

Prevalence of Internet Addiction among College Students

Nitu^{1*}

ABSTRACT

Internet Addiction is a very common issue in present era. It is influencing the life style and behavior of common people especially students. The present study was conducted on undergraduate students. The sample size consists of 60 undergraduate students (30 boys and 30 girls) of Ranchi city. The sample was selected by stratified random sampling and from different stream (arts, science, and commerce) randomly. **Objectives:** To know the prevalence of Internet Addiction among the sample groups; to know level of Internet addiction among sample and to examine the impacts of gender on Internet Addiction. **Hypothesis:** The prevalence of Internet Addiction will vary among the sample groups; levels of Internet addiction will be vary and gender will have no impact on Internet Addiction among undergraduate students. **Methodology:** The sample was selected by stratified random sampling. Young's Internet Addiction scale was used for collecting data. The data were statistically analyzed using percentage analyses, Means, SD and t-test. **Conclusion:** According to the analysis, it was observed that prevalence of Internet addiction among under-graduate students was 13.33%. Mean score of boys and girls were 33.7 and 33.5 respectively. It is found in this study that gender does not affect Internet addiction behaviour.

Keywords: Internet, Addiction, Internet Addiction, Undergraduate Students.

Internet

The Internet, sometimes called simply "the Net," is a worldwide system of computer networks - a network of networks in which users at any one computer can, if they have permission, get information from any other computer (and sometimes talk directly to users at other computers). It was conceived by the Advanced Research Projects Agency (ARPA) of the U.S. government in 1969 and was first known as the ARPANet. The original aim was to create a network that would allow users of a research computer at one university to "talk to" research computers at other universities. A side benefit of ARPANet's design was that, because messages could be routed or rerouted in more than one direction, the network could continue to function even if parts of it were destroyed in the event of a military attack or other disaster.

¹ UGC-NET, JRF, Research Scholar, University Department of Psychology, Ranchi University, Ranchi, Jharkhand, India

*Responding Author

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Internet Addiction

Internet addiction is defined as any online-related, compulsive behavior which interferes with normal living and causes severe stress on family, friends, loved ones, and one's work environment. Internet addiction has been called Internet dependency and Internet compulsivity. By any name, it is a compulsive behavior that completely dominates the addict's life. Internet addicts make the Internet a priority more important than family, friends, and work. The Internet becomes the organizing principle of addicts' lives.

Significance of the study

The findings of this study will help in understanding the Internet Addiction among undergraduate students. This can provide valuable learning, training and practical strategies to teachers, administrators and experts of training issues. The research findings also will be helpful for future researches on Internet Addiction. This study also explores the different levels of internet addiction of college students of Ranchi city.

LITERATURE REVIEW

A study conducted by Goel et.al. (2013) on the prevalence of internet addiction and associated existing psychopathology in adolescent age group. It was a cross-sectional study. It has been found Males in comparison to females were significantly more likely to be addicted. Moderate users and the possible addicts used the internet mostly for social networking, academic purposes, chatting, emailing, gaming, and downloading media files and pornography. The purpose of using the internet was significantly different for addicts.

Kumar et.al. (2015) studied on Internet and substance Use Disorders in Adolescent Students. They found internet addiction was much commoner among males than in females. High prevalence of problematic internet use was recorded in rural areas in current study, while along with deficient social support, mental health morbidity and neurotic character traits was previously found associated with the disorder.

Krishnamurthy et.al. (2015) this cross-sectional study intends to estimate prevalence, understand patterns, and evaluate risk factors for Internet addiction among college students. This study of college students aged 16-26 years. Result findings showed that Internet addiction to be associated with male gender.

Tsitsika et.al. (2011) evaluate the psychosocial profiles and psychiatric co-morbidities associated with Internet Addiction among adolescents. A case-control study was conducted among 129 adolescents. They found in their study that Internet addict and non-addict were similar in terms of area of residence and socioeconomic status. That mean they didn't found any correlation between socio-economic status and internet addiction.

Sharma et.al. (2016) conducted a study on high school students to find out patterns of internet use and prevalence of Internet addiction among high school students. Internet Addiction was

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found significant more in males, prolonged users, and younger age of exposure to Internet and high socioeconomic status.

