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Research Paper

Internet Addiction, Academic Procrastination and Perceived Stress in College Students

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ABSTRACT

This study investigates the intricate relationship between Internet addiction, academic procrastination, and psychological stress. 156 Students participated from a range of academic disciplines, responded to questionnaires on their tendency to put off academic work, their perception of stress, and their internet addiction. The results of the study demonstrated a significant positive correlation between academic procrastination and Internet addiction, suggesting that a higher inclination for academic procrastination was associated with higher levels of internet addiction. Furthermore, a correlation was seen between academic procrastination and felt stress, suggesting a link between elevated levels of procrastination and elevated levels of perceived stress. These results contribute to the growing body of knowledge about the connections among academic performance, psychological well-being, and technology use among college students. The implications of these findings highlight how important it is to address academic procrastination and internet addiction as potential sources of heightened stress levels in college settings. By focusing on these interconnected traits, future interventions and support networks may be able to improve children's general wellbeing and academic achievement.

Keywords: *Internet Addiction, Academic Procrastination, Perceived Stress*

The beginning of the internet can be dated back to the 1960s. The advancement of technology over the last half-century has been so great that it is almost unrecognisable now. Even worse, there has become an occurrence known as "internet addiction," which is a harmful addition to a society where addiction is already a problem. The rising social problem of internet addiction is being discussed all over the world. Internet abuse that affects lives is referred to as internet addiction disorder (IAD) (Shaw & Black, 2008). Some academics and mental health professionals consider excessive internet use to be a symptom rather than a distinct condition, such as anxiety or depression. The agreement is rising, nonetheless, that this collection of symptoms points to an addiction. Study done by Velezmoro et al., 2010, investigated the relationship between sensation seeking and perceived stress and internet misuse among college students. It was discovered that perceived hopelessness strongly predicted Internet abuse for non-sexual purposes, and that overall perceived stress considerably predicted Internet abuse for sexual purposes. This data

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raises the possibility that stress may be a motivating factor for people who misuse the Internet for sex. The research uses several different terms to describe problematic internet usage, including pathological internet use, compulsive internet use, and computer addiction. Similar to this, several, frequently overlapping criteria have been investigated and presented, some of which have even been confirmed. However, empirical research offers a contradictory set of standards for defining Internet addiction. The Internet was designed as a medium through which it can help people remain associated online, and help individuals with browsing, more especially as an instructive instrument for college and college students. The internet has gotten to be an necessarily portion of our lives, and it is difficult to assume a world without it. Be that as it may, similar to any other compulsion, web compulsion has its reasonable share of negative results and issues that can influence a individual physically and rationally. As time passed by there has been a rise within the utilization of the web by people, more especially understudies. Fundamentally the expectation for utilizing the web was to assist understudies learn and create their abilities but in later a long time the utilization has gone exceptionally tall. It can be watched from our environment that, individuals utilize the web to conversation to the individual who is fair right beside them. This over the top utilization of the web is watched as web compulsion.

When somebody chooses to communicate online instead of in individual, they are habitually locks in in unhealthy internet utilization. The choice to spend time online thoughtlessly is an sign that somebody is dependent. Long-term web utilize for relaxation can have inconvenient impacts on individuals, such as strained connections, expanded stress, decreased efficiency, or financial hardship. Web compulsion includes different exercises that people lock in in online, Online gaming, shopping, social media, online dating apps, virtual communications, and cyber-sexual exercises. These exercises have harmful impacts on people's life both physically and emotionally. Physical issues commonly incorporate backaches, vision-related issues, insomnia, and other, enthusiastic issues counting social uneasiness, sadness, uneasiness, hostility, and others (Hoeg 2023).

Academic procrastination refers to the delay of scholastic work that's essential for the individual to total within the given time. Students unnecessarily delay their academic work like examining, finishing homework, completing assignments for that day, and others. Academic delaying happens when fear and perfectionism take priority over a student's capacity to preserve self-control and drive (Moonaghi & Beydokhti, 2017). Students regularly put off scholarly work indeed in spite of the fact that they crave to do it, and they regularly begin their work as it were fair before the due date when the mounting pressure in the long run compels them to do so. Study conducted by Hayat et al., 2020 looked at how internet addiction affects medical students' procrastination on academic tasks. The study discovered a strong and beneficial link between internet addiction and procrastination in academic work. Academic procrastination may be a conduct that's far reaching, and it may be connected to issues that numerous college understudies face. Lack or nonappearance of self-regulated execution is alluded to as delaying. The study also discovered a link between internet addiction and aspects of academic procrastination.

