

Pattern of Internet Addiction Among Higher Secondary School Students

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Abstract: The present study was undertaken to study the pattern of internet addiction among higher secondary school. The stratified random sampling method was used to draw the sample to collect the data. In the present study, the population was concerned only to class 11th and 12th from higher secondary Provincialized School. As sample this paper has selected 373 students where 220 were male and 153 were female and selected 20 provincialized Secondary school in of Tamulpur District which provides co-education. The investigator has used the Internet addiction test developed and validated by Dr. Kimberly Young. The data collected were analyzed by using descriptive, differential, correlation, chi-square as statistical techniques. The objectives were a) To find out the level of internet addiction among higher secondary school students, b) To find out if there is any significant difference between the internet addiction among higher secondary school students in relation to their gender and stream. c) To find out if there is any significant relation between the internet addiction among higher secondary school students in relation to their gender and stream. d) To find out if there is any significant association between the internet addiction among higher secondary school students in relation to their gender and stream. From study it found that male students are more addicted in comparison to female and arts students are more addicted than science students. There is a significant difference and association between the internet addiction of male and female of higher secondary school students. But on the other hand there is a no significant difference and association between the internet addiction of higher secondary school students of arts and science streams. In the both gender and stream cases, there are found high positive relationship

Introduction

Individuals' educational and social life is growing increasingly dependent on the Internet and mobile technology, and it is becoming a part of their identity. With the advent of mobile access allows young people to use the internet from anywhere and at any time, the younger generation is spending their time on the internet playing games, searching for information, and participating in social media. Young people can easily be seen online exploring their interests, playing games, gathering information, and connecting with friends and strangers. When internet use becomes an issue in an individual's personal life, it is considered internet addiction. An Internet addiction is characterized as an obsessive loss of desire control that causes harm to the user's relationships, schoolwork, or job. Online gaming, obsessive social networking, and marathon running Symptoms are similar to those of other behavioral addictions, with pathological gambling being the most similar. Researchers feel that, like other addictions, it frequently conceals other issues such as melancholy, low self-esteem, and social anxiety, and that it could even serve as a proxy for other addictions.

Review of Related Literature

Ko, C. H (2009) made study on the associations between aggressive behaviours and Internet addiction and online activities in adolescents. The findings of the study found that watching violent TV programs, adolescents with Internet addiction were more likely to have aggressive behaviours during the previous year. The association was more significant among adolescents in junior high schools than in senior high schools. Online chatting, adult sex web viewing, online gaming, online gambling, and bulletin board system were connected with aggressive behaviours.

Kim, J., & Haridakis, P. M. (2010) conducted study on effects of Internet Addiction on the Lifestyle and Dietary Behaviour of Korean Adolescents. The study found that high-risk Internet users drank and smoked more than low-risk Internet users, and that their diet is less nutritious and that they skip meals more frequently than low-risk Internet users. It was also discovered that high-risk Internet users experience sleep disturbances and irregularities. According to the findings, children should be taught about a balanced diet and adequate physical activity in order to be physically and intellectually healthy.

Grover S, Chakraborty K, Basu D. (2010) conducted study on Pattern of internet use among professionals in India. The average length of time spent on the Internet was 73.43 months, with two-thirds (65.38 percent) of them using it on a regular basis for more than a year. The average length of time spent on the Internet was 39.13 months, with the average time spent on the Internet being 2.13 hours per day, and more than 56.73 percent of the sample using it for at least 2 hours per day.

Yadav P, Banwari G, Parmar C, Maniar R(2013) conducted study on Internet addiction and its correlates among high school students. This study found that majority high school students suffering from depression, anxiety and stress and There was a strong positive correlation between internet addiction and depression, anxiety and stress.

Malviya A, Dixit S, Shukla H, Mishra A, Jain A, Tripathi A.(2014) conducted study on to Evaluate Internet Addiction Disorder among Students of a Medical College and Associated Hospital of Central India. Male students (67.8%) were found to be more internet addicted than female students in this study (32.2 percent). The study also revealed that 23 (9.5 percent) of the participants were found to be in the severe category, with scores of 80-100.

Statement of the Problem

To find out the solution of the problem, the research title has been stated as “pattern of internet addiction among higher secondary school students”.

Research Questions

- What is the level of internet addiction among higher secondary school students?
- What is the difference between the internet addiction among higher secondary school students in relation to their gender and stream?