METHODOLOGY

Objectives

1. To know the prevalence of Internet Addiction among the sample groups;
2. To know level of Internet addiction among total sample and
3. To examine the impacts of gender on Internet Addiction

Hypothesis

1. The prevalence of Internet Addiction will vary among the sample groups;
2. Level of Internet addiction will be vary and
3. Gender will have no impact on Internet Addiction behaviour of under-graduate students

Sample

Sample for the present study consisted of 60 (30 boys and 30 girls) students, who pursuing their bachelor degree. The sample was selected from different college of Ranchi city. Stratified Random sampling technique was used for the sample selection. The sample was stratified on 2 factors of gender (male and female) in each stratum 30 students were selected randomly making a total of 60 students. The sample Units is presented in Table 1.

Table 1: Sample Units

Gender	No. of Sample
Male	30
Female	30
Total	60

Test Materials

- **Personal Data Questionnaire:** This questionnaire was prepared by the authors to obtain information about respondent name, age, sex, religion, levels of education, parents' education etc.
- **Internet Addiction:** Internet addiction test (IAT) was developed by Kimberly Young (1996). It consists of 20 items that measures mild, moderate and high level of Internet Addiction. A candidate have to response as '0'(does not apply), '1'(rarely), '2'(occasionally), '3'(frequently), '4'(often), '5' (always). Scoring for response 0, 1, 2, 3, 4, 5 will be 0, 1, 2, 3, 4, 5 respectively. The instrument has exhibited good psychometric properties in previous researches. The reliability for this questionnaire is 0.899. The content validity was tested and the test was found to be a valid test.

In present study mean of total sample was 33.6 and SD was 17.35. So the level of Internet Addiction is defined as:

Table 2: Levels of Internet Addiction

Level of Internet Addiction	Scores
Low User	16-33
Moderate User	34-50
High User(Internet Addict)	51-100

RESULT AND DISCUSSION

1. Prevalence of Internet Addiction among sample group

Table 3: Prevalence of Internet addiction among boys and girls

Gender	No. of Addict	Percentage
Boys	4	13.33
Girls	4	13.33

Figure 1

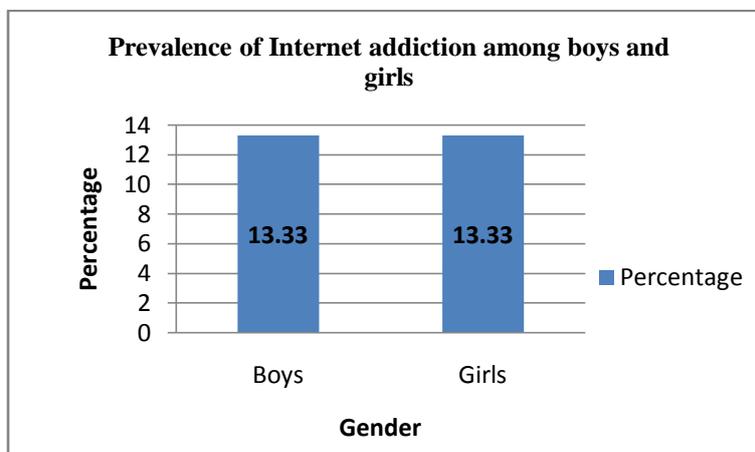


Table 3 shows the percentage of Internet addict among boys and girls. The number of internet addict among boys and girls were same that is 4, so the 13.33% boys and girls were found as addict.

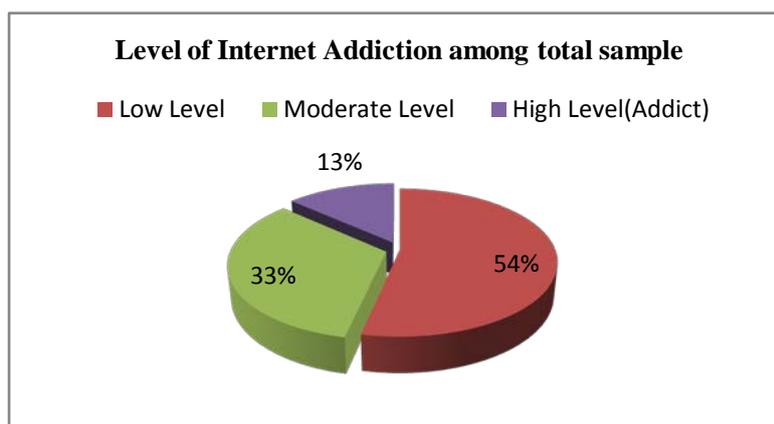
2 Levels of Internet addiction among total sample

2.1 Level of Internet Addiction in total sample

Table 4 Levels of Internet Addiction among total sample

Levels of Internet Addiction	Total Sample	
	N	Percentage
Low Level	32	53%
Moderate Level	20	33%
High Level(Addict)	8	13.33%

Figure 2



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Table 4 presenting levels of internet addiction as low, moderate and high users in total sample. It is found that number of low level users were more as compared to other two levels.

