



Internet Use Behavior among Internet Addicted Teenagers

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ABSTRACT:: Objective To assess the internet use behaviour among internet addicted teenagers. Methods A survey conducted on 1109 teenagers, out of which 455 found internet addicted in selected schools of Mumbai. Data collected with Young's Internet Addiction Test and analysed by frequency and percentage method.

Results The study result shows that 41% teenagers had been suffering from internet addiction. As per the Young's IAT, the five highest agreed upon internet use behaviour by the teenagers were sharing online activities with friends (62%), finding self-saying a few minutes more when online (55.3%), family members complaining about the child's amount of time spend online (54%), feel that life without internet would be boring, empty and joyless (53.6%) and feel depressed, moody or nervous when offline, which goes away when online (51%) on the other hand the five lowest agreed upon internet use behaviour are feel preoccupied with the internet (39%), grade suffer (37.2%), neglecting daily activities to spend more time online and lose sleep due to late night log-in (37%), form new relationships with fellow online users (36.2%). It clearly indicates the reason why most teenagers addicted to internet.

Conclusions Teenagers are vulnerable for internet addiction which affects their life to a greater extent.

Keywords: Internet Use, Behavior, Internet Addicted, Teenagers

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I. INTRODUCTION:

A global computer network, providing a variety of information and communication facilities under standardized protocol is called internet. Benefits of internet are enormous; however unwise use leads to obsession among all age groups thus many psychologists termed it as internet addiction. Similar to pathological gambling, it is also a non-chemical behavioral addiction due to maladaptive use of the internet.¹

A study revealed 51% Brazilian were online all day long, and 20% used internet more than ten times a day among them 53% internet users were between the ages of 16-35. Social networking attracts internet use in most of the countries. In Brazil 58% internet users spend their time on social networking sites.²

Study conducted by NIMHANS revealed 73% of teenagers in Bangalore suffered from psychiatric distress among which children between age group of 13-15 years were addicted to video games and those between 15-17 years were to Facebook.³

The terms normal internet usage and addictive usage are still controversial and under study. Young's Internet Addiction provides a framework to determine the 20 internet use behavior among the internet addicted teenagers.

The present study conducted to find out the internet use behavior among internet addicted teenagers.

II. MATERIALS AND METHODS:

The present study was a survey conducted on 1109 high school students those were studying from class VII to X, from both the genders in selected schools of Mumbai. Young's Internet Addiction Test (IAT) was administered to collect data which is a reliable tool with test-retest reliability coefficient .97 value consisting of 20-item questionnaire. Each answer is scored on a Likert scale from score 0=doesn't apply, 1= rarely, 2= occasionally, 3= frequently, 4= often, and 5= always. The final score is obtained by summing the scores of all questions. The total score between 0-30 represents no addiction and above 30 represents addiction. Out of 1109 students 455 were found internet addicted.

III. RESULTS:

Table-1. Prevalence of internet addiction among teenagers. n = 1109

Variables	IAT criteria Score	Frequency	Percentage
Addicted	> 30	455	41
Non – addicted	≤ 30	654	59

