INTERNET ADDICTION AMONG ADOLESCENTS AS IMPACT OF TECHNOLOGY

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Abstract- Internet has emerged as a necessary part of our life. Adolescent have become entirely dependent on the internet to search for information, social website, recreation, online purchasing and online gaming. Educational institutions around the world are making use of the internet to upgrade teaching and studying indoors or outside the classroom using the internet. As India is overrunning towards digitalization and along with showing technological advancement and usefulness. It has also presented some deplorable outcome for the adolescents. The present research work is to find out the impact of technology advancement focusing the internet usage, with reference to positive and negative effect. The researcher has attempted to recognize the several factors having influence on youth's internet addiction level and also analysis the effects. To overcome all these negative effects of internet and technology, the parents needs to monitor their children on regular basis.

Key words- Internet, Internet addiction, Adolescents, Technological advancement, Digitalization.

I.   INTRODUCTION

Internet has emerged as a necessary part of our life. Through internet and social media website any social networking sites have become a handy way to communicate and made feasible to chat with peoples who reside far away.

Adolescent have become entirely dependent on the internet to search for information, social website, recreation, online purchasing and online gaming. Educational institutions around the world are making use of the internet to upgrade teaching and studying indoors or outside the classroom using the internet. If the internet is used wisely then it proves to be very useful for the students such as research instruments, seeking information, improve their interpersonal skills, interchange experience and understanding with worldwide students and others practice even as the internet has many benefits and proves to make higher efficiency, it can also be harmful for students if they become addicted to it. Therefore the objective of this study is to analyse the level of internet addiction among adolescent students.

Now a days, adolescents are rely upon social networking sites like Google, yahoo, Gmail, you-tube, face book, whatsApp, hike, twitter, tik-tok, omeglee, instagram, gaming apps etc.

Studies show that teenager population is a high risk group for internet dependency [1], one of the reasons for this could also be the lack of supervision and guidance while using internet [2]. Internet addiction may also refer as lack of ability to control the will of using internet. It can be described as preoccupation with internet, high use of internet, when they go offline feel restlessness and depressed [3].

The impact of the internet on particular's social participation and health shows that excessive use of

internet make you less in touch with family and friends, this will reduce the social circles [4]. Working on internet can decrease social interconnection and communication. Moreover, it denotes that the socially remoted adolescents are more probable to use the internet [5, 6]. Quick and smooth access to the required information also decrease the creativity of the adolescents and oppression using the web facility is the worst effect of the internet. The research carried out by Stanford university on internet utilization showed that 12.4% of students stayed online longer than expected. It is observed that intemperate electronic media usage at night interrupt the sleep which grows the depression [7]

A. INTERNET

The internet sometimes called "the net", is a worldwide system of computer network. A network of networks in which users at any one computer can, If they have authority, get data from other computer system. (And infrequently chat directly to other computer users) it was conceived by the advanced research projects agency (ARPA) of the U.S. government in 1969 and was first known as the APRA Net. The authentic purpose was to create a network that would permit users of a research computer at one universities to "talk to" research computer at other universities.

Now a days the internet is a popular communication and self-sufficient means to hundreds of millions of people worldwide. It is utilized by numerous people as the major source of information utilization, creation and development of its personal social ecosystem via social networking sites and content sharing.

B. ADOLESCENT

Adolescent is the transitional period from childhood to mature adulthood. This is the stage between ages 13 to 19 years. Adolescent is a period between immaturities to maturity. According to WHO, (2017) Adolescent is the phase of life between childhood and adulthood, from ages between 10 to 19. It is a unique stage of development and a vital stage for laying the foundation of wellbeing. Adolescent experience physical, cognitive and psychological growth. According to Hurlock (1990) adolescence begins at the age of 13 and ends at the age of 21.

C. INTERNET ADDICTION

The thought of internet addiction was first used by Young in 1996 he describe internet addiction as an impulse control disorder that does not involve the use of an intoxicating drugs however alike to pathological gambling [8], Internet addiction is also recognized as internet compulsivity, internet dependency, pathological internet use, problematic internet use is a psychological disorder that causes humans to dwell so much time on a smart phone or computer system to the extent that it affects their health, work & social relationship [9].

Internet addiction is described as any web based compulsive behavior which intervence with normal daily lives and cause intense stress an family, friends, relationship and work environment. It is a compulsive conduct that completely dominates the internet addict's life. Internet dependent people make the internet priority more important then family, friends, relationship and work. The internet take place the organizing precept of addicts lives [10].

