INTERNET ADDICTION AMONG ADOLESCENTS IN RELATION TO DEPRESSION

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Abstract- The present study was conducted to investigate the internet addiction among adolescents in relation to depression. The study was conducted on 200 adolescents studying in XI class in district Fatehgarh Sahib of Punjab. Out of 200 adolescents, 100 adolescent boys (50 from urban areas and 50 from rural area) and 100 adolescent girls (50 from urban areas and 50 from rural area) were taken. Data was collected by using Internet Addiction Test, Young (1998) and Beck Depression Inventory Scale-II, Beck (1996). The result revealed that significant positive correlation was there between internet addiction and depression among adolescents except in rural adolescents. This indicates that internet addiction leads to the development of feeling of depression among adolescents.

Keywords - Adolescents, Depression, Internet addiction.

I. INTRODUCTION

Education has great importance in our society as it aware the people about recent happening and the system. Education is very helpful in human progress and teachers occupy a pivotal position in education field for imparting moral, social, cultural values among students. Modern era is the age of scientific technological advancement and along with it comes the complex structure of society. Advancement in technology affects our daily life. Technology has helped to increase the speed of communication, made our life more comfortable and has built bridge between people on opposite sides of the globe. Internet is relatively a new technology and it has changed the pace of our lives. We can communicate easily with anyone on this planet. The usage of the internet has grown tremendously among adolescents over the last few decades. Although Internet provides a variety of information but with that it provides resources which can affect the life of adolescents. The adolescents now a day’s get more used to internet and this extreme internet usage is called Internet addiction. Internet addiction has been called behavioural addiction. The use of interactive screen media is wide spread and for some users leads to pathological symptoms that are phenomenological similar to signs of addictive disorders (Rehbein, 2013).

Various types of internet addiction are cyber sexual addiction, cyber relationship addiction, net compulsions, information overload, and computer addiction (Young, 1998). This addiction changes the emotional state of adolescents in some way or other. As they spend more and more time on line and neglect other activities like as work, family, friends, playmates, they experience social isolation. Social isolation is very painful emotional exercise. Social isolation is associated with the poor quality of life and badly affected physical and psychological health such as stress, loneliness, aggression, anxiety and depression. According to the National Center of Education Statistic preliminary studies had shown that a large number of American children and adolescents with age around 5 to 17 years old have access to the internet and are exposed to the internet at a very early age (Mythily, Qiu and Winslow, 2008).

Young has selected eight criteria that she felt that can applied most readily to internet use:

1. Preoccupation of the internet.
2. A need for increase time spent online to achieve the same amount of satisfaction.
3. Repeated efforts to curtail internet use.
4. Feel irritability, depression, or mood liability when internet use is limited.
5. Staying online longer than anticipated.
6. Putting job or relationship in jeopardy to use internet.
7. Lying to others about how much time is spent online.
8. Using the internet as a means of regulating mood.

The term depression is a described as 'sinking of spirits' and 'lack of courage’ initiative and tendency to gloomy thoughts. Depression is a disturbance in mood, thought and body described by the degrees of sadness, disappointment, loneliness, hopelessness and guilt. The least intense type of depression "feeling blue” or being a sad mood is usually brief in duration and has slight effect on normal, everyday activities. Depression is common mental disorder that presents with depressed mood and loss of interest. It is mainly due to adverse life events, disease or medications. It affects important mental and social functions, which depending on the severity might substantially impair patient’s abilities to carry out simple daily activities. It affects mainly adults, women and low income groups. Children of both sexes are equally affected but in adolescents females are affected twice as often as males. The symptoms may include behavioural...
problems with regards to social interaction and difficulties at school such as fatigue, mistaken for those of depression (Beck and Steer, 1987).

Internet is very popular and has become an important part of adolescent’s life. It has roots which are widely spread in our society. Maximum adolescents try to find out solutions to their problems on internet whether it is a physical, mental, or social as internet is easily accessible for everyone and too at a very low cost. Students use internet in labs as well as at their home for study purposes but later they try to open other sites on internet like Facebook, yahoo messenger, what apps, chat rooms, online gaming, you tube for watching video clips and movies etc. excessive internet use point of addiction, however can have wide range of adverse consequences that can affect interpersonal, social, occupational, psychological domains of individual’s life. Time to time adolescent indulged deeply in internet and excessive internet use displaced their valuable time that adolescent spend with their families and other hand adolescent faced problems of time management, poor academic performance in school and colleges, sleep deprivation, poor functioning of the immune system, lack of proper exercise and relationship disruption which leads toward troubles and develop depression. Social networking sites also develop depression in adolescent.

