Internet Addiction In Relation To Social Adjustment among Students of Higher Secondary Schools

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ABSTRACT

*Recent researches show that India is one of the fastest developing countries of the world in the field of Internet. Today technologies have influenced every sphere of human life that it has become life breath of human existence. Education is not an exception to it. It has been observed that internet has affected every human being specially the youth positively as well as negatively. The present research explores the impact of excessive use of internet on Social adjustment of Higher Secondary Students. A sample of 200 students has been selected from eight Schools of Prayagraj City consisting of 111 male and 89 female. Adjustment Inventory for School Students(AISS) was designed by E.K.P Sinha and R.P. Singh (1993) and standardized in Iran by Karami (2001) was used. It has 60 questions and evaluates the adjustment of high school students (14-18) in 3 fields of emotional, social and education (each contains 20 questions). Zero is allotted for who answered adjustment, and one for who answered maladjustment. In Persian version, the validity of the questionnaire achieved through test-retest method in /93 level (Karami, 2001). Internet addiction Test (IAT) developed by Dr. Kimberly Young was administered. It consists of 20 item that measures mild moderate and serve level of Internet addiction. Findings suggest that there is significant difference in the **patterns of using internet** among young adults male and female. Finding of the present study also depicted positive correlation between internet addiction and social adjustment which is statistically proven. Thus, it can be noted that internet plays significant role in social adjustment of the students of Higher Secondary Students.*

Keywords: *Internet, Internet Addiction, Social Adjustment, Students of Higher Secondary Schools*
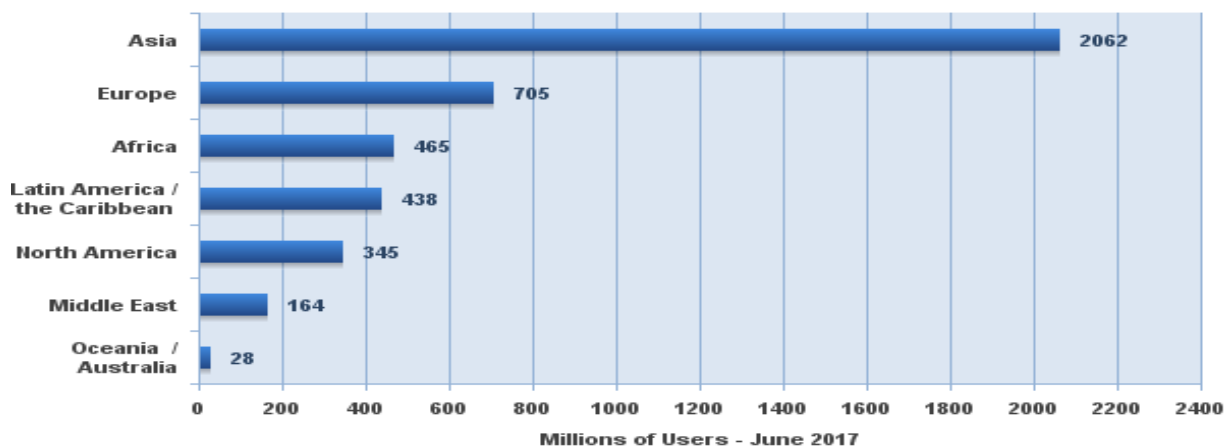
Internet

India is a diverse country; rich in culture, heritage and language. In ancient India education was transmitted through oral system. Gradually the knowledge was preserved through print media. And now the technology has replaced all these even relationships. In the last two decades, advancement of modern technologies has influenced every sphere of life. Modern Inventions like computers, mobile phones, and internet have brought the entire world to a global village. Internet being one of the most recent technological developments has proved to be most flexible source of information in the modern world. It is rightly said if one has not yet boarded the Social Media Super Express, we have not yet entered the 21st century. With three billion people connected online through the Internet. Social media has emerged as a powerful network with earth-shaking impact and influence. It is therefore necessary to know the 'modus operandi' of Social media operations and functioning and also its advantages and disadvantages, its thrills and

the ills. The reach of the Internet platforms is enormous. Face book has 1.1 billion members globally. Twitter has 500 million and the You Tube Video sharing website has over 1 billion users with millions of hours of content being watched. The impact and power of the internet is very powerful.

