

# **To Study the Interaction Effect among Internet Addiction, Gender and Parental Education and Its Impact on Emotional States, Loneliness, and Wellbeing of Adolescents**

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## **ABSTRACT**

In order to analyse the data statistically, a t-test was calculated. If we want to learn more about how addiction to the Internet affects characteristics of personality, feelings of isolation, and mental health, researchers used SPSS to conduct The studies of step-wise multiple regression and Pearson product-moment correlation. According to statistics gathered from students' personal data sheets, 90% of them spend more than three hours a day on electronic devices. The data showed that college students' internet addiction was similar across genders.. The men' mean value was 80.5 (standard deviation = 6.128) and the females' mean value was 80.340 (standard deviation = 6.229), and the t-value was 0.170, which was determined to be statistically insignificant. The personality characteristic of openness to experience was favorably and substantially connected with online addiction ( $r=0.469$ ), whereas the attribute of agreeableness was adversely associated with a  $-0.221$  correlation with internet addiction. Consciousness was significantly inversely related to internet addiction ( $r= -0.530$ ). A high degree of positive connection ( $r=0.679$ ) was found between being lonely and having an addiction to the internet. When comparing internet addiction to mental health, a negative correlation of  $-0.585$  was found, which is statistically significant.

**Keyword: Addiction, Mental Health, Internet, Personality**

## **INTRODUCTION**

Overuse of the internet causes a plethora of health issues, both mental and physical. Poor academic performance, troubles at work, marital problems, and problems with interpersonal relationships are all symptoms' problems caused by excessive use of the internet. The toxic effects of chronic heavy internet use on marriages are well-documented.

There is a wealth of research linking addictive behaviour to a variety of personal, societal, and psychological elements, the most important of which are the psychological ones. Addiction is caused by personality qualities including extroversion, neuroticism, and conscientiousness. Addiction to the internet was linked to extroversion and openness to new experiences, according to research by Ozturk et al. (2015). A person may be more compelled to engage in the virtual world than the actual one if they are experiencing feelings of loneliness. In order to alleviate their symptoms, they occupy themselves in the virtual world by engaging in activities such as conversing, searching, watching films, and so on. Research by several scholars, such as Radhamani et al. (2012), Karimpoor et al. (2013), Bhat (2014), and countless more, has shown a link between excessive internet use and students' feelings of loneliness. Addiction to the Internet is harmful to mental health, according to studies conducted by Cardak (2013), Rehman et al. (2016), Pal (2017), and others. In college, individuals are more prone to developing an Internet addiction since they use their phones constantly and general hedonism when it comes to knowledge and technology.

In recent times the overuse of the internet is increased drastically especially in adolescents. Internet addiction increases the dependency of the person more on the Internet and Mobiles. One can have an unpleasant feeling like's depression, sadness, etc. when he is not online. Some user has a psychological problem because internet dependence. A lot of teenagers who struggle with addiction spend their days glued to screens for social websites and finding information that is not useful for them. Students are using the Internet as a medium to do the study. It is a source of information i.e. education to them. In this internet world, some students had copied the same writing work as it is without seeing the source. Adolescents have followed activities from an elder who is internet users that they are unaware of any potential downsides of the internet. Some of the student's also taking the help of the internet for solving their assignments and projects. This is not helping the students in building their ability to do the work. They rely much on the Internet to carry out their works.

Internet use in students' most visited social web sites to communicate with other virtual friends. They are enjoying communicate with them more than real friends and family. It also converted into internet addiction because of its overuse of social websites. The smart phone provides many facilities like playing video games, movies, current information and study material on the internet, etc. So it converts into addiction. In today's' life many teenagers playing video games at home and internet cafe. By using a mobile phone and computer they play online as well as offline games, which is most popular in adolescents. So, the computer is also a reason for Internet addiction.

There are many devices to use the internet but mobile and computer are cheapest and easy to handle devices. Currently smart phone or mobile is popular devices to internet use. Mobile is digital devices so used different operating systems and also used that based apps e.g. games. Mobile is easy to handle so its effect such as internet addiction. The cell phone is used to communicate with each other, we can communicate with friends and family also keeps relation healthy even when the user is far away from each other. Now a day's by using the internet on mobile we control our calling bill at a cheap rate. By using cell, we communicate online anytime, anywhere with friends, relations, colleagues, etc. It is a very easy mediator to communicate and relationship over the distances. So that it has become an important part of our life for and that's why addiction to the internet is easy. One cannot live without it as it has become the need of everyone, but it a reason for internet addiction. The internet is used for the day-to-day communication along with the entertainment enjoyments, information sharing with others. Nowadays there is internet at home, schools also a business so internet addiction is on the rise. The proliferation of online changes our daily life, work style, and learning ways.

