

Study of Internet Addiction in Young Adults

Deepali Gupta¹, Sukhada Prabhu²

¹B.P. Th, D.Y. Patil University, School of Physiotherapy, Nerul, Navi Mumbai, Maharashtra

²M.P. Th in Cardio Vascular and Respiratory Physiotherapy, Department of Kinesiotherapy and Physical Diagnosis, D. Y. Patil University, School of Physiotherapy, Nerul, Navi Mumbai, Maharashtra

Corresponding Author: Deepali Gupta

ABSTRACT

Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling. Internet allows to meet, socialize and exchange ideas through the use of chat rooms, social networking websites, or "virtual communities. For present study of internet addiction amongst young adults age group of 22-25 were chosen. To study the psychosocial parameters young's addiction scale was used. It was concluded that about 65.5% of the study population are mild-moderately affected, 6% are severely affected. Overuse of internet for all aspects be it academic, social and psychological factors have affected the results.

Keywords: internet addiction, physiotherapy, young's internet scale, prevalence, young adults.

INTRODUCTION

Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling. Some Internet users may develop an emotional attachment to on-line friends and activities they create on their computer screens. Internet users may enjoy aspects of the Internet that allow them to meet, socialize, and exchange ideas through the use of chat rooms, social networking websites, or "virtual communities." The term "internet addiction" was proposed by Dr. Ivan Goldberg in 1995 for pathological compulsive internet use. [1]

Rapid expansion and proliferation of the internet have provided better opportunities for communication (via apps like Face book, Instagram, Snap chat), information (Google news, In-shorts a news app within 60 words, and social interaction (via apps like Google duo and Skype for live video calling) However, the excessive

undisciplined use by some individuals has led to the emergence of the concept of internet addiction. In fact, younger internet users (i.e., between 18 and 24 years old) were more at risk of becoming internet addicts than older users. [2] There has been an explosive growth of internet use not only in India but also worldwide in the last decade. The number of internet users in India is expected to reach 500 million by Mobile Association of India (IAMAI) and Kantar IMRB on February 20th 2018 [3] Originally the Internet served to interconnect laboratories engaged in government research, and since 1994 it has been expanded to serve millions of users and a multitude of purposes in all parts of the world [4] Psychological and environmental factors in the lives of college students may leave them disproportionately vulnerable to internet addiction. Possible reasons for this are (a) students have huge blocks of unstructured time, (b) schools and universities provide free and unlimited

access to the internet, (c) students from the ages of 18–22 years are for the first time away from parental control without anyone monitoring or censoring what they say or do online, (d) young students experience new problems of adapting to university life and finding new friends, and often end up seeking a companionship using different applications of the internet, (e) students receive full encouragement from faculty and administrators in using the different internet applications, (f) adolescents are more trained to use the different applications of technological inventions and especially the internet, (g) students desire to escape university sources of stress resulting from their obligations to pass examinations, compose essays, and complete their degrees in the prescribed time with reasonable marks, and finally (h) students feel that university life is alienated from social activities, and when they finish their studies, the job market with all its uncertainties is a field where they must participate and succeed in finding employment. [5] Internet addiction leads to sedentary lifestyle, decreased real socialization which further may create loneliness and a false awareness of people over the net. Long hours over the internet also leads to forward flexion of the neck, postural changes and problems in vision such as strain over eyes and blurred vision. Checking the phone constantly within few minutes and spending time unnecessarily leading to obsessive compulsive disorders. Further radiations will lead to headache and migraine in severe cases. Purpose of the study is to find prevalence of internet addiction in young adults and spread awareness about the problems related to excessive internet addiction which has been mentioned above. Our aim is to study internet addiction amongst young adults using young's

internet addiction scale. Our objective is to study internet addiction using young's internet addiction scale with respect to:

- 1) Excessive internet use
- 2) Neglecting of work and social life.
- 3) Anticipation of using the internet
- 4) Lack of control.