Recent statistical report shows that as of June 2018, **55.1%** of the world's population has internet access. As per the investigation done in 2015 by the International Telecommunication Union (ITU), a United Nations body, predicts that 3.2 billion people will be online by the end of this year.This consists of 2 billion from developing countries, and 89 million from least developed countries. With over 460 million internet users, India has reached the second largest online market, ranked only behind China. By 2021, there will be about 635.8 million internet customers in India. Regardless of the large base of internet users in India, only 26 percent of the Indian population accessed the internet in 2015. Following diagram shows clearly about the percentage of internet use in the world as per the statistical calculation June 30, 2018.

Internet Users in the World by Geographic Regions - June 30, 2018

Region	Millions of Users
Asia	2062
Europe	705
Africa	465
Latin America / the Caribbean	438
North America	345
Middle East	164
Oceania / Australia	28

Millions of Users - June 2017

Source: Internet World Stats - www.internetworldstats.com/stats.htm
Basis: 4,208,571,287 Internet users estimated in June 30, 2018
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Besides advantages, internet has disadvantages also. Internet has been responsible for decreased family time, relationship problems, lower productivity in employment, continuation of false information and the increasing of psychological problems (Beard, 2005). The world's richest person Bill Gate says about the use of internet among children, that his kids clamoured for mobile phones as young teenagers, but he and his wife Melinda ignored their complaints until they turned 14. Children are more likely to get addicted to the things that they are fascinated with. Internet help them to ignite their curiosity but gradually they become addicted to internet which causes major problem in adjustment in their life.

INTERNET ADDICTION

An Internet or computer addiction is the extreme use of the former or the latter. The latest version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) actually describe

it as a disorder that needs further study and research. In a journal on the National Center for Biotechnology Information website, the study, which was organized by the Department of Adult Psychiatry in Poland Medical University, revealed that Internet, revealed that Internet addiction was seen to be quite popular and common amidst young people, especially those who were only children. It is alarming and matter of concern that every fourth child is addicted to the Internet. Therefore it is a burning issue of the times and it should be addressed as soon as possible.

Regardless of their advantages, it can be used as destructive object and ruin one's career if the youth is not using it accountably. That is the main reasons in many countries the adolescence in class XI and XII are banned using mobile in the School premises. There are stringent policies which are specified in school rules and regulations which forbid students from accessing mobile phones. According to Barkham and Moss (2012), it is not wise for schools that cannot afford modern ICT facilities to ignore influential ICT devices in every pupil's pocket. Mobile phone is one of the Information and Communication Technology (ICT) tools which are potential for cultivating access to information for learning and teaching (Aguero, 2009). It has become an impossible factor for today's teens to do anything without depending on the Internet. However, as a parent or teacher, one should limit your child's usage so that he/she doesn't get addicted to these devices.

SYMPTOMS OF INTERNET ADDICTION:

Internet addiction affects the young in many ways such as sleep deficiency, social withdrawal, scoring poor marks etc. Children who have unrestricted access to the Internet can encounter harmful information that may be perilous to their wellbeing. Cyber bullying is a serious problem among young people, and it can create lasting mental and emotional effects. Many of these individuals are extremely tech-savvy and constantly on the lookout for new ways to connect with others.

Teens develop Internet addiction due to various reasons like trying to escape loneliness and despair, social anxiety, and intense desire to search for information. It's a fascinating topic, since it has gained rapid momentum in recent years. While Internet addiction is not technically considered a clinical addiction that may soon change. The American Psychiatric Association may be adding Internet Addiction Disorder to its Diagnostic and Statistical Manual of Mental Health Disorders.

According to new research published in the journal *Cyber psychology, Behavior, and Social Networking,* University of Hong Kong researchers estimate that 6 percent of the world is addicted to the internet. That's an insanely high number. Internet influence individual's life both positively and negatively but pathological use of internet is always harmful and develops many psychological problems. Young (1996) reported internet addiction is a kind of disorder which affects individuals personal social and professional functioning. Prabhakaran, et al., (2016) done an investigaton on 724 adolescents of Vadodara, in his survey he found that internet use for online friendships to be a significant predictor of internet addiction and internet use for searching information was found to be protective against internet addiction. Thus internet addiction is prevalent in the adolescent population and requires awareness and intervention.

