PREVALENCE OF INTERNET ADDICTION AMONG STUDENTS OF PERIYAR MANIAMMAI INSTITUTE OF SCIENCE & TECHNOLOGY

Gnanaraj .S
Assistant Professor, Department of Social Work, Periyar Maniammai Institute of Science & Technology Vallam, Thanjavur**.**
Corresponding Author- Gnanaraj.S

Abstract
The Internet is considered to be the most widely used media in the world, and it varies from other types of media. The causes of this widespread accessibility are the Internet has numerous activities that attract its users, the Internet displays a chance to communicate with people all over the world without any restriction, and young adults have become an important goal of this commercial concern. There has been a tremendous growth of Internet use all over the world, and this is anticipated to continue with its use, becoming an essential part of daily life. In this study the researcher used simple random sampling method from PMIST 10 departments were selected by using lottery methods. From the selected 10 departments and to attain 60 final respondents 6 students were taken as the respondents using systematic random sampling method by giving equal chance to all the respondents The younger generations notably the Adolescent ought to use the technology in associate applicable manner and have balance in their invaluable life and utilize the facility for progressive function with larger responsibility of nation building. This study also provides suggestion to use internet without addiction.

Key Word: Internet Addiction, Social Issue, Health and Psychological problems.

Rational of the Study

The emerging new technologies started familiarizing by the means of the platform named Internet that has become the most basic amenities in this era. We have witnessed an explosion in internet usage in the 21st century. The Internet has become a very crucial communication instrument these days. It has changed the ordinary life at home, in the educational environment and even in many workplaces. An important research focus of Internet addiction is towards the problems caused by the Internet. Internet could deteriorate the life of the students if they do not have awareness regarding the disadvantage of the Internet, for example, accessing the internet long time, becoming sleepless and getting stress, feeling depressed, moody, watching porn websites, gambling, cybercrime and academic cheating. Most of the students students living away from their parents with fewer classes have possibilities to be an Internet addict.

Review of Literature

Katajun Lindenberg et al., (2018). Study found that to influence 6.1% of German youths matured 11– 21. The danger of IUD expanded with age, extending from 2.8% to 9.1%. The course of commonness rates over youth indicated two tops at age bunches 15– 16 and 19– 21. Sexual orientation was similarly appropriated over all phenotype profiles. Between and intrapersonal clashes were recognized to be the manifestation to separate most explicitly among practical and useless Internet use.

Manish Kumar and Anwesha Mondal (2018). Study was conducted from 200 students were selected from various colleges of Kolkata. The regression analysis findings of the association between online users, the ten dimensions of the SCL-90. The results indicated that students with high usage of Internet had higher level of interpersonal sensitivity, anxiety and obsession-compulsion.

Ma et al., (2016). Results from multi-nominal logistic regression indicated that makes between grades 7-9, often had poor relationships with their parents and also saw higher self-reported depression scores, which were significantly associated with the diagnosis of Internet Addiction Disorder (IAD).

Research Methodology

Aim of the Study

The main aim is to study about the prevalence of Internet Addiction among Students of Periyar Manaimmai Institute of Science & Technology, Vallam, Thanjavur.

Objectives of the Study

1. To find out the behavioural problems of the respondents due to internet addiction.

2. To assess the level of social and interpersonal relationship of the respondents.

3. To bring out various psychosocial problems faced by the respondents due to internet addiction.

Research Hypothesis

1. Internet addiction relatively significant with their age.
2. Genders of the students significantly associated with their daily use of internet.
3. Internet Addiction of the students significantly differ with their Gender
4. Internet Addiction of the students significantly vary with their family type
5. Internet addiction significantly is associated with their gender
6. Internet addiction significantly is associated with their internet using hours per day
7. Genders of the students significantly associated with their first age of internet use
8. Internet Addiction of the students significantly associated with their first age of internet use.

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 Periyar Maniaammai Institute of Science & Technology.

Universe and Sampling of the Study

The systematic random sampling has been adopted to get the final respondents of the study. The universe of the present study is 284 students from under graduation and post graduation studying students of PMIST. In this study the researcher used simple random sampling method and 10 departments from PMIST were selected by using lottery methods. From the selected 10 departments and to attain 60 final respondents 6 students were taken as the respondents using systematic random sampling method by giving equal chance to all the respondents.

Method of Data Collection

Quantitative Method

The collected data were quantified by assigning appropriate codes as suggested by the guidelines of the particular scales used in this study. The analyse of the data were done by applying appropriate statistical tests using Statistical Package for Social Sciences (SPSS) version 22.

