Internet Addiction in Relation to Emotional Adjustment among Students of Higher Secondary Schools

Bindhu Joseph,

Research Scholar, SHUATS & Prof. Dr. Marion Mathew, Head & Dean, Allahabad School of Education, SHUATS

ABSTRACT

Introduction: *Internet addiction in youth has become a burning issue of the society and the world at large. It has become equivalent as drug addiction in personal life, family relationships, social behavior and academic status. Hence it affects the relationship in the family, neighborhood and the society. Studies show that there is a positive relationship between emotional adjustment and Internet addiction. Emotional adjustment includes understanding, reasoning and handling our emotion positively. The aim of this study was to find about whether any significant relationship between Internet addiction, and emotional adjustment among male and female students of Higher Secondary schools and also to find out about the correlation between internet addiction and emotional adjustment of male and female students of higher secondary schools.*

Methods: *This cross–sectional survey was conducted on 200 students who were randomly selected. The survey instrument contained 20 questions about symptoms of Internet addiction graded by Likert scale score of 1 (never) to grade 5 (always). A sample of 200 students has been selected from eight Schools of Prayagraj City out of which 111 were male and the rest 89 of them female.*

For emotional Adjustment, adjustment Inventory for School Students (AISS) wasformed by E.K.P Sinha and R.P. Singh (1993) and standardized by Karami (2001). It has 60 questions and assesses the adjustment of high school students (14-18) in 3 fields of emotional, social and education (each contains 20 questions). Zero is assigned for onewho answered adjustment, and one for who answered maladjustment. In Persian version, the validity of the questionnaire achieved through test-retest method in 1993 level (Karami, 2001). The data has been analyzed by micro softexcel.

Results: *According tothe findings of this study, it was reported that there is a significant difference between internet addiction of male and female of students of Higher Secondary whereas there is no significant difference in Emotional Adjustment of male and female Higher Secondary students. It was also revealed that there is correlation between internet addiction and emotional adjustment among girls of Higher Secondaryschoolswhereas there is no correlation between internet addiction and emotional adjustment of boys of higher secondary students. It is statistically proved that there is negative correlation of the internet addiction and emotional adjustment of male and female of Higher Secondary Students.*

Key words: *Internet, Internet addiction, Emotional Adjustment, Students of Higher Secondary Schools*

INTRODUCTION

The Internet **is a** very broad concept. Usage of the internet is growing rapidly each year especially among adolescents, making it imperative to look into factors that can be correlated to various aspects. This study provides description on adolescent's internet addiction and examined its relation to emotional adjustment.

Internet is the most easily available media to adolescents for various academic purposes and the present curriculum has compelled the students to use it more and more. The media not only gives intellectual knowledge but also provides various entertaining apps. At the beginning it seems interesting but later it becomes a habit and at last it becomes an addiction especially in adolescents. Once they reach the stage of addiction, they deviate from the ultimate goal of its use and become slave to such devices. Here begins the problems starting with their personal life, then family and relationships. Hence we must have an in-depth study of this device to know the benefits and problems as well as how it affects the individual to develop ones potentialities.

INTERNET

In simple sense Internet can be defined as the device that connect people worldwide. The internet, the web, cyberspace are the synonyms of internet. It is a very effective means of communication spread over the entire world. Internet brings the entire world to a global village through its ability of communication. Knowledge at our door steps are available through the use of Internet. The internet is a beneficial source of information about news, sports, and entertainment because it changes along with the minute-by-minute events that occur in the world. It can also be compared to a dynamic living organism that changes and adapts to this environment. The internet changes very quickly just watching a 24 hour news channel on the television and the content on some websites is updated every few seconds.

Recent statistical report shows that as of June 2018, 55.1% of the world's population has internet access. As per the assessment of 2015, by the International Telecommunication Union, about 3.2 billion people, or almost half of the world's population, would be online by the end of the year. Among these, about 2 billion would be from developing countries, including 89 million from minimum developed countries. With over 460 million internet users, India has reached the second largest online user, ranked only behind China. By 2021, it is assumed that there will be about 635.8 million internet users in India.