SOCIAL ADJUSTMENT

We live in a society where we interact with one another constantly and build a mutual relationship with one another. It is impossible for a human to live in isolation. Acceptance and recognition from and within society is a basic need for a human being. Hence we try to behave according to the norms of the society so that we can adjust with others. But it is not very easy task as the character and personality traits of each individual is unique. Thus each one has to make special efforts to adjust with other's unique qualities to live in a Society peacefully. In fact adjustment is a broader term used in various spheres of life. For example, a well-adjusted person in the family also can get easily adjusted in other situations also. Hence we know that adjustment means response to the demands and pressures of the social environment imposed upon the individual.

Social adjustment is a fundamental factor in the development of the relationships which includes all the behaviours that a person should have in his/her interactions and communication with other people (Teodoro, 2005).

Thus Social adjustment is an effort made by an individual to cope with standards, values and needs of a society in order to be accepted. It can be defined as a psychological process and frequently involves coping with new standards and values. In the technical language of psychology, adjustment means getting along with the members of the society as best as one can.

Following are some of the characteristics of a socially adjusted person:

- Possess high self-esteem,
- Contentment,
- A realistic view of the world,
- Emotional stability and independence.
- An ability to conduct self-appraisals,
- Responsibility and **social** stability.

A Socially adjusted person comprehends his position in the world and willingly accepts the responsibilities that come with it. Adjustment is a continuous process which develops over time and is highly dependent on a person's upbringing and also on life experiences. Such a person knows how to deal with life's trials without compromising on the quality of his life. Such a person is also aware of his strengths and is constantly working towards improving on his weaknesses. This finally results in high self-esteem and to conduct realistic self-appraisals, taking account of where he has failed and where he has succeeded and helps in the creation of realistic goals that help him reach his full potential.

Another features of a well-adjusted individual is a commitment to relationships, career and profession. A well-adjusted person takes responsibilities totally and does not commit to things he cannot complete. He is emotionally disciplined and can control anger and other emotions well. Overall, the socially-adjusted person is characterized as happy and joyful individuals.

Characteristics of Socially Maladjusted personality:

- ✓ Rebellious or impulsive actions.
- ✓ Anxiousness.

- ✓ Feelings of sadness, hopelessness, or being trapped.
- ✓ Withdrawn attitude.
- ✓ Lack of concentration.
- ✓ Loss of self-esteem.
- ✓ Suicidal thoughts.
- ✓ Having difficulty in relaxing
- ✓ Often find them in stress

Therefore Social growth is the most important aspect of one's development and it is acquired through the relationship with others especially with the parents, peers and the teachers, and it is the evaluating criterion of social growth associated to the person's adjustment with him/herself and others (Hartup& Rubin, 2013).

Sharma, A & Sharma, R (2018) studied about the Internet addiction and psychological well-being among college students. This study was conducted with the objective to find out the relationship between internet addiction and Psychological wellbeing (PWB) of college students. In order to evaluate internet addiction among the adolescents, Young's Internet addiction scale, containing of 20- item, based on five- point Likert scale was used The result indicated that Internet addiction was considerably negatively correlated to PWB ($r = -0.572$, $P < 0.01$) and sub dimensions of PWB. Hence, it is necessary to develop strategies for prevention of internet addiction which is very important for promoting PWB of college students

Ade. D., et *al* (2018) Studied Internet Addiction in Undergraduate Medical Students.The internet addiction test (by Dr. Kimberly Young) which is the reliable and validated measure of severity of internet addiction, was conducted in 100 undergraduate medical students of a government medical college in a metro city, of which 50 were male students and 50 were female students. Students were in the age group of 19-24 years. Based upon the five point scale, the response that best represented the frequency of the behavior described in the 20 items,was selected. The severity of internet addiction was found out. Results: Approximately 63% of the students were suffering from mild Internet addiction, 20% were suffering from moderate Internet addiction, 6 % were suffering from severe Internet addiction and 11% were suffering from no Internet addiction.

