



A Comparative Study Of Internet Addiction Among Higher Secondary School Students Of District Anantnag

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Abstract:

This research paper explores the phenomenon of internet addiction among higher secondary school students. The study aims to investigate the prevalence and nature of internet addiction among secondary school students of district Anantnag. The study which was descriptive in nature was conducted on 300 higher secondary school students belonging to different private and government higher secondary schools of district Anantnag. The students were sampled by using simple random technique (Lottery Method) whereas, higher secondary schools were purposively selected. Data were collected by using a standardized tool developed by Daman Deep Kaur Gulati, Dr. Jose J. Kurisunkal and Dr. Mamta Bakliwal 2021. The data were analyzed by using Mann- Whitney test. The major finding of the study was that female students belonging to different higher secondary schools of district Anantnag are more internet addicted as compared to male students belonging to different higher secondary schools of district Anantnag.

Keywords: internet addiction, higher secondary school students, Mann Whitney, Lottery Method.

Introduction:

Internet addiction is a growing mental health problem that affects a large number of people worldwide. The last decade has witnessed a large increase in research on internet addiction. Internet addiction is defined as a combination of negative reflections consisting of excessive internet use causing loss of time, perception or neglecting basic responsibilities, hostility,

deprivation symptoms including tension, tolerance development, lying and social withdrawal. The prevalence of internet addiction varies depending on the sample characteristics, characteristics of assessment tools utilized, and unclear diagnostic criteria about internet addiction. The prevalence of clinically significant levels of internet addiction among students was found to be 6-14%. However, a recent study conducted in China during the covid-19 pandemic found that the prevalence and severity of internet addiction increased among the general public.

Internet addiction can lead to substantial negative impacts and consequences in an individual's life, including physiological problems due to excessive internet use, academic failure, sleep deprivation, decreased ability to concentrate, and negative affective states such as depression, anger, boredom, guilt and anxiety. Internet addiction may also lead to social phobia and substance abuse. Several studies have reported that internet addiction affects academic performance. Internet addiction is a complex issue that has both pros and cons. We can say internet provides various educational benefits, good opportunities for communication, information and social interaction for young generations. On the other side excessive internet use can lead to negative psychological well-being. If we come to pros of internet addiction, the internet provides a lot of information and resources that can be used for educational purposes. In addition to this, internet can provide a sense of community and belonging for individuals who may feel isolated or alone.

How internet addiction is harmful for higher secondary students.

Internet addiction can be harmful for higher secondary students in many ways like: -

1. Lack of sleep: - immoderate use of the internet can lead to disturb sleep patterns, which can negatively impact a student's health and academic performance.
2. Poor academic performance: - students who are addicted to the internet may spend too much time online and neglect their studies, resulting in poor academic performance.
3. Social isolation: - internet addiction can cause students to withdraw from social activities, leading to feelings of loneliness, depression and anxiety.
4. Poor physical health: - spending too much time on the internet can lead to an inactive lifestyle, which can cause physical health problems such as obesity, diabetes and cardiovascular disease.
5. Poor mental health: - internet addiction has been linked to increased rates of depression, anxiety and other mental health issues.
6. Poor time management: - students who are addicted to the internet may struggle with managing their time effectively, leading to missed deadlines and incomplete assignments.
7. Decreased productivity: - Too much time spend on internet can lead to decreased productivity, making it hard for students to accomplish efficiently.

8. Increased risk of cyberbullying: - excessive use of the internet can increase a student's risk of being cyberbullied, leading to emotional distress and other negative outcomes.
9. Addiction to online gaming: - Internet addiction can lead to an addiction to online gaming, which can negatively impact a student's academic performance, mental health and social health.
10. Drawn relationships: - Internet addiction can cause students to neglect their relationships with family and friends, leading to strained relationships and feelings of isolation.
11. Reduced attention span: - internet addiction can lead to a shortened attention span, making it difficult for students to focus and retain information during class.
12. Financial problems: - internet addiction can lead to online shopping addiction, causing students to spend money they don't have, leading to financial problems.
13. Addiction to social media: - Internet addiction can lead to an addiction to social media, causing students to spend excessive amount of time on social media platform and neglecting other important aspects of their lives.

The internet has become a central tool for communication, learning, entertainment, and social interaction for millions of people worldwide, including students in secondary schools. While the internet offers numerous benefits, such as easy access to information and social media platforms that connect individuals, it can also lead to addiction. Internet addiction is a condition that refers to excessive and compulsive use of the internet that interferes with daily activities, including academics, social life, and mental health. The objective of this research paper is to investigate the concept of internet addiction, its causes, symptoms, and negative effects, particularly in secondary school students, and to explore possible solutions to prevent and treat internet addiction.