The study of internet addiction among adolescents is also important today, when the demands of complex and rapidly changing age have transformed the lives of adolescents. Realizing the influence of internet addiction among adolescents in relation to depression the investigator decided to undertake this research.

As not much has been done to see the effect of internet addiction on depression among adolescent, hence the present study entitled “Internet addiction among adolescent in relation to depression”. Moreover, lack of studies in this area also encouraged the investigator to probe into it

II. OBJECTIVES

The present study entitled “Internet addiction among adolescent in relation to depression” have following objectives.

1. To compare the internet addiction among adolescent boys and girls.
2. To compare the internet addiction among rural and urban adolescents.
3. To compare the depression among adolescent boys and girls.
4. To compare the depression among rural and urban adolescents.
5. To study the relationship between internet addiction and depression among adolescents.

HYPOTHESES

1. There will be no significant difference in means scores of internet addiction among adolescent boys and girls.
2. There will be no significant difference in means scores of internet addiction among rural and urban adolescents.
3. There will be no significant difference in means score of depression among adolescent boys and girls.
4. There will be no significant difference in means scores of depression among rural and urban adolescents.
5. There will be no significant relationship between internet addiction and depression among adolescents.

METHOD SAMPLE

In the present study, a sample of 200 adolescent’s students of XI class was conveniently selected from District Fatehgarh sahib.

TOOLS

1) Internet Addiction Test, Young (1998) has been applied for assessing internet addiction among adolescents.
2) Beck Depression Inventory Scale-II, Beck (1996) has been used to asses depression among adolescents.

RESULTS

The data have been analyzed in view of the objectives and hypotheses formulated. In the present investigation analysis of data and discussion of the result is as follow:

The mean scores of internet addiction among adolescent boys and girls as 53.00 and 34.78 respectively and their standard deviation as 14.08 and 12.42 respectively. The t-ratio is 9.704 with d_{t}=198 which is significant at 0.01 level of confidence. This revealed that significant difference exists between mean scores of internet addiction among adolescent boys and girls.

The mean scores of internet addiction among urban and rural adolescents as 46.81 and 40.97 respectively and their standard deviation as 15.20 and 16.48 respectively. The t-ratio is 2.604 with d_{t}=198 which is significant as compared to table value 2.60 at 0.01 level of confidence. This revealed that a significant difference exists between mean scores of internet addiction among urban and rural adolescents.

The mean scores of depression among adolescent boys and girls as 20.59 and 20.76 respectively and their standard deviation as 8.92 and 7.97 respectively. The t-ratio is 0.142 with d_{t}=198 which is not significant as compared to table value 198 at 0.05 level of confidence. This revealed that no significant difference exists between mean scores of depression among adolescent boys and girls.
the mean scores of depression among urban and rural adolescents as 21.34 and 20.01 respectively and their standard deviation as 7.41 and 9.35 respectively. The t-ratio is -0.114 with df=198 which is not significant as compared to table value 1.96 at 0.05 level of confidence. This revealed that a no significant difference exists between mean scores of depression among urban and rural adolescents.

The coefficient of correlation between Internet Addiction and Depression among adolescent boys as 0.49, adolescent girls as 0.14, urban adolescents as 0.29, rural adolescents as -0.18 and total sample of adolescents as 0.27. Significant positive correlation was found between internet addiction and depression in all the categories except the group of rural adolescents.

CONCLUSION

On the basis of the statistical analysis of data, the following conclusions were drawn:

1. A significant difference was found between mean scores of internet addiction among adolescent boys and girls. This indicates that internet addiction among adolescents differ on the basis of gender. As the mean scores of adolescent boys are higher than that of adolescent girls, hence, it may be concluded that adolescent boys have significantly higher internet addiction than their adolescent girls counterpart.

2. A significant difference was found between mean scores of internet addiction among urban and rural adolescents. This indicates that internet addiction among adolescents differ on the basis of locale. As the mean scores of urban adolescents are higher than that of rural adolescents, hence, it may be concluded that urban adolescents have significantly higher internet addiction than their rural adolescents counterpart.

3. No significant difference was found between mean scores of depression among adolescent boys and girls. This indicates that depression among adolescents do not differ on the basis of gender.

4. A significant difference was found between mean scores of depression among urban and rural adolescents. This indicates that depression among adolescents do not differ on the basis of locale.

5. A significant positive correlation was found between internet addiction and depression among adolescents i.e. adolescent boys, adolescent girls, urban adolescents and total adolescents except in rural adolescents. This indicates that internet addiction is leading to the development of feeling of depression among adolescents.

REFERENCES


