Research Paper

A Study to Assess the Prevalence of Internet Addiction among Adolescents at Selected Community Area, Puducherry

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ABSTRACT:
Introduction: *Internet addiction has become a significant issue in Asian countries, particularly South Korea and China, with an estimated 2.55 million citizens addicted to the internet. Internet addiction is characterized by an increasing investment of resources on internet-related activities, unpleasant feelings when offline, an increasing tolerance to the effects of being online, and denial of problematic behaviours.* ***Objectives of the study****: The main objective of the study to assess the level of internet addiction among adolescents with internet addiction in selected school.* ***Methodology:*** *The research approach used for this study was quantitative research approach. A descriptive research design was adopted for this present study. By using convenient sampling technique, 30 adolescents were selected for the present study.* ***Results:*** *The present study reveals that out of 30 samples, 27(90%) of them have Mild internet addiction, 2(6%) of them have Moderate internet addiction.* ***Conclusion:*** *The study findings concluded that most of the adolescents with internet addiction had psychological problem, majority of them were suffering with low quality of sleep, followed by feeling of loneliness, stress, depression and anxiety respectively.*
Keywords: *Internet addiction, Adolescents, Prevalence*

I.   Introduction:

Internet addiction has become a significant issue in Asian countries, particularly South Korea and China, with an estimated 2.55 million citizens addicted to the internet. The term "internet addiction" was first proposed by Dr. Ivan Goldberg in 1995 for pathological compulsive internet use. Internet addiction is an impulse control disorder, with some users developing emotional attachments to online friends and activities they create on their computer screens. Others spend endless hours researching topics online or blogging.

Internet addiction is characterized by an increasing investment of resources on internet-related activities, unpleasant feelings when offline, an increasing tolerance to the effects of being online, and denial of problematic behaviors. Excessive time spent online often results in the neglect of familial social activities and interests, leading to poor academic performance and impaired functioning at work. Employers have found employees with access to the internet at their desks spend a considerable amount of their working time in non-work-related internet use. Psychosocial consequences of interest addiction include loneliness, frustration, and depression.

A systematic literature review conducted by Medline, Lilacs, Sic ELO, and Cochrane found that studies conducted in distinct countries still indicate very different prevalence rates. Many patients reporting abusive use and dependence show significant consequences to their professional, academic, social, and family lives. Further investigations are needed to determine whether abusive internet and electronic game use should be understood as one of the newest psychiatric classifications of the 21st century or just substrates of others.

Pennsylvania hospital, Bradford Regional Medical Center, has become the first in the U.S. to treat Severe Internet Addiction through a 10-day inpatient program. Patients admitted to the voluntary behavioral health treatment center must first undergo a "digital detox" that prohibits internet use for at least 72 hours, followed by therapy sessions and educational seminars to help them get their Internet Compulsive under control.

NEED FOR THE STUDY

The internet has experienced explosive growth in usage worldwide, particularly in India, with the country having the third largest online population. The internet was originally designed to facilitate communication and research activities, but its dramatic increase has led to internet addiction disorder. Internet addicts may withdraw from social and interpersonal interactions other than those on the internet, deteriorating family relationships and academic or occupational functioning.

India is the one with the lowest penetration rate at 19% and the highest yearly growth rate among the top 20 countries. Many Indian Institutes of Technology (IIT) are restricting campus internet use during night hours due to recent suicides linked to anti-social behavior. However, internet addiction is more of a symptom than a cause of greater social problems.

Net compulsions, such as compulsive gambling or shopping, can be problematic if they interfere with normal life. Over 60% of people seeking treatment for internet addiction disorder claim involvement with inappropriate sexual activities online, while over half are addicted to alcohol, drugs, tobacco, or sex. People who develop problems with their internet use may start using the internet casually and progress to using the technology in dysfunctional ways.

Internet addiction is associated with changes in blood flow, with increased blood flow in reward and pleasure centers and decreased blood flow in areas involved in hearing and visual processing. Prolonged internet use leads to a reduction in dopamine transporters, causing stagnation of dopamine in the synaptic cleft and resulting in an euphonic effect.

Investigators have personal experience with the dangers of dysfunctional and pathological ways of using the internet for other than educational purposes. To create awareness among adolescents, there is a need to assess internet addiction and its impact. A study on the assessment of psychological problems among adolescents with internet addiction at selected schools is being conducted.

STATEMENT OF THE PROBLEM

A study to assess the prevalence of internet addiction among adolescents at selected
Community area, Puducherry

OBJECTIVES OF THE STUDY

- To assess the level of internet addiction among adolescents with internet addiction in selected school.
- To assess the selected prevalence problems among adolescents with internet addiction.
- To find out the association between internet addiction and their selected demographic variables among adolescents.

