

"A STUDY OF INFLUENCE OF INTERNET ADDICTION ON ADJUSTMENT AND MENTAL HEALTH OF COLLEGE STUDENTS"

Dr. Vinita M. Chaudhary

Assist. Professor, Education Department, New Era College of Science and Technology , Ghaziabad, U.P, INDIA.

ABSTRACT

Young people seem especially vulnerable, with case studies highlighting students whose academic performance plummets as they spend more and more time online. Some also suffer health consequences from loss of sleep, as they stay up later and later, to chat online, check for social network status updates or to reach the next game levels. There have been a number of tragic cases that have grabbed headlines and heightened the public's concerns about compulsive internet use. Since mid 1990's, more and more cases among college students have come to the attention to the university health professionals. Now the question arises, how prevalent is internet addiction among students? A major challenge to our understanding of these prevalence rates is that there are many different instruments used to assess addictive behavior. Therefore it is a need of this century, to research the area of internet addiction. In sincerity the present study concluded that greater use of the internet leads to turn down the mental health and adjustment level among college students of Ghaziabad.

Keywords: *Internet Addiction, Adjustment, Mental Health, College students*

INTRODUCTION

Internet is a ‘system of networks’ that links computers around the world. It is a network of millions of computers crosswise the world and in this manner it is the mammoth collection of resources people, information and multimedia. After the invention of computer the world has become a global village. On one hand information revolution in cyber age has so many positive characteristics that make human life so comfortable but on the other hand the adverse effect of Internet has also been identified which may be known as compulsive, Internet usage or Internet Addiction Disorder (IAD) or cyber space addiction or pathological computer use. These initial impacts have varied influence on different on different people with respect to their self concept, body image, mental health, and adjustment etc, through cognition.

OBJECTIVES

The study has the following objectives:

- To study the Internet addiction of college students.

- To study the influence of Internet addiction on adjustment and mental health of college students.

RESEARCH METHODOLOGY

- Methodology: the researcher used ex-post-facto method to explore influence of Internet addiction on mental health of students.
- **Population:** The population of study consists of all the students pursuing graduation and post-graduation in professional college of Ghaziabad District.
- **Sampling:** - It is a sure quo none of research. It implies the selection or drawing of a portion from the mass or whole of something. "Sample" is a portion of population which is selected for the purpose of study and investigation. Random selection technique was used to collect the data by researcher.
- **Selection of tools:** To measure the different variable i.e. Internet Addiction, Mental health and Adjustment, the following instrument (tools) have been used in the present study. "**Mental Health Battery (MHB)**" constructed by Arun Kumar Singh and Alpana Sen Gupta, "**Adjustment Inventory**" by V. K. Mittal and "**Internet Addiction Questionnaire**" constructed by Dr. Kimberley Young to find out the Internet Addiction among college Students.
- **Statistical Techniques:** The data was analyzed statistically by using Mean, Standard Deviation, and t-test .Mean is sensitive measure of sample or group. It is the most accurate measure of central tendency .It is used for interval and ratio variable.
- **Test of Significance:** To study the variation in the scores of Internet addiction, adjustment and mental Health Standard deviation was calculated.

DATA ANALYSIS

To study organized data material in order to discovering the facts about influence of internet addiction on college students, the researcher analyzed:

Internet Addiction of Students: Students Internet addiction was studied with the help of Internet addiction Questionnaire.

Table 1:

Category	N	Mean	S.D.	Percentage (%) of		
				Mild	Moderate	Severe
Girls	50	44.58	10.41	32	30	38
Boys	50	49.56	13.08	40	10	50
Total Students	100	47.02	14.75	36	20	44

The above table reveals that average students are moderately internet addicted 32% girls are mildly internet addicted, 30% girls are moderately internet addicted and 38% girls are severely internet addicted on the other hand, 40% boys are mildly internet addicted, 10% boys are moderately internet addicted, while, 50% boys are severely internet addicted. As the mean of boys is higher than the girls, this clearly indicates that boys are more internets addicted in comparison to the girls.