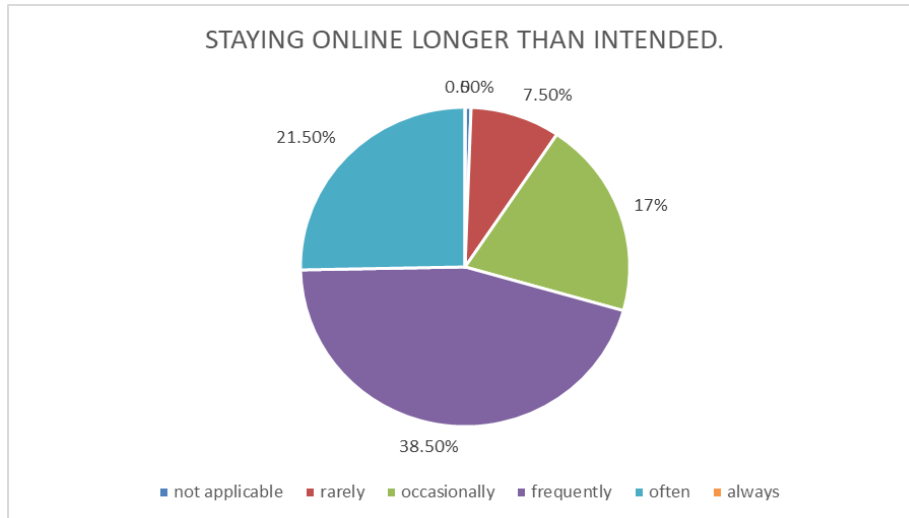
MATERIAL AND METHODS

Young's internet addiction scale. The Young's Internet Addiction Scale (Young, 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. The scale showed very good internal consistency, with an alpha coefficient of 0.93 in the present study.

According to Young's criteria, total scores 0-39 represent average users with complete control of their internet use, scores 40-69 represent over-users with frequent problems caused by their internet use, and scores 70-100 represent internet addicts with significant problems caused by their internet use. [6]

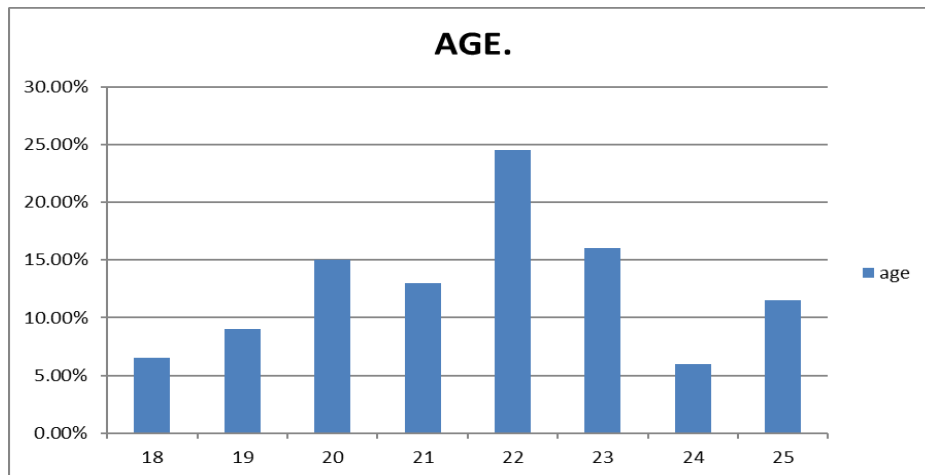
There are various scales to measure internet addiction such as the Young of the Internet Addiction Questionnaire (YDQI), the Chen's Internet addiction scale (CIAS) and the Internet addiction scale (IAS) the Problematic Internet Use Questionnaire (PIUQ) and the Compulsive Internet Use Scale (CIUS) We have used the Internet addiction scale as Alpha = 0.88. $r=0.72$ (Cronbach's alpha) Retest validity = 0.82. [7] The Internet Addiction Test (IAT; Young, 1998) which is also known as the young's internet addiction scale is a 20-item scale that measures the presence and severity of Internet dependency among adults. [8]