II.   Research Methodology:

A quantitative research approach and descriptive research design was selected for the present study. The present study was on 30 adolescent sat Selected Community area, Puducherry who meet the inclusion criteria. Using a convenient sampling technique the samples were selected for the present study. The tool consists of demographic variables and structured questionnaires. The data of the study was evaluated by using descriptive and inferential statistics.

III.   Major Finding

The study result shows that out of the People who were interviewed, Majority of the children 18(60%)were in the age group above 12-15 years. Most of the children 16(54%) were male. Most of the people13 (43%) belongs to Hindu religion. Most of them, 15(15%) are primary school and another half are secondary school. Majority of them joy type is unemployed. Most of them 22(74%) belongs urban area. Majority of them television 26(87%) and belongs to joint family 13 (44%).Out of 30 samples, 27(90%) of them have Mild internet addiction, 2(6%) of them have Moderate internet addiction. The chi square reveals that it is statistically association with having children and types of family belongs to p<0.05 significance.

IV.   Results And Discussion

Table 1 Shows that Frequency and percentage wise distribution of percentage wise distribution of internet addiction among adolescents. Out of 30 samples, 27(90%) of them have Mild internet addiction, 2(6%) of them have Moderate internet addiction. Table 2 shows that area wise mean and standard deviation about the prevalence of internet addiction among adolescents. The findings reveal that mean (40.66) and standard deviation (5.67) of prevalence of interne addiction among adolescents. Table 3 Shows that Association on assess the prevalence of internet addiction among adolescents at Selected Community area with their selected demographic variables. The chi-square reveals that it is statistically association with having children and types of family belongs to p<0.05 significance.

Table 2: Frequency and percentagewise distribution of internet addiction among adolescents
[N= 30]

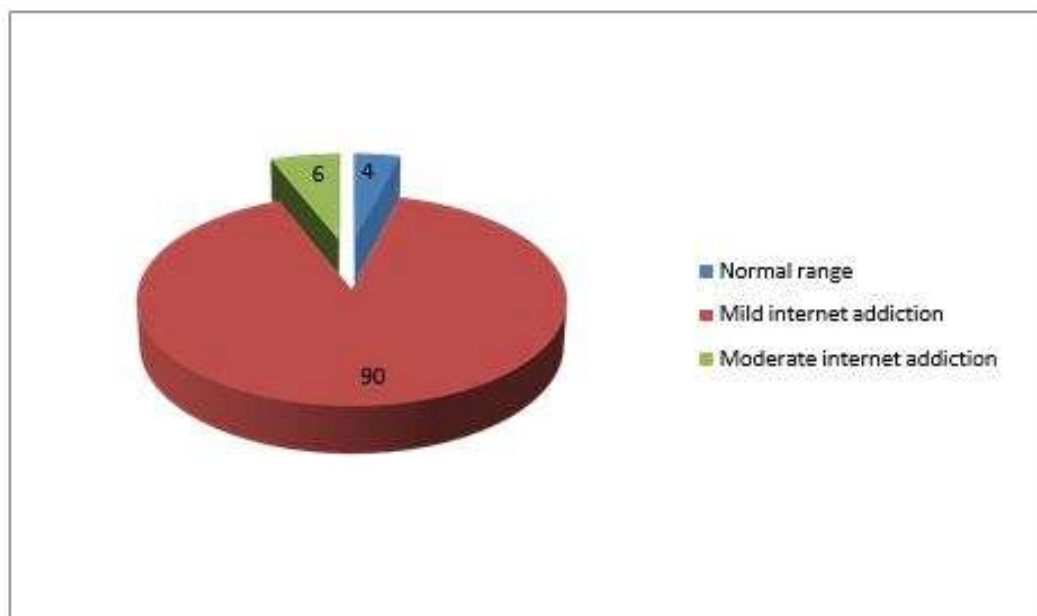| SCORING INTERPRETATION	FREQUENCY	PERCENTAGE
Normal range	1	4
Mild internet addiction	27	90
Moderate internet addiction	2	6
Sever internetaddiction	0	0

Figure 1: Frequency and percentage wise distribution of percentagewise distribution of internet addiction among adolescents

Table 2: Mean and Standard deviation of the prevalence of internet addiction among adolescents
[N= 30]