The degree to which one sees conditions in their life to be upsetting is referred to as perceived stress, which could be a cognitive evaluation of stress. Students at colleges in some cases deal with a variety of unpleasant occasions and preoccupations, just like the COVID-19 plague, the primary contact with the institution, the adaptability of planning, the choice of their master's degree, and amazingly competitive segments. College students report feeling a lot of stress, according to studies. By and large talking, female students are

watched to be beneath higher stress than male students. Academic weight, execution anxiety, determined anxiety around coming up short classes, mental concerns, and the COVID-19 plague are a few of the components that college understudies consider as upsetting. As a individual acclimates to a continually changing environment, stress is the body's reaction to changes, whether mental or natural changes. Zhang et al., in 2022 studied to investigate the relationship between perceived stress and cell phone addiction among Chinese college students. According to the study, feeling stressed out was linked to having less self-control, which in turn was linked to a higher likelihood of developing a cell phone addiction. Individuals presently frequently bargain with push in their day by day lives. Push can be profitable in balance, but when it endures, it can cause a variety of physical and mental wellbeing issues. As push weakens the immune system, it is the root cause of numerous sicknesses. In our modern life, it is normal to encounter weight and stretch from the exterior world all the time, as well as a sense of insufficiency, inadequacy, or mental shortcoming.

METHOD

Research design
The current study focuses on non-experimental quantitative research design to examine Internet addiction, Academic Procrastination and Perceived Stress among College students. The basis of the quantitative techniques of current research is the collection and analysis of numerical data via Google Forms surveys, and tests. A correlational tool will be used to study the data.

Statement of the problem:
The present study focuses on the relationship among three variables, Internet addiction, Academic procrastination and perceived stress, this study also examines the gender difference in the levels of academic procrastination.

Objectives of the study
- To investigate the relationship between Internet addiction and Academic procrastination
- To investigate the relationship between Academic procrastination and perceived stress
- To investigate the levels of academic procrastination between the genders.
- To investigate the levels of internet addiction between the genders

Hypothesis
- **H1:** There is a no significant relationship between internet addiction and academic stress
- **H2:** There is no significant relationship between Academic procrastination and perceived stress
- **H3:** There is no significant difference between the levels of academic procrastination among males and females
- **H4:** There is no significant difference between the levels of internet addiction among males and females

Operational definitions
- **Internet Addiction:** It is characterized by the urge to surf online, use different social media platform and are preoccupied, online gaming. These could lead to strong urges to use computer, mobile phones and access internet (Davis et al., 2002)

- **Academic Procrastination:** The activity of purposely avoiding academic tasks and indulging in other activities as a result failing at finishing the tasks assigned. (Aznar-Daiz et al., 2020)
- **Perceived Stress:** it can be defined as the insight an individual has about his/her environmental and personal stressors and to fulfil the demands (Malach et al., 2007)

Variables
- Internet addiction
- Academic procrastination
- Perceived stress

Demographic details
- Age
- Gender
- Level of education

Tools for the study:

Internet Addiction TEST (YOUNG, K., 2004): (IAT) Internet Addiction Test was one of the first reliable measures to measure internet addiction, comprising of 20 self-report questions. The test scores differentiate between mild, moderate and severe level of internet addiction. The higher the score, the greater level of addiction is. In addition to providing a score, the test helps point to the particular problem areas that the subject is struggling with. The test has high face validity. Widyanto, L., and McMurran, M., (2004) further assessed the psychometric properties of the IAT (developed by Dr. Kimberly Young) and hence identified six factors measured by the test- salience, excessive use, neglecting work, anticipation, lack of control and neglecting social life. These scales show good to moderate internal consistency (alpha coefficients ranging from 0.54 to 0.82) as well as good concurrent validity (Widyanto L., & McMurran M., 2004)

Perceived Stress Scale (PSS 10): A 10 item scale Originally developed by Cohen, S., et al., in 1983 to understand how different situations affect feeling of an individual and it is a self report scale, widely used to assess stress levels in young people and adults aged 12 and above. It evaluates the degree to which an individual has perceived life as unpredictable, uncontrollable and overloading over the previous month. The test-retest reliability of the PSS-10 was assessed in four studies, and met the criterion of >.70 in all cases.

Academic Procrastination Scale: A 20 item scale developed by Lay in 1986, measured in 5 point likert scale to assesses chronic procrastination as a unidimensional construct. Responses across items are summed to obtain a single score, and according to the instructions of GPS, the scale is one-factor only scale, with Cronbach alpha of 0,82 (Lay, 1986) and a retest reliability of 0,80 (Ferrari, 1989).

SPSS will be used to study the correlation between the variables and a T-test will be done to check the difference in the levels of academic procrastination between the genders.

Ethical considerations

Informed consent was taken from the participants as the first step, participants were provided with the clear explanation of the research purpose and objectives. The research

throughout was carried out by maintaining confidentiality of the participants. The data collected is strictly in a protected document and is used only for research purposes.

