

A Study to Assess the Internet Addiction and Social Withdrawal Among Students of Private Institute of Block Pacchad, Distt. Sirmour, H.P.

**Sameeksha¹, Upasna Sharma², Yati Mehta³,
Tamana⁴, Vasundhra⁵, Vaishali⁶**

¹Nursing Tutor, Akal College of Nursing, Eternal University, Sirmour, H.P. ²⁻⁶Student, Akal College of Nursing, Eternal University, Sirmour, H.P

How to cite this article: Sameeksha, Sharma U, Mehta Y, Tamana, Vasundhra, Vaishali. A Study to Assess the Internet Addiction and Social Withdrawal Among Students of Private Institute of Block Pacchad, Distt. Sirmour, H.P., 2022;14(3):144-147

ABSTRACT

Background: Internet addiction is one of the socially growing issues. It has been affecting large number of population mainly the youth. Internet has become essential part of our daily life mainly among students, adolescents and youth. The study aims to find out the correlation between internet addiction and loneliness.

Methods: Correlation study design was used for the conduction of study. By using total enumerative sampling 98 samples were selected. Internet addiction and UCLA loneliness scale were used for data collection. Study results revealed that most of sample were of 21years and 52% study samples were UG students. 41.8% of the students having family income between 2.5 to 5 lakh. 41.8% of the students use their phone for 2-4 hours per day and mostly 77.6% spending time on social networking applications. 86.7% samples spent 500-700Rs for monthly data packs. 46.9% samples reported that they had satisfactory relationship with their family members. 70.0% of the students often feel stressed for not being able to use internet for couple of hours.

Conclusion: Study results showed that there was correlation between internet addictions and loneliness. This study conclude that that internet addiction does not lead to loneliness.

Keywords: Internet addiction, Loneliness, Students.

INTRODUCTION

Internet addiction is one of the socially growing issue. It has been affecting large number of population mainly the youth. Internet has become essential part of our daily life mainly among students, adolescents and youth. With the help of internet people can have easy access to educational material. It also helps in sharing variety of information and knowledge. Some internet users may develop an emotional attachment to online

friends and activities they create on their computer screens. Internet addiction can lead to anxiety, sleeping disorders, depression, isolation and feeling of guilt. It can also cause headache, weight gain, carpal tunnel syndrome and blurred or stained vision.

A study was conducted in Dutch in which it was found that online gaming and social apps can increase the risk of internet addiction among adolcents.¹

Corresponding author: Nursing Tutor, Akal College of Nursing, Eternal University, Sirmour, H.P.

Email: sameekshapatial647@gmail.com

According to one study which was conducted in India, Depression, anxiety, and interpersonal sensitivity were found to be correlated with Internet addiction. Along with that, low self-esteem has been found in students to be associated with possible users of Internet.²

In the University of Shkodra a study was conducted on internet addiction and loneliness, in that study the results showed that there is a mild negative correlation between loneliness and Internet addiction, on the other hand no gender differences was found in terms of internet addiction and loneliness level. The results suggest that students addicted to the Internet have significantly lower rates of loneliness.³

Need of the study: India is a developing country and in the recent years use of mobile phone and internet has been increased significantly. Now in each and every house there is a mobile phone and it is not without internet access. Indian Adolescents are spending more time on social media now a days that can lead them to the social withdrawal. And this area of internet addiction and loneliness has not been researched more.

STATEMENT OF THE STUDY

A correlational study to assess the internet addiction and social withdrawal among students of selected private institute of block Pacchad, district. Sirmour, H.P.

AIM OF THE STUDY

To find out the correlation between internet addiction and loneliness.

OBJECTIVES OF THE STUDY

To assess the level of internet addiction among the students of private institutes of block Pacchad.

To assess the social withdraw due to internet addiction among selected students of private institute if block Pacchad.

1. To find out the correlation between internet addiction and social withdraw.

OPERATIONAL DEFINITION

INTERNET ADDICTION: Internet addiction is a behavior addiction in which a person become dependent on use of internet or other online devices that can be assessed with the help of internet addiction test.

SOCIAL WITHDRAW: Social withdraw is a complete or partially complete lack of contact between an individual and society .There are many type of social withdraw Loneliness ,shyness and Avoiders etc. In this study researchers had only included the concept of loneliness which determines the degree of social withdrawal among students which can be assessed with the help of UCLA scale.

RESEARCH VARIABLES

Independent variable: Internet addiction.

Dependent variable: Social withdraw.

Assumption

Most of the undergraduate student will have social withdraw due to internet addiction.

Delimitations

The study is delimited to selected area of private institutes of block Pacchad.

The study is delimited to specific age group of private institutes if block Pacchad.

MATERIAL AND METHOD

Research approach: Quantitative Research Approach was adopted for conduction of study.

Research design

Correlational research design was used for present study. This design is selected because in this study researchers were interested in finding the relation between Internet Addiction and Social Withdrawal [loneliness] among students studying in selected private institute of Block Pacchad.

Research setting

Selected private institutes of block Pacchad as per easy accessibility.

Population

Target Population: Students of age group: 17-22 years.

Study Population: Students of age group 17-22 years in private institute of block Pachhad.

Sample: Students of age group 17-22 years that met the inclusion criteria.

Sampling technique: Total enumerative sampling technique was used.

Sample size: 98

Sample selection Criteria

Inclusion Criteria:

- Students of age group 17-22 years
- Students who are able to understand English language.
- Students who are willing to participate in the study.

Exclusion Criteria

- Students those who were not present at the time of data collection.