Causes of internet addiction:

Internet addiction can be caused by several factors, including psychological, social, and environmental factors. Psychological factors include anxiety, depression, stress, and low self-esteem, which can lead to the use of the internet as a coping mechanism. Social factors include social isolation, peer pressure, and a desire for social acceptance, which can lead to the excessive use of social media platforms. Environmental factors, such as easy access to the internet and technology, can also contribute to internet addiction.

Symptoms of internet addiction:

Internet addiction manifests in different ways and can be identified through various symptoms. The most common symptoms of internet addiction include preoccupation with the internet, withdrawal symptoms, loss of interest in other activities, tolerance, and lying about internet use. Other symptoms include neglecting academic and social responsibilities,

experiencing negative emotions such as anxiety and irritability when the internet is unavailable, and a lack of control over internet use.

Negative effects of internet addiction:

Internet addiction can have several negative effects on secondary school students, including academic, social, and mental health consequences. Academically, internet addiction can lead to poor grades, reduced attention span, and decreased academic performance due to spending too much time online. Socially, internet addiction can lead to social isolation, reduced face-to-face interactions, and difficulty forming and maintaining meaningful relationships. Mentally, internet addiction can lead to anxiety, depression, sleep disorders, and other mental health issues.

Prevention and treatment of internet addiction:

There are several measures that schools and parents can take to prevent and treat internet addiction in secondary school students. Prevention measures include educating students on the risks of excessive internet use, setting limits on internet use, encouraging students to engage in physical and social activities, and monitoring students' internet use. Treatment measures include counseling, cognitive-behavioral therapy, family therapy, and support groups.

Review of Related Literature review.

Internet addiction is a relatively new phenomenon that has gained significant attention in recent years. The term refers to the excessive use the internet that leads to negative consequences, such as impaired social relationships, decreased academic or occupational performance and mental health problems, here are some notable research works internet addiction: -

1. "Internet Addiction": - A review of current assessment techniques and potential assessment question "by Kimberly S, young (1998). This pioneering work was one of the first to investigate internet addiction and proposed a diagnostic questionnaire to measure its severity. The author argued that internet addiction is a real disorder that warrants attention from mental health professionals.
2. "The association between problematic internet use and depression, suicidal ideation and behavior, and self-harm. A systematic review and meta- analysis "by Lawrence T. Lam and colleagues (2020). This systematic review and meta-analysis examined the relationship between problematic internet use and various mental health outcomes. The results showed that problematic internet use was significantly associated with depression, suicidal ideation and behavior and self-harm.

3. "Internet addiction in adolescents: Prevalence and risk factors" by Regina Van Den Eijnden and colleagues (2010). This study investigated the prevalence and risk factors of internet addiction in adolescents. The results showed that approximately 3% of the adolescents in the sample met the criteria for internet addiction, and that risk factors, such as low self-esteem and depression and social factors, such as peer pressure and social anxiety.
4. Another study conducted by researchers at the Indian Institutes of Technology (IIT) Delhi in 2020 found that social media addiction was the most common form of internet addiction among Indian college students. The study also found that social media addiction was associated with poor academic performance and increased psychological distress.
5. A 2016 study published in the journal of Addiction Research and Therapy found that internet addiction was associated with increased levels of anxiety and depression among college students in India.

These research works highlight the growing concern surrounding internet addiction and its negative impact on mental health and well-being. They provide important insights into the prevalence, risk factors and consequences of internet addiction, which can inform prevention and treatment efforts.

Rationale:

The Internet has become an essential part of modern life, with people of all ages spending significant amounts of time online. However, excessive and problematic Internet use, or Internet addiction, is increasingly recognized as a significant public health issue, particularly among adolescents and young adults. In recent years, there has been growing concern about the impact of Internet addiction on the mental health and well-being of secondary school students.

Studies have shown that Internet addiction can lead to a range of negative outcomes, including academic problems, social isolation, sleep disturbance, anxiety, depression, and even suicidal ideation. Secondary school students are particularly vulnerable to Internet addiction due to their developmental stage, social and academic pressures, and the widespread availability of Internet-enabled devices.

Despite the growing concern about Internet addiction in secondary school students, there is a lack of research on this topic in many parts of the world, including [insert your country or region here]. Therefore, this study aims to investigate the prevalence and correlates of Internet addiction in a sample of secondary school students in [your country or region]. By understanding the extent and nature of Internet addiction among this population, this study seeks to inform the development of effective prevention and intervention strategies to address this important public health issue.

Overall, this research paper will contribute to the growing body of literature on Internet addiction in adolescents, with the potential to inform policy and practice to promote the healthy use of technology among secondary school students.

STATEMENT OF THE PROBLEM:

The problem under study was worded as, “**A Comparative Study of Internet Addiction Among Higher Secondary School Students of District Anantnag**”

OBJECTIVE:

To main objective of the study was to find out the internet Addiction among Higher Secondary School Students of District Anantnag.

