

The Cor-relational Design a Study to Assess the Correlation between Internet Addiction and Psychological Problems among Adolescents in School of Noida, Uttar Pradesh

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Abstract: ***Background:** Internet is the global system of interconnected computer networks that uses the internet protocol suite to communicate between networks and devices. Now there is a flood of social networking sites. Internet addiction (IA) currently is the major public health concern, especially in adolescents. Overuse of the internet has been linked with many psychological problems including anxiety, depression, stress and insomnia. **Material and method:** A correlational study was undertaken in a selected school of Noida, Uttar Pradesh to assess the correlational between internet and psychological problems among 140 adolescents aged to 13-17 years. **Result:** the correlational between internet addictions and psychological problems among adolescents. There was statistical significance weak correlation between internet addiction test and DASS score ($r=0.28$) with $p=0.001$; depression score ($r=0.220$) with $p=0.009$; anxiety score ($r=0.227$) with $p=0.007$; stress score ($r=0.303$) with $p=0.001$; and sleep quality index score ($r=0.355$) with $p=0.001$. internet addiction had weak correlation with depression, anxiety, stress, and sleep in this study and internet addiction was affected but weak. **Conclusion:** Study shows that internet addiction is correlated t psychological problems. Our findings can be used to construct school intervention directed towards internet and psychological problems.*

Keywords: Adolescents, school, internet addiction, psychological problems

1. Introduction

The recent time everyone running behind the success luxury and growth based on the principle of maximum benefits and minimum efforts. The internet is no longer merely an infrastructure, it has become an unlimited space for information exchange, social networking, and the development of cyber behaviours.

The internet carries a vast range of information resources and services, such as the inter-linked hypertext documents and application of the world wide web (WWW), mail, file sharing etc.

The internet started in the 1960 as a way for government researchers to share information. This eventually led to the formation of the ARPANET, the network that ultimately evolved into what we now know as the internet

The term as "internet addiction" is first used by Kimberly Young in 1996. He defined this type of addiction as spending a lot of time (40 to 80%) of time or more than 20 hrs in a week

Internet users in world 4.66 billion people around the world use the internet in January 2021, up by 316 (7.3%) since last time last year.

India is ranked as the second largest online market in the world, behind China with over 560 million internet users. Currently almost 71% of the internet users are men compared with 29% females.

Psychiatrist say they receive more than five to six cases of psychological problems caused by the overuse of internet

almost everyday. The problems include lack of attention or focus, difficulty in real time information, anxiety, and mood swings, it leads to irregular sleep, anger, and other health elated problems.

Excessive use of internet is becoming a common problem especially in young adults. It is a one of the commonest addictions of 21st century. The use of internet has now become indispensable school students especially adolescents are a group particularly vulnerable to internet addiction as they spend a major proportion of their time in accessing the internet for both academic and extracurricular purposes. Therefore, the study aims to assess the correlation between internet addiction and psychological problems.

2. Material and Method

2.1 Study design and setting

The study followed a correlation design a study to assess the correlation between internet addiction and psychological problems among adolescents in selected school of Noida, U.P

2.2 Data collection

Self reported questionnaire was collected directly from the adolescents students in schools. Students of class 9th, 10th, 11th, 12th were included in the study by using convenience sampling technique. Self structured tool for socio-demographic profile. Young internet addiction test tool for measuring the level of internet addiction.

2.3 Measures

Young internet addiction scale to measure the level of internet addiction. Only 20 questions were used in this study. The reliability of the tool was obtained after the pilot study by administering to 14 adolescents in selected school of Noida. Reliability of the tool was assessed by test- retest method in which the $r=0.97$.

DAS scale 21 is a method tool used to measure the psychological problems (depression, anxiety, stress) the reliability of DASS -21 showed that it has excellent Cronbach's alpha value of 0.811, 0.89 and 0.79 for the subscale of depressive, anxiety and stress respectively. It was found to have excellent internal consistency, discriminative, concurrent and convergent validities.

2.4 Data analysis

In data analysis frequency and percentage, mean and standard deviation were calculated. Person correlation was used to find out the correlation between internet addiction and psychological problems (depression, anxiety, stress) Chi square test used to find out the association between internet addiction and demographic variables. Statistical significance of the data was evaluated at $p<0.05$ level.

3. Conclusion

This study provides contribution to the literature on the correlation between internet addiction and psychological problems. The findings suggest that there was correlation between internet addiction and psychological problems. This research also found the association between internet addiction and socio-demographic variables.

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