

The Impact of Internet Addiction, Gender and Parental Education

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ABSTRACT

In the last several decades, there has been an explosion in the use of cellphones, computers, and the internet. However, there is no denying benefits to using these devices, there have also been reports of people abusing them to the point where it negatively impacts their health. As the number of states affected grows, this issue has turned become a serious issue for public health. Many health issues might arise from spending too much time online, both mental and physical. Problems with job, marital status, social relationships, and students' academic achievement may all be traced back to compulsive online use. It is essential to do in order to have a better grasp of the problem. scientific studies on these reasons and the consequences they have. This study set out to answer the question, "How are personality traits, loneliness, and mental health related to college students' internet use and addiction?" by investigating these relationships. There were 360 college students polled for this study; the participants' ages ranged from 18 to 25 years, and both sexes were represented. breakdown was 180 male and 180 female. Numerous educational institutions in Nashik city provided the data for the sample. The research strategy used in this study was a combination of comparative and correlational approaches. The data was collected using a handy sampling strategy, which might be either inadvertent or purposeful. All of the following instruments were used in the research: from Kimberly Young's (1998) Internet Addiction Test (IAT), via & Costa McCrae's (1992) NEO PI-R Personality Inventory, Uma Meenakshi R. and K. Krishnan's (2010) Loneliness Inventory, and D.S. Sisodia and Pooja Choudhary's (2010) Psychological Well-Being Scale.

Keyword: Internet, Addiction, Educational Institutions, Mental, Physical

INTRODUCTION

Modern technology has permeated every facet of human life, facilitated communication and facilitated a myriad of other activities. interactions. Because of technology, most tasks and jobs are simple. Modern technology has greatly simplified and expedited human existence. The internet is a crucial component of this technology. Various information and communication services are provided by the linked networks that make up the Internet, which is a worldwide computer network that uses standardized communication protocols. The globe over, people are making heavy use of the internet. Every day, more and more people join. The Internet and computers have become integral to modern life, particularly for young people.

A key tool in our daily lives, internet usage is expanding at a rapid pace. The ever-increasing number of people using the internet poses potential problems for both individuals and society as a whole. Their use of the Internet is no longer limited to leisure activities; it has taken over their lives. These days, it seems like everyone's brain is programmed to want to know what's new on social media sites like Facebook, Instagram, Twitter, WhatsApp, and many more. Nowadays, people spend so much time on various social networking sites that they hardly have any time for real-life encounters; instead, they're glued to their phones. The negative effects of excessive internet usage on people's psychological and physiological health make internet addiction a serious issue.

In 1995, Goldberg first up the idea of internet addiction. A study conducted by González, Gauttierrez, Garrosa, and Bernardo in 2005 was performed. Compulsive use of the internet, or behavioural dependency on the internet, was deemed a social condition or mental harm by Goldberg (1994). It is a major concern for public health in certain Asian nations.

Although there are many obvious advantages to using electronic devices like smartphones, computers, and the Internet, there have been cases when users' health has been negatively impacted due to excessive usage. In the last few decades, their use has skyrocketed. More and more countries are realizing the serious public health risks posed by this situation.

Problems related to people spending too much time online, on smartphones, and in other electronic devices have been a focus of the World Health Organization's (WHO) efforts. Held in Tokyo, Japan in 2014, the first World Health Organisation conference on the subject primarily covered epidemiology, nature, phenomenology, and the effects of health issues associated with excessive use of electronic devices, such as smartphones, the Internet, and other similar technologies. During the second meeting (2015) in Seoul, Korea, participants in the 11th revision of the International Classification of Diseases (ICD-11) deliberated on the range, classification, and clinical descriptions of behavioural disorders associated with compulsive Internet use and other addictive behaviours in communication and gaming. The primary goals of the conference were to develop and implement programmes and policies that would promote health, prevent illness, and treat those who suffer from it as a result of their excessive use of electronic devices for communication and gaming. the third World Health Organisation meeting (September 2016) in Hong Kong Special Administrative Region, China. Topics covered during the fourth conference, which took place in Istanbul, Turkey from November 29th to December 1st, 2017, included the theoretical and practical foundations of gambling disorders and gaming.

REVIEW OF LITERATURE

Lenhart, Rainie & Lewis (2021) reported in a study that 55% of the generation of adults suffers from Internet addiction. The report also indicated high rates of physical problems, 40% of adults are related to headaches, back pain, neck pain, and eye problems. This study found that Internet addiction negatively affects adults.