According to Young et.al. (2000) internet dependence is wide term covering a variety of behavioral problem[11]. There are 5 sub-type of internet addiction are-

1) **Cybersex addiction:-** This sub type of addiction is the most common type of internet dependency. It includes the uncontrolled use of online pornographic material, chartroom, adult websites and obsession with these. Services can be unsafe.

2) **Net compulsion**:- Many adolescent are addicted to this subtype of internet addiction. Net compulsion problem interactive activities like online gaming, stock trading, gambling or use of online auction and compulsive online purchasing. These habits can have an unsafe impact on one's financial stability and problem at work.

3) **Cyber relationship addiction:-** This sub-type of internet addiction refers to social networking websites, chartrooms, and messaging to the extent that virtual

friends become more important than real world relationship.

4) **Compulsive information seeking:-** Compulsive information seeking is a rising problem both in one's personal life and work place. People may also spend endless hours to search and accumulate a data for the web and get out of manage from browsing through websites. when someone is addicted they might also withdraw from the real world and relationship and work productivity.

5) **Internet gaming addiction :-** This type of addiction can involve all types of offline/online gaming such as video games and computer games. Adolescents are attracted to the graphic, dynamic of the characters and content of games.

D. IMPORTANCE OF INTERNET

The internet is worldwide networking system that uses most of the devices these days and has become a necessary part of daily life. It is one of the significant creation and gives instant access to an interminable supply of information and entertainment.

Some specific examples of importance of the Internet in daily life are-

1. **Search and Research**

   Internet contains interminable knowledge and information that you get answer of any question you may have. It is playing a important role in the field of Search and Research. Before the invention of internet, it was difficult to get information about anything. People had to read hundreds of books and journals for reference to get require information. However internet made it easy and anyone can get the desired information at some easy steps or click only. Usage of internet in the field of research have given incredible benefits for the researchers.

2. **Social networking & communication**

   Social networking sites have made communication very easy. In the past, it used to take days or months to receive someone's letter, social networking sites have connected people all over the world. Social networking is an necessary part of the internet. With the help of internet, people can send an e-mail or message to anyone across worldwide within a second only.

3. **E - Commerce, Banking and Bills**

   Internet is not only limited to ordering goods but also it gives you facilities of online transaction view the balance, through E-Banking, Bill payment and send money. Online shopping is a great advantage of the internet, it gives people the facility to find products of their interest and buy them without going to store. It is also provide facility to customer to compare prices of two or more companies, and even see other customer's review about the particular products.

4. **Entertainment**

   Today, internet is the most powerful medium of entertainment. There are many options in the internet in which people can watch movies, playing games, listening music etc. through the internet people can also share contents like videos, pictures, songs online with others. Also, nowadays people attracted towards live TV or sports on smart phone.

5. **Work From Home and Access to a Global Workforce**

   The internet is the best place to work with people from worldwide. Many online services help you work from home or globally and with instant communication with the help of internet many people have ability to work from home or have a virtual office. Work from home can save money and time.

6. **Real Time Updates**

   Now a days, people do not have to wait for a day to get news and knowing what is happening around the world. People get information instantly through internet. Many information websites gives instant or real time updates on various categories

like history, News, Sports, Politics, Marketing, Technology etc. e-news papers and e-magazines are updating people and reduce paper usage.

E. SOCIAL IMPACT OF THE INTERNET

The social impact of internet are both positive and negative. On one side where people isolate, separate, alienation and social withdrawal seems, on the other side internet has positive effect on communication, sociability and intensive of relationship. Whether the impact of internet are both god or bad, internet has changed the way of social communication and associated people worldwide.

II.   REVIEW OF LITERATURE

Abonmai et. al. studied the level of internet addiction among adolescent students, revealed that below 50% of students are mild internet addicted and their discussion declare that internet dependency is a very common problem in young population caused by lack of knowledge and awareness[12].

Goswami & Singh conclude that, over use of the internet turn into one of the major challenges of the modern world and causes physical and psychological problems [13].

Kowalski and Limber examined that, relationship between children and adolescents experiences with cyberbullying, psychological health, physical health, and academic performance. Sample of study was nine hundred thirty-one students in grades 6 through 12 completed an anonymous survey examining their experiences with cyberbullying and traditional bullying. Also included were measures of anxiety, depression, self-esteem, physical well-being, school attendance, and academic performance. Results of study indicated that, those in the bully/victim groups (and particularly the cyber bully/victim group) had the most negative scores on most measures of psychological health, physical health, and academic performance[14].

