



Internet Addiction Among Male & Female College Students

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Abstract

The present study is investigating the difference of male and female college students on internet addiction. The sample consisted of 100 subject selected through the random sampling method. The sample is consisting of total 100 subjects including two groups i.e. 50 male and 50 female college students. For the purpose of these study psychological tests is used. Young's Internet Addiction Test designed by Kimberley Young used for this study. There is significant difference in severity of internet addiction among male and female college students. There is significant difference in severity of internet addiction among rural and urban college students. There is no significant interaction difference between gender and Inhabitant among college students.

Keywords: Internet Addiction and college student.

Introduction:

The term "Internet addiction" explained that pathological compulsive internet usage was proposed by Dr. Ivan Goldberg (1995). This term has been used to describe problematic, excessive, or mal-adaptive use of the internet. Internet addiction known as pathological internet usage is a type of impulse control disorder similar to other addictions. People use the Internet to avoid problems in their lives or because they lack social skills.

The term "internet addiction symptoms" was introduced for the first time in 1996. The Internet addiction symptoms as described by Young (1996) are - excessive mental effort on internet , spending hours even though being intended to spend couple of minutes, exposure to health problems due to spending hours in front of the screen each time, continuously waiting for the next connection time, feeling more comfortable contacting people over internet than talking face-to-face, feeling a continuous desire for checking e-mails whether there is something new, decrease in meals, lessons or work efficiency due to using internet or staying connected , trying to give or spread the mail address, chat room names etc. to everybody, continuously feeling



sleepless and tired because of staying connected to the internet until late, having failure in attempts to decrease the internet usage, withdrawal syndrome due to decrease in the internet usage, telling lies to family members, therapist or others to be able to stay connected to the internet, having affection changes in the duration of internet connection. .

American Psychiatric Association defined Internet Addiction as a pattern of internet using which results in functional disorders and unpleasant internal feelings during a two month period and provided seven criteria for its diagnosis. (At least three criteria for two months) – tolerance, withdrawal symptoms, the internet is often accessed more often, or for longer periods of time than was intended, continuous incline for controlling the behavior, a significant amount of time is spent in activities related to internet use, important social, occupational and recreational activities are given up or reduced because of internet use, continuous use of internet using despite being aware of its disadvantages

Addiction is a “compulsive need and use of a habit-forming substance characterized by tolerance and by well-defined physiological symptoms upon withdrawal” (Webster Dictionary). Similarly, internet addiction (IA) is uncontrollable and damaging use of the internet that interferes with daily life. Person is unable to control one’s use of the internet despite negative consequences and which persists over a significant period⁷. The internet addiction is a complex phenomenon and most researchers have used different terms to describe the same phenomenon of excessive internet use. Internet addiction disorder (IAD) is used interchangeably with problematic/ pathologic internet use, internet addictive disorder, internet abuse/ overuse/ harmful use/ dependency, problematic computer use, compulsive internet use etc. But till now internet addiction as a mental disorder is not included in the current version of Diagnostic and Statistical Manual of Mental Disorders (DSM-V in 2013) and it is noted that the only internet related gaming disorder (one type of IAD) which is included in DSM-V also needs more extensive research in order to be considered as a full disorder.

In India, use of internet is enormous, especially in the young population. Hence, it was found necessary to study pattern of internet usage in young adults in Indian setting and its relationship with their mental and physical health. With this background, we undertook the present study to take a close look on this issue.



Objectives of the study:

1. To investigate the gender difference of internet addiction.
2. To study the Inhabitant wise difference of internet addiction.
3. To study the interaction effect between gender and Inhabitant on internet addiction.

Hypotheses:

H1: There will be no significant difference in severity of internet addiction among male and female college students.

H2: There will be no significant difference in severity of internet addiction among rural and urban college students.

H3: There will be no significant interaction difference **between gender and Inhabitant among college students.**

Materials and Methods

Participants

Participants were taken from Jalna City (Maharashtra-India) who took part in the study. Total 100 participants are included in this study. The sample will be consisting of total 100 respondents including two groups i.e. 50 Male (25 Urban & 25 Rural) and 50 Female (25 Urban & 25 Rural) from Jalna. They were randomly assigned to take part in study and complete Young's Internet Addiction Test. Participants were not paid for their participation and also take consent and informed of the nature of the study. After completion, they were thanked, and debriefed.

Research Design

To reach out the objectives of present investigation 2X2 factorial design is used as depicted below;



2 X 2 Factorial Designs

	A1 (Male)	A2 (Female)
B1 (Urban)	A1B1	A2B1
B2 (Rural)	A1B2	A2B2

Where

A1B1- Male college students belongs to urban area.