The table shows that there are 41% teenagers having internet addiction

Table – 2. Internet use behavior among teenagers n = 455

Internet use behaviour	Doesn't apply n (%)	Rarely n (%)	Occasionally n (%)	Often n (%)	Always n (%)	Frequently n (%)
1. Staying online longer than intended	47 (10.3)	112 (24.6)	103 (22.6)	75 (16.5)	51 (11.2)	67 (14.7)
2. Neglecting daily activities to spend more time on-line	57 (12.5)	106 (23.3)	123 (27)	81 (17.8)	43 (9.5)	45 (9.9)
3. Like to share online activities with friends	25 (5.5)	54 (11.9)	93 (20.4)	75 (16.5)	80 (17.6)	128 (28.1)
4. Form new relationships with fellow online users	96 (21.1)	113 (24.8)	81 (17.8)	58 (12.7)	62 (13.6)	45 (9.9)
5. Family members complaining about time spend online	66 (14.5)	72 (15.8)	71 (15.6)	108 (23.7)	53 (11.6)	85 (18.7)
6. Grades suffer	73 (16)	94 (20.7)	119 (26.2)	76 (16.7)	49 (10.8)	44 (9.7)
7. Checking email before doing something	100 (22)	98 (21.5)	71 (15.6)	70 (15.4)	45 (9.9)	71 (15.6)
8. School performance or, studies suffers	67 (14.7)	80 (17.6)	87 (19.1)	80 (17.6)	69 (15.2)	72 (15.8)
9. Become defensive when any one try to know online activities	64 (14.1)	86 (18.9)	123 (27)	79 (17.4)	49 (10.8)	54 (11.9)
10. Avoiding disturbing thoughts by internet use	55 (12.1)	91 (20)	105 (23.1)	77 (16.9)	54 (11.9)	73 (16)
11. Searching opportunity to go online again in a day	46 (10.1)	88 (19.3)	97 (21.3)	54 (11.9)	85 (18.7)	85 (18.7)
12. Life without internet would be boring, empty and joyless	77 (16.9)	81 (17.8)	53 (11.6)	70 (15.4)	56 (12.3)	118 (25.9)
13. Gets angry if someone interferes while working online	77 (16.9)	86 (18.9)	81 (17.8)	65 (14.3)	62 (13.6)	84 (18.5)
14. Lose sleep due to late night log-in	107 (23.5)	99 (21.8)	83 (18.2)	59 (13)	41 (9)	66 (14.5)
15. Feel preoccupied with internet when off-line	68 (14.9)	92 (20.2)	116 (25.5)	59 (13)	68 (14.9)	52 (11.4)
16. Finding self "saying a few minutes more" when online	39 (8.6)	90 (19.8)	74 (16.3)	87 (19.1)	63 (13.8)	102 (22.4)
17. Trying to cut down the amount of time spend online but failed	81 (17.8)	72 (15.8)	116 (25.5)	84 (18.5)	61 (13.4)	41 (9)
18. Trying to hide the duration of using internet	72 (15.8)	95 (20.9)	93 (20.4)	73 (16)	73 (16)	49 (10.8)
19. Choosing to spend more time online over going out with other	73 (16)	81 (17.8)	81 (17.8)	80 (17.6)	66 (14.5)	74 (16.3)
20. Depressed, moody when offline, which goes away if online	69 (15.2)	67 (14.7)	87 (19.1)	67 (14.7)	58 (12.7)	107 (23.5)

Table showing prevalence of various types of internet use behavior among teenagers.

Table – 3. Internet use behavior among teenagers in descending orders n = 455

Internet use behaviour	Frequently n (%)	Often n (%)	Always n (%)	Total n (%)
1. Like to share online activities with friends	75 (16.5)	80 (17.6)	128 (28.1)	283 (62)
2. Finding self-saying “a few minutes more” when online	87 (19.1)	63 (13.8)	102 (22.4)	252 (55.3)
3. Family members complaining about the child’s amount of time spend online	108 (23.7)	53 (11.6)	85 (18.7)	246 (54)
4. Feel that life without internet would be boring, empty and joyless	70 (15.4)	56 (12.3)	118 (25.9)	244 (53.6)
5. Feel depressed, moody or nervous when offline, which goes away when online	67 (14.7)	58 (12.7)	107 (23.5)	232 (51)
6. Searching opportunity to go online again in a day	54 (11.9)	85 (18.7)	85 (18.7)	224 (49.3)
7. School performance suffers	80 (17.6)	69 (15.2)	72 (15.8)	221 (48.6)
8. Choosing to spend more time online over going out with other	80 (17.6)	66 (14.5)	74 (16.3)	220 (48.4)
9. Gets angry if someone interferes while working online	65 (14.3)	62 (13.6)	84 (18.5)	211 (46.4)
10. Avoiding disturbing thoughts by internet use	77 (16.9)	54 (11.9)	73 (16)	204 (44.8)
11. Trying to hide the duration of using internet	73 (16)	73 (16)	49 (10.8)	195 (43)
12. Staying online longer than intended	75 (16.5)	51 (11.2)	67 (14.7)	193 (42)
13. Checking email before doing something	70 (15.4)	45 (9.9)	71 (15.6)	186 (40.9)
14. Trying to cut down the amount of time spend online but failed	84 (18.5)	61 (13.4)	41 (9)	186 (40.9)
15. Become defensive when any one try to know online activities	79 (17.4)	49 (10.8)	54 (11.9)	182 (40.1)
16. Feel preoccupied with the internet or fantasizing about being online	59 (13)	68 (14.9)	52 (11.4)	179 (39)
17. Grades suffer	76 (16.7)	49 (10.8)	44 (9.7)	169 (37.2)
18. Neglecting daily activities to spend more time on-line	81 (17.8)	43 (9.5)	45 (9.9)	169 (37)
19. Lose sleep due to late night log-in	59 (13)	41 (9)	66 (14.5)	166 (37)
20. Form new relationships with fellow online users	58 (12.7)	62 (13.6)	45 (9.9)	165 (36.2)

The Young’s IAT is a six point likert scale consisting of three positive response (always, often and frequently) and three negative responses (occasionally, rarely and doesn’t apply). In this table only the sum total of frequency and percentage of the positive responses taken into consideration for discussion. Table shows the five most common internet use behavior among teenagers are, sharing online activities (62%), finding self-saying a few minutes more (55.3%), family members complaining about the amount of time spend online (54%), feel that life without internet would be boring, empty and joyless (53.6%) and feel depressed, moody or nervous when offline which goes away once back online (51%) . On the other hand the five least common internet use behavior are, fantasizing about being online (39%), grades suffer (37.2%), followed by neglecting daily activities to spend more time online and lose sleep due to late night log-in (37%), and form new relationships with fellow online users (36.2%).