## **REVIEW OF LITERATURE**

**Weiser (2014)** the study found It is worth noting that Most men use the Internet for fun and entertainment purposes. pursuits, while women lean more towards interpersonal contact and educational assistance. Some gender disparities were shown to be mediated by age and Internet experience differences, according to subsequent studies.

**Fleming, et al. (2016)** Six hundred and ninety-two young Australians, ranging in age from of 13 and 16, specifically looking at their online safety habits and the extent to which they were exposed to unsuitable information while using the Internet. Men and heavy Internet users were shown to be at a higher risk of encountering improper information or behaviour online, compared to less regular users.

**Mazman & Usluel (2020)** in the study seen from the results of those males, the use of social network sites is higher than that of females. The use of Compared to women, men more than double the likelihood of using Twitter (26% vs. 16.4%). Similarly, Lenhart (2015) found that facebook use is higher among girls than boys (36% vs. 45%). While 23% of Instagram's users are male and 23% are female, only 6% of Tumblr users are male and less than 1% are female. Research shows that women are more prone to use social media to maintain relationships and make new acquaintances, whilst men are more prone to meet new people.

**Chathoth et al. (2013)** We out research to determine the prevalence of internet addiction among medical undergraduates (med students) aged 18–20. Researchers surveyed 91 first-year medical students at Kasturba Medical College Mangalore., selected at random. There was a determined prevalence of 18.88% of those with moderate to severe Internet addiction. Mild intoxication is characterised by the majority (56.77%). After sending and receiving emails (87.8% of all internet traffic), social networking accounted for 97.8% of all internet traffic. Although many students seemed to have moderate to severe Internet addiction, the actual incidence was rather low corresponding to mildaddiction.

## **OBJECTIVES OF THE STUDY**

The following are the aims of the research:

To understand the interaction effect among internet addiction, gender, and parental education and its impact on emotional states, loneliness, and wellbeing of adolescents.

## **RESEARCH METHODOLOGY**

An organised plan for research serves as a guide for conducting experiments to verify hypotheses and analyses data. It is the methodical approach that allows the researcher to arrive at the results. Everything from the goals of the study to the specific variables Considerations of context and other relevant variables will be considered while determining the optimal research design for a certain study. The investigational strategy of the present research was based on all of these factors.

In this study, answering the question college students' internet usage in connection to their personality characteristics, levels of loneliness, and psychological wellness as well as their addiction status. The research also hoped to learn how college students' online addictions vary by gender. Age was the one that was kept under control.

Considering the objectives, correlational and comparative research design was used for analyses of hypotheses. To achieve its aims, the study used a correlational research design. Researchers conducting correlational studies do not alter the variables under study in order to draw conclusions about their correlations. To study the gender difference, a comparative statistical measure was decided to be used.

### **Sample**

It was a convenient (Incidental/Purposive) sampling. Initially, researcher selected 450 undergraduates, with a final selection of only 360 for study because they got high scores on internet addiction test. The total sample was of 360 college students, out of which 180 males and 180 females were selected from various colleges in Nashik city. All the participants were residents of Nashik city. People participants' ages varied from 18 to 22.

### **Sampling Procedure**

The researcher went to several institutions in Nashik city to ask students for permission to gather their data once the preliminary preparation was finished. With the approval of the research guide, an application was sent to the different college authorities. The researcher went to the classes to meet with the students and explain the study's goal after obtaining permission. Gain their confidence before presenting them with the first online addiction exam. The researcher selects those students who are having high score on internet addiction for further research. Then researcher gives other test which measures other variables.

The researcher contacted 450 participants out of which 400 participants were high on internet addiction scale. The research had 400 participants, however only 360 replies were able to be analysed as a final sample.

If everyone was ready to take part after the first presentation, the researcher would next inquire when and where it would be best to meet. The psychological tests were completed after the introduction and rapport-building phases. In general, students had a good time and provided constructive criticism on the process. Friends of the The study was made known to the pupils and they were also requested to participate. They volunteered to be a part of it. As a result of this research, they had a better understanding of their personality, their overall addictive behaviour, and the ways in which their feelings of isolation and health were impacting their daily lives.

## **RESULT AND DATA INTERPRETATION**

**Table 5.1 Classification Of Data According To Degree**

Gender	UG Students	PG Students
Male Students	98	82
Female Students	96	84
Total	194	166

**Table 5.2 Faculties, Gender And Ug And Pg Degree Wise Classification Of Sample**

Gender	Arts Faculty		Commerce Faculty		Science Faculty	
	UG	PG	UG	PG	UG	PG
Male Students	28	26	35	29	35	27
Female Students	32	24	34	32	30	28
Total	60	50	69	61	65	55
	110		130		120	

### **Personality Traits & Internet Addiction**

Personality qualities were shown to have a strong correlation with college students' internet addiction. This section presents the results and discusses the correlation between different personality qualities and internet use. addiction variable.

