Internet Addiction in Youngsters and its Relationship with Anxiety, Depression, Stress, and Self-esteem

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Abstract:

In today's burgeoning modern times of digitalizing, there is more access than ever to digital devices. To make our lives easier and quicker, digital technology is constantly evolving and the internet has become an integral part of our life. Paralleling the rapid increase in internet smash, there is a rise in internet addiction especially among young adults. Simultaneously, internet addiction is fattening and is posing serious ill effects, especially in youngsters. Internet Addiction is a serious predicament when a person habitually exhibits a transition from their internet smash. Internet Addiction can seriously hinder and impair a person from leading a healthy, successful, and productive life. Internet addiction can impact a person both mentally and emotionally. Psychological disorder, loss of sleep, skipping meals, and limited physical exertion are some of the mental effects. Emotional effects may include depression, social isolation, dishonesty, anxiety, mood swings, aggression, or stress. The objective of this study is to find out the association between internet addiction and anxiety, depression, stress, and self-esteem among young adults (18-25 years age group). A pretested and predesigned questionnaire Young's Internet Addiction Scale and Depression Anxiety Stress Scales 21(DASS21) are being used in the study. An analysis is being done using statistical tools to examine the relationship between internet addiction and anxiety, depression, stress, and self-esteem. Internet addiction can affect young adults causing sleep deprivation, moodiness, low self-esteem, and setbacks in education. The findings of this study may help young adults in identifying potential internet addiction that this addiction often coexists with other psychological problems.

Keywords:

Internet addiction, internet smash, psychological disorder, mental effects, emotional effects, depression, social isolation, dishonesty, anxiety, mood swings, aggression, stress, self-esteem.

Introduction:

In today's burgeoning modern times of digitalizing, there is more access than ever to digital devices. To make our lives easier and quicker, digital technology is constantly evolving and the

internet has become an integral part of our life. Paralleling the rapid increase in internet smash, there is a rise in internet addiction especially among young adults. Simultaneously, internet addiction is fattening and is posing serious ill effects, especially in youngsters. The Internet has transformed into an indispensable and inestimable part of our daily lives. It has not only become an ecumenical entity but also has become a requisiteleading-edge tool for shopping, study, research, communication, and remaining acquainted with family members and friends utilizing applications ranging from Wikipedia to Facebook. With the rapid transit made in wireless Internet technologies such as Wi-Fi, 3G, and 4G, and the onset of uncostly 3G- and 4G-enabled smartphones, the Internet has become efficiently approachable to mankind across all socioeconomic groups. This has brought down the inception of a relatively new and vexatious and worrisome phenomenon called "Internet addiction," which is increasingly disturbing adolescents and young adults. Even though the term addiction is used conventionallyabout, irresistiblephysiologicaldisorders with the Internet. Currently, there is no general agreement on the definition of Internet addiction. There is an ongoing debate about how best to systematize the behavior,which is exemplified by many hours spent in non-contractingtechnology-related computer activities. Internet addiction is an impulse-control disorder like pathological disorders but does not have any intoxicants. Nevertheless, Internet addiction is not included in the latest Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V). The only behavioral addiction included in DSM-V is gaming or gambling disorder. The idea that problematic computer use meets the criteria for addiction and therefore should be included in the next iteration of the DSM was first proposed by Kimberly Young in her 1996 paper.

Internet addiction occurs through some neurohormonal pathways. Addictions trigger an amalgamation of points in the brain associated with pleasure, known to be the "reward center" or "pleasure pathway" of the brain.The effect of Internet addiction on physiological and psychological health is towering. Various studies have reported it from time to time. The effect on psychological health in these crucial years of life inhibits productivity and scholastic performances of young adults/adolescents. Understanding the issue and providing timely intervention is critical to interceptingpersistent psychological illnesses. However, studies on Internet addiction are meager in this part of the country

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Review of Literature:

Many studies have shown that intensive use of the internet especially for people engaged in cyber relationships and online gambling made them, the most vulnerable to Internet addiction (Chen et al., 2004; Chou & Hsiao, 2000; Davis, 2001; Goldberg, 1995; Griffiths, 1998; Kandell, 1998; Morahan-Martin & Schumacher, 2000; Scherer, 1997; Shaffer, 1996; Young, 1998).

Depression as a referent to mood or emotional state appeared as early as 1665 and merely meant a lowering of mood or spirits (Simpson & Weiner, 1989). Thus, the core experience of depression appears to be a private event tacted as *depressed* or in psychiatric terms as *dysphoric*.

Young's internet addiction test (IAT):

The IAT has 20 items associated with Internet use, including psychological dependence, compulsive use, withdrawal symptoms, and related problems of school, sleep, family, and time management. For each item, a graded response can be selected (1 = "not at all" to 5 = "always"). The minimum score is 20, while the maximum is 100; the higher the score, the greater the level of Internet addiction. As suggested by Young, cut-off scores for the IAT were used to classify Internet users based on the severity of their addictive behavior (Young, 1998b). In the present study, the rating scale is used as 0 - does not apply, 1 – rarely, 2 - occasionally, 3 – frequently, 4 – often, 5 – always.

IAT is the most famous measurement in the Internet addiction field and has been used by many researchers.

The Depression Anxiety Stress Scales:

(DASS) is a widely used measure of negative affect in adults. An important and unique feature of the DASS is its inclusion of a tension/Stress scale in addition to the depression and anxiety scales. The DASS 21 is a short version of the 42-item original scale. Both are reliable and valid measures of depression, anxiety, and tension/stress in clinical and non-clinical populations of adults.It is a 21-item scale measured on a 4-point Likert scale (0–3), "0" denoting "did not apply to me at all" and "3" denoting "applied to me very much, or most of the time".