Nalwa & Anand (2014) also examined the study among 16-to 18-year-old schoolchildren across India. It was determined that there are two types of internet addiction: dependent and non-independent. Dependent groups were seen to put off other tasks to increase the amount of time spent online.

Liau, (2017) conducted a study with 1,124 youth in the age group of 12–17 in order to investigate the issue of online danger. This study looked at the variables that affect the dangers that teenagers confront while interacting with one another online, specifically in comparison to in-person encounters. The age range of the adolescents is 12.3–17.32 (SD = 1.37); 49.6% of the adolescents were female. The findings showed that among teenagers who use the Internet, 16% faced some physical and mental problems.

Jahanian & Seifury (2013) the study showed that It seems from the data that students' mental health is inversely related to their Internet addiction.

Bakken, Götestam, Johansson & Anita (2019) this study assessed the prevalence of drug addiction on the Internet and the risk of using the Internet in Norway (200, age-group 18-years, 7 stratified random sampling was performed among 3,39 (years), 35.3% (response rate), and 0.31 percent (Internet users). Assessment Tool for Youth Mental Health (YDQ). Among young people, 1.0% had 5.2% were potentially addicted to the Internet (YDQ score 3-4) and 5.2% had an addiction to the Internet (YDQ score 5-8). The biggest indicator of the likelihood of developing an addiction to the internet was the correlation between age, gender, and internet accessibility. Four percent and nineteen percent, and three percent and ten percent, respectively, among males aged sixteen to twenty-nine. In a logistic regression analysis, male gender, youth, college degree, and low income were significantly associated with "Problematic Internet use" (-risk and accustomed use combined). Perhaps due to overuse of the Internet and an excessive focus on one's own needs, reports of sleep problems, depression, and other mental health difficulties increased linearly with YDQ scores. Problematic Internet access affects a lot of people's daily life. Several research have also shown that there is a gender difference in the effects of internet addiction. Research involving both sexes is shown below.

OBJECTIVES OF THE STUDY

The following are the aims of the research:

In order to learn how factors like parental involvement, gender, and internet addiction combine education on emotional states, loneliness, and wellbeing of adolescents.

RESEARCH METHODOLOGY

An organised plan for research serves as a guide for conducting experiments to verify hypotheses and analyses data. It is the methodical approach that allows the researcher to arrive at the results. Everything from the goals of the study to the specific variables Considerations of context and other relevant variables will be considered while determining the optimal research design for a certain study. The investigational strategy of the present research was based on all of these factors.

In this study, answering the question college students' internet usage in connection to their personality characteristics, levels of loneliness, and psychological wellness as well as their addiction status. The research also hoped to learn how college students' online addictions vary by gender. Age was the one that was kept under control.

Considering the objectives, correlational and comparative research design was used for analyses of hypotheses. To achieve its aims, the study used a correlational research design. Researchers conducting correlational studies do not alter the variables under study in order to draw conclusions about their correlations. To study the gender difference, a comparative statistical measure was decided to be used.

Sample

It was a convenient (Incidental/Purposive) sampling. Initially, researcher selected 450 undergraduates, with a final selection of only 360 for study because they got high scores on internet addiction test. The total sample was of 360 college students, out of which 180 males and 180 females were selected from various colleges in Nasik city. All the participants were residents of Nashik city. People participants' ages varied from 18 to 22.

Sampling Procedure

The researcher went to several institutions in Nashik city to ask students for permission to gather their data once the preliminary preparation was finished. With the approval of the research guide, an application was sent to the different college authorities. The researcher went to the classes to meet with the students and explain the study's goal after obtaining permission. Gain their confidence before presenting them with the first online addiction exam. The researcher selects those students who are having high score on internet addiction for further research. Then researcher gives other test which measures other variables.

The researcher contacted 450 participants out of which 400 participants were high on internet addiction scale. The research had 400 participants, however only 360 replies were able to be analysed as a final sample.

If everyone was ready to take part after the first presentation, the researcher would next inquire when and where it would be best to meet. The psychological tests were completed after the introduction and rapport-building phases. In general, students had a good time and provided constructive criticism on the process. Friends of the The study was made known to the pupils and they were also requested to participate. They volunteered to be a part of it. As a result of this research, they had a better understanding of their personality, their overall addictive behaviour, and the ways in which their feelings of isolation and health were impacting their daily lives.