Kim Y.J., et *al* (2018) explored the associations of Internet addiction (IA) and smartphone addiction (SA) with mental health complications and the effects of IA and SA on depression and anxiety while adjusting for socio demographic variables. Total 4854 participants were present for the analysis and it was done through a cross-sectional web-based investigation comprising socio-demographic items, the Korean Scale for Internet Addiction, the subscales of the Symptom Checklist 90 Items-Revised and the Smartphone Addiction Proneness Scale. The participants were grouped into IA, SA, and normal use (NU) groups. To reduce sampling error, propensity score matching method, was applied based on genetics matching. The Internet Addiction group displayed an increased possibility of depression (relative risk 1.207; p < 0.001) and anxiety (relative risk 1.264; p < 0.001) compared to NUs. The SA group also showed an increased risk of depression (relative risk 1.337; p < 0.001) and anxiety (relative risk 1.402; p < 0.001) compared to NCs. These outcomes reveal that both, IA and SA, exerted significant effects on depression and anxiety. Besides, the results revealed that SA has a stronger association with depression and

anxiety, stronger than IA, and emphasized the need for prevention and management policy of the excessive smartphone use.

Kayastha B., et al (2018) done a case Study of High Schools in Mangalore to Evaluate the Level of Internet Addiction among Teenagers. In this study, a descriptive approach was used to measure the level of IA and its influence among high school students. This conceptual framework was based on Roy's Adaptation Model. The tool contained of a baseline proforma, a revised form of IA test and an organized questionnaire developed during the study. Those tools were employed to calculate the level of IA and its influence among adolescents of English medium high schools. Opinions from fourteen specialists were used to revise the tools for the validity. The reliability of the tool was determined by using a split half method. The reliability test was performed by Karl Pearson's coefficient correlation and was found to be reliable. The study discovered that majority (70.5%) of the teenagers were normal users, 23% had a mild addiction, 6% had a moderate addiction and 0.5% had a severe addiction. The majority (73%) of samples had a mild influence, 16.5% had a moderate influence, and 10.5% had no influence. Some of their demographic variables like age, class, and occupation of fathers have major associations with both IA and impact of IA

Krishna Murthy S &Chetlappalli K.S (2018) investigated about Internet Addiction Prevalence and Risk factors; a Cross- Sectional Study among college students in Bengaluru, the Silicon Valley of India.This study intended to estimate frequency, understanding patterns, and evaluate risk factors for Internet addiction among college students in the city of Bengaluru, India. Out of a total of 554 data samples, 515 samples were examined, selected from eight colleges through multistage cluster sampling. Young's 20-item Internet Addiction Test (IAT), an inventory containing demographic factors and patterns of internet use, was administered. Binary logistic regression found Internet addiction to be connected with male gender [adjusted odds ratio (AOR) 1.69, 95% CI, 1.081- 2.65, P = 0.021], continuous availability online (AOR 1.724, 95% CI, 1.018-2.923, P = 0.042), spending the Internet less for coursework/assignments (AOR 0.415, 95% CI, 0.263-0.655, P < 0.001), making new friendships online (AOR 1.721, 95% CI, 1.785-2.849, P = 0.034), getting into connections online (AOR 2.283, 95% CI, 1.424-3.663, P = 0.001). The results points out the vulnerability of college students to Internet addiction provide clarifications on the addictive behavior of the internet users, support the inclusion of "Internet Addiction" in the DSM-VI, and excavate innovative paths for further research.

Aim: To study Internet addiction in relation to Social adjustment among Male and Female Students of Higher Secondary Schools

Methodology

Sample:

The sample comprised of 200 Higher secondary students further classified into two groups: male (n=111) and female (n=89) in the age range of 16-18 years, respectively. Participants were chosen from Eight Schools of Payagraj City.

Measurements

Internet Addiction Test: The test is designed by Dr. Kimberly Young in 1998 has 20 item questionnaires. It covers the degree to which individual's internet use influences their daily

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routine, social life, sleep patterns and efficiency. Reliability coefficient Cronbach alpha was calculated as 0.90 and Spearman Brown value was calculated as 0.86 and each factor had internal reliability. Higher score indicates the greater level of internet usage by individuals and the problems your Internet usage causes.