GRAPH 1



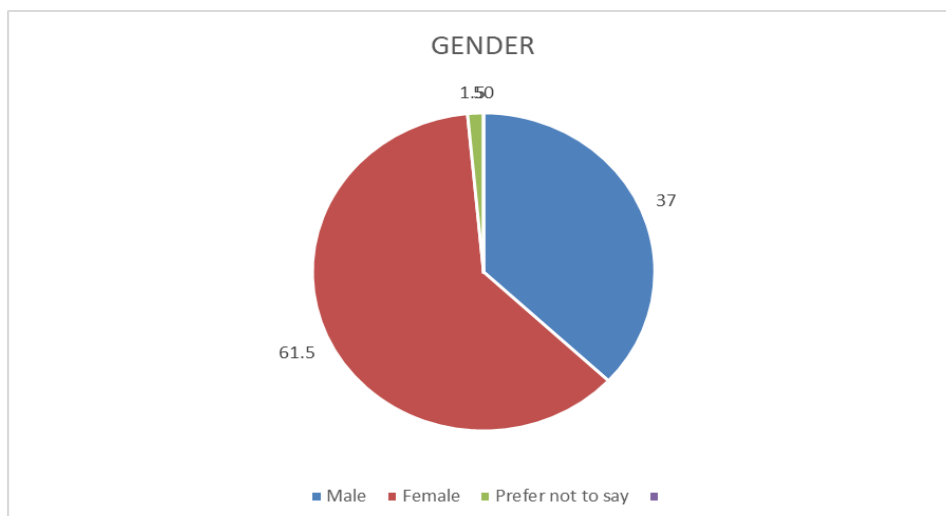
INFERENCE: The pie-chart infers that 38.5% of study population frequently remains online longer than they intend to and 0.5% of the study population says that they do not remain online longer than they actually intend to.

GRAPH 2



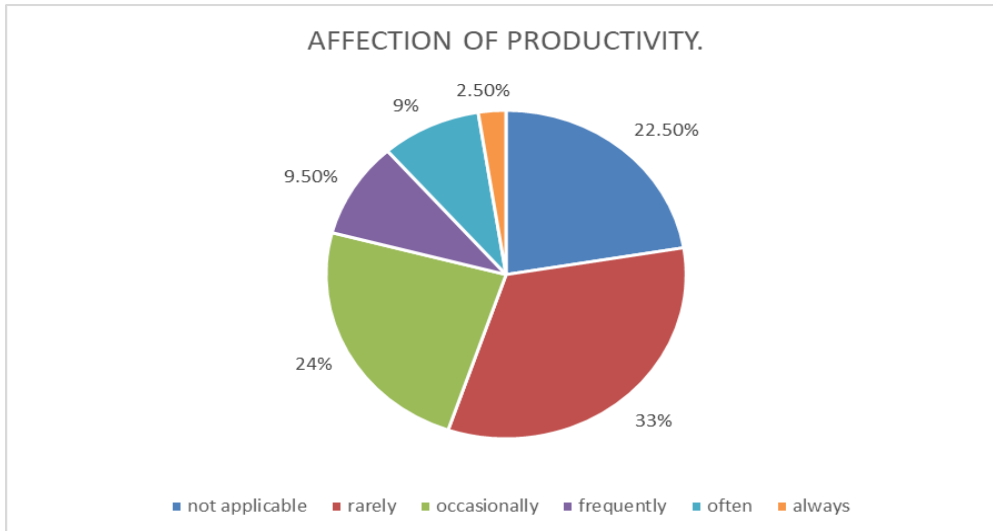
INFERENCE – According to the graph we can infer that 24.5% of study population belongs to 22 years of age and 6% of population falls into the category of 24 years of age.

GRAPH 3



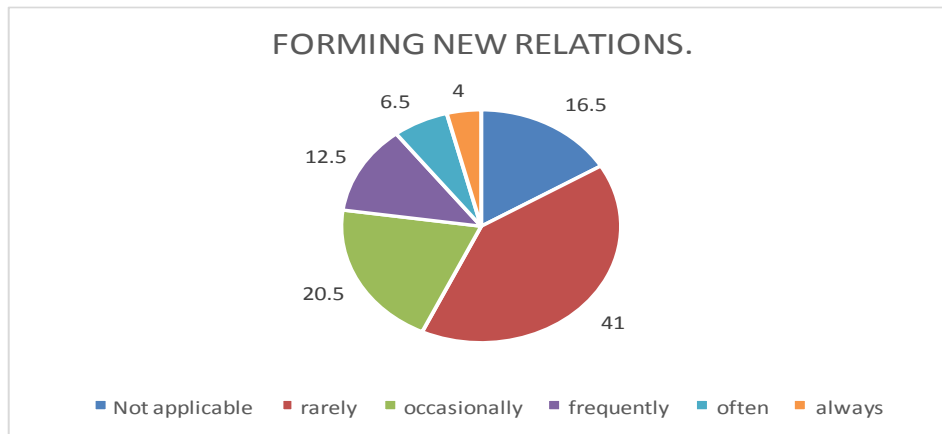
INFERENCE: According to the pie-chart above we can infer that 61.5% of the study population are females followed by 37% males and 1.5% of the study population who do not prefer to say about their gender.