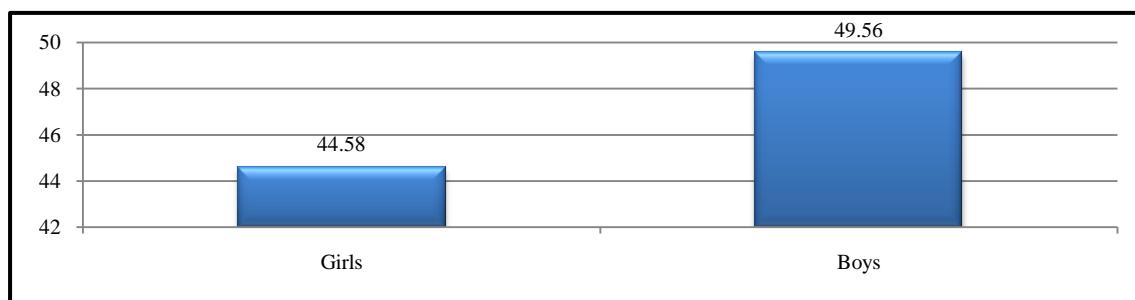


Fig: 1: Showing percentage of Internet Addiction in Boys and Girls

Adjustment of Students: Students adjustment was studied by applying adjustment Inventory.

H1: "There will be no significant Influence of Internet addiction on adjustment of college students".

Table 2:

Size of Sample	Df	R	Levels of Significance		Result	
			0.05 0.195	0.01 0.254	0.05 level significant	0.01 level significant
100	98	-0.15				

The above table reveals, that the obtained value of $r=-0.15$ is significant at both the levels of significance (0.05 level & 0.01 level) for 98 degree of freedom. It shows that here is a significant negative correlation between Internet addiction and adjustment of college students. Hence, null hypothesis is rejected. It can be further interpreted that if internet addiction increases, adjustment decreases, if internet addiction decreases then adjustment increases.

Mental Health of Students: Measured mental health of the students with the help of Mental Health Battery (MHB)

H2: "There will be no significant Influence of Internet addiction on Mental Health of College Students."

Table 3:

Size of Sample	Df	R	Levels of Significance		Result	
100	98	-0.93	0.05 0.195	0.01 0.254	0.05 level significant	0.01 level significant

The above table reveals that the obtained value of $r = -0.93$ is significant at both the levels of significant (0.05 level & 0.01 level) for 98 degree of freedom. It shows that there is a significant negative correlation between Internet addiction and Mental Health of College Students, null hypothesis is rejected.

It can be further interpreted that if internet addiction increases, mental health decreases, in other words when internet addiction declining, mental health inclining.

EXPERIMENTAL RESULTS

Findings of the Study: Findings of the present study are given according to the objectives and concerning hypothesis:

Internet Addiction of Students: it can be concluded that boys are more severely internet addicted than girls. The reason behind this may be that boys have less commitment at home when compared to the girls. Hence they spend more time for Internet usage even at home.

Adjustment of Students: The result reveals that there is significant negative correlation between Internet addiction and adjustment. It means that there is significant influence of Internet addiction on adjustment of college students.

Mental Health of Students: The result reveals that there is significant negative correlation between internet addiction and mental health of college students. This means that there is significant influence of internet addiction on mental health of students.

SUGGESTIONS FOR FURTHER RESEARCHES

In order to draw the plan for further researches in the desiccated area of influence of internet

addiction on mental health and adjustment of college students, some suggestion are presented here.

- 1) The Present study was cramped to a large sample of the students of Ghaziabad district. It is preferred that a similar study should be carried out on the other district samples.
- 2) The attitude of students towards internet should be investigated.
- 3) The research can be done in the vocational courses also.
- 4) The research can be done in other states also.
- 5) The research can be done to investigate the influence of internet addiction on mental health and adjustment of teachers also.
- 6) The experimental study can be conducted to see the influence of internet addiction on attitude in villages, towns and also in metro cities.
- 7) It can be done to see the influence of internet addiction on mental health and adjustment of married and unmarried women or working or non-working women also.

CONCLUSION

Internet has become an essential tool in business, academic and personal use and is escalating every day. For superior or inferior, Internet has infiltrated every phase of our lives. Society has reached such a level that it is complex somewhat unfeasible to live without the Internet. Furthermore college students are the bigger users of the Internet. Excessive use of the internet leads the students to become addict and impinge on the psychology of the students. In reality the present study concluded that greater use of the internet leads to decline the mental health and adjustment level among college students. Consequently internet addiction and mental health and internet addiction and adjustment are familiarly related to each other. It can also be affirmed that internet plays a leading role in the psychology of the students.

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