Adjustment Inventory for School Students (AISS) has been used. This survey was prepared by E.K.P Sinha and R.P. Singh (1993) and it was standardized in Iran by Karami (2001). It has 60 questions and assesses the adjustment of high school students (14-18) in 3 fields; emotional, social and education (each contains 20 questions). Zero is allocated for who answered adjustment, and one for who answered maladjustment. In Persian version, the validity of the questionnaire acquired through test-retest method in /93 level (Karami, 2001).
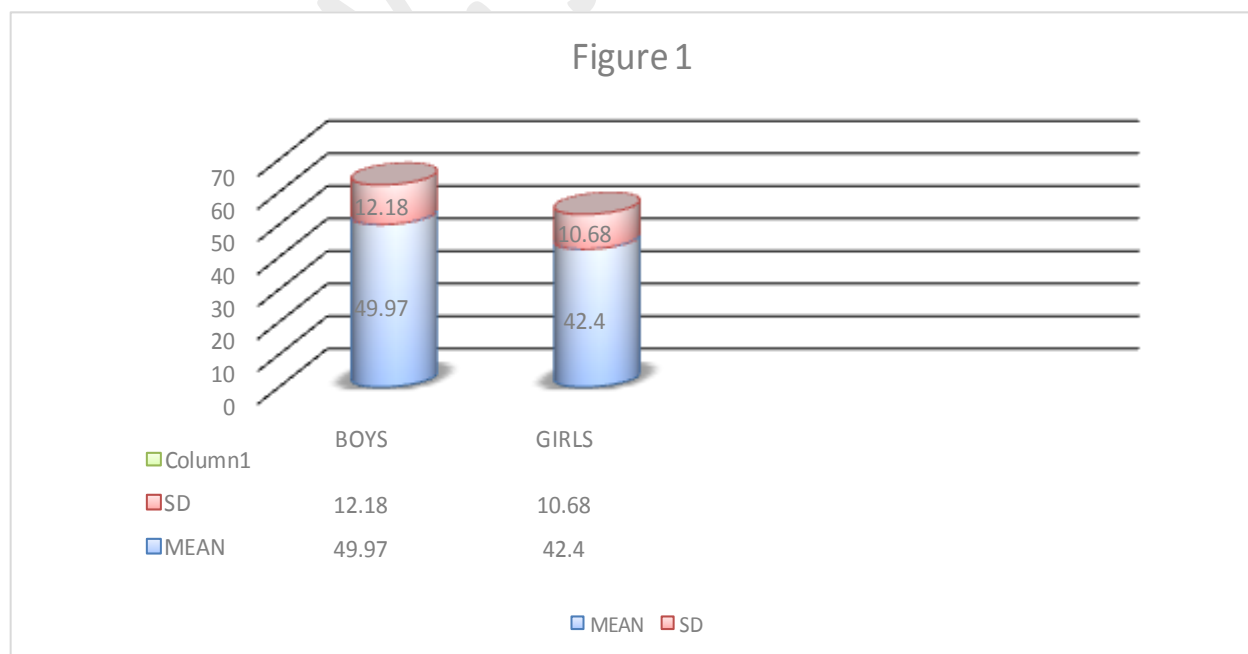
RESULT AND DISCUSSIONS

Objective 1   :   To find out the differences in internet addiction between male and

femalestudents of Higher Secondary Schools

Hypothesis 1   There is no significant difference on internet Addiction between male and female students of Higher Secondary Schools

Table (a) showing mean, standard deviation and t-ratio of the internet addiction of male and female students of higher secondary Schools.

Students	No	Mean	Standard deviation	Calculated t-value	Table value 0.05
Boys	111	49.97	12.18	3.97	1.97
Girls	89	42.40	10.68		

Figure 1

|	BOYS	GIRLS
SD	12.18	10.68
MEAN	49.97	42.4

The above table indicates the calculated t.value 3.97 is more than the table value 1.97 at significant level at 0.05; hence null hypothesis was rejected that there is no significant difference in the internet addiction among male and female students of higher secondary Schools. This result has been similar to the research done by Elizabeth, and Clark, (2008)

Objective 2   To examine the differences in Social adjustment between male and

femaleStudentsof Higher SecondarySchools

Hypothesis 2   The null hypothesis is that there is no significant difference on

Social Adjustment betweenmale and femalestudents of Higher
Secondary Schools.