RESULTS AND DISCUSSION

Results

The aim of this research was to study the Internet Addiction, Academic Procrastination and Perceived stress among Young Adults. The study was conducted on 155 students. The sample was collected from students from both Under graduates and Postgraduates. Sample was collected through a google form with informed consent of individuals.

Table-1: Relationship between Internet Addiction and Academic Procrastination.

Variable	M	SD	r	Sig
Internet Addiction	39.89	18.618	1	.000
Academic Procrastination	58.71	10.070	.427**	.000

**p<0.01

H01- There is no significant relationship between Internet addiction and Academic Procrastination among Young adults.

Table shows the correlation between Internet addiction and procrastination among young adults. The mean and standard deviation of the Internet Addiction is found to be 39.89 and 18.618. In Procrastination the mean and standard deviation was found to be 58.71 and 10.070. The correlation between Internet addiction and Procrastination was found to be .427 and from the above table it can be observed that there is a positive relationship between Internet addiction and Procrastination, which means if the internet addiction increases procrastination also increases. The null hypothesis, "there is no significant relationship between internet addiction and Procrastination among Young adults" was hence rejected.

Table-2: Relationship between Procrastination and Perceived Stress.

Variable	M	SD	r	sig
Academic Procrastination	58.71	10.070	1	.000
Perceived Stress	21.10	6.545	.342**	.000

**p<0.01

H02- There is no significant relationship between Procrastination and Perceived stress among Young adults.

Table shows the correlation between Procrastination and Perceived stress among young adults. The mean and standard deviation of Procrastination is found to be 58.71 and 10.070. In Perceived stress the mean and standard deviation was found to be 21.10 and 6.545. The correlation between Procrastination and perceived stress was found to be .342 and from the above table it can be observed that there is a positive relationship between Procrastination and perceived stress, which means if the Procrastination increases then there will be an increase in perceived stress. The null hypothesis, "there is no significant relationship between Procrastination and Perceived stress among Young adults" was hence rejected.

Table-3: Difference between Males and Females in Academic Procrastination.

	Male		Female		t	P
	M	SD	M	SD		
Academic Procrastination	58.68	10.497	58.91	9.743	-.138	**.891**

p>0.005

H03- There is no significant difference between the levels of Academic Procrastination between males and females.

The table above shows the difference between Males and Females in Academic Procrastination among young adults. The mean and standard deviation of Academic Procrastination in males is found to be 58.68 and 10.497. In Females the mean and standard deviation was found to be 58.91 and 9.743. The calculated "t" value for Academic Procrastinaton between male and female is -.138 with corresponding "p" value of .891. This indicates there is no significant difference. The null hypotheses "There is no significant difference between males and females in Academic Procrastination" is accepted.

Table-4: Difference between Males and Females in Internet Addiction.

	Male		Female		t	P
	M	**SD**	**M**	**SD**		
Internet Addiction	41.63	19.702.	38.80	18.067	.906	.367

p>0.005

H04- There is no significant difference between the levels of Internet Addiction between males and females.

The table above shows the difference between Males and Females in Internet Addiction in young adults. The mean and standard deviation of Internet Addiction in males is found to be 41.63 and 19.702. In Females the mean and standard deviation was found to be 38.80 and 18.067. The calculated "t" value for Internet Addiction between male and female is .906 with corresponding "p" value of .367. This indicates there is no significant difference. The null hypotheses "There is no significant difference between males and females in Internet addiction" is accepted.

DISCUSSION

The purpose of the study was to investigate the relationship between Internet addiction, Academic Procrastination and Perceived stress in young adults. The study was conducted on a sample size of 155 students. The findings from the data collected show that there is a positive correlation between Internet addiction, Academic Procrastination and Perceived stress. These findings align with the previous studies conducted. This implies that the amount of internet use affects the students with a decline in engaging in academic activities, which leads to perceived stress in them.

Internet Usage and Academic Procrastination

There is a significant rise in the internet usage in the Indian population and suggests that 20% - 40% of college going students are at risk for Internet Addiction (Joseph et al., 2021). New York Times article by Matt Ritchel published in 2021 stated how the Internet usage has surged during the pandemic situation and how many teenagers have made devices their "whole life". The alarming Increase in the levels of internet usage is now concerning to many parents, teachers, care takes. This study examined how the increased exposure to internet is causing an increased impact on the academic procrastination and perceived stress. Considering the data results from the current study show how it is going to impact the college students in their academics. A study conducted by Gavurova et al., 2022 show that the student who lived away from their parents for the semester showed higher Internet Addiction than the students who stayed with their parents. This shows that some amount of parental control can reduce the internet usage. The current study show that there is no significant difference between male and female population in internet usage but the

contradictory studies show otherwise. Studies from around the world showed that the internet usage among male population is more than in the female population (Aznar-Díaz et al., 2020).