Figure.1. Frequency distribution of internet use behavior among teenagers n = 455

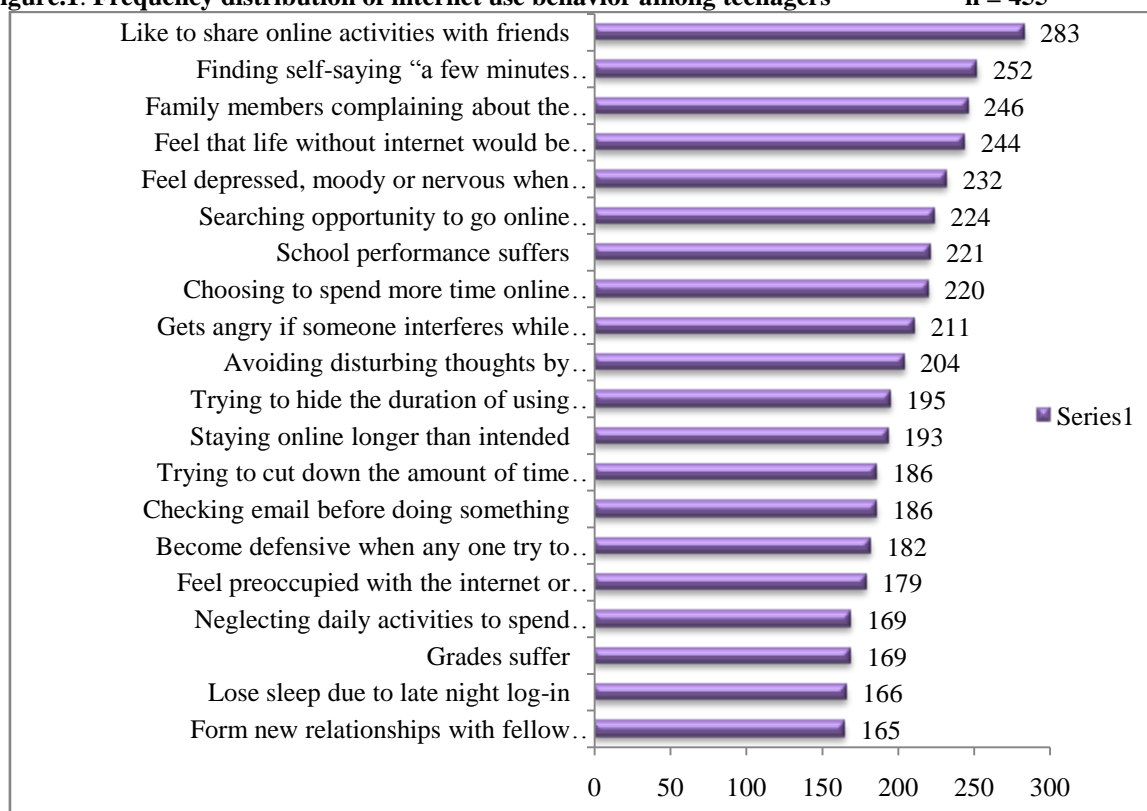


Figure showing most of the internet addicted teenagers like to share online activities with friends, finding self, saying a few minutes more when online, family members complaining about the amount of time spend online, feel that life without internet would be boring, empty and joyless and feel depressed, moody or nervous when offline, which goes away when online.

IV. DISCUSSION:

The present study revealed 41% prevalence of internet addiction among teenagers which is similar to the study conducted by Bhatia M, et al. which indicated 30% prevalence of internet addiction among teenagers.⁴ Sharing online activities (62%) which was similar to the findings (100%) by the study conducted by pew research center⁵, finding self-saying a few minutes more (55.3%) such finding also reported by Anderson Jenny (54%)⁶, family members complaining about the amount of time spend online (54%)⁷, feel that life without internet would be boring, empty and joyless (53.6%)⁷ and feel depressed, moody or nervous when offline which goes away once back online (51%)⁷. On the other hand the five least common internet use behavior are, fantasizing about being online (39%), grades suffer (37.2%)⁷, followed by neglecting daily activities to spend more time online and lose sleep due to late night log-in (37%)⁷, and form new relationships with fellow online users (36.2%)⁷.

V. CONCLUSION:

Internet addicted teenagers like to share online activities with friends because of excitement, developing obsession thus unable to cut down the online staying time even though they understand that they are spending more time online thus finding self, saying a few minutes more when online, family members complaining about the amount of time spend online, they feel that life without internet would be boring, empty and joyless hence they feel good when online. Lifestyle education can help teenagers to prevent such addiction.

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