Delimitations of the study:

- The study was conducted on 300 students only,
- Study was conducted on 20 Higher Secondary Schools only.

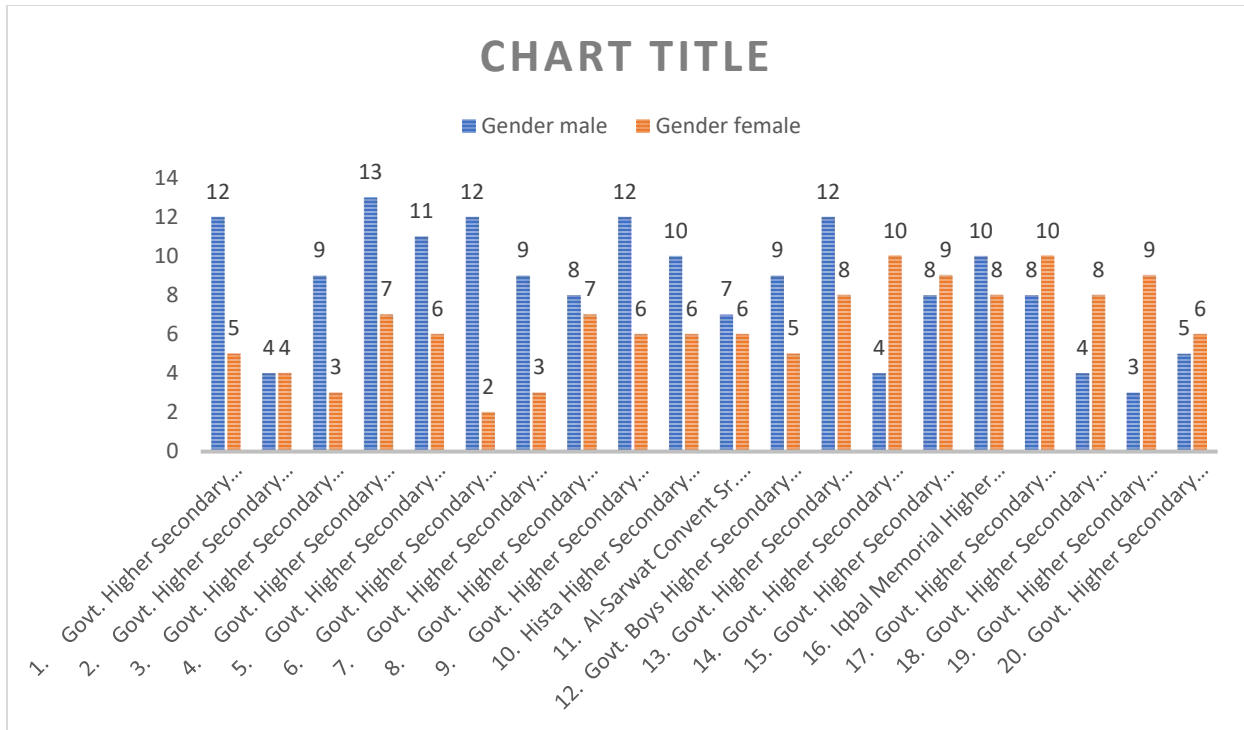
Sample and Sampling Technique:

The current study was descriptive in nature. The sample of the study consisted of 300 students from 20 Higher Secondary Schools belonging to district Anantnag. Out of the 300 sampled students 170 were Male and 130 were Female. The students were sampled by using simple random sampling technique (Lottery Method) and the Higher Secondary Schools were sampled by using purposive sampling technique. Gender equality was maintained wherever possible. Respondents were selected from diverse socio-economic status.

Table 1.0 Depicts the brief sample of the study

	Gender	
Higher Secondary Schools Selected	Male	Female
1. Govt. Higher Secondary School Dialgam	12	05
2. Govt. Higher Secondary School Damhal	04	04
3. Govt. Higher Secondary School Achabal	09	03
4. Govt. Higher Secondary School Ranibagh	13	07
5. Govt. Higher Secondary School Bijbehara	11	06
6. Govt. Higher Secondary School Gohan Vailoo	12	02

7. Govt. Higher Secondary School Hakura	09	03
8. Govt. Higher Secondary School Srigufwara	08	07
9. Govt. Higher Secondary School pahalgam	12	06
10. Hista Higher Secondary School Anantnag	10	06
11. Al-Sarwat Convent Sr. Secondary School	07	06
12. Govt. Boys Higher Secondary School Khanabal	09	05
13. Govt. Higher Secondary School Nowgam	12	08
14. Govt. Higher Secondary School Kokernag	04	10
15. Govt. Higher Secondary School Kharpora	08	09
16. Iqbal Memorial Higher Secondary School Anantnag	10	08
17. Govt. Higher Secondary School Lissser	08	10
18. Govt. Higher Secondary School Larnoo	04	08
19. Govt. Higher Secondary School Akingam	03	09
20. Govt. Higher Secondary School Aishmuqam	05	06
Total	170	130



