ADDICTIVE INTERNET USAGE AMONG SCHOOL STUDENTS

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KEYWORDS	ABSTRACT:
Addictive internet, *Addictive internet usage,Internet, School students.*	Addictive internet usage is an emergent social as well as mental health matter amongst the school students. However, internet is a widely using tool which is known to foster addictive behavior, and also the addictive usage towards internet threatens to develop into a major public health issue in the future in a rapidly developing country like India. The study is designed to examine the addictive internet usage among school students. A descriptive study was intended to examine the addictive internet usage among school students and data were collected from higher secondary students in a reputed school in Thiruvanathapuram, Kerala, India. The data was collected from all the 50 students in the school who are studying in higher secondary through censes method. For the purpose of collecting data, questionnaire was used through which socio-demographic data was collected and Internet Addiction scale by Kimberly Young (1998) was adopted. Cronbach's alpha coefficient found to be 0.91. Several statistical tools such as t' test, Anova, Correlation were applied, analyzed and interpreted. **Findings** Nearly half (48%) of the respondent have mild level of addictive internet addiction. More than one third (36%) of the respondent have moderate level of addictive internet addiction.

Introduction

The Internet has turn out to be a vital part of everyday as it has grown in size and intricacy. In this new era the internet has become a tool for entertainment, education, business, communication, sharing etc. Although the Internet has improved the quality of life of people today, addictive internet addiction has become a major problem in today's society. Addictive Internet use is a state in which people can't control the time and energy spending on the Internet. This behavior can cause problems in personal life, education, and also other works [24]. Especially students in this era are in the bond of addictive internet usage. Online learning is the utmost widespread exposed learning multimedia mode of teaching. E-Learning is using for education and enabling student access and achievement. And also, it will offer an atmosphere of multimedia which chains communicating in which the users have full regulator in learning [14]. The school students are using internet to deal with the stresses from studies too. Working disproportionately was sturdily related with addictive internet use for the feature of emotional stability, representing sure habits prevail over personality features. The main reason for it was the easy access of internet which made the adolescent specially the school students to get more addictive towards internet. Similar to other addictions, addictive internet usage is an impulse-control disorder and is having variety of problems linked with it. It is having features like withdrawal, pervasiveness, tolerance, depression, and negative effects on day-to-day functioning [4]. In this present epoch of the COVID--19 pandemic, addiction on the technology become an important upheaval in human exists. Though, it is undisputable that over use of it increases the likelihood to be internet addict [15]. Addictive internet usage can be said that one student is in addictive internet usage if he or she feels some difficulty to stop going off when he or she is in online [28]. And also, feels uncomfortable if someone asked them to stop using internet or get off with phone. They prefer using internet rather than spending more times with family, friends, partner and children [33]. Persons with addictive internet usage have some sleep problems. They can't enjoy a regular sleep pattern. Thus, the shortness and irregular sleep make them unhealthy too [7]. While they are not in online, they feel like they are missing something and can't be comfortable [26].

The addictive usage of internet will make the school students negative impact on the academics [6]. Uncompleted work from school, irregularity in works, poor marks in Annual and semester exams as well as in internals is the results of addictive internet usage. They will rush into home after the school times to checkout internet. Due to the addictive use of internet, one may feel restless, frustrated, or irritated when they are not in use [32]. Symptoms of addictive internet using can be physical and emotional appearances. Some of the emotional symptoms include isolation, anxiety, depression, agitation, mood swings, fear, loneliness etc [18]. Physical symptoms include neck pain, headache, insomnia, and weight gain or weight loss, carpal tunnel syndrome. The main cause of addictive internet usage is the problem with interpersonal relationship [13]. The person who is suffering from addictive internet use will also develop the symptoms of dishonest, distrust, social isolation.