**Table 5.3 Connection Between Neuroticism And Internet Addiction (N = 360) As Measured By Pearson's Product Moment Correlation**

Variables	Correlation Coefficient	Level of Significance
Internet Addiction	<b>0.695**</b>	<b>0.01</b>
Neuroticism		

\*\* A significance level of 0.01 indicates a correlation.

Neuroticism, the second hypothesis (H2) in the personality domain, indicates a propensity to generally feel unpleasant emotions including dread, sorrow, humiliation, wrath, and disgust. A positive and statistically significant association between internet addiction and college students' degrees of neuroticism was found. At the 0.01 level of significance, the computed  $r = 0.695$  indicates a high association between neuroticism and internet addiction. According to these results, neuroticism is a favourable trait and internet addiction is a beneficial consequence. Anxieties and compulsive web surfing go hand in hand. The above finding indicates that Hypothesis No. 2 (H2), which stated that Neuroticism and internet addiction would positively correlate, is accepted. This finding suggests that those who are high on neuroticism they having elevated levels of neuroticism and internet addiction increased reliance on the internet.

**Table 5.4 Interaction Between Extraversion And Internet Addiction (N = 360) As Measured By Pearson's Product Moment Correlation**

Variables	Correlation Coefficient	Level of Significance
Internet Addiction	<b>0.388**</b>	<b>0.01</b>
Extroversion		

\*\* A Significance level of 0.01 indicates a correlation.

Third Hypothesis (H3): Extroversion is positively and statistically associated with internet addiction. The above calculation demonstrates a positive and statistically significant link between the two variables. The Extroversion includes traits such as friendly, cheerful assertive, sociable, energetic, optimistic and talkative. The obtained  $r = 0.388$  it is significant at **0.01 level and show very low level of correlation between Extroversion & Internet Addiction**. People who are more outgoing tend to have much lower rates of internet addiction.

**Table 5.5 Openness To Experience Internet Addiction And Pearson's Product Moment Correlation (N = 360)**

Variables	Correlation Coefficient	Level of Significance
Internet Addiction	<b>0.496**</b>	<b>0.01</b>
Openness to Experience		

\*\* A significance level of 0.01 indicates a correlation.

Hypothesis No. 4 (H4), stated that Exploration of New Things and Compulsive Use of the Internet would positively correlate. Openness to experience denotes the traits like fantasy, curiosity, novel ideas, unconventional values, divergent thinking, creativity, aesthetics senses, feeling and action. The obtained  $r = 0.469$  it at the 0.01 level of significance, there is a moderately favourable correlation between openness to experience and internet addiction. It shows that the more receptive one is to new experiences, the more likely one is to internet addiction. The above finding indicates that Hypothesis No. 4 (H4), which stated that everyone knows that being receptive to new experiences increases the likelihood of developing an addiction to the internet. This finding suggests that internet addiction is more common among those who score high on the openness to experience component.

**Table 5.6 Correlation Between Internet Addiction And Conscientiousness, As Measured By Pearson's Product Moment (N = 360)**

Variables	Correlation Coefficient	Level of Significance
Internet Addiction	<b>--0.529**</b>	<b>0.01</b>
Conscientiousness		

\*\* A significance level of 0.01 indicates a correlation.

Purposeful, self-disciplined, and resolute individuals with high organisational and planning abilities make up the conscientiousness personality domain. The obtained  $r = -0.529$  it is inversely related to internet addiction and exhibits statistical significance at the 0.01% level. It suggests that less internet addiction is associated with greater levels of conscientiousness.

## CONCLUSION

To study the relationship between internet addiction, This research study aimed to examine the relationship between college students' psychological well-being, loneliness, and personality qualities (Neuroticism, Extroversion, Openness to experience, Agreeableness, and Conscientiousness). Another objective was to examine whether or not college students' internet addiction was more prevalent among males or females. The researcher began by compiling a list of all the prior research projects. Several different angles to the subject were considered before settling on the research strategy. Thorough statistical analysis was performed after data was meticulously chosen. Previous research was used to compute and explain the findings. Stepwise multiple regression, Pearson product-moment correlation, and t-value were used to analyse the data. Using SPSS, we calculated the t-value, examined the Pearson's product-moment correlation, and conducted step-wise multiple regression.

In the first part researcher explored the percentage of internet use on the basis of personal information that collected through personal data sheet. And found 90% of students were using a Smartphone/ i-phone or laptop/ computer more than three hours per day. The gender difference was analyzed and When looking at college students' internet usage and addiction, researchers did not find any differences based on gender.

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