Table (b) showing mean, standard deviation and t-ratio of the Social adjustment of male and femalestudents of higher secondary Schools.

Students	No	Mean	Standard deviation	Calculated t-value	Table value 0.05
Boys	111	8.52	3.01	0.13	1.97
Girls	89	8.05	2.82		

Figure II
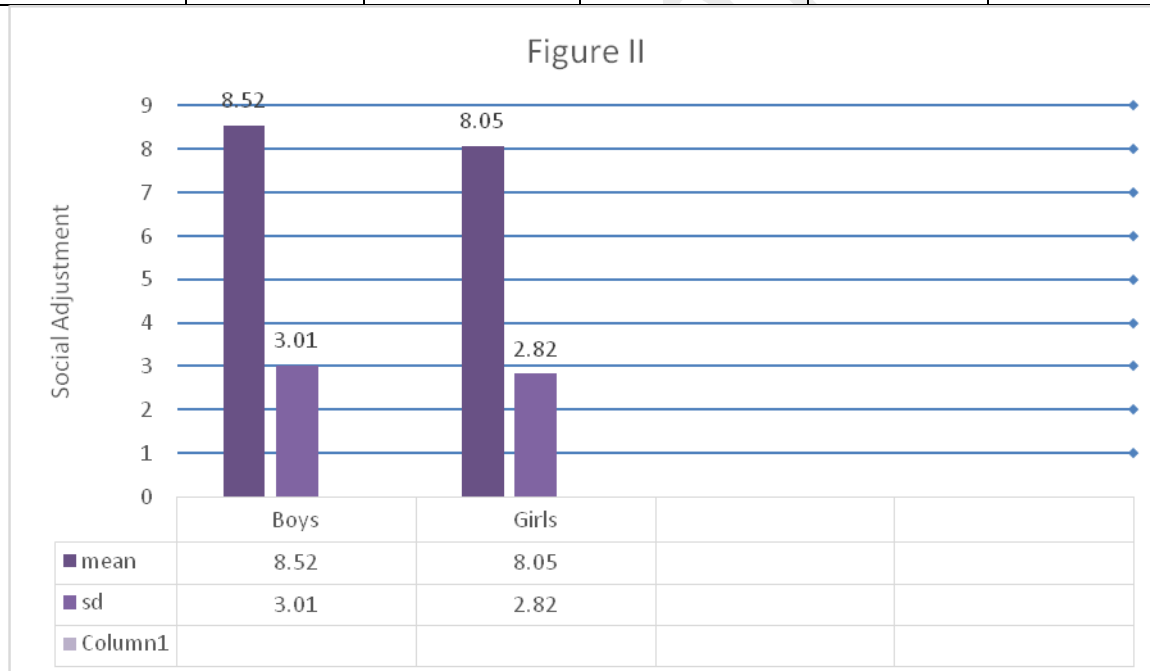
The above table (b) indicates the calculated t-value 0.13 less than the table value 1.97 at significant level 0.05 hence the null hypothesis was accepted that there is no significant difference in the social adjustment among male and female students ofhigher secondary schools. This finding is supported by the study of done by Kakkar, A.A. (1967)

Objective 3   To find out the relationship between internet addiction and social
Adjustment of male and female students of Higher Secondary Schools.

Hypothesis 3 There is no significant relationship between Internet Addiction and SocialAdjustment of male and female students of Higher Secondary Schools.

Table (c) showing the correlation between internet addiction and Social adjustment of Male of higher secondary students

Variables	Correlations
Internet addiction and adjustment	0.23

The above table (c) indicates the calculated r value of male 0.23 is more than the table value 0.138 at significant level 0.05 hence, the null hypothesis was rejected that there is no significant relationship in internet addiction and Social adjustment of male students of higher secondary schools.

Table (d) Showing the correlation between the Internet addiction and Social adjustment of Female students of higher secondary schools

Variables	Correlations
Internet addiction and adjustment	-0.03

The above table (d) indicates the calculated r value of girls -0.03 is less than the table value 0.138 at significant level 0.05 level hence the null hypothesis was accepted that there is no significant relationship in internet addiction and social behavior of female students of higher secondary schools.