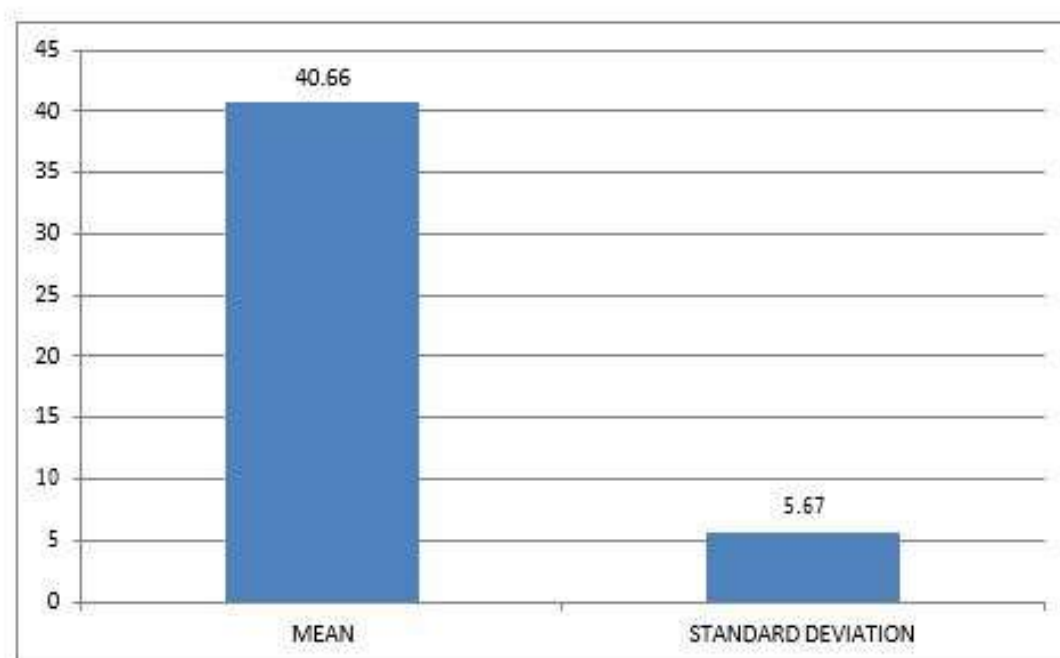| MEAN	STANDARDDEVIATION
40.66	5.67

Figure 2: Area wise mean and standard deviation about the prevalence of internet addiction among adolescents

Table 3: Association on assess the prevalence of internet addiction among a dolescents at Selected Community area **[N= 30]**

S.NO	DEMOGRAPHIC DATA	Normal range		Mild internet addiction		Moderate internet addiction		X^2
		N	%	N	%	N	%	
1.	Age							
	a. 12-15years	1	3.3	16	53.3	1	3.3	
	b. 16-18years	0	0	11	36.7	1	3.3	X^2=.756
	c. 19-22years	0	0	0	0	0	0	Df=2
	d. Above24years	0	0	0	0	0	0	P=.6852
2.	Gender							
	a. male	0	0	14	46.7	2	6.7	X^2=2.917

	b. Female	1	3.3	13	43.3	0	0	Df=2
3.	Religion							
	a) Hindu	1	3.3	10	33.3	2	6.7	X^2=4.359
	b) Muslim	0	0	7	23.3	0	0	Df=4
	c) Christian	0	0	10	33.3	0	0	P=.3596
	d) Others	0	0	0	0	0	0	
4.	Educational status							
	a) illiterate	0	0	0	0	0	0	X^2=3.037
	b) primary school	1	3.3	14	46.7	0	0	Df=2
	c) secondary school	0	0	13	43.3	2	6.7	P=.2190
	d) graduate	0	0	0	0	0	0	
5.	Occupational status							
	a) government job	0	0	0	0	0	0	X^2=.238
	b) private job	0	0	0	0	0	0	Df=2
	c) own business	0	0	2	6.67	0	0	P=.8878
	d) unemployed	1	3.3	25	83.3	2	6.7	
6.	Types of electronic devices you areusing							
	a) Television	1	3.3	23	76.7	2	6.7	X^2=.513
	b) Mobile phone	0	0	4	13.3	0	0	Df=2
	c) Video game	0	0	0	0	0	0	P=.773
7.	Types of family							
	a) Nuclear family	1	3.3	8	26.7	0	0	X^2=9.095*
	b) Joint family	0	0	11	36.7	2	6.7	Df=2
	c) Single	0	0	8	26.7	0	0	P=.010
8.	Having children							

	a) 1 children	1	3.3	3	10	0	0	X^2=6.923*
	b) 2 children	0	0	24	80	2	6.7	Df=2
	c) 2 or more children	0	0	0	0	0	0	P=.031
9	Area of residence							X^2=6.136*
	a. urban	1	3.3	21	70	0	0	
	b. rural	0	0	6	20	2	6.7	Df=2
10	Ant lifestyle disease							
	a. yes	0	0		0	0	0	X^2=1
	b. no	1	3.3	27	90	2	6.7	Constant

*-p<0.05, significant and **-p<0.001, highly significant

V. Conclusion:

The study findings concluded that most of the adolescents with internet addiction had psychological problem, majority of them were suffering with low quality of sleep, followed by feeling of loneliness, stress, depression and anxiety respectively. The researcher concluded that the psychological problems due to internet addiction can be prevented as well as coping can be enhanced, if provided awareness and identified at earlier stage.

VI. Recommendations:

- The same study can be conducted in patient's care among adolescents at Selected Community area
- The study can be replicated with larger samples for better generalization.
- The study can be implemented at the various states of India.

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