Students use smartphones with internet connection to search for definition of concepts and references; also extract materials relating to their study (Katz, 2005). Other use of features such as clock, games and calendar (Hartnell-Young and Heym, 2008) which help them in planning their studies. However use of smart phones with internet connection in education setting requires high supervision which still is difficult to manage (Ford and Batchelor, 2007). Thus moderate use of these devises enrich the students to have value based education.

Power and potential of Internet

- ➤ The power to create or influence opinions
- ➤ The power to spread wide publicity
- ➤ The power to create awareness on a wide variety of topics
- ➤ The potential to crate or change political and social opinions
- ➤ The potential to create or change public opinion
- ➤ Platform for political campaigns
- ➤ Platform for digital marketing campaigns
- ➤ A Commercial tool
- ➤ Evolution of marketing strategies
- ➤ A recruitment tool
- ➤ A tool to highlight human rights in all its forms

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. In reality it can be specified that every fourth child is addicted to the Internet. This is a distressing statistic that needs to be dealt with care at the earliest.

Regardless of their usage, 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 **from** 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. Barkham and Moss (2012) opined about the modern digits that it is not judicious for schools that cannot afford modern ICT facilities and to ignore powerful ICT gadgets in every pupil's pocket. Mobile phone is one of the Information and Communication Technology (ICT) tools which have become essential for improving access to information for learning and teaching (Aguero, 2009). It is almost unmanageable for today's teens to do anything without depending on the Internet. However, as a parent or teacher, you should limit your child's usage so that he doesn't get addicted to it. Says, Arun Sharma

Impact of internet addiction

Internet can create an isolated environment for a person that keeps him/her aloof from family or community. Such isolation can attract people, especially youth to racism, fundamentalism, terrorism, pornography or pedophiles. The ISIS effectively used Internet accessed Social Media for recruitment to their cause. Internet through Social Media can also expose people to wrong or false propaganda and of course 'FAKE' news that can be used during to damage ones personality. They have a storage of personal information on people that can be diverted to influence elections or promote commercial brands or propagate falsehoods. For example, Cambridge Analytica of UK obtained information of 40-50 million Facebook users without their consent. The following are the some of the pitfalls of Internet.

1. Addicted to online games
2. Pornography is rampant
3. Loss of human touch
4. Criminal elements use information to development their malicious intents
5. Lack of sound sleep
6. Radiation causes head aches and other serious problems like cancer, tumor
7. Blurred or strained vision
8. Affect concertation power
9. Incompetent to keep schedules:
10. Sleep deprivation:
11. Social isolation:
12. Mood changes:

ADJUSTMENT

Man is a social being and therefore it is essential to have a better adjustment across different aspects of human life to lead a successful life. A good adjustment is also associated to individual's mental health and overall well-being. Furthermore, adjustment is a sensitivity towards individuals as well as environmental factors. Adjustment is also very essential factor to attain success at every stage of human life especially in adolescence. Good adjustment has always been the foundation for all round achievements by the youths. In this modern era the delinquencies and psychological problems are increasing just due to lack of proper adjustment. The quality of adjustment is dependent on numerous factors, ranged from individual to environmental and technical progressions. Therefore it is very important to examine the responsible factors for poor adjustment. The problem of adjustment has become so significant in our multifaceted and cultured society that psychologists have turned their deep interest in understanding it. Personality and behavior ailments are increasing day-by-day have challenged the psychologists, psychiatrist and the sociologists. The problem of maladjustment has become so common that steps are to be taken for avoiding serious maladjustment. The prevention is vital not only for the individual, but for the society at large.

