

# Problems of Internet Addiction and Its Effects on the Life Style of University Students

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## Abstract

The enormous growth of technology and innovations that rules today's world has become an inevitable sophistication for every human being. Today Internet facility has become a complementary aspect for transforming and disseminating the new innovations. Internet is now a highly accessible and affordable facility even for a common man of any society. However the internet also has made many youths and children to be more dependent on it which started giving adverse effort and even many leading forums stated alarming this situation. In this circumstance this study has been initiated to examine the level of Internet addiction and Interpersonal problems of University students. It also covers effects in their life style patterns and behavior based on the level of Internet addiction of Student's studying in PMU. Internet addiction (IA) is a new disorder described in 1996 by the psychologist Kimberly Young. There are many studies about internet use and internet addiction and it is one of the things that influence our daily life. The researcher has adopted descriptive cum diagnostic research design for the study. The universe were 302 final year student's from 12 departments of PeriyarManiammai University, Vallam, Thanjavur, while 50 students are the respondents for this study. Convenient random sampling has been used to select the final respondents of the study. The tool developed by Kimberly Young in 1996, namely Internet Addiction Test (IAT) Demographic factors (age, gender and grade of level) were administered to measure the internet addiction and Data were analyzed using descriptive and inferential statistic. It is alarming that the result shows the levels of excessive users among the respondents are frequent users. The result of the study reveals many facts that the student's are spending too much of time on internet, unnecessarily accessing the internet without any purpose, too much of money spend for internet, leads in reducing their sleeping hours and gets very little time for sleeping, lack of face to face interaction in their family, absence of interpersonal communication. Therefore the study alarms that the internet addiction is changing the life style of the student's and may have a negative effect in the days to come.

**Keywords:** Internet Addiction, Effects of Internet, Excessive Internet usage, Student Life Style

## 1. Introduction

The emerging new technologies started familiarizing by the means of the platform named Internet that has become an most basic amenities in this era. We have witnessed that the 21st century have an explosion in the internet usage. Internet has become a very crucial communication instrument these days. It has changed the ordinary life at home, educational environment and even at many work places. Internet is one of the primary resources to help students in completing their assignments, undertaking research and even become a social media to manage and release their stress. Internet helps the students in beneficial aspects, but it also lead to destroy student's life if the students misuse or overuse it. An important research focus of the Internet addiction is towards the problems caused by the Internet. The beneficial aspects of Internet usage are like helping the students to improve their communication skills, enhanced their relationships with others, assisting to increase their CGPA and many more positive things also. It can help students to destroy their life if the students do not have awareness regarding the disadvantage of the Internet, for example, accessing the internet long time, sleepless, and getting stress, feeling depressed, moody, porn websites, gambling and academic cheating. Most university students living away from their parents with fewer classes have possibilities to be an Internet addict.

The use of the internet has increased considerably over the last few years. The growth of internet users has been exponential, this growth have come a number of questions about the impact of internet use. Kandell (1998) defined internet addiction as a psychological dependence on the internet, regardless of the activity once logged on. Among these is whether some individuals develop disturbed patterns of online behavior including internet addiction (Griffiths, 2000).

## 2. Review of Literature

According to Yu & Shek (2013), The review of related literature indicated that internet addiction negatively influences life routines, health, and parental relationship in relation to their incidences.

Kodvanji, et.al. (2014), investigated the impact of internet use on lifestyle of undergraduate medical students in India. Their cross-sectional study involved 90 (18-20years) undergraduate medical students. The two groups addictive and non-addictive were compared for environmental stressors and lifestyle factors such as sleep, dietary pattern, physical activities and hobbies. The addictive internet user group had a statistically significant impairment of sleep and excessive day time sleepiness and presence of environmental stressors when compared to the non-addictive internet user group.

Chathoth, et al. (2014) “Conducted a cross-sectional study which involved 90 (18-20 years) undergraduate medical students. The two groups addictive internet users (score  $\geq 50$ ) and non-addictive internet users (score  $< 50$ ) were compared for environmental stressors and lifestyle factors such as sleep, dietary pattern, physical activity and hobbies. Results revealed that the addictive internet user group had a statistically significant impairment of sleep (94.11% Vs 45.2%) and excessive daytime sleepiness (88.23% Vs 39.72%) and presence of environmental stressors (76.47% Vs 36.98% ) as compared to non-addictive internet users.”