Data Collection instruments

Tools were divided into 3 parts:

Part A : Socio-demographic Data sheet which includes personal information about subject such as year of studying, mothers education, mothers occupation, fathers education, hour of internet use, device used for internet usage etc.

PART B: Standardized tool (Internet addiction test) for the assessment of internet addiction.

PART C: Standardized tool (UCLA loneliness scale) for the assessment of loneliness

RESULTS AND DISCUSSION:

Data analysis and interpretation: in current study data analysis is described under following sections:

Section A: Socio demographic profiles of students.

Section B: level of internet addiction

Section C: Level of loneliness and correlation between internet addiction and loneliness

Results related to Socio demographic variables:

The results of socio demographic variables showed that most of the participants were 19 years of age, 52% of them were in 2nd year of their graduation. 41.8% of the samples reported that they spend 2-4 hours daily on internet. 77.6% participants were spending 100-500 INR on internet per month.

Results related to loneliness

33 (33.6%) of adolescent are often feel that they are Intune with people around them. 8(8.2%) of adolescent are often feel that they have lack of companionship. 9.2% of adolescent are often feel that there were no one whom that they can trust. 14.3% of adolescent often feel alone. 36.7% of adolescent often feel that they are a part of group of friends. 17.3% of adolescent often feel that they have common with the people around them. 13.3% of adolescent are often feel that they are no longer close to any one. 13.3% of adolescent are often feel that their interesting ideas are not share by those who around them. 26.5% of adolescent are often feel outgoing and friendly. 18.4% of adolescent are often feel that they are close to people. 13.3% of adolescent are often feel left out. 15.3% Of adolescent often feel that their relationship with others are meaningful. 28.6% of adolescent often feel that no one really knows them well. 11.2% of adolescent often feel isolated from other. 9.2% of adolescent are often feel that people are around them

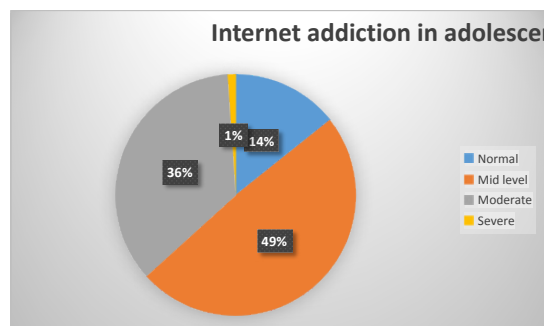


Fig. 1: Internet addiction among adolescents

Table 1: Correlation between internet addiction and loneliness. N=98

Variable		Loneliness	Internet addiction
Loneliness	R	1	-.063
Internet addiction		-.063	1

but not with them. 21.4% of adolescent often feel that there are people who understand them. 18.4% of adolescent often feel shy. 19.4% of adolescent often feel that there are people with them they can talk. 17.3% of adolescent often feel that there are people with them they can turn to.

There is no correlation found between loneliness and internet, as the Pearson value found during the analysis was -0.63.

DISCUSSION

Finding of the present study revealed that majority of the subjects were between the age group of 19 years i.e. 27.9%. Major portion of student that is 49.0% were mildly addicted to internet, while 35.7% were moderately addicted to internet, 14.3% students have no internet addiction, and only 1.0% student were found to be severely addicted. Bulk of student i.e. 51.0% have moderate level of loneliness, while 42.9% have mild level of loneliness and only 6.1% have severe level of loneliness. There is negative correlation between internet addiction and loneliness i.e. -0.63.

A similar study was done in Abdulrahman University in the year 2020 in this study the finding revealed that there was no significant correlation between student internet addiction, loneliness and life satisfaction. However significant positive correlation was found between loneliness and life satisfaction.⁴

A similar study done in the year 2019 in this study a total of 215 university student were selected between the age group of 18 to 25 years. Addiction profile index internet addiction form (APIINT) was used for the assessment of internet addiction among the students. Results showed that 51 people were

not addicted to internet. Whereas 24.3% of the students were addicted to the internet.⁵

CONCLUSION AND ACKNOWLEDGMENT

The results of the present study showed that bulk of students are mildly addicted to internet and students have moderate level of loneliness. There is negative correlation that exist between internet addiction and loneliness. In our study we found that students neglect their important activities due to the level they are dependent on social networking sites and internet. This problem can be overcome by indulging into other activities such as sports, meditation, etc. which keeps our brains occupied. These parameters should be taken into consideration while promoting awareness of problematic internet use and social behavior and educate students regarding healthy internet use.

Ethical clearance- Taken from Institutional Ethical committee

Source of funding- Self.

Conflict of Interest - Nil

REFERENCES

1. Kuss D, van Rooij A, Shorter G, Griffiths M, van de Mheen D. Internet addiction in adolescents: Prevalence and risk factors. *Computers in Human Behavior*. 2013;29(5):1987-1996.
2. Mondal A, Kumar M. A study on Internet addiction and its relation to psychopathology and self-esteem among college students. *Industrial Psychiatry Journal*. 2018;27(1):61.
3. Hasmuja E. Internet Addiction and Loneliness Among Students of University of Shkodra. *European Scientific Journal, ESJ*. 2016;12(29):397.
4. Alqahtani A, Alqarni M, Alotaibi S, Fattah S, Alhalawany R. Relationship between Level of Internet Addiction, Loneliness and Life Satisfaction among College of Health and Rehabilitation Sciences Students' at Princess NourahBint Abdulrahman University. *Menoufia Nursing Journal*. 2020;5(2):55-74.
5. Alaca N. The impact of internet addiction on depression, physical activity level and trigger point sensitivity in Turkish university students. *Journal of Back and Musculoskeletal Rehabilitation*. 2020;33(4):623-630.