Tools

For data collection Internat Addiction Scale (IAS) developed by Daman Deep Kaur Gulati, Dr. Jose J. Kurisunkal and Dr. Mamta Bakliwal 2021

Data Collection Procedure

Data were collected from 20 different Government and private higher secondary schools of district Anantnag. After taking the prior permission from the principals of the selected Higher Secondary Schools, the respondents selected for the current study were made aware about the objective of the research and were assured that their responses are being used for research purpose only and will be kept confidential.

Statistical Technique

The data were analyzed with help of T-Test.

Assumption of Normality:

H_0 = the distribution of Internet Addiction scores of male and female students do not deviate significantly from normality.

Tests of Normality

	gender	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Internet addiction scores	MALE	.113	170	<.001	.944	170	<.001
	FEMAL	.239	130	<.001	.813	130	<.001
	E						

a. Lilliefors Significance Correction

From above table it is clear that Kolmogorov-Smirnov Statistics for Internet Addiction of male students is 0.113 with df 170, whose significance value is 0.001 which is less than 0.01, thus the value is significant at 0.01 level of significance. In view of this the null hypothesis that the “distribution of Internet Addiction scores of male students do not deviate significantly from normality” is rejected.

Similarly, the Kolmogorov-Smirnov Statistics for Internet Addiction of female students is 0.239 with df 130, whose significance value is 0.001 which is less than 0.01, thus the value is significant at 0.01 level of significance. In view of this the null hypothesis that the “distribution of Internet Addiction scores of female students do not deviate significantly from normality” is rejected.

From above table and discussion, it is quite clear that the assumption of Normality is not fulfilled. Thus, instead of using T-test, we shall now use Mann Whitney Test.

OBJECTIVE; To compare the mean ranks of internet addiction score of male and female students belonging to different higher secondary schools of district Anantnag.

H₀= There is no significant difference in the mean ranks of internet addiction scores of male and female students belonging to different higher secondary schools of district Anantnag.

Test Statistics^a

Internet addiction scores	
Mann-Whitney U	2944.000
Wilcoxon W	17479.000
Z	-10.893
Asymp. Sig. (2-tailed)	<.001

a. Grouping Variable: gender

From the above table it is clear that Mann-Whitney “U” value for Internet Addiction is 2944.000 whose two tailed significance value is 0.001 which is less than 0.01. Hence the value is significant at 0.01 level of significance. In view of this the null hypothesis that “there is no significant difference in the mean ranks of internet addiction scores of male and female

students belonging to different higher secondary schools of district Anantnag is rejected. Thus, it can be concluded that there is significant difference in the mean ranks of internet addiction scores of male and female students belonging to different higher secondary schools of district Anantnag.

Ranks

	gender	N	Mean Rank	Sum of Ranks
Internet addiction scores	MALE	170	102.82	17479.00
	FEMALE	130	212.85	27671.00
	Total	300		

Further from the above table it is clear the value of mean ranks of internet addiction for female students is 212.85 which is significantly higher than the mean rank of internet addiction for male students which is 102.82. **Thus, it can be concluded that the female students are more internet addicted as compared to male students which is evident from above table.**

Findings:

The main finding of the research was that female students belonging to different higher secondary schools of district Anantnag are more internet addicted as compared to the male students belonging to different higher secondary schools of district Anantnag.

Conclusion:

In conclusion, this study provides valuable insights into the prevalence and correlates of Internet addiction among secondary school students. The findings suggest that Internet addiction is a significant public health issue, with a considerable proportion of students reporting problematic levels of Internet use. The study also highlights the potential impact of Internet addiction on academic performance, mental health, and social relationships among secondary school students.

The study's findings underscore the need for effective prevention and intervention strategies to address Internet addiction among this vulnerable population. Schools, parents, and mental health professionals have a critical role to play in promoting healthy technology use and addressing problematic Internet use among secondary school students. The development of evidence-based prevention and intervention programs that target the individual, family, and school levels could be effective in reducing the prevalence and negative impact of Internet addiction among secondary school students.

Further research is needed to explore the complex interplay between Internet addiction, mental health, and academic performance among secondary school students. Longitudinal studies are also needed to examine the long-term effects of Internet addiction on the development and well-being of adolescents. By continuing to investigate this important public health issue, we can better understand the impact of the digital age on our youth and develop strategies to promote healthy technology use and prevent Internet addiction.

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