


Research Article
A descriptive study to assess the degree and factors influencing internet addiction among higher secondary students of selected schools of Bhopal city, (M.P.), India.

Priya Rathore, Pranet Waghmare, Kusum Shah, Shweta Shivhare, Sheenam, Rohit Yadav, Minu S. Nair*

People's College of Nursing & Research Centre, Bypass Road, Bhanpur, Bhopal-462037 (M.P.) India.

Received: 3/31/2017; Revised: 7/25/2017; Accepted: 1/21/2018

 Available online: 1st February 2018

Abstract: "Internet addiction is defined as the compulsive urge to continually use the Net, whether it is to spend hours surfing the Web, hang around in IRC chat rooms, or play on-line games". The present study was conducted to assess the degree and factors influencing internet addiction among higher secondary students of selected schools of Bhopal city (M.P.). Total 188 higher secondary students were taken by using Convenient Sampling Technique. The descriptive research design was used. The main finding of this study revealed that among 188 higher secondary students of various schools of Bhopal city 43.6% are having no internet Addiction, 42% having mild internet Addiction 13% are suffering from moderate Internet Addiction and 1.1% are suffering from severe Internet Addiction. There is a significant association with the degree of internet addiction and selected socio demographic variables.

Keywords: Internet, addiction, Influence, Students

Introduction

Internet is a universal system of computer networks that are interconnected to serve millions or even billions of people around the world (new world encyclopedia, 2008). The Internet provides a constant, ever-changing source of information and entertainment, and can be accessed from most smart phones as well as tablets, laptops, and desktop computers. Email, blogs, social networks, instant messaging, and message boards allow for both public and anonymous communication about any topic. But how much is too much Internet usage? But every person's use the Internet in different way. You might need to use the Internet extensively for your work, for example, or you might rely heavily on social networking sites to keep in touch with faraway family and friends. Spending a lot of time online only becomes a problem when it absorbs too much of your time, causing you to neglect your relationships, your work, school, or other important things in your life.

Chou and Hsiao 2000, in Asia conducted a study to estimate the depth of Problematic Internet Use. Chou and Hsiao recruited 910 students of 12 universities in Taiwan. They proposed as subjects who scored top 10% of the Chinese version of the Internet related additive behaviors inventory and who fulfill criteria out of 8 by Dr. Young, K, were defined to have internet addiction. The findings of the study revealed that 5.9% was identified as having Internet addiction, among the addicts 51

were males where only 3 were reported as female so, gender was found to be a predictor of internet addiction in regression analysis.

Public school children who had access to home computers are around 14,96,75,97 in Madhya Pradesh & 1.5 million students is using Smartphone & it is 5% of total users of all over the world. Total use by teenagers on average of 27 hours per week & over 14% of children with home computers used them for educational purposes (2015).

Materials and Methods
Research design

The descriptive research design was used for the study.

Population

Higher Secondary School Students.

Sampling technique

Convenient Sampling

Sample size

The sample size is 188 higher secondary students of various schools of Bhopal city.

St. Francis Higher Secondary School (M.P.), Brigadier Trivedi Higher Secondary school (M.P.), & St. D. C. convent Higher Secondary School (M.P.).

***Corresponding Author:**

Dr. Minu S. Nair,

Assistant Professor,

People's College of Nursing & Research Centre,
Bypass Road, Bhanpur, Bhopal-462037 (M.P.), India.

E-mail: nairminu@ymail.com



Inclusion Criteria

- a. Higher Secondary School Student who are willing to participate in the study.
- b. Higher secondary school students who are available at the time of data collection.

Exclusion criteria

- a. Higher secondary school students who are not willing to participate in the stud
- b. Higher secondary school students who are not present at the time of data collection.

Section I:-

Part-1: Socio-demographic variables

Section II:-

Part 2: Questionnaire related to factors influencing internet addiction.

Section III:-

Part 3: "Internet Addiction Test" by Young.

Results and Discussion

Section I:-

Part-1: Socio-demographic variables

Table 1: Frequency and Percentage distribution of higher secondary students according to socio-demographic variables of study:

S.NO.	Socio-demographic variables	frequency	Percentage (%)	
AGE				
1.	14-15 years	6	3.2	
	16-17 year	59	31.4	
	18-19 year	91	48.4	
	More than 19 years	32	17	
GENDER				
2.	Male	100	53.2	
	Female	88	46.8	
FAMILY INCOME				
3.	Less than 10,000	87	46.3	
	10,000-20,000	36	19.1	
	20,001-30,000	50	26.6	
	More than 30,000	15	8	
EDUCATION OF FATHER				
4.	Illiterate	1	.5	
	Primary	25	13.3	
	Higher Secondary	76	40.4	
	Graduate	57	30.3	
	Post Graduate	20	10.6	
5.	Above Post Graduate	9	4.8	
	EDUCATION OF MOTHER			
	Illiterate	22	11.7	
	Primary	53	28.2	
	Higher Secondary	62	33	
6.	Graduate	38	20.2	
	Post Graduate	11	5.9	
	Above Post Graduate	2	1.1	
	OCCUPATION OF FATHER			
7.	Government sector	58	30.9	
	Private sector	32	17	
	Business	37	19.7	
	Farmer	53	28.2	
	Other	8	4.3	
OCCUPATION OF MOTHER				
8.	Government sector	8	4.3	
	Private sector	6	3.2	
	Business	170	90.4	
	Farmer	1	.5	
	Other	3	1.6	
WAY OF SPENDING FREE TIME				

