

Internet addiction and youth

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Abstract:

Background: Rapid expansion and use of the internet has provided better opportunities for communication, information and social interaction but the excessive undisciplined use by today's youth has led to the emergence of the concept of internet addiction disorder. Psychological and environmental factors in the lives of college students may leave them vulnerable to Internet addiction disorder.

Aims: This study is done with the intent of assessing the prevalence of internet addiction disorder among students and to determine the association of prevalence with selected socio-demographic variables.

Material and Methods: In the present study a non-experimental descriptive research design was adopted. The sample size recruited for the study as participants were n= 214. The tool used to measure the prevalence was Young's Internet Addiction Test.

Results: The findings of the study revealed that prevalence of internet addiction disorder among undergraduate students. Findings showed that prevalence of internet addiction disorder among undergraduate students was 151(70.6%) in which 85(39.8%) had mild internet addiction, 54(25.2%) had moderate internet addiction and 12(5.6%) had severe internet addiction disorder with obtained score range between 2-60 and median was 22 with mean score of 23.70 and SD=12.41. The association between Prevalence of internet addiction disorder among undergraduate students with selected demographic variables was computed by using chi-square test. Results showed that age and average time spent on sleep were statistically found significant association at $p < 0.05$ level with prevalence of internet addiction disorder among undergraduate students.

Conclusion: The findings has confirmed the impulsive use of internet among youth, emergence of internet addiction and the current need for increased vigilance by the the teacher's and parents.

Keywords: Internet Addiction Disorder, Youth, Internet Use.

Background

There has been growing concern among parents and teachers regarding compulsive use of internet among youth. In India use of internet is enormous especially in adolescents. The pattern and intensity of usage is can be a deciding factor in tracing the addiction. College students become the victim of internet addiction as they rely on using internet as a catalyst to academic performance and thus become more

vulnerable than other age groups become more prone to addiction. There have been growing concerns worldwide for what has been labelled as "internet addiction. Internet use has been overwhelmingly increasing in India involving especially the young population. Since, Adolescents contribute a significant proportion of the productive life age of our country, their involvement with Internet overuse or addiction may lead to significant adverse consequences such as

sleep disturbance, psychological and physical problems leading to academic decline [1]. Hence it was found necessary to investigate the prevalence of internet addiction disorder in young adults. With this background the present study was carried out in the Indian setting in selected institutes.

Problem Statement: A descriptive study to assess the prevalence of internet addiction disorder among undergraduate students of selected colleges.

Objectives

1. Assess the prevalence of internet addiction disorder.
2. Determine association of prevalence of internet addiction disorder with selected socio demographic variables

Materials and Methods

A cross sectional descriptive study was done in 3 institutes. The sample size recruited were $n=214$ through non-probability purposive sampling among the selected undergraduate students. After obtaining the permission from the Principal of the selected institute, the Investigator visited 214 students on the day of data collection in selected colleges of University in Vadodara. Before the data collection purpose of research was explained to all students with self-introduction. Student who meets the inclusion criteria was contacted and consent for participating in study was obtained. Students were assessed through socio-demographic profile sheet and Young's Internet Addiction Test. Young's Internet Addiction Tool was administered. Young's 20-item scale for Internet addiction (YIAT 20) was selected for assessing the prevalence of Internet addiction. It is a 20-item questionnaire measured on the five-point Likert Scale. Higher range of score represents increased severity of addiction. normal range: 0-30 points, Mild: 31-49 points, Moderate: 50-79 points, and Severe: 80-100 points². Finding of the study was interpreted by using descriptive and

inferential statistics, for testing the hypothesis.

Results

The baseline characteristics of study participants as assessed by sociodemographic profile sheet. According to their age majority 77(36%) were in above 21 years of age, 56(26.2%) were in age group of 19 to 20 years, 42(19.6%) were in age group of 18 to 19 years of age and 39(19.2%) were in age group of 20 to 21 years of age. Data on gender of undergraduate students showed that maximum 161(75.2%) were female students and 53(24.8%) were male students. as per religion of undergraduate students majority 183(85.5%) belongs to Hindu, 20(9.3%) belongs to Christian, 10(4.7%) belongs to Muslim and 1(0.5%) belongs to other religion. With regard to education of undergraduate students' majority 90(42.1%) had completed 12th grade, 83(38.8%) had other higher education and 41% (19.1%) had completed diploma. According to nationality of undergraduate students, maximum 199(93%) were Indians and 15(7%) were foreign nationals. Data on type of device used by undergraduate students revealed that, majority 207(96.7%) use mobile phone, 5(2.4%) use laptop or computer and 2(0.9%) use tablet. As per average time spent on internet per day of undergraduate students, maximum 89(41.6%) had spent 2-4 hrs on internet per day, 69(32.2%) had spent less than 2 hrs on internet per day, 37(17.3%) had spent 4-8 hrs on internet per day and 19(8.9%) had spent more than 8 hrs on internet per day. With regard to average time spent on sleep of undergraduate students, maximum 130(60.7%) had spent 6-8 hrs on sleep, 54(25.3%) had spent less than 6 hrs on sleep, 25(11.7%) had spent 8-10 hrs on sleep and 5(2.3%) had spent more than 10 hrs on sleep. According to which applications do you use of undergraduate students, majority 125(58.4%) use WhatsApp, 66(30.8%) use Instagram, 12(5.6%) use other applications, 9(4.2%) use Facebook and 2(0.9%) use twitter. As per which category do you fall of

undergraduate students, maximum 122(57%) are addicted to mobile phone, 20(9.3%) are addicted to gaming 67(31.4%) are addicted to other devices/apps and 5(2.3%) are addicted to porn addiction.

