

A Study of Internet Addiction among the Higher Secondary Schools Students

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Abstract

In present era internet has play very important role in our daily life. It is used by some to facilitate research, to seek information, for interpersonal communication, and for business transactions on one hand whereas, on the other hand, it can be used to indulge in pornography, excessive gaming, chatting for long hours, and even gambling. The main objective of this study was to find out the level of Internet addiction among the youth. The present study conducted on sample of 100 higher secondary school students from Haridwar District of Uttarakhand State of India. The Kimberly Young's Internet Addiction Scale was used for the data collection. The major findings of the study indicate that; (8%) boys found high users of the Internet, whereas the majority of girls found average internet users. The difference between the Internet Addiction of Boys and Girls students not found up to level of significance.

KEYWORDS - Internet Addiction, Higher secondary school students, Haridwar District, Uttarakhand State of India

INTRODUCTION-

In present era internet has play very important role in our daily life. It is used by some to facilitate research, to seek information, for interpersonal communication, and for business transactions on one hand whereas, on the other hand, it can be used to indulge in pornography, excessive gaming, chatting for long hours, and even gambling. There have been growing concerns worldwide for what has been called as Internet Addiction (Deepak, et.al. 2013). Therefore addiction is not limited to drugs. Whenever a habit becomes a compulsion, like gambling, drugs, alcohol or even playing computer games, chatting, surfing the net all can be considered as an addiction. Therefore behavioral addictions should not be ignored because of lack of material (Arashloo H, 2006). Academically internet is used for learning, project work and research work, therefore the internet has become an important part of student life. Internet is an important tool but over use of internet may lead to the risk of addiction which consequently might result in disruptions in physical health, mental health, social relationship and academic achievement.

King Storm, A. (1996) in a study, 'Internet Addiction is the internet addictive or are addicts using internet', found that people who have Internet Addiction are alone and shy and are suffering from depression. Akhter Noreen (2013) studied, "Relationship between Internet Addiction and Academic Performance among University Undergraduates". The study also focused to examine the gender differences among students on Internet Addiction. The results suggested that Internet Addiction was a significantly negatively correlated with academic performance of university

undergraduates. Results also suggested gender difference in Internet Addiction. Male students had higher Internet Addiction than female ones.

In India and in Uttarakhand (*which is the twenty seventh hilly state of India and having critical geographical features and cultural characteristics*) use of internet is enormous, especially in the young population. Hence, it is necessary to study pattern of internet usage in young adults in Indian setting. With this background, and being a teacher the researchers undertook the present problem to study for a close look on this issue. The study is delimited to the Haridwar district of Uttarakhand State.

Objectives-

1. To know the level of Internet Addiction among the students.
2. To know the level of Internet Addiction among the boys and girls students.

Hypotheses- The hypotheses formulated for the study were:-

1. Girls and boys are most frequent user of Internet.
2. There exists no significant difference between the Girls and boys Internet Addiction.

Sample-

In the present study, random sampling is used for the collection of data. A sample of 100 has been taken from Senior Secondary Schools of Haridwar district of Uttarakhand state of India.

Tool Used-

Internet Addiction Test (IAT) by Dr. Kimberly Young, is used for data collection. There were 20 questions with 6 options for each. The scoring for each option was done as follows:

F. Not Applicable=0;

A. Rarely = 1;

B. Occasionally = 2;

C. Frequently=3;

D. Often = 4;

E. Always = 5

Assessment of Internet Addiction Level:-

Internet Addiction Level among the students calculated on the basis of obtained points or scores by the students as given below is-

- 20-49 points: can be included as an average on-line user. They may surf the web a bit too long at times, but they should have control over the Internet usage.

- 50-79 points: can be included as experiencing occasional or frequent problems because of the Internet. They can be considered as people those have the full impact of Internet on their life.
- 80-100 points: can be included as a person that Internet usage is causing significant problems in their life. You should evaluate the impact of the Internet on your life and address the problems directly caused by your Internet usage.

Results and Discussion:-

Scores were calculated for the Internet Addiction among the youth as follows:-

Hypothesis-01:-

Girls and Boys are most frequent user of Internet.

Table: 01

Level of Internet Use

	No.	No. Students Obtained Scores between 20-49	Students Obtained Scores between 50-79	Students Obtained Scores between 80-100
Girls	50	27 (54%)	23 (46%)	0 (0%)
Boys	50	22 (44%)	24 (48%)	4(8%)
Total	100	49 (49%)	47(47%)	4(4%)

Table 01, exhibits the level of Internet use by the Student. 54% Girls student obtained scores in between 20-49 points, which shows that maximum no of girls are using on line average, whereas 46% of girls student found frequent user of Internet but fortunately no girls student found to be Internet addicted. Only 8% of Boys found Internet Addicted or high user of Internet, 44% of boys found in category of average Internet users and 24% of boys found in category of frequent online or frequent Internet users. Whereas, the overall percentage of high user of Internet is found only 4%, the percentage of frequent user of internet is found 47% and the percentage of average user of Internet is found 49%.

Hence, the hypothesis that, ‘Girls and Boys are most frequent user of Internet’ is partially accepted in case of boys students.

Hypothesis- 02- There exists no significant difference between the Girls and boys Internet Addiction.

Table: 2**Difference between the Level of Internet Addiction of Girls and Boys Students**

Gender	N	Mean	SD	t-value
Girls	50	42.04	17.42	0.112 NS
Boys	50	41.66	17.47	

df=98 significant at 0.05 level

Table- 02 shows the difference between the level of Internet Addiction between the girls and boys students, girls obtained high mean score (m=42.04) in comparison to boys (m=41.66), whereas the t-value found not to be significant at 0.05 level of significance for df 98, because the t-value of at 0.05 level is 1.98, whereas the calculated t-value is 0.112 is much lesser than this table value, therefore this is not significant at this level.

Hence, the hypothesis that, 'There exists no significant difference between the Girls and boys Internet Addiction' stands to be accepted.

Conclusions and Suggestions-

It is appeared after the analysis of various tables that-

- (1) Those students, who obtained 20-49 scores, are average on-line users. They may surf the web a bit too long at times, but they have control over their usage.
- (2) Those students, who obtained 50-79 scores, are experiences occasional or frequent problems because of the internet. They consider as persons those have full impact of Internet on their life.
- (3) Those students who scored 80-100 points, their internet usage is causing significant problems in their life in terms of family relationship, mental disorder, anxiety, stress and depression etc.

The findings of this study showed that the rate of internet addiction is greater in boys than in girls (8% and 0% respectively); this may be because off the social, economical and educational situations of this hill state. The findings of this study brought certain issues in to sharper focus and there is a need for further study in order to have a thorough probe in the subject matter. It is believed that such type of subsequent approach would enrich the literature further. The study can be attempted from different angles so as to make justice with the present theme.

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