Min, et al. (2014) “examine the 13,588 users (7,878 males, 5,710 females), out of 20 million from a major portal site in Korea, participated in this study. Among the sample, 3.5% had been diagnosed as internet addicts (IA), while 18.4% of them were classified as possible internet addicts (PA). The Internet Addiction Scale showed a strong relationship with dysfunctional social behaviors. More IA tried to escape from reality than PA and Non-addicts (NA). When they got stressed out by work or were just depressed, IA showed a high tendency to access the internet. The IA group also reported the highest degree of loneliness, depressed mood, and compulsivity compared to the other groups. The IA group seemed to be more vulnerable to interpersonal dangers than others, showing an unusually close feeling for strangers”.

YE & LIN (2015) “result shows that Locus of control was positively related to Loneliness and Preference for online social interaction, but negatively related to Subjective well-being; Loneliness (positively) and Subjective well-being (negatively) were related to Preference for online social interaction; and Loneliness and Subjective well-being had a full mediating effect between the relationships of Locus of control and Preference for online social interaction. It was also found that more lonely, unhappy, and externally controlled students were more likely to be engaged in online social interaction.”

### 3. Research Methodology

#### 3.1.1. Objectives of the Study

1. To study about the socio demographic profile of the respondents
2. To examine the level of Internet addiction and Interpersonal problems
3. To study the internet effects on the life style of the respondents

#### 3.1.2. Research Design

Researcher has adopted descriptive cum diagnostic research design for the present study. Researcher attempted to find out the socio demographic profile, level of Internet addiction and interpersonal problems and internet influence on the life style of students studying at PeriyarManiammai University.

#### 3.1.3. Methods for data collection

Researcher has adopted survey method and study has used the cross-sectional design whereby all variables have been collected at the same point of time. To access the Inter Internet Addiction Test (IAT), by Dr.Kimberly Young has been used for this study.

#### 3.1.4. Universe and Sampling

The universe were 302 final year student's from 12 departments of PeriyarManiammaiUniversity,Vallam, Thanjavur , while 50 students are the respondents for this study . Convenient random sampling has been used to select the final respondents of the study.

#### 3.1.5. Tools for Data collection

The tool developed by Kimberly Young in 1996 Internet Addiction Test (IAT) Demographic factors (age, gender and grade of level) were administrated to measure the internet addition. For the first 20 questions of Young's Internet Addiction Test was adopted to evaluate the respondents' level of Internet addiction. The IAT has 20 items associated with Internet use, including psychological dependence, compulsive use, and withdrawal, as well as related problems of school, sleep, family, and time management. For each item, a graded response can be selected (1 = “not at all” to 5 = “always”). The minimum score is 20 while the maximum is 100; the higher the score, the greater the level of Internet addiction. As suggested by Young, cut-off scores for the IAT were used to classify Internet users based on the severity of their addictive behavior.

S.No	Variables	Particulars	Frequency	Percent
1	Age	17 – 20	38	76
		21 – 24	7	14
		Above 24	5	10
2	Gender	Female	32	64
		Male	18	36
3	Type of Family	Nuclear	40	80
		Jointly	10	20
4	Occupation	Private Sector	23	46
		Government	12	24
		Business	15	30
5	Educational Stream	Non Engineering	27	54
		Engineering	23	46

TABLE 1 - Socio Demographic Profile

S.No	Variables	Particulars	Frequency	Percent
1	Internet Access	Daily Usage	46	92
		Weekly once	4	8
2	Knowledge of Internet	Yes	50	100
		No	0	0
3	Mode of Usage	Mobile	44	88
		Laptop	6	12
4	Age of First Internet Use	15 and above	33	66
		10 to 15	17	34
5	Internet Using Time	3 to 5 Hrs	29	58
		1 to 3 Hrs	21	42
6	Availability of Internet	Residency	38	76
		Hostel	12	24
7	Staying Online	Does Not Apply	0	0
		Rarely	4	8
		Occasionally	3	6
		Frequently	38	76
		Often	2	4
		Always	3	6