The present generation, particularly the students are passing through a precarious stage characterized by confusion, transition, in discipline and tension. This has arose a serious problem before behavioural scientists in general and psychologists in particular. Most of the students from different streams including young and adult have been suffering a lot due to lack of adjustment. The adjustment is the highest requirement for the better comfortable and survival. Psychological activities of a human being are completely dependent on the adjustment that is needed to be satisfactory. Adjustment is something connected to the nature of an individual where he/she seeks the favourable environment to adapt himself/herself. No doubt, a well-adjusted personality finds the balanced growth in almost all the respects like social, psychological, emotional, academic as well as personal life.

EMOTIONAL ADJUSTMENT

In simple sense emotional adjustment referred to the adjusting ones emotion in any given situation. Emotions influence every stages of one's life. Thus emotional adjustments can easily

be defined as the ability of an individual to deal successfully with other people. Those who can adjust their emotion, also possess the ability to manage oneself, understand one's own feeling and appropriately respond to every life's situations. Thus create an effective relationships.

Persons who has not reached a level of maturity find it difficult to deal with various stressful situations. Our reactions/ responses to life's situations will greatly depend on our emotional adjustment. When a person is able to make emotional adjustment then he is able to make good decision. They are good listeners. They have the ability to take criticism in positive manner. They are willing to introspect to understand their emotions well. They have self-knowledge and also the knowledge of the emotional needs of others. Emotional Adjustment involves feeling, thinking, understanding of emotion of one's own and others. It also enables one to facilitate thinking.

Human being is considered as a rational being. But emotions stress people behave like immature. Some people may breakdown completely, cannot take proper decisions, and many people even collapse in severe emotional arousal, because of serious changes in vital systems such as heart, lungs, brain, etc. Following are four important characteristics of an emotionally adjusted persons:

1. **Self-Awareness Self-Management**

It means ability to handle one's own emotion and feelings logically and reasonably. Only an emotionally adjusted persons possess the ability to manage one's own emotions and become successful in life. Such persons possess the ability to recognize one's own emotions and react to their environment in a positive manner. Emotions affect an individual's overall performance. Such a person possess following traits

➢ Emotional self-control
➢ Trust worthiness
➢ Consciousness
➢ Adaptability
➢ Optimism
➢ Initiative

2. **Self Confidence**

In simple sense a self-confidence is defined asa strong and positive sense of self-worth. This enables you the draw the best from within

3. **Social skills**

Proficiency in managing emotions is possible only if one is able to adjust with one's own emotions. Such a people usually possess a pleasing personality that attracts people. Such a people possess maturity, emotional stability, sense of worth, confidence, flexibility and adaptability and well aware of his own strength and limitations. Such people maintain a warm interpersonal relationship. He not only able to do his job well but also has the ability to stimulate and lead others. They also possess professional dedication such as vocational interest, professional attitude, and sense of mission, loyalty and enthusiasm, strong sense of professional ethics, willingness to work beyond call of duty.

Emotional adjustment is the maintenance of emotional equilibrium in the face of internal and external turmoil. This is a cognitive processes of acceptance and adaptation. Emotional

adjustment is a significant task because, adjustment during emotions lead to a normal behaviour, whereas mal-adjustment leads to abnormal behaviour.

Emotions are designated as the prime movers of behaviour. There are many instances where even highly intelligent individuals fail to manage their emotions and some average intelligent persons manage their emotions proficiently and harmoniously.

An emotional adjusted person redirect its emotional energy to meet the challenges and to perform very tough jobs which he cannot do in normal conditions. Emotions motivate the person to overcome lethargic position though at times it is a great hurdle for adjustment.

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. The result showed that Internet addiction was significantly negatively correlated to PWB and sub dimensions of PWB. Hence, it is significant to develop various policies for the prevention of internet addiction which is very essential for promoting PWB of college students

Ade. D., et *al* (2018) Studied Internet Addiction in Undergraduate Medical Students. The Result indicated that 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.

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. 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 Emotional adjustment among Male and

Female students of Higher Secondary Schools.