In the present study, the rating scale is used as 0 - does not apply, 1 – rarely, 2 - occasionally, 3 – frequently, 4 – often, 5 – always.

Research Methodology:

Data Collection Methods:

To analyse and make decisions about a certain business, sales, etc., data will be collected. This collected data will help in making some conclusions about the performance of a particular business. Thus, data collection is essential to analyse the performance of a business unit, solve a problem, and make assumptions about specific things when required.

The main sources of the data collections methods are "Data". Data can be classified into two types, namely primary data and secondary data. The primary importance of data collection in any research or business process is that it helps to determine many important things about the company, particularly the performance. So, the data collection process plays an important role in all the streams. Depending on the type of data, the data collection method is divided into two categories namely,

1. Primary Data Collection methods
2. Secondary Data Collection methods

Primary Data Collection Methods:

Primary data or raw data is a type of information that is obtained directly from the first-hand source through experiments, surveys, or observations. The primary data collection method is further classified into two types. They are:

a. Quantitative Data Collection Methods and b. Qualitative Data Collection Methods

Quantitative Data Collection Methods:

It is based on mathematical calculations using various formats like close-ended questions, correlation and regression methods, mean, median or mode measures. This method is cheaper than qualitative data collection methods and it can be applied in a short duration of time.

Qualitative Data Collection Methods:

It does not involve any mathematical calculations. This method is closely associated with elements that are not quantifiable. This qualitative data collection method includes interviews, questionnaires, observations, case studies, etc. There are several methods to collect this type of data. They are

i. **Observation Method:** The observation method is used when the study relates to behavioral science. This method is planned systematically. It is subject to many controls and checks. The different types of observations are:

- Structured and unstructured observation
- Controlled and uncontrolled observation
- Participant, non-participant, and disguised observation

ii. **Interview Method:** The method of collecting data in terms of oral or verbal responses. It is achieved in two ways, such as

Personal Interview – In this method, a person known as an interviewer is required to ask questions face to face to the other person. The personal interview can be structured or unstructured, direct investigation, focused conversation, etc.

Telephonic Interview – In this method, an interviewer obtains information by contacting people on the telephone to ask questions or views orally.

iii. **Questionnaire Method**: In this method, the set of questions is mailed to the respondent. They should read, reply and subsequently return the questionnaire. The questions are printed in a definite order on the form. A good survey should have the following features:

- Short and simple
- Should follow a logical sequence
- Provide adequate space for answers
- Avoid technical terms
- Should have good physical appearance such as color, quality of the paper to attract the attention of the respondent

iv. **Schedules:** This method is similar to the questionnaire method with a slight difference. The enumerations are specially appointed to fill the schedules. It explains the aims and objects of the investigation and may remove misunderstandings if any have come up. Enumerators should be trained to perform their job with hard work and patience.

Secondary Data Collection Methods:

Secondary data is data collected by someone other than the actual user. It means that the information is already available, and someone analyses it. The secondary data includes magazines, newspapers, books, journals, etc. It may be either published data or unpublished data.

Published data are available in various resources including

Government publications

Public records

Historical and statistical documents

Business documents

Technical and trade journals

Unpublished data includes

Diaries

Letters

Unpublished biographies, etc.

Sampling methods:

Sampling in market research is of two types – probability sampling and non-probability sampling.

Probability sampling: It is a sampling technique where a researcher sets a selection of a few criteria and chooses members of a population randomly. All the members have an equal opportunity to be a part of the sample with this selection parameter.

Non-probability sampling: In non-probability sampling, the researcher chooses members for research at random. This sampling method is not a fixed or predefined selection process. This makes it difficult for all elements of a population to have equal opportunities to be included in a sample.

My present research uses simple random sample in probability sampling whose sample size is 142.

A pretested and predesigned questionnaire Young's Internet Addiction Scale and Depression Anxiety Stress Scales 21(DASS21) are being used in the study. An analysis is being done using statistical tools to examine the relationship between internet addiction and anxiety, depression, stress, and self-esteem.

The current research data analysis was done using ANOVA – Two factor without replication.

Analysis1: To examine the correlation between two factors: how often a person is found online longer than intended and how often do others complain about them on the time spent online.

H_o= There is no association between the above two factors

H_1= There is an association between the above two factors

ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Rows	223.5775	141	1.585656	1.922024	6.18E-05	1.320459
Columns	23.67606	1	23.67606	28.69851	3.36E-07	3.908258
Error	116.3239	141	0.824993			
Total	363.5775	283				

The above table shows that the F_{cal} value 1.922024 is greater than the F_{crit} value 1.3204597 at a 5% level. This analysis supports an alternate hypothesis i.e., there is an association between the above considered two factors.

Therefore, there is a relationship between how frequently a person is found online to how often people around him complain of the person is online.

Analysis 2: To examine the correlation between two factors: a person tended to over-react to situations and a person becoming intolerant of anything happening around and was feeling close to panic

H_o= There is no association between the above two factors

H_1= There is an association between the above two factors

ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Rows	208.243	141	1.4769	3.258637	4.79E-12	1.320459
Columns	0.59507	1	0.59507	1.312965	0.2538	3.908258
Error	63.90493	141	0.453226			
Total	272.743	283				

The above table shows that the F_{cal} value 3.258637 is greater than the F_{crit} value 1.320459 at a 5% level. This analysis supports an alternate hypothesis i.e., there is an association between the above considered two factors.

Therefore, there is a relationship between a person tending to overreact to the situations and person becoming intolerant of anything happening around and was feeling close to panic.

Limitations and Findings of the study:

- The study was conducted on a sample of 142 young adults, so this study did not cover a wide range of populations due to time constraint.
- The findings of this study helps young adults in identifying potential internet addiction that this addiction even exists along with other psychological problems.

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