

Internet Addiction Among The Students of 10+2 Level in The West Bengal and its Relation with Social Adjustment

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Abstract

The internet is an informal term of the world –wide communication network of computer. The internet is used to send information quickly between computers round the world. It has millions of smaller domestic, academic, business, and government networks and websites, which together carry many different kinds of information and service. So in other words, the internet is a network of network.

While making our life easier, the internet has also caused various kinds of problems, when used without awareness. In other words, when the internet between the center of life, it affects the lives of human negatively and causes the problem of education.

This media has not only become a good source of information of knowledge but also for other purpose like social interaction, gaming, entertainments and etc. Human nature being more titled to enjoyment has increased use of internet. At the beginning it seems interesting later it became habit and last it may become an addiction. And if one talks about adolescent who are more prone to fall prey of such distraction lead to create trouble for their schooling.

The capacity of the internet for socialization is a primary reason for the excessive amount of time people spend having real time interaction using e-mail, discussion forums, chat rooms and online games (Grohol 2005). There are no universally accepted definition for the captioned condition, but investigators seems to agree that it involves problematic computer usage that is time consuming and causes distress or impair functioning in important life domains.

Present study intended to show the internet addiction level among the 10+2 level of students in West Bengal and its relation with social adjustment.

Keywords

Internet, Internet Addiction, Social Adjustment, Relation.

Introduction

Internet addiction includes not resisting the impulse to spend time on the internet and not feeling the importance of the without internet. The internet addicted tend to be very nervous and aggressive, there by damaging relationships at work and in family and social life (young-1996). Studies have used a variety of terms to describe unhealthy interactions with the internet such as an “Internet addiction” (young,1996), Pathological internet usage” (danis.2001) and internet behavior addiction (Wang).

Internet addiction is defined as” an individual’s inability to control his her use of the internet which eventually causes psychological, social, school, and or/ work difficulties in a person’s life (Chao and Hsiao, 2000).

Objectives of the Study

1. To study the internet addiction levels among the male a female students in west Bengal.
2. To study the relationship between Internet addiction and social adjustment among the 10+2 level of students.
3. To study the impact of Internet addiction or social adjustment among the 10+2 level of students.

Hypothesis

1. There is significant difference between Internet addiction of male and female students.
2. There is significant difference between internet addiction and social adjustment among the 10+2 level of students in West Bengal.

Research design and data analysis

A) **Population:-** The students of 10+2 level of different secrets of west Bengal have been selected as population for the

study.

- B) **Sample:-** 300 students of 10+2 level have been selected randomly as the sample of the study , among them the number of boys and girls are 150 each.
- C) **Number of schools:-** 10 schools have been selected for the study.
- D) **Variables:-**
- Internet addiction
 - Social adjustments.

Tools Used

1. An internet addiction tool developed by young(adapted)
2. A social adjustment questionnaire developed by Sarkar.

Validity of the test:- The people internet addiction test certainly ensured highly content and face validity , because it adequately lovers both the the content and the objectives of the unit. A good number of experts were engaged to assists then investigates to adapt the test. The test has highly reliable- co-efficient thereby theoretically it was highly valid.

Reliability of the test: The researcher applied the questionnaire on 30 samples for first time and again applied the same on 30 samples after few days. The reliability co-efficient of test score and score was completed by scatter diagram method. It was 0.95 which is showed with co-relation.

Review of the related studies

Internet as medium of addiction:-

1. Sharma A. Sahu,R, Kasar,P.K.&Sharma R.(2014) conducted a survey on 391 and found that males students were more addicted to the internet use than female both boys and girls spent 1.29 hours per day on internet. There was only 0.3%

students addicts of internet, remaining had normal, mild, and moderate systems. The study also concluded that internet addiction was mounting problems in students particularly of professional course. Therefore, policies and strategies for prevention of internet addiction as well as therapeutic interventions should be monitor that should be monitor that would promote healthy and safe of the internet.