GRAPH 4



INFERENCE: The graph depicts that 33% of the study population rarely let their productivity be affected due to the internet and 9% often letting their productivity be affected.

GRAPH 5



INFERENCE: The graph depicts that about 41% of the study population rarely make new relations online and 4% of the study population are always making new relations through the internet.

TABLE 1

DEPRESSED WHEN NOT ONLINE AND GOES AWAY THE MOMENT YOU ARE BACK ONLINE.	NUMBER OF PEOPLE	PERCENTAGE%
Not applicable	49	24.5
Rarely	68	34
Occasionally	42	21
Frequently	17	8.5
Often	12	6
Always	14	7

INFERENCE : As per the table it shows that 34% of the study population are rarely depressed when they are not online and low feeling goes away the moment they come back online and 7% always feel they are depressed and that feeling goes away once they come back online.

TABLE 2

LOSING SLEEP	NUMBER OF PEOPLE	PERCENTAGE %
Not applicable	18	9
Rarely	54	27
Occasionally	43	21.5
Frequently	34	17
Often	34	17
Always	21	10.5

INFERENCE: The table shows that 27% of the study population rarely loses sleep and 9% of the study population says that they do not lose sleep at all due to the internet.

TABLE 3

SPENDING TIME ONLINE THAN OUTSIDE	NUMBER OF PEOPLE	PERCENTAGE%
Not applicable	34	17
Rarely	69	34.5
occasionally	44	22
frequently	21	10.5
Often	21	10.5
Always	15	7.5

INFERENCE: The graph table that 34.5% of the study populations are rarely spending time online than outside and 7.5% of the study population is always spending time online than outside.

TABLE 4.

FAIL TO CUT TIME ONLINE	NUMBER OF PEOPLE	PERCENTAGE %
Not applicable	19	9.5
Rarely	44	22
Occasionally	54	27
Frequently	50	25
Often	21	10.5
Always	17	8.5

INFERENCE: The table infers that 27% of the study population occasionally fails to cut off time online and 8.5% always have trouble cutting time online.

TABLE 5

GRADES SUFFER	NUMBER OF PEOPLE	PERCENTAGE%
Not applicable	39	19.5
Rarely	58	29
Occasionally	61	30
Frequently	20	10
Often	17	8.5
Always	13	6.5

INFERENCE: As per the graph distribution we can infer that study population i.e. 30% occasionally let them have their grades affected due to the internet and 6.5% of the study population always let their grades be affected due to the internet.

DISCUSSION

The Pie-chart 1, demonstrates that 38% study population frequently remain online longer than they intend to and 0.5% of the study population where subjects do not remain online longer than they intend to. It can be due to personal independence of the internet without any interference of parents. One of the reasons could be due to various situations of people if subjects have been away from family. Finding a certain solace using the internet and often getting distracted using the internet which leads subjects to less sleep. Studying strategies are also turning more towards online and more active group rather than the old fashioned studies

According to graph 2, we can see that as per distribution based on age 24.5% of subjects are for 22 years and 6% of the study populations are of 24 years. Most of the population are from the age group of 22 years may be because as the study

population are solving identity crises, affirming their attitudes, and establish social links and professional aims. Subjects are mostly students. Subjects are trying to get acquainted to either the real world from academics or are about to finish with academics. This is also the age where subjects are given to use the internet without any restrictions.

According to the pie-chart 3, we can see 61.5% of the study populations are women where as 37% of them are males and 1.5% did not want to specify their gender. While previous studies have evaluated gender-related risks in relation to developing Internet addiction, conclusive findings are still lacking. Some studies report that men are at a higher risk than women (Greenberg et al., 1999; Pontes and Patrão, 2014; Sinkkonen et al., 2014), other studies have found that women are more likely to suffer from Internet addiction than men (Leung, 2008; Young, 1998a), while other research found that gender-related differences are not significant (Bianchi and Phillips, 2005; Chang and Law, 2008; Sariyska et al., 2014). One hypothesis for this discrepancy is that, worldwide, more men and women are progressively gaining access to the Internet.