A1B2- Male college students belongs to rural area.

A2B1 – Female college students belongs to urban area.

A2B2 - Female college students belongs to rural area.

Variables

Various independent and dependent variables which will be taken into consideration in the present investigation is described in Following Table;

List of Independent variable

NO	Name of Variable	No. Of level	Name of Level
1	Gender (A)	2	Male & Female
2	Inhabitant (B)	2	Rural & Urban

List of Dependent variables

NO	Name of Variable
1	Internet Addiction

Tools:

Young's Internet Addiction Test (Annexure - 4) -The Internet Addiction Test IAT is a 20-item questionnaire designed by Kimberley Young (1998). It measures internet addiction in none, mild, moderate and severe levels. Each answer is scored on a Likert scale from 1 to 5 in a way that, score 0= doesn't apply, 1= rarely, 2= occasionally, 3= frequently, 4= often and 5=always. The final score is obtained by summing the scores of all questions. The higher score represents a greater level of addiction. The total score between 0-30 represents a no addiction, 31-49 represents mild addiction, 50-79 represents moderate addiction and 80-100 represents severe addiction. Since this is a standardized tool the investigator had taken the permission



from the owner of the tool through email. The investigator further had taken permission from the owner to make some changes in the tool in terms of familiar synonym words, so that the tool can be fit to Indian set up and comprehensible by the students. **Reliability** - The scale showed very good internal consistency and high positive correlation with test - retests value 0.97 in the present study.

Statistical Analysis

In this part statistical analysis and interpretation of results is done after data scoring, tabulation, prepare master chart and descriptive statistics. To find out the difference between gender and inhabitant on Internet Addiction researcher has used two-way univariate analysis of variance (ANOVA). In this study Gender and inhabitant as the independent variables and Internet Addiction as the dependent variables.

Table No. 1
Mean and SD on Internet Addiction

Variable		N	Mean	SD
Gender	Male	50	58.08	15.56
	Female	50	49.64	12.87
Inhabitant	Rural	50	51.04	14.83
	Urban	50	56.68	13.54

Table No. 2
Summary of two ways ANOVA on Internet Addiction

Source	Type III Sum Of Squares	df	Mean Square	F	Sig.
Gender	1780.84	1	1780.84	9.66	0.01
Inhabitant	795.24	1	795.24	4.31	0.05
Gender * Inhabitant	302.76	1	302.76	1.64	NS
Error	17685.20	96	184.22		
Corrected Total	20564.04	99			

In this study gender and Inhabitant are the independent variables. Table 1 and table no 2 shows that the Mean, Standard deviation and F values for the Internet Addiction of male and female



college students. The male subjects mean score ($M=58.08$ & $SD= 15.56$) is large than the female subjects mean score ($M= 49.64$ & $SD=12.87$). It can be observed from the table no. 1 that the scores of those male college students had more score on Internet Addiction than the female college students. The F ratio found with respect of gender on dependent variable Internet Addiction $F = 9.66$ ($df = 1$ and $99 > 0.01$) which is significant at the level of 0.01. Hence the gender significantly influence on Internet Addiction of college students. Female college students level of Internet Addiction is low than the male college students. Hence, Hypothesis No. 1, “There will be no significant difference in severity of internet addiction among male and female college students.” is rejected.

Second independent variable in this study is a inhabitant. Table 1 and table no 2 shows that the Mean, Standard deviation and F values for the internet addiction of rural and urban college students. The rural college students mean score ($M=51.04$ & $SD= 14.83$) is small than the urban college students mean score ($M= 56.58$ & $SD= 13.54$). The F ratio found with respect of inhabitant dependent variable internet addiction $F = 4.31$ ($df = 1$ and $99 < 0.05$) which is significant at the level of confidence at 0.05. Hence, Hypothesis No. 2, “There will be no significant difference in severity of internet addiction among rural and urban college students.” is rejected.

The result of the interaction effect of independent variable gender and inhabitant internet addiction F value is found ($F = 2.92$ $df = 1$ and 99 , $P < 0.05$). Thus an f value is no significant at the 0.05 level of the confidence. Gender and inhabitant has not separate influence on internet addiction of male and female college students. The result reveled that there is no significant interaction effect of independent variable gender and inhabitant on internet addiction of male and female college students. Hence, Hypothesis No. 2, “There will be no significant interaction difference between gender and Inhabitant among college students.” is accepted.

Conclusion:

There is significant difference in severity of internet addiction among male and female college students. There is significant difference in severity of internet addiction among rural and urban college students. There is no significant interaction difference **between gender and Inhabitant among college students.**



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