	Alone	27	14.4
	With family	79	42
	With friends	64	34
	Other way	18	9.6
MAIN LOCATION OF INTRENET USE			
	At home	148	78.7
9.	School	8	4.3
	Friends home	7	3.7
	Pc room	9	4.8
	Other way	16	8.5
	TIME OF INTERNET USE PER WEEK		
10.	Less than 10 hours	143	76.1
	10-20 hours	32	17
	More than 20 hours	13	6.9
TIME FRAME OF INTERNET USE			
11.	8am-12pm	28	14.9
	12-4pm	18	9.6
	4-8pm	72	38.3
	8pm-12am	60	31.9
	12-4am	10	5.3
NO OF INTERNET CLUB MEMBERSHIP			
12.	None	122	64.9
	1-3 sites	39	20.7
	4-6 sites	9	4.8
	7-9 sites	6	3.2
	More than 9 sites	12	6.4
NO OF VISIT TO PORNOGRAPHU SITE			
13.	None	123	65.4
	1-3 site	41	21.8
	4-6 site	12	6.4
	7-9 site	4	2.1
	More than 10 site	8	4.3
SELF AWARENESS			
14.	Not at all	31	16.5
	Not much	76	40.4
	Some what	52	27.7
	Very much	29	15.4

Section II:- Part 2: Questionnaire related to factors influencing internet addiction.

Table 2: Frequency And Percentage Distribution Of Higher Secondary Students According To Factors Influencing Internet Addiction:-

Factors Influencing	Frequency	Percentage (%)
Peer Influence	27	14.36%
Social anxiety	16	8.51%
Depression	22	11.70%
Lack of parental support	16	8.51%
Information gathering	92	48.93%
Net compulsion	22	11.70%
Curiosity to surf specific sites	33	17.55%
Loneliness	22	11.70%
Feels peaceful & confident when online	19	10.10%
To relieve from boredom	40	21.27%
Not to fall behind the trend	18	9.57%

Section III: "Internet Addiction Test" by Young.

Table 3: Frequency and percentage distribution of higher secondary students according to internet addiction:

S.NO.	Internet Addiction	Frequency	Percentage (%)
1.	No Addiction	82	44%
2.	Mild Addiction	79	42%
3.	Moderate Addiction	25	13%
4	Severe Addiction	2	1%

Section III:- Distribution Of Higher Secondary Students According To degree of Internet Addiction:-

The data present in the percentage distribution of higher secondary students according to internet addiction. Majority of the students 43.6% are having no internet Addiction ,42.6% having mild internet Addiction 13.3% are suffering from moderate Internet Addiction and 1.1% are suffering from severe Internet Addiction.

References

1. Mark G. Does internet and computer “addiction” exist? Some case study evidence. *Cyberpsychol Behav.* 2000;3:211–8.
2. Davis RA. A cognitive behavioral model of pathological internet use (PIU) *Comput Hum Behav.* 2001;17:187–95.
3. Young KS. Internet Addiction: The emergence of a new clinical disorder. *Cyberpsychol Behav.* 1998;3:237–44.
4. Young KS. Internet addiction: A new clinical phenomenon and its consequences. *Am Behav Sci.* 2004;48:402–15.

5. Caplan SE. Relations among loneliness, social anxiety, and problematic internet use. *Cyberpsychol Behav.* 2007;10:234–42. [[PubMed](#)]
6. Greenfield D. Paper presented at the 107th Annual Meeting of the American Psychological Association Massachusetts: Boston; 1999. Aug 22, Internet addiction: Disinhibition, accelerated intimacy and other theoretical considerations.
7. Scherer K. College life online: Healthy and unhealthy Internet use. *J Coll Dev.* 1997;38:655–65.
8. Sadock BJ, Sadock VA. 9th ed. Philadelphia: Lippincott Williams and Wilkins; 2009. Kaplan and Sadock Comprehensive Textbook of Psychiatry; pp. 1063–4.

Cite this article as:

Priya Rathore, Pranect Waghmare, kusum shah, Shweta Shivhare, Sheenam, Rohit Yadav, Minu S. Nair. A descriptive study to assess the degree and factors influencing internet addiction among higher secondary students of selected schools of Bhopal city, (M.P.), India. *International Journal of Bioassays 7.2 (2018) pp. 5592-5594.*

DOI: <http://dx.doi.org/10.21746/ijbio.2018.7.2.4>

Source of support: Nil

Conflict of interest: None Declared