METHODOLOGY

Participants

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. They are

1. YMCA centenary school and college, Allahabad
2. Girls High School, Allahabad
3. Balbarthi School, Allahabad
4. Benhur High School and College,
5. St. Joseph's College, Allahabad
6. St. Mary's Convent Inter College, Allahabad
7. IPEM International School, Allahabad
8. Bishop Johnson School and College, Allahabad

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 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).

RESULTS AND DISCUSSION

Objective 1   :   To find out the differences in internet addiction between male and female Students of Higher Secondary Schools

Hypothesis 1   The null hypothesis is that 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 boys and girls of higher secondary Students.

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		

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 Emotional adjustment between male and female students of Higher Secondary Schools

Hypothesis 2

The null hypothesis is that there will no significant difference on Emotional adjustment between male and female students of Higher Secondary Schools

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

Students	No	Mean	Standard deviation	Calculated t-value	Table value 0.05
Boys	111	8.32	3.46	0.15	1.97
Girls	89	8.79	2.88		

The above table (b) indicates the calculated t-value 0.15 less than the table value1.97 at significant level 0.05 hence the null hypothesis was accepted that there is no significant difference in emotional adjustment among male and female students of Higher Secondary Schools.

Objective 3 To find out the relationship between internet addiction and emotional adjustment of male and female students of Higher Secondary Schools

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

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

Variables	Correlations
Internet addiction and Emotional adjustment	0.133

The above table (c) indicates the calculated r value of male 0.133 is less than the table value 0.138 at significant level 0.05 hence, the null hypothesis was accepted that there is no significant relationship in internet addiction and Emotional 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	0.235

The above table (d) indicates the calculated t value of girls 0.235 more than the table value 0.138 at significant level 0.05 level hence the null hypothesis was rejected 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 students of higher secondary Schools.

Variables	No	df	Calculated r value	Table value	Remark
Internet addiction & Social Adjustment	200	198	0.136	0.138	There is significant relationship between Internet addiction and Social adjustment among Higher Secondary students

The above table indicates the calculated r value 0.136 is less than the table value 0.138 at significant level 0.05 hence, the null hypothesis was accepted that there is no significant relationship in the internet addiction and social adjustment of male and female students of higher secondary schools.

DISCUSSION

Present study was aimed at exploring the effect of Internet addiction among male & female in relation to Emotional 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 internet addictions 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. The investigation described that male students who were online more than 10 hours per week stated significantly less concern about their emerging role definitions and autonomy and female students who were on line for more than 10 hours per week expressed 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 males 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 monitor that would promote healthy and safe use of the Internet.

Table 2. Shows that there is no significant relationship between emotional adjustment among male and female which states 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 "A study of 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 emotional adjustment of male and female of higher secondary students. The individual results indicates that there is not a significant relationship between internet addiction and emotional adjustment among male of Higher Secondary students whereas significant relationship between internet addiction and social adjustment among female Higher Secondary Students. But the average of male and female indicates that there is no significant relationship between internet addiction and emotional adjustment of Higher Secondary students which is proven statistically. The result is similar to the study of Hemali Sanghvi., & Dr. Upagya Rai which aims to assess Internet addiction and its relationship with Emotional Intelligence and Perceived stress among Young Adults in Bangalore. This investigation was done on a sample of 30 students from various universities across the city of Bangalore. Three scales were administered for the purpose of the study, namely the Internet Addiction Test, the Emotional Intelligence Scale and the Perceived Stress Scale. Pearson Product Moment Correlation was employed to study the correlation between Internet Addiction and

emotional intelligence and between Internet addiction and perceived stress. The results of the study indicated that there is no significant correlation between Internet addiction and emotional intelligence and there is no significant correlation between Internet addiction and perceived stress.

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 the 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.