Table (e) showing the correlation between the Internet addiction and social adjustment of male and female of higher secondary Students.

Variables	No	df	Calculated r value	Table value	Remark
Internet addiction &Social Adjustment	200	198	0.142	0.138	There is significant relationship between Internet addiction and Social adjustment among male and female students of Higher Secondary Schools

The table (e) indicates the calculated r value 0.14 is more than the table value 0.138 at significant level 0.05 hence, the null hypothesis was rejected that there is no significant relationship in the internet addiction and social adjustment of male and female students of higher secondary sschools. The result is similar to the study of Lakshmana Govindappa, Sekar Kasi, and Grace Henry (2013)

DISCUSSION

Present study explored the effect of Internet addiction among male& female in relation to Social Adjustment. . Table 1. Shows that mean score of internet use is higher than female participants and result statistically proved that there is a significant difference between internetad dictions among male and female. This result is similar to the research done by Elizabeth, and Clark, (2008) who examined the relationship between quantity of internet use and the common concerns of college students. They represented that male students who were online more than 10 hours per week expressed significantly less concern about their emerging role definitions and autonomy and female students who were using the Internet for more than 10 hours per week reported significantly less concern about being sad or depressed.

Sharma, A., Sahu, R., Kasar, P. K. & Sharma, R. (2014) also conducted a survey on 391 and found that male students were more addicted to the internet use than female. Both boys and girls spent 1.29 hoursper day on internet. There was only 0.3% students' addict of internet, remaining had normal, mild, and moderate systems. The study also concluded that Internet addiction was mounting problems in students particularly of professional courses. Therefore, policies and strategies for prevention of internet addiction as well as therapeutic interventions should be monitored that would promote healthy and safe use of the Internet.

Table 2. Shows that there is no significant relationship between Social adjustment among male and female students which state that there is a negative correlation between adjustment among male and female of Higher Secondary Students. This result is the similar to the research done by Kakkar, A.A. (1967) on relationship among certain adolescents adjustment. The study revealed that the adjustment problems of the adolescent boys did not differ significantly from that of the girls. It has also revealed that the adolescents confronted the maximum number of problems in school.

Table 3 indicates the correlation between the Internet addiction and Social adjustment of male and female students of higher secondary schools. The individual result indicates that there is a significant relationship between internet addiction and Social adjustment among male students of Higher Secondary students whereas no significant relationship between internet addiction and social adjustment among female students of Higher Secondary Schools. But the average of male and female students indicates that there is significant relationship between internet addiction and social adjustment among male and female students of Higher Secondary schools which is proven statistically. The result is similar to the study of Lakshmana Govindappa, Sekar Kasi, and Grace Henry (2013) which shows that the students of 15 –year spent 34 hours in a week on internet for various objectives which means the adolescents have become addicted to internet use.

CONCLUSION

Internet has both advantages as well as disadvantages. It mainly depends on the way we use it and the purpose for which we use and time we spend on it. Surely many studies recommended to increase the use of internet among students and teachers since it is "the information medium of future". But, students are also facing some certain psychosocial problems after using internet. Therefore it would be essential to discuss about positive as well as negative aspects of

how this medium affects the life of students, and their social behaviour, academic life and their personal life.

Another dangerous aspect of the Internet use is Internet addiction as well as online threats and risks such as acquaintance with sexually contents and online victimization containing cyber bullying, harassment and sexual solicitation. It is also was discovered that some students are psychologically depended on the Internet and they feel anxiety, depression, and emptiness during or after using it. Hence there is an urgent need and emergency to sensitize both students and parents about the negative effect of internet use and abuse. It is the responsibility on the side of Parents and guardians that they should pay proper attention about what their children are doing on internet. They should encourage children to use this device responsibly and take the benefit of the internet for enhancing their knowledge. It has become part of a nuclear family that many parents think that their children are safe within four walls of their home or school environment. But they should be encouraged to participate in outdoor activities and motivate them to go out for playing and outings than using internet. . Therefore it is strongly recommended to the critical need for conducting some more thorough studies on Internet and its impact on students in India.

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