2.2 Level of Internet Addiction among Boys and Girls

Table 5: Levels of Internet Addiction among Boys and Girls

Levels of Internet Addiction	Gender			
	Boys		Girls	
	N	Percentage	N	Percentage
Low Level	17	56.66%	15	50%
Moderate Level	9	30%	11	36.66%
High Level(Addict)	4	13.33%	4	13.33%

Figure 3

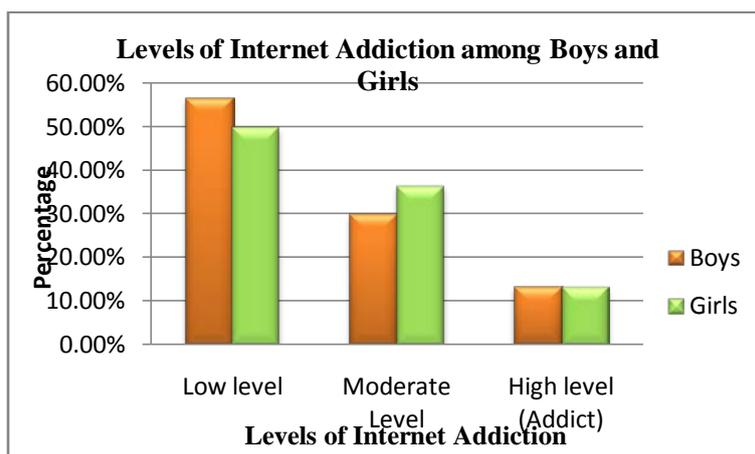


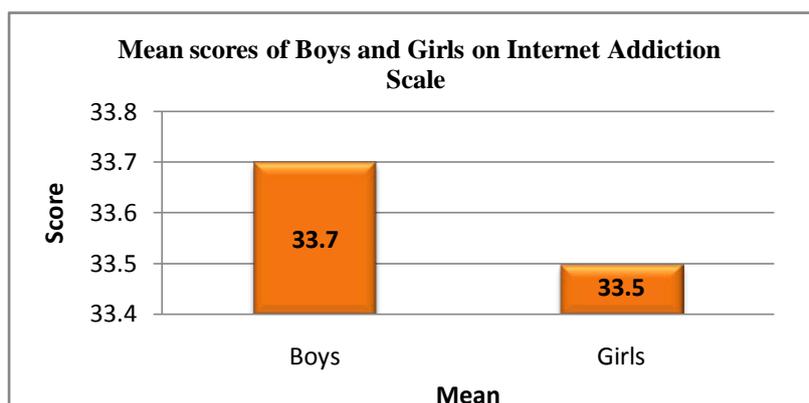
Table 5 shows the prevalence of the three levels of internet addiction among boys and girls. It is apparent by the table that number of boys on low level was more as compare to their girl’s counterpart. Numbers of girls on moderate level is more than boys and on high level of internet addiction number of boys and girls were same.

3 Impact of gender on Internet Addiction

Table 6: Mean score, SD and t-values of gender

Gender	Mean	SD	t-value
Boys	33.7	17.85	0.96
Girls	33.5	17.15	

Figure 4



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Table 6 shows mean scores of boys and girls on internet addiction scale. It is apparent by the table that the mean score of boys are slightly high as compare to their girls' counterpart. t-value of Mean scores of boys and girls are 0.96, which is not significant. So, it can be said that there is no impact of gender on internet addiction.

CONCLUSION

It can be conclude by this research finding that the rate of internet addiction is rapidly increasing among students. Increasing rate of internet addiction among students, affect their mental and physical health badly. Internet addiction is also affecting study habit and face-to-face interaction among students. Face-to-face interaction among students are decreasing due to their over use of internet and wasting time on online chatting. The finding of this study indicates that there is no impact of student's gender on internet addiction behaviour.

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Conflict of Interests: The author declared no conflict of interests.

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