Graph 4, demonstrates 33% said their overall productivity was rarely affected and 2.5% of the population always let their productivity be affected. Affection of productivity may have many reasons such as subjects find the internet to be much more interesting than the pastimes subjects used to enjoy more. Even at workplaces most of the employees are over the social media sites which will lead to overall decrease in the productivity. Self- isolation into a fantasy world over the internet may lead to affection of overall productivity. Checking

for messages and notifications after every few minutes on various devices as if some important opportunity might be missed by them all these various reasons let the subject's productivity is affected

Graph 5, depicts that about 41% rarely make relations online followed and 4% always making relations. As the manifold use of internet has increased with time so has the way people meet through social media applications or having similar likes. One starts to seek online relations rather than actually meeting people because it lets you know the person in distance it know about any similar likings, helps you maintain a relationship without any physical contact or anxiety

Table 1, we can infer that 34% of the population rarely feel that people feel depressed or low when they are offline and that goes away the moment they come back online. Subjects soothe their thoughts with the help of the internet. This could be one of their coping strategies

According to table 2, 27% of the population rarely loses sleep and remains over the internet exploring and browsing. There are various reasons as to which could vary person to person.

According to table 3 we can infer that 34.5% of the population rarely spends time online rather than going out and 7.5% would rather spend time online than actually going out. Subjects might be depressed or think this is a better way to communicate rather than being vulnerable. Due to past experiences of bad relationships and trauma subjects feel that being online is better than actually meeting people. Subjects might feel a false representation of closeness due to the internet.

Table 4, 27% of the population feel that they fail to cut time online and least 8.5% of the study population always fail to cut time online this could be due to they remain online such as talking to someone, finding some post which leads from one post to other and it makes it a vivacious cycle thus increasing the duration of online stay.

Table 5, we can observe that for 30% of the population were frequently letting their grades being affected and 6.5% of the study population were always letting their work be affected because of the internet. The grades may be affected due to many distractions over the internet such as information available of interest, videos, movies and applications such as face book, Instagram, WhatsApp and snap chat etc.

CONCLUSION

According to young's internet addiction scale 45.5% are mildly affected whereas 20% are moderately affected, and 3% are severely addicted to the internet.

According to young's internet addiction 31.5% are normal and are not affected to the internet addiction.

A larger sample size consisting of study population from different age groups was not included.

The scale only focuses on the internet addiction and not about the apps or the sole reason why they might be spending so much time over the internet.

The scale is dependent on behavior which may change over the year.

The scale does not give us a statistics about the amount of time one spends on internet

ACKNOWLEDGEMENT

I would like to express my gratitude to my project guide and the subjects for their cooperation.

RESULT

We can infer that 33.5% of the study population was rarely anticipating using the internet and 11% of the study population where the situation does not apply to the subjects. We can infer that 29.5% of the study population frequently stay online even after saying a few more minutes and 9% of the study population saying that they either always remain online much more longer than intended. We can infer that 28% of the study population occasionally exempts from household work and 4% of the study

population is always neglecting household work

REFERENCES

1. Goldberg I. Internet Addiction 1996
2. Young KS. Internet addiction: A new clinical phenomenon and its consequences. *Am Behav Sci* 2004; 48:402-15
3. Surabhi Agarwal, *The economic times* Feb 20, 2018.
4. Internet worldstats.com e-marketing Dec 18,2018
5. Kimberly S. Young *Cyber Psychology & Behavior*. Jan 1998 published in Volume: 1 Issue 3: January 29, 2009
6. IAT manual by Dr. Kimberly young
7. Proceedings of Constantinos the World Congress on Engineering 2012 Vol I WCE 2012, July 4 - 6, 2012, London, U.K.
8. C. Frangos, Christos C. Frangos et al published an article in Proceedings of the World Congress on Engineering 2012 Vol I.

How to cite this article: Gupta D, Prabhu S. Study of internet addiction in young adults. *Int J Health Sci Res.* 2020; 10(4):52-58.