- What is the relation between the internet addiction among higher secondary school students in relation to their gender and stream?
- What is the association between the internet addiction among higher secondary school students in relation to their gender and stream?

Objectives of the Study

1. To find out the level of internet addiction among higher secondary school students.
2. To find out if there is any significant difference between the internet addiction among higher secondary school students in relation to their gender and stream.
3. To find out if there is any significant relation between the internet addiction among higher secondary school students in relation to their gender and stream.
4. To find out if there is any significant association between the internet addiction among higher secondary school students in relation to their gender and stream.

Hypotheses of the Study

1. There is no significant difference between the internet addiction among higher secondary school students in relation to their gender and stream.
2. There is no significant relation between the internet addiction among higher secondary school students in relation to their gender and stream.
3. There is no significant association between the internet addiction among higher secondary school students in relation to their gender and stream.

Delimitation of the Study

- The study is delimited only to the Tamulpur district.
- Only included the Provincialized Co-Educational Schools.
- For the present study only the Class 11th and 12th students were selected

Research Methodology

The descriptive survey method is used to study the problem referring the pattern of internet addiction among higher secondary school students of Tamulpur district of Assam.

Population and Sample

The stratified random sampling method was used to draw the sample for the present study. In the present study, the population was concerned only to class 11th and 12th class students from higher secondary Provincialized School. As sample this paper has selected 373 students where 220 were male and 153 were female and selected 20 provincialized secondary school in of Tamulpur district which provides co-education.

Tools used for the Study

The investigator has used questionnaire as a research tool in the present study. The investigator has used the Internet addiction test which is developed and validated by Dr. Kimberly Young.

Description of Internet Addiction Test (IAT)

The Internet Addiction Test (IAT) which was developed by Dr. Kimberly Young. This questionnaire consists 20 questions. Each item is scored using a five-point likert scale, (1 for “rarely” to 5 for “always”). It covers the degree to which internet use affect daily routine, social life, productivity, sleeping pattern, and feeling. The minimum score is 20 while the maximum is 100. The range of the total IAT score 20-49 indicates mild level. The range of the total IAT score 50-79 indicates Moderate level and score 80-100 indicates severe level.

Statistical Techniques Used

In the present study the data collected were analyzed by using

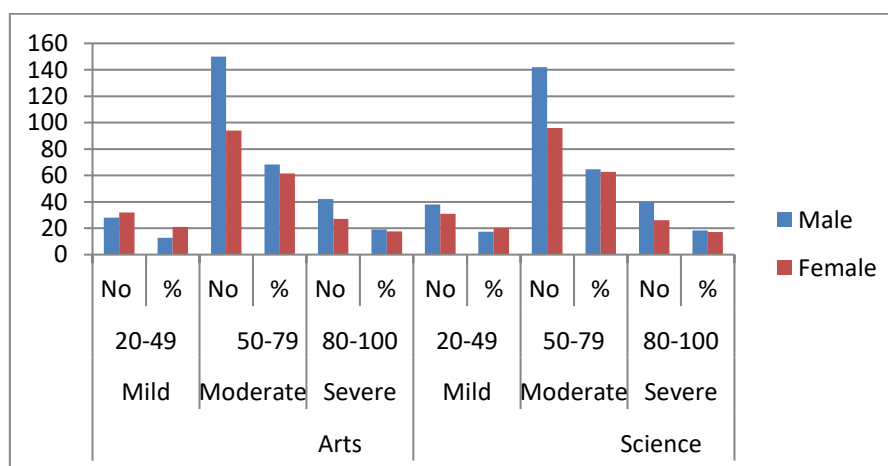
1. Descriptive Analysis
2. Differential Analysis
3. Correlation Analysis
4. Chi-Square Analysis

Analysis and Interpretation of Data

Table no 1: Level of internet addiction among higher secondary school students

Variables	Arts						Science					
	Mild 20-49		Moderate 50-79		Severe 80-100		Mild 20-49		Moderate 50-79		Severe 80-100	
Male	28	12.73%	150	68.18%	42	19.09%	38	17.27%	142	64.54%	40	18.19%
Female	32	20.92%	94	61.43%	27	17.64%	31	20.26%	96	62.75%	26	16.99%

The table value are shown with the help of graphical representation in the following graph



The above table shows that 12.73 % of the male students of internet addiction have mild level, 68.18% of them have moderate level and 19.09% of them have severe level from arts stream and 17.27 % have mild level, 64.54% have moderate level and 18.19% have severe level from science stream.. The above table also reveals that 20.29% of the female students of internet addiction have mild level, 61.43% of them have moderate level and 17.64% of them have severe level of arts stream and 20.26% have mild level, 62.75% have moderate level and 16.99% have severe level of science stream.