Review of Previous Studies

Internet addiction, is defined as the powerlessness to focus on a certain activity without using the internet or the craving for the internet that reasons suffering (Weinstein, Feder, Rosenberg, & Dannon 2014). Internet addicts are 2.5 times more possible than internet addict-free individuals to have depressive symptoms, using internet excessively, and withdraw from social interactions (Lam & Peng, 2010). The worldwide statistics demonstrated that the Asian continent has outlined the highest number of internet users and includes almost 49.9% part of the world's internet user population (Sharma, & Sharma, 2018). Among that list, higher than China, India ranked high in the use of the internet (Statista Research Department, 2018). Aslan, S. (2023) conducted a study with an aim to evaluate the relationship between the smartphone addiction and the social and emotional loneliness which was done in high school students. Additionally, a study by Symons et.al, (2017) states that adolescents in the age group of 13-17 years are using mobile phones to access social media and further platforms such as YouTube since mobile phones are nearby and easily accessible. On the contrary, Internet usage in a good, healthy and productive manner, for example gathering information or getting knowledge on a new skill, has been indubitably related with good and healthy lifestyles. However, unobstructed use of the internet causes internet addiction disorder. Internet addiction disorder is usually defined as troublesome, obsessional browsing on the internet, and its consequences causes an important blighting in routine functioning in diverse life aspects (Restrepo et al. 2020). A study by Ningrum et al, (2021) on the relationship of internet use and sleep quality founded that there arise a positive relationship between the sleep pattern and quality to the internet use. That means high internet using will reduce sleep in students. Koo et al,(2021) investigated the relationship between internet addiction, associated factors like mental health, and founded academic performance and socioeconomic status were initiate to be the interpreters of internet addiction. Li, et al (2021) conducted a cross-sectional study and proved that mobile phone addiction is significantly correlated with loneliness and boredom proneness, as well as negatively correlated with self-control. Yang et al, (2021) studied about depressive symptoms and potential risk factors in smart phone addiction and found that quarantine and lockdown have no associated with depressive symptoms. Wen et al (2021) investigated the relationship among psychological needs, students' mobile phone addiction and mobile phone use. Totally 729 students were investigated with the mobile phone addiction tendency scale. Psychological needs and mobile phone use behavior had significantly positive correlations with mobile phone addiction (r=0.44, 0.35, all $p < 0.01$). Sivaraman et al, (2021) investigated about self-esteem and internet addiction among students. By providing Kimberly's Internet addiction scale and Rosenberg self-esteem inventory it has proved that there is no significant difference in the level of self-esteem and internet addiction. Chen et al, (2021) studied about the adolescent Internet usage. The study compares internet users with internet gaming and communication and compared with ordinary users. And it results that individual differences are incorporated with the prevention efforts. Bisen et al, (2020) states the predictors, prevalence, and psychological correlates of internet addiction. The study exposed that menace related with internet overuse has become severe. Lan et al (2020) examined the prevalence of Internet addiction among students. The study suggests the factors that correlated with Internet addiction comprised

of Internet usage, loneliness, academic performance, and stress. Nathawat, et al (2020) studies the internet addiction among school students and found significant differences among students considering the level of addiction on two personality factors and loneliness measure. Previous studies to date have determined that internet addiction is a reason of substantial public health concern, specifically among adolescent life stages (Aboujaoude et al. 2006; Shek, & Yu, 2016; Saikia, Das, Barman, & Bharali, 2019).

Methods and materials

Statement for the Study

Addictive internet usage among the school students has become a serious menace all over the world and in India too. Little is known about the extent of Addictive internet usage and treatment seeking behaviour among the school students. Addictive internet usage of the younger generations for a considerable period of time can bring serious health hazards, physically and psychologically. Hence, it is the responsibility of every adult to prevent the occurrence of Addictive internet usage among the school students through various sources of education. This study will be an eye opener for the young minds to understand the level of the Addictive internet usage that is existing among the school students and it also suggesting to overcome the use.

Objectives of the study

- To identify the level of addictive internet usage among school students
- To suggest suitable means to overcome addictive internet usage

Operational clarification of the key concepts

Addictive: In this study addictive means addiction towards internet using

*Addictive internet use***:** Addictive internet use in this study refers to the behaviours which contains net gaming, cyber sexual addiction, online relationships in chat rooms, computer gaming and obsessed surfing of web causing academic emotional, social and health problems.

Internet: Network giving a diversity of data and communication amenities, containing of unified networks consuming consistent communication protocols.