Table 1: Prevalence of internet addiction disorder among undergraduate students n=214.

Prevalence of Internet addiction disorder	Freq - uency	percenta ge	Scor e rang e	Med ian	Mean	SD
Normal	63	29.4 %	58 2-60	22	23.70	12.41
Mild	85	39.8 %				
Moderate	54	25.2 %				
Severe	12	5.6 %				
Over all Prevalence	151	70.6 %				

Table 1 depicts the prevalence of internet addiction disorder among undergraduate students. findings showed that prevalence of internet addiction disorder among undergraduate students was 151(70.6%) in which 85(39.8%) had mild internet addiction, 54(25.2%) had moderate internet addiction and 12(5.6%) had severe internet addiction disorder with obtained score range between 2-60 and median was 22 with mean score of 23.70 and SD=12.41. This findings indicate the direction and intensity with which the youth is shifting to addiction.

Table 2: Association between Prevalence of internet addiction disorder among undergraduate students with selected demographic variables.

n=214

Demogr aphic characte ristics	Opti ons	N	Prevale nce		χ^2 val ue	D f	p valu e
Age in years	18-19 year s	42	54	2	64.14	3	0.001*s
	19-20 year s	56	36	3			
	20-21 year s	39	30	47			
	>21 year s	77	31	11			
Average time spent on sleep	< 6 hrs	54	41	13	9.849	3	0.020*s
	6-8 hrs	130	95	35			
	8-10 hrs	25	11	14			
	>10 hrs	5	4	1			

*p<0.05 level of significance S- Significant

Table 2 depicts the association between Prevalence of internet addiction disorder among undergraduate students with selected demographic variables which was tested by using chi-square test. Results showed that age and average time spent on sleep were statistically found significant association at p<0.05 level with prevalence of internet addiction disorder among undergraduate students. The other demographic variables such as gender, religion, education, nationality, type of device used, time spent on internet per day, which applications do you use and which category do you fall were statistically non-significant with prevalence of internet addiction disorder among undergraduate students.

The findings indicates that internet addiction disorder is moderated by age as a variable which indicates that age is a prime predictor of internet addiction disorder. In addition to this the association of average time spent on sleep can be seen with internet addiction which illustrates that excessive time spent on internet reduces the desire to sleep at night and might light to awakening and also raises the need to investigate this relationship further.

Discussion

In terms of the prevalence of internet addiction disorder among undergraduate students (Table No.1) which was reported to be was 151(70.6%) in which 85(39.8%) had mild internet addiction, 54(25.2%) had moderate internet addiction and 12(5.6%) had severe internet addiction disorder [2].

Similar findings have been reported in study conducted by Deepak Goel et al titled the prevalence of internet addiction and its association with psychopathology in Indian adolescents. 987 adolescents were recruited. The mean age of adolescents was 16.82 years. Of the total, about 74.5% were moderate (average) users. Using Young's original criteria, 0.7% were found to be addicts [3].

In terms of association between Prevalence of internet addiction disorder among undergraduate students (Table No.2) with selected demographic variables. Results showed that age and average time spent on sleep were statistically found significant association at $p < 0.05$ level with prevalence of internet addiction disorder among undergraduate students

Similar findings have been reported in the study conducted by Aanchal Anant Awasthi et al titled Prevalence of Internet Addiction, Poor Sleep Quality, and Depressive Symptoms among Medical Students: A Cross-Sectional Study. The study revealed that the prevalence of poor sleep quality, severe anxiety, and severe depression was 33.9%, 7.3% and 3.6%, respectively

observed among mild moderated users. The mean stress score was higher in the age group 17-20 compared with the 21-24 age group. Stress and depression were independent predictors of sleep quality [4].

Conclusion

The splurge in the usage of internet addiction disorder is a matter of concern. The consequences of addiction and dependency is physiological and psychological and is detrimental. The study on exploring the pattern and usage of internet among adolescents in Indian setting is handful. This study revealed that addiction to internet is a prevalent problem that exists in the society and is gulping the innocent mind of our future generation. The urgency is to screen, supervise and more vigilance by the teachers and parents and upcoming research to contribute more to the society.

Ethical considerations: Formal ethical approval was obtained from institutional ethical committee, informed consent was obtained from participants and assured of anonymity.

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Conflict of Interest: The authors have no conflicts of interest to declare.

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