Commentary on Tao et al. (2010): Internet addiction and DSM-V. *Addiction*. [Comment/Reply] 2010 Mar;105(3):565. [Google Scholar]
- Pies R. Should DSM-V designate "Internet addiction" a mental disorder? *Psychiatry*. 2009 Feb;6(2):31-7. [PMC free article] [PubMed] [Google Scholar]
- Rana, M. & Malhotra, D. (2005). Family environment as a predictor of aggressive behaviour. *Studia Psychologica*, 47(1), 61-74.
- S F Davis, S A Bremer, B J Anderson, J L Tramill. The interrelationships of ego strength, self-esteem, death anxiety, and gender in undergraduate college students; *J Gen Psychol* 1983 Jan;108(1st Half):55-9.
- Yen, J. Y., Yen, C. F., Chen, C. C., Chen, S. H., and Ko, C. H. (2007). Family factors of internet addiction and substance use experience in Taiwanese adolescents. *Cyberpsychol. Behav.* 10, 323-329. doi: 10.1089/cpb.2006.9948
- Yifan Zhang. The relationship between internet addiction and aggressive behavior among adolescents during the COVID-19 pandemic: Anxiety as a mediator; *Acta Psychol (Amst)*. 2022 Jul
- Young KS, Griffin-Shelley E, Cooper A, O'Mara J, Buchanan J. Online infidelity: A new dimension in couple relationships with implications for evaluation and treatment. *Sexual Addiction & Compulsivity*. 2000;7(1-2):59-74.
- Young KS. Caught in the net: how to recognize the signs of Internet addiction and a winning strategy for recovery. New York: J. Wiley; 1998.

## Effect of Internet Addiction on Aggression among Indian Adults

### ***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:*** Shivam & Tomar, K.(2024). Effect of Internet Addiction on Aggression among Indian Adults. *International Journal of Indian Psychology*, 12(1),1879-1885. DIP:18.01.172.20241201, DOI:10.25215/1201.172