Vandana, Balvinder and Singh concluded that most of the adolescents use internet for chatting, watching videos, listening music, downloading data and they found that more than 50% of the Adolescents were above average internet users[15].

Yadav, et.al. studied the internet dependency in Indian school students. The results showed addiction by time spent online & usage of social networking website, gaming app and chat rooms [16].

Yen et al. investigated that, differences in the diversity of family factors between adolescents with and without Internet addiction and substance use experience. Sample of study was 3662 students (2328 boys and 1334 girls) from seven junior high schools, six senior high schools, and four vocational high schools in southern Taiwan. The results of study indicated that, adolescent Internet addiction and substance use experience shared similar family factors, which indicate that Internet addiction and substance use should be considered in the group of behavioral problem syndromes [17].

A. RESEARCH GAP

As India is moving towards digital conversion and it has become the rapid economy of the world. Beside with the going on digital platform, there are negative effects of usage of the technology and internet which human deliberately neglect. Without reason using the internet for long time expresses that people are getting dependent on digital device and tried to measure the internet addiction level of people, specially outside India, but a few studies have emphasized on measuring adolescent's addiction level and recognize the numerous factors having impact on it.

B. RELEVANCE OF THE STUDY

The present research work is to find out the impact of technology advancement focusing the internet usage, with reference to positive and negative effect. The study is important to get an attention of individual , a group and the government on the negative effects of the technology which the people generally neglect. Everyone is trying to get digitalize and the government is also focusing on it. Digital literacy is not only regarding the knowledge of digital devices, but also not getting addicted of technology. The problem of technology and internet addiction should be focused in the initial stage of one getting digital literacy either by any of the family member or institution.

III.   METHODOLOGY

A. Research design

A descriptive/cross-sectional research design carried out to assess the level of internet addiction among adolescent.

B. Sample of the study

In this research work 100 adolescent, studying in higher secondary & college first year of age range 15 to 19 years from Durg District (C.G.) were included. The simple random sampling technique was used.

C. Measures

The level of internet addiction was assessed by internet addiction test (Young 1998). It has 20 items. Each item is rated on a 5-point scale ranging from 0 to 5. That measures normal level, mild level, moderate level and severe level of internet dependence. The maximum score is 100 points and the minimum score is 20. The higher the score is, the higher is the severity of addiction.

IV.   RESULTS

Statistical analyses procedure

All 100 cases were included for data analyses and calculation. Multiple regression models were used to examine the predicting effect of different predictor on criterion. SPSS version 22.0 was used for prediction analyses. Variable entered methods-Criteria: Probability-of-F-to-enter <= .050, Probability-of-F-to-remove >= .100).

Table-1

Stepwise multiple regression models for the predicting effect of different demographical factors on internet addiction

Predicators	B	Std. Error	β
(Constant)	41.462	33.773	
Sex (1=Male, 2=Female)	-4.426	3.043	-.141
Class (1=11th, 2=12th, 3=1st Year)	-4.680	2.608	-.280
Age	.510	2.131	.040
Online use in years	2.273	1.110	.211*
Screen time in a day	3.018	.858	.362**
R			.483**

R^2	.233**
$F_{(5, 94)}$	5.718**

$p < 0.01, *p < 0.05

Table-1 indicated that, all predictors explained 23.30% of the total variance (R^2 = .233; $F_{(5, 94)}$ = 5.718; $p < 0.01$). Further, online use in years was positively associated with internet addiction (.211, $p < 0.01$). This indicated that, those participants higher levels of online use in years were reported high internet addiction. Furthermore, screen time in a day was positively associated with internet addiction (.362, $p < 0.01$). This indicated that, those participants higher levels of screen time in a day were reported high internet addiction.

V.   CONCLUSION

The main reason of being dependent on internet and technology are sense of satisfaction and belief of feeling happy over social networking sites [18]. To overcome all these negative effects of internet and technology, the parents need to monitor their children on regular basis, when they use internet although it is little difficult for the parents to monitor the child all the time because digitalization in schools, college has made children to use technology for not only doing the online uploaded homework but also for tracking the progress in class and for taking help of internet to prepare project or assignments [19]. The adolescents have good excuse for using internet and technology. So, digitalization or technological advancement has high impact on the internet addiction level of adolescents.

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