REFERENCES

i.   **Arvind Sharma1, RichaSharma (2018) Internet** addiction and psychological wellbeing among college students. A cross sectional study from central India. Downloaded free from http://www.jfmpc.com on Thursday, August 2, 2018, IP: 103.60.128.59

ii. **Ade. D., et al (2018)**Study of Internet addiction in undergraduate medical students. *IOSR Journal of Dental and Medical Sciences (IOSR-JDMS) e-ISSN: 2279-0853, p-ISSN: 2279-0861.Volume 17, Issue 3 Ver.8 March. (2018), PP 51-55* www.iosrjournals.org

iii. **Kim Y.J.,et al (2018)**Effects of Internet and Smartphone Addictions on Depression and Anxiety Based on Propensity Score Matching Analysis. Int. J. Environ. Res. Public Health **2018**, 15, 859; doi:10.3390/ijerph15050859. Received 23 February 2018; Accepted: 21 April 2018; Published: 25 April 2018

iv. **Kayastha B.,** *et al* **(2018)** Kayastha B, Gurung A, Chawal R (2018)A Descriptive Study to Assess the Level of Internet Addiction among Adolescents: A Case Study of High Schools in Mangalore.

v. **Kaiser E (2018)**Kaiser, Ellen, "the association between smartphone use and emotional intelligence on romantic Relationship satisfaction among young adults" (2018).Theses and Dissertations--Family Sciences. 62.https://uknowledge.uky.edu/hes_etds/62

vi. **Essays, UK.** (2018). Impact of Internet Addiction on Social Skills. Retrieved from https://www.ukessays.com/essays/psychology/internet-addiction-and-social-skills-psychology-essay.php?vref=1**Published:** 23rd March, 2015 **Last Edited:** 9th January, 2018**Accessed:** 20th August 2018

vii. **FoniaB.,** *et al* **(2016)**Conducted a study on internet addiction in relation to mental health of higher secondary students. International Journal of Education and Psychological Research (IJEPR) http://ijepr.org/doc/V5_Is2_June16/ij8.pdf. Volume 5, Issue 2, June 2016.

viii. **Lakshmana, Govindappa& Kasi, Sekar& Henry, Grace. (2013)**. Internet Use and Risk Taking Behaviors Among Adolescents. Indian journal of pediatrics. 81. 10.1007/s12098-013-1093-9.

ix. **Rai U., &Sanghvi J (2015)** studied the Internet addiction its relationship with Emotional Intelligence and perceived stress experienced by the young adults. The International Journal of Indian Psychology ISSN 2348-5396 (e) | ISSN: 2349-3429 (p) Volume 3, Issue 1, No.4, DIP: C00360V3I12015 http://www.ijip.in | October – December, 2015

x. **Jumoke S, Oloruntoba S.A, and Blessing O (2015)**International Journal of Emerging Technology and Advanced Engineering Website: www.ijetae.com (ISSN 2250-2459, ISO 9001:2008 Certified Journal, Volume 5, Issue 1, January 2015

xi. **Singh, Dhyan. (2015).** A Systematic Review of Literature on effect of Internet Use on Students in India.

xii. **Pezoa-Jares RE, Espinoza-Luna IL, Vasquez-Medina JA (2012)** Internet Addiction: A Review. J Addict Res Ther S6:004. doi:10.4172/2155-6105.S6-004

xiii. Kakkar, A.A. (1967) on "A study of relationship among certain adolescents adjustment".

WEBSITES

i. "https://www.internetworldstats.com/stats.htm

ii. https://www.researchgate.net/publication/321080204_Self
Reported_Behaviour_about_Internet_Addiction_among_Medical_and_Paramedical_Stud
ents

iii. www.irssh.com/yahoo_site_admin/assets/docs/6_IRSSH-1000-V8N2.31142409.pdf cited
on 28.01.2019

iv. https://en.wikipedia.org/wiki/Global_Internet_usagCited on 28.01.2019

v. International Journal of Recent Scientific Research Vol. 9, Issue, 1(J), pp. 23535-23540,
January, 2018**.** http://www.recentscientific.com/sites/default/files/9810-A-2018.pdf cited
on 25.02.2019.