RESULT AND DATA INTERPRETATION

Table 5.1 Data Distribution By Gender

Female Students	Male Students	Total
180	180	360

All of the participants were between the ages of 18 and 22. The youngest male student of the sample was 18 years and youngest female student was of 18 years. The eldest male student and female student were 22- and 22-year-old that is, in turn.

Table 5.2 Average And Chronological Age Range Of Data

	Male Students	Female Students
Age range	18 – 22 yrs.	18 – 22 yrs.
Mean	20 yrs.	20 yrs.

Out of 360 students 110 from the arts department We have 130 students from the business department and 120 students from the scientific faculty.

Table 5.3 Faculty Wise Sample

Gender	Arts	Commerce	Science
Male Students	54	64	62
Female Students	56	66	58
Total	110	130	120

Table 5.4 Calculating The Mean, Standard Deviation, Standard Error, Skewness, And Kurtosis Is Essential For The Analysis. Variables Of The Present Study (N = 360)

Variable	Mean	Std. Error	SD	Skewness	Kurtosis
Internet Use and Addiction	80.447	0.326	6.183	-0.605	0.537
Neuroticism (P)	142.578	1.128	21.421	-0.123	-0.636
Extroversion (P)	132.358	0.852	16.160	0.601	0.399
Openness to Experience (P)	133.256	0.894	16.954	0.563	0.033
Agreeableness (P)	94.897	1.430	27.150	-1.104	-0.042
Conscientiousness (P)	77.7	1.146	21.752	0.611	-0.370
Loneliness	80.614	0.317	6.009	-0.589	0.233
Psychology Well-Being	93.878	2.270	43.078	1.279	1.493

Table 5.5 Gender Wise Descriptive Statistics In Terms Of Internet Addiction Variable

Variable	Male	Female
Internet Use and Addiction		
N	180	180
Mean	80.5	80.34
Std Error	0.457	0.466
SD	6.128	6.229
Skewness	-0.610	-0.604
Kurtosis	0.361	0.741

Hypothesis No 1 B (H1-B), stated that Male students show high level of internet addiction than female students.
In this part, we'll take a look at how college students' internet addiction varies by gender. This difference was studied with the help of t-test analysis. This difference is discussed below.

Table 5.6 Calculating The Mean, Standard Deviation, Standard Error Of The Mean, And T-Value To Analyse The Gender Difference In Internet Use And Addiction Among College Students (N = 360)

Variable	Gender	N	Mean	S.D.	Std. Error of Mean	t	Levelof Sig
Internet Use and Addiction	Male	180	80.5	6.128	0.457	0.170	NS
	Female	180	80.34	6.229	0.466		

Table shows differences between the sexes in relation to internet addiction and use. We determine the t-value for this analysis. According to the data in the table, the average male value was 80.5 (standard deviation = 6.128) and the average female value was 80.340 (standard deviation = 6.229), and the t-value of 0.170 was determined to be statistically insignificant. The results showed that both males and females are equally prone to internet addiction both are using same level of internet.

CONCLUSION

Next, we looked at the links between internet addiction, personality characteristics, loneliness, and psychological well-being using Pearson product moment correlation as our study variables in part two. Both the analysis and interpretation of the results were carried out concurrently.

According to the results, there was a positive and statistically significant relationship between internet use and addiction and neuroticism ($r=0.695$), extroversion ($r=0.388$), openness to experience ($r=0.469$), agreeableness ($r=-0.221$), conscientiousness ($r=-0.530$), and openness to experience ($r=0.472$). There was a strong positive correlation between internet addiction and the loneliness rating ($r=0.679$). A negative correlation value of -0.585 was found between psychological well-being and internet usage and addiction.

The most reliable predictor of heavy internet usage and addiction, according to the results of the previous section's multiple regression analysis, was neuroticism. Among college students, loneliness was the strongest indicator of internet use and addiction. Results from a study comparing the worth of mental health, internet usage, and addiction indicated that the former had an effect on the latter.

The study's statistical analysis indicates that the model is generally significant. Among college students with only one personality type, the best predictors of internet addiction were attributes related to loneliness and psychological well-being. trait, Neuroticism was the strong predictor of internet addition. All findings are discussed with the previous supportive research studies.

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