TABLE 2 - Level of Internet Addiction

S.No	Variables	Particulars	Frequency	Percent
1	Neglecting House Hold Work	Does Not Apply	0	0
		Rarely	5	10
		Occasionally	3	6
		Frequently	31	62
		Often	6	12
		Always	5	10
2	New Relationship with fellow online users	Does Not Apply	2	4
		Rarely	11	22
		Occasionally	6	12
		Frequently	16	32
		Often	7	14
		Always	8	16
3	Suffered Academic performance	Does Not Apply	5	10
		Rarely	3	6
		Occasionally	4	8
		Frequently	15	30
		Often	13	26
		Always	10	20
5	Gets Feeling, Depressed, Moody nervous when in offline	Does Not Apply	21	42
		Rarely	16	32
		Occasionally	3	6
		Frequently	5	10
		Often	3	6
		Always	2	4
6	Getting Life with Soothing Thoughts of internet	Does Not Apply	13	26
		Rarely	8	16
		Occasionally	4	8
		Frequently	10	20
		Often	9	18
		Always	6	12
7	Anticipating going online again	Does Not Apply	8	16
		Rarely	5	10
		Occasionally	7	14
		Frequently	12	24
		Often	13	26
		Always	5	10
	Loosing Sleeping Hours	Yes	30	60
		No	20	40
8	Lack of Face to Face Communication	Yes	33	66
		No	17	34
9	Lack of inter personal relationship	Yes	26	52
		No	24	48
10	Losing their Time and Money	Yes	23	46
		No	27	54

TABLE 3 - Internet Effects in Life Style

#### 4. Findings and analysis

1. Majority ( 76 %) of the respondents were from 17 to 20 years of age.
2. Majority (64 %) of the respondents are female
3. The majority (80 %) of the respondents were from nuclear family remaining 20 % of the respondents were from joint family.
4. The majority (46 %) of the respondents parents were working in private sector, 30 % of the respondents parents were doing business, remaining 24 % of the respondents parents were working in government sector.
5. The majority (54 %) of the respondents were from non engineering stream remaining 46 % of the

- respondents were from engineering stream.
6. The vast majority (92 %) of the respondents were accessing internet on daily basis
  7. An absolute majority ( 100 %) of the respondents were having knowledge about computer and internet`
  8. The age when used internet for the first time reveals that nearly 66 % of the respondents were from the 15 and above years of age. While 34 % of the respondents were from 10 to 15 years when they used internet for the first time.
  9. The majority (88 %) of the respondents were accessing internet from their mobile phones and remaining 12 % of the respondent accesses internet by other sources.
  10. The majority (70 %) of the respondents were accessing internet through Wi-Fi, remaining 30 % of the respondents were accessing internet from other sources.
  11. The majority (58 %) of the respondents were using internet for 3 to 5 hrs per day remaining 42 % of the respondent uses internet for 1to 3 hrs per day.
  12. The majority (60 %) of the respondents were sleeping above 6 hrs remaining 40 % of the respondents are sleeping from 3 to 5 hrs only per day.
  13. The majority (76 %) of the respondents were having internet availability in their residence remaining 24 % of the respondents were not having internet facility in their residence.
  14. The majority (76 %) of the respondents stay online for longer time.
  15. The majority (62 %) of the respondents were neglecting their households work frequently.
  16. More than one third (32 %) of the respondents got new relationship through the internet connection
  17. One third (30 %) of the responds frequently suffered in their academic performance
  18. The least 20 % of the respondents frequently block out disturbing thoughts about their life with soothing thoughts of the Internet.
  19. Nearly one fourth (24 %) of the respondents frequently anticipation go online again
  20. Less than one fourth (20 %) of the respondents always get fear without internet as boring empty and joyless.
  21. Nearly 60 % of the respondents are frequently have loss of sleep due to late night login
  22. More than one third (32 %) of the respondents rarely gets depressed, moody and nervous when in offline then 10 % of the respondents frequently gets depressed, moody and nervous when in offline.
  23. The majority (66%) of the respondents frequently lack of their face to face interaction
  24. The majority (52 %) of the respondents frequently lack of inter personal relationship
  25. The majority (46 %) of the respondents losing their time and money.

## 5. Conclusion

The researcher concluded that Internet usage is increasing rapidly due to technological advancements day by day that unwittingly led to internet addiction also. Hence, this study is to examine the socio demographic profile, level of internet addiction and effects in life style among the university students. It is alarming that the result shows the levels of excessive users among the adolescents are frequent users. The students are spending too much time on internet; hence they are losing their time, money, sleeping hours, studying hours, direct contact with their friends and family. At the same time these students are accessing more known and unknown friends through the internet, also they are accessing for mails and study materials. Based on the analysis it can be concluded that internet is bringing more addiction among the adolescent groups that creates various psycho social problems among their families and friends. Internet is also bringing more disappointment between the students inter personal relationship and face to face interaction. Its leads to lack of creativity, cyber bullying, waste of time, abandonment of family, privacy disturbed, insomnia, physically inactive, cheating and moral corruption. However the students can use the technology in a appropriate manner and have balance in their responsibilities and utilize the facilities for progressive purposes.

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