Research Tool

1. Self-administrated questionnaire prepared by the researcher
2. The Internet Addiction Test (IAT; Young Kimberly, 1998) is a 20-item 5-point likert scale that measures the severity of self-reported compulsive use of the internet. Total internet addiction scores are calculated, with possible scores for the sum of 20 items ranging from 20 to 100.

Distribution of the Respondents by Internet Addiction Test Scores for 20 Items

Facing Problem with Friends Due to Excessive Usage of Internet	Frequency	Percent
Having Control Over Internet Usage (20-49)	14	23.3
Having Impact on Life Due to Internet Usage(50-79)	45	75.0
Causing Significant problems Due to Internet Usage(80-100)	1	1.7
Total	60	100.0

Chi – Square - Association between Gender Vs Daily Use of Internet

Association between Gender Vs Internet Habit		Internet Habit		Chi - Square	df	Sig. Value
		Yes	No			
Gender	Male	27	3	1.029	2	0.598 > .05 Not significant
	Female	29	1			
Total		56	4			

Chi – Square Test - Association between Using Hours Vs Internet Addiction

Association between Using Hours Vs Internet Addiction	Internet Addiction			Chi – Square	df	Sig vale
	Average online User	Occasional or Frequent problem	Significant Problem			

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Using hours	.5 to 3 hrs	4	11	0			
	3 to 6 hrs	2	11	0	3.310	6	0.769 > .05 Not significant
	6 to 10 hrs	4	15	1			
	above 10 hrs	4	8	0			
Total		14	45	1			

Findings Related Socio Demographic Profile

1. More than half of the respondents (63.0 %) from 17-20 years old.
2. More than half of the respondents (55.0%) are male. Female respondents are less than half (45.0%).
3. Half of the respondents (50.0%) from the under graduated and half of the respondents (50.0%) from the post graduvated.
4. Nearly half of the respondents (48.3%) are studying I year.
5. Majority of the respondents (71.7%) living in a nuclear family.
6. More than one third of the respondents (41.7%) working in private sector.
7. The majority of the respondents (41.7%) are earning Rs. 51000 – 100000 per year.

Findings Related to Internet Activity and Its Implications

1. The vast majority of the responders (93.3%) using the internet regularly.
2. More than half of the respondents (53.3%) started their age of first internet use between the age group from 15 to 18 years old.
3. The vast majority of the respondents (86.7 %) are accessing internet by cell.
4. Majority of the respondents (73.3%) are surfing internet through Wi-Fi.
5. One third of the respondents (33.3%) are using internet average duration between 6 hours to 10hours per day.
6. The vast majority of the respondents (91.7%) are preferring their house for using internet.
7. More than one third of the respondents (40.0%) parents sometime only knows about their internet activity.
8. More than half of the respondents (71.7%) are sleeping 7 to 9 hours per day.
9. Majority of the respondents (88.3%) having internet facility in their residency.
10. Most of the respondents (75.0%) are spending above 200 / - for internet per month.
11. Less than half of the respondents (36.7%) are losing their academic performance due to excessive usage of internet.

12. One third of the respondents (33.3%) are facing physical problems due to excessive usage of internet.
13. Nearly one third 30.0% are facing psychological problems due to excessive usage of internet
14. Nearly one third of the respondents (30.0%) are facing family related problems due to excessive usage of internet.
15. Minimum of the respondents (16.7%) are facing a problem with their friends due to excessive usage of internet.
16. Less than one fourth of the respondents (20.0%) feel free without internet.
17. Nearly one fourth of the respondents (23.3%) are suggested to visit relative homes.

Findings Related to Internet Addiction Test

1. More than half of the respondents (75.0%) are having impact on life due to internet usage

Suggestion & Recommendation

1. To involve more in outdoor games and traditional games
2. To spend more time with friends in person
3. To spend quality time with the family members
4. Adopt a study plan to prevent internet addiction
5. Use internet for self-development and acquiring of knowledge
6. Need based usage of computer and Smartphone
7. Engage yourself in activities which keep you busy
8. Involve yourself in creative and innovative clubs
9. Spend time in rising nurseries and gardening
10. Avoid online games

Conclusion

The students' 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 were connected to more of known and unknown friends through the internet. They were also accessing mails and study materials also. In the last one decade, internet has become an integral part of our life.

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We wanted to find the prevalence of internet addiction in Indian student's population. It can put into three groups using Young's original criteria: 75% as moderate users, 23.3% as possible addicts, and 1.7% as addicts. Those towards the addict part of spectrum reported had high anxiety, depression, and anxiety depression score.

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