*School Students***:** In this study, it refers to the students who are studying in higher secondary in selected reputed school.

Methodology

Research design: To assess the level of compulsive internet use on school students Descriptive research design was used.

Setting of the study: The study was conducted in a selected reputed school in Kerala

Population: The population chosen for this study was school students who were studying in higher secondary

Sample size: Sample size consisted of 50 school students

Sampling technique: Censes method was adopted

Tools for data collection

The aim of the study is to know the level of addictive internet use in adolescent. The first part of the interview schedule covered the question pertaining to the socio demographic data and opinion of the respondents about addictive internet use. The interview schedule consists of socio demographic data. Internet addiction scale developed by Kimberly Young (1998) was used and the reliability of the scale is 0.91.

Results

The study was conducted to found out the level of Addictive internet use among school students.

The study's major findings are;

- Majority of the respondents (74%) are staying in their home.
- Nearly half of the respondents' (48%) father's occupation was coolie.
- Half of the respondents (50%) use internet for nearly 1-2 years
- Half of the respondents (52%) use internet for 1-2 hours.

- Vast majority of the respondents (96%) use mobile for internet usage.
- Half of the respondents (58%) use internet in their homes
- Nearly half of the respondents' (46%) use WhatsApp

Table.1 Distribution of the respondent among the level of compulsive internet use among school students

S.No	Level of Addiction	Frequency	Percent
1	None	3	6.0
2	Mild	24	48.0
3	Moderate	18	36.0
4	Severe	5	10.0
	Total	50	100.0

The above table reveals that more than one third (48%) of the respondents have mild level of compulsive internet use and 36% have moderate and 10% have severe.

Table.2 t'-test between the male and female of the respondent with regards to compulsive internet use

Factor	M	SD	t value
Gender			
Male	23.8214	7.91180	.259
Female	23.4545	8.40480	

From the table.2, it was inferred that there was no significant difference between male respondent and female respondents with regard to the level of compulsive internet use t value (.259) =, p<0.05

Table.3 One-way analysis of various among year of study of the respondents with regard to the addictive internet use

Factor	DF	SS	MS	F	P
Year of study					
Between groups	2	2.19.482	109.74		
Within groups	47	2955.738	62.888	1.745	.186
Total	49	3175.220			

It is inferred from the table.3 that there is a significant difference among the various year of study of the respondent with regard to the level of addictive internet use. Since the f value 1.745 significant at 0.05 level.

Discussion

The study brings out a pragmatic sustenance that addictive internet usage was undesirably relation with school students furthermore, with preceding findings that the students who are spending more than two hours are showing a high level of addiction towards internet (Khan,2013). Notably, the study results exposed that the time spent on internet, the rate of visit and the number of online peers is having a significant relationship with internet usage (Iorliam and Ode, 2014).

Social Work intervention

It is a belief that Addictive internet use is a largely curable condition. Once one person's addiction is recognized, a counsellor or other mental health professional give assistance to take the necessary steps to discourse the behaviour and recover the aptitude to use the social media in a good way. Some of the effective therapies which can be provided are cognitive behavioural therapy, family therapy, group therapy, and self-help treatment groups and Social skills training too can be used.

Suggestions
- To give awareness programme on addictive internet use to the students
- To motivate the students to avoid isolation activity and to encourage, participate in social., activity, family functions, etc.,
- To explain about life and time value.
- To give some ideas to reduce their internet using time.
- To educate the students about addictive internet use.

Conclusion

This study was conducted to identify the level of addictive internet usage in school students. Addictive internet usage was observed in over one third of the subjects, nearly equally distributed and majority had mild addiction. The adolescents often experience poor mental health as a result of the compulsion to the internet which reflects the growth of the generation gaps between elders and themselves. The education in networking sites has grown widely and the adolescents divert their attention due to lack of self-control and get addicted. To conclude, the current research revealed the addictive internet usage among the school students' as it has direct impact on their academic performance and the mental health. A fine intervention that comprised of cognitive reconstruction, reminder cards and a week-long diary keeping efficiently will abridged the addictive internet usage and will improved mental health and academic efficiency.

Acknowledgments

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