- Goel Deepak, Alka Subramanyam, and Ravindra Kamath (2013) found that most of the internet addicts used it habitually in the evening and nights as compared to other internet users who used internet in the mornings and afternoons. The results also showed that there were differences of accusing the internet differences of accusing the internet addiction and the hour of use every day. Addicts took more times on internet than they had already intended. Internet addicts also showed some signs of poor mental and physical health. The researchers did not find any connection between self esteem score and internet addiction. But they explored high anxiety, depression score among respondents. Researchers also set some boundaries for internet addicts.
- Priyanka Yadav et al. (2013) took a sample of 620 students from six English medium schools of Ahmedabad to identify the level of internet addiction. They used the Youngs Internet addiction test and applied the logistic regression analysis method to find the predictors of internet addiction (IA). The results show that 65 students had internet addictions that was projected by time spent online etc. They also found a strong positive relationship internet addiction and stress, depression and stress. Ahead, the researchers claimed that internet was relevant clinical concept, and requires conducting research in developing countries also. They asserted that the students of high school who were from anxiety and depression should be screened internet addicted.

Impact of internet on social life

- Vidyaya chathot, kodavanji B.kumar NA, Pai SR (2014) noted and reviewed that excessive internet use was evolving as a major negative consequence in adolescent and youth and they were at most risk in terms of mounting problematic internet use the internet addiction was associated with the academic performance, dullness, the lack of time and pursuing hobbies. Among the other students group, medical students appeared to be a group of specific concern because they spent more time on the internet. The study also confirmed a strong association between the number of hours using internet every day and the harmful affect score. Frequent use of the internet and spending a significant volume of time online might be a medium of lowering the anxiety that personifies withdrawal.
- The study of Lakshamana Govindappa, Sekarkasi, and Grace Henry(2013) concludes that popularity of internet has been growing among Indian adolescents and it has become a significance tool for their social and academic development. They argued that exponential increase in the use of the internet has leading them to internet addiction. The study was mainly focused on to assess the risky behaviors of the adolescents. The results show that the students of 15-year spent 34 hours in a week on internet for various objectives. It shows adolescent have become addicts of internet use.
- Thanuskodi,S,(2013) found that internet were used by boys and girls to some extent. Both boys and girls had

equal access to internet but there was a difference in usage pattern. The access similar in boys and girls because both had high exposure to the internet because of their educational experience. The boys and girls used internet in different ways at their home because girls were not given same freedom as given to boys by their parents. The researcher also noted that most of the male students (37%) used internet for less than two hours while most of the female students (31%) had less than two hours of access to the internet.

Results and discussion

- Analysis of comparison between gender and internet addiction among 10+2 level of students

Gender	n	m	t	Result
Male	150	35.02		
Female	150	32.95	1.24	No significant result

The total average internet addiction levels of male students were 35.02 and females are 32.95. Based on this study it can be concluded that internet usage of males and females students should be kept under control. There is no significant difference between male/female internet addiction. So the first hypothesis would be rejected.

Relationship between internet addiction and social adjustment.

Relation	Results
Problematic internet addiction(profound groups) and social adjustment	r=-3.2 and t=4.75,negative relation and there is significant difference.
Between non problematic internet addiction(severe) and Social adjustment	r=-1.6,t=9.35 ,negative relation and there is significant difference.
Between non internet addiction(average) and social adjustment	r=-.056 T=5.76,negative relation and there is significant difference

Effect of internet on social adjustment among the 10+2 level of students.

F- test indicate the effect of internet addiction on social adjustment of students. Results indicated that f- value is 3.65 which is significant at 0.05 level between the average uses of internet. So the second hypothesis is accepted which states that there would be a significant effect of internet addiction on the social adjustment among 10+2 level of students.

Furthermore it is also indicated that the severe and profound groups of internet addiction were found to be more prone to having difficulties in social adjustment.

Conclusion

Findings of the present study revealed that there is a significant effect of internet addiction on social adjustment. Results further indicated that the students who were in the severe and profound groups of internet addiction were found to have determined effect rather than the students who were indicated to the internet usage moderately.

It can also be inferred from the results that female students have low Internet addiction level than male students, so care should be taken more for male students than female students in the west

Bengal.

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