Academic procrastination and Perceived stress

Current findings show that there is an increase in perceived stress with increase in the level of academic procrastination. The state of these findings are concerning as these can impact the students with various physical health problems like fatigue, gastrointestinal issues, headaches (Deng et al., 2022). Some studies also show that students who stay away from their home can face a lot of distress when they face the physical and mental exhaustion. Findings from the data can imply that Internet addiction is one of the first root cause where the procrastination of academic work begins and this procrastination is leading to the perceived stress among the college students. Findings also showed that there is no significant difference between the genders in the levels of academic procrastination while some studies contradict the finding. Results from study conducted by Khalid et al., 2019 are consistent with the current findings that the increase in procrastination can cause subjective and objective stress.

The cycle of Internet Addiction, Academic Procrastination and Perceived Stress

Research conducted in China on 861 students revealed that there is a link between Internet addiction and stress which is mediated by anxiety (Shen et al., 2023). From the studies and the current findings, the factors are positively correlated and one affects the other when increased and forms a cycle reaction. Internet Addiction increases the level of Academic procrastination and likely to increase stress. While examining the Study above, stress is likely going to increase the usage of internet with anxiety being the mediating cause. The aim of the study was to study how these three variables interplay in the system and how much it impacts the students. Research by Gong et al., 2021, revealed that there was a significant interdependence of perceived stress, Internet usage and procrastination as a mediating factor among college students. The studies prove that these three variables are interconnected and change in internet addiction can cause change in perceived stress and academic procrastination.

SUMMARY AND CONCLUSION

Summary:

The study aimed at studying the Internet addiction, Academic Procrastination and Perceived Stress in students. The research question was; Is there a relationship between internet addiction, academic procrastination and perceived stress in students? And find the difference between male and female population in levels of internet addiction and academic procrastination. A total of 156 data was collected consisting of males, females, undergraduate and post graduate students. The Hypothesis for the study were as follows: H01- There is no significant relationship between internet addiction and academic procrastination; H02- There is no significant relationship between academic procrastination and perceived stress; H03- There is no significant difference in the levels of internet addiction in females and males; H04- There is no significant difference in levels of academic procrastination in males and females. The data was collected with consent of the participants and scored according to the manuals of the scales. Statistical Package for Social Sciences (SPSS) is used for the analysis of data. Normality test was conducted and the results showed that the data is normally distributed. Parametric tests were utilized and Pearson correlation was used for the study. Additionally T-test was used.

Conclusion:
The goal of the study was to study the relationship between Internet addiction, academic procrastination and perceived stress while also studying if there a difference in the genders in levels of internet addiction and academic procrastination. The results showed a significant relationship between the variables. It showed a positive relationship which means that if on increases then the other increases. There was no significant difference in male and female population in the levels of internet addiction and academic procrastination. This means that gender plays no role with regard to the usage of internet and academic procrastination. This study showed how increase in one variable ie., Internet addiction can cause a significant change by increase in the other two variables ie., Academic procrastination and perceived stress. The study showed significant positive relationship between the variables and there is no difference in the female and male population in the levels of internet usage and academic procrastination.

Implications:
This study contributes to the betterment of the student population. Studying a link between academic procrastination and internet addiction helps to clarify the possible harm that excessive online activity may do to one's academic performance. Understanding this relationship enables educators to create learning initiatives that encourage students to use the internet responsibly and to develop time management skills. The significance of treating academic procrastination as a possible stressor in academic settings is underscored by the study's findings about the relationship between procrastination and felt stress. Creating techniques to reduce procrastination can help lower stress levels and improve the atmosphere for learning. Understanding the complex interrelationships among academic procrastination, internet addiction, and perceived stress highlights the necessity of a comprehensive approach to student well-being. Institutions have to think about putting in place all-encompassing well-being initiatives that tackle stress-inducing variables and harmful internet usage in addition to academic difficulties. The findings of the study can have benefits for mental health practitioners as well, since they may be used to customise therapies for those who struggle with online addiction and academic procrastination. Improved mental health outcomes for students can be attributed to early detection and focused care.

Limitations:
There were some limitations that have been identified in the research. A size of 156 limits the generalization of the results. The study could shed more light into the causes of internet addiction and deeper questioning into academic procrastination if the design of study was opted to be a cross-sectional. The self-measure reports could include a possibility of bias, participants might understate or overstate the degree of internet usage, academic procrastination and levels of perceived stress. The sample size was only limited to 2-3 educational institutions due to the shortage of time, where by the system of education is vast in the current age and collecting sample size from various educational institutions will shed the accuracy and tule out the academic demands, support environment factors. These limitations can be helpful for the further studies to contribute to the current knowledge with comprehensive understanding of the complex relationship between internet addiction, academic procrastination and perceived stress.

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