Table no 2: Significant difference between the internet addiction among higher secondary school students in relation to their gender and stream

Variables	Categories	N	Mean	SD	T value	Significance at 0.05 level
Gender	Male	220	62.19	12.63	1.98	S
	Female	153	59.23	15.28		
Stream	Arts	196	61.75	13.92	1.87	NS
	Science	177	58.75	16.32		

Note: S indicates significant and NS indicates not significant

The above table shows that the calculated T value for gender (1.98) is greater than the table value (1.96) at 5% level of significance. Hence, the formulated null hypothesis is rejected regarding gender that means there is a significant difference between the internet addiction of male and female students. While comparing the mean scores of the male students with female students, mean value of male students (62.19) is higher than the female students (59.23). This table also further reveals that that the calculated T value for stream (1.87) is less than the table value (1.96) at 5% level of significance. So, the formulated null hypothesis is accepted regarding stream which means there is a no significant difference between the internet addiction of arts and science stream students.

Table no 3: Significant relation between the internet addiction among higher secondary school students in relation to their gender and stream

Variables	Categories	N	Mean	SD	Pearson Correlation	Remarks
Gender	Male	220	62.19	12.63	.91	very high positive correlation
	Female	153	59.23	15.28		

Stream	Arts	196	61.75	13.92	.85	high positive correlation
	Science	177	58.75	16.32		

The above table reveals that mean and standard deviation male students are 62.19 and 12.63 respectively, mean and standard deviation female students are 49.38 and 10.70 respectively and total number of sample is 373. Coefficient correlation between male and female is .91 which is a very high positive relationship between male and female students regarding their internet addiction. And in the case of arts and science stream, mean and standard deviation arts stream students are 61.75 and 13.92 respectively, mean and standard deviation science stream students are 58.75 and 16.32 respectively and Coefficient correlation is .85 which means is also high positive relationship.

Table no 4: Significant association between the internet addiction among higher secondary school students in relation to their gender and stream

Variables	Categories	N	Calculated χ^2 Value	df	Significance at 0.05 level
Gender	Male	220	12.04	1	S
	Female	153			
Stream	Arts	196	.94	1	NS
	Science	177			

Note: S indicates significant and NS indicates not significant

Above table reveals that the calculated χ^2 value for male and female is 12.04 which is greater than the table value (3.841) at 5% level of significance. Hence, the formulated null hypothesis is rejected and there is significant association between male and female students. The above table further shows that the calculated χ^2 value for arts and science streams(.94) is less than the table value (3.841) at 5% level of significance which means that there is no significant association between arts and science streams.

Findings of the Study

- Male students are more addicted to the internet than female students in both arts and science streams.
- Majority of students are addicted to the internet under moderate level in both arts and science streams. But arts students are more addicted in comparison to science students.
- There is a significant difference between the internet addiction of male and female of higher secondary school students.

- There is a no significant difference between the internet addiction of higher secondary school students of arts and science streams.
- There is a very high positive relationship between the internet addiction of male and female of higher secondary school students.
- There is a high positive relationship between the internet addiction of higher secondary school students of arts and science streams.
- There is a significant association between the internet addiction of male and female higher secondary school students.
- There is a no significant association between the internet addiction of higher secondary school students of arts and science streams.

Suggestions for further Research

- The present study was only conducted one district. It should be extended to state level in the country.
- The same study may be conducted for college students and teachers.
- Some psychological variables may be included with the internet addiction like anxiety, loneliness, depression, anxiety etc. for further studies.
- Such variables should be considered for the further studies like role of parents, family, socio-economic status on internet addiction of students.

Conclusion

Internet addiction is a universal problem among students at present days. Mostly students are easily preyed to internet addiction. From study it can be concluded that male students are more addicted in comparison to female and arts students are more addicted than science students. There is a significant difference and association between the internet addiction of male and female of higher secondary school students. But on the other hand there is a no significant difference and association between the internet addiction of higher secondary school students of arts and science streams. In the both gender and stream cases, there are found high positive relationship.

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