A Comparative Study of Mental Health of Internet Addicted and Non-Addicted Adolescent Students

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ABSTRACT
With the gradually increasing uses of internet in various sectors, the excessive uses of internet are also increasing. Especially in adolescents this tendency comprises like an epidemic. As a Result of excessive use of internet they become internet addicted. This internet addiction gives birth Internet Addiction Disorder (IAD). This psychological disorder affects the mental health of the person and he/she comes in a touch of anxiety, insomnia, severe depression which in turn ruined his/her personal and social life. So, from the point of importance of internet addiction and its positive relation with the bad mental health the researcher had conducted the study. For this very purpose, the researcher had chosen adolescent students from different branches of Engineering as the population of the study and 120 Engineering students of Dr. C. V. Raman University, Bilaspur, Chhattisgarh as the sample of the study. The researcher had used two tools, General Health Questionnaire-28 (GHQ-28) and Young’s Internet Addiction Test (IAT) to collect the data. After analyzing the data the researcher had found that there were a great difference in the different dimensions and overall mental health of internet addicted and internet non-addicted students.

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Keywords: Mental health, Internet, Internet addiction, Adolescent Students.

Since 1976 internet has born and has become one of the most advanced technologies of today’s world. The present days are called the era of ‘Internet’. Humans use internet at a large content. Internet can be used in various sectors like as in learning, educating, research projects, medical science, space research, engineering, economy, defense systems, shopping, human relation, social networking, and personal interest. It is now one of our basic needs of our daily life because without it the economic criteria of a nation cannot be completed.

Due to the excessive use of internet, the users suffer from problems of trauma and mental problems. There are behavioural changes into them. Especially in adolescent school or college going students are mainly affected by it. This is called Internet Addiction Disorder (IAD). The students who suffer from this kind of addiction can have signs and symptoms of those who are addicted to alcohol, gambling, drugs, or other obsessive – compulsive behaviours. A way to describe the people who suffer this kind of disorder is, for such people virtual environments are more attractive than the real world.

For a person to be adjusted in his environment, it is very important to be mentally healthy. Good mental health is obvious for a healthy people. Mental health disorder is very dangerous and responsible for many psychological diseases and for maladjustment also.

Many research studies have shown that there is a relation between internet addiction and mental health disorder which births loneliness, shyness, isolation, symptoms of depression, low self-confidence, anxiety, sociophobia, and having problem in education and it is growing up in Asian as well as in Indian students. New problems such as family problems, cases of divorces, crimes are also being increased due to internet addiction and these are proved by many research studies.
Many new diseases such as whatsappities, facebookities etc. are come in front of us. Excessive use of internet is the only reason behind these newly discovered diseases.

The present study is on the adolescent students to show that internet addiction has severe effects on their mental health and make them disordered.

**Significance of the study -**

Now the main question is why this topic is chosen for a research study and what its importance is in our real life.

We know that uses of the internet have increased dramatically over the past several years. Originally, in the early 1990’s, the main users of the internet were a small group of researchers and academics mostly in the technology field, but for many people use of the internet has now become part of their daily lives. The benefits of the internet have been widely researched and include keeping in touch with friends, making vacation plans, managing finances, assisting with educational needs, etc.

However, despite the benefits due to the tremendous increase in use, speed, interactivity, and access over the past decade, a proportion of the internet user population experiences some negative consequences of excessive internet use, as well as symptoms that can mirror an addiction. In its most general form, researchers have called this phenomenon “internet addiction”.

This so called internet addiction is the main reason of a non-proved disease called “Internet Addiction Disorder (IAD) “ which has a very close relation with the mental health and behaviors of human and especially for internet users. For its importance and significance in present context the researcher has chosen this field.

So, we see that how guidance works effectively for a child to give him/her a positive direction and to make him a good human. Thus the researcher has selected the problem as “A Comparative Study of Mental Health of Internet Addicted and Non-Addicted Adolescent Students.”
Statement of the Problem - The problem for the present study is stated as follows:

“A Comparative Study of Mental Health of Internet Addicted and Non-Addicted Adolescent Students.”

Definitions of the Operational Terms Used -

A. Mental Health:
The World Health Organization (WHO) defines mental health as "a state of well-being in which the individual realizes his or abilities, can cope with the normal stresses of life, can work her own productively and fruitfully, and is able to make a contribution to his or her community“.

B. Adolescents:
Adolescence is the age of immaturity, the time of puberty and a critical transition period of human growth and development in between childhood and adulthood in between the ages 16 to 21. Those who are passing by this age, are called adolescents.

C. Internet Addiction:
Internet addiction (IA) is a new disorder described in 1996 by the psychologist Dr. Kimberly Young. Internet addiction is a proposed but unproven disorder that involves excessive Internet use to the extent that it interferes with daily life. Excessive use may be determined by losing track of time, neglecting basic drives such as hunger and sleep, withdrawal systems, and negative behaviours including anger, fatigue and social isolation.

Objectives of the study
i. To compare the mental health of the students with or without internet addiction.
ii. To compare the somatic symptoms of the students with or without internet addiction.
iii. To compare the level of anxiety or insomnia of the students with and without internet addiction.
iv. To compare the social dysfunction of the students with and without internet addiction.

v. To compare the severe depression of the students with and without internet addiction.

**Hypotheses of the study**

**H₀₁** There is no significance difference in somatic symptom dimension of mental health between internet addicted and non-addicted adolescent students.

**H₀₂** There is no significance difference anxiety/insomnia dimension of mental health between internet addicted and non-addicted adolescent students.

**H₀₃** There is no significance difference in social dysfunction dimension of mental health between internet addicted and non-addicted adolescent students.

**H₀₄** There is no significance difference in severe depression dimension of mental health between internet addicted and non-addicted adolescent students.

**H₀₅** There is no significance difference in overall mental health between internet addicted and non-addicted adolescent students.

**METHOD**

The researcher has adopted the method of descriptive of survey type to study the mental health of adolescent students with and without internet addiction.

**Delimitations**

- **Area:** Dr. C. V. Raman University Campus, Kota, Bilaspur, Chhattisgarh was chosen for research purpose.

- **Levels:** - 1st year undergraduate students from Departments of Engineering were taken for this research study.
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**Population**

Data has been collected during the month of February of academic session 2015-2016. The population for the present study are 1st year students of Engineering Departments of Dr. C.V.Raman University, Kota, Bilaspur, Chhattisgarh.

**Sampling**

Sampling procedure generalization on the basis of a relatively small proportion of the population is called a sample. For the purpose of present study 120 students from various engineering departments of Dr. C.V.Raman University were selected and purposive sampling technique was used.

**Variables**
Independent variable: - Internet Addiction,
Dependent variable: - Mental Health.

Tool used
There are two tools which have been used in this research study which are as following:-

A. General Health Questionnaires-28 (GHQ-28):
   General Health Questionnaires-28 (GHQ-28) has been developed by Goldberg and Hillier in 1979.
   For evaluation of mental health, the Scaled General Health Questionnaire-28 (GHQ-28) was used. The questions of this questionnaire were analyzing the mental condition of participant in the last 1 month and include symptoms of abnormal thoughts and feeling and aspects of observable behaviour and stresses on the situation of here and now.
   This questionnaire has a total of 28 items. This questionnaire consists of four sub-scales and each sub-scale consists of 7 questions as following:
   a. Questions 1 to 7 were related to physical symptoms sub-scale.
   b. 8 to 14 were related to anxiety/insomnia sub-scale.
   c. 15 to 21 were related to social dysfunction sub-scale and
   d. 22 to 28 were related to severe depression sub-scale.
   There are 4 options for each item in the questionnaire as following:
      i. Not at all,
      ii. Not more than usual,
      iii. Rather more than usual,
      iv. Much more than usual.

B. Young’s Internet Addiction Test (IAT)
   Young’s Internet Addiction Test (IAT) has been developed by Dr. Kimberley Young in 2004.
This questionnaire consists of 20 items that measure mild, moderate and severe levels of internet addiction. The 5 options for choosing are as following:

i. Rarely,
ii. Occasionally’
iii. Frequently,
iv. Often,
v. Always.

This questionnaire had 20 items and its answering scale was 5 degree Likert which scored from 1 (rarely) to 5 (always) . The score range was between 20 to 100 and higher scorers indicate more dependency to the internet.

**Statistical Techniques Used** -

The scores obtained were subject to statistical treatment using proper statistical techniques. For this purpose Mean, Standard Deviation, t- test, was used. The result so obtained are interpreted and discussed in the light of problem factors to make the result meaningful.

**ANALYSIS AND INTERPRETATION OF DATA**

**H₀₁** There is no significance difference in somatic symptom dimension of mental health between internet addicted and non-addicted adolescent students.

**Table No. – 01**

<table>
<thead>
<tr>
<th>Category</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>t-test Value</th>
<th>df</th>
<th>Significance Level</th>
<th>H₀₁</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internet Non-Addicted</td>
<td>60</td>
<td>2.35</td>
<td>0.89</td>
<td>0.569</td>
<td>16.629</td>
<td>118</td>
<td>0.05=&gt;1.98</td>
<td>Rejected</td>
</tr>
<tr>
<td>Internet Addicted</td>
<td>60</td>
<td>11.81</td>
<td>4.31</td>
<td>0.01 =&gt; 2.62</td>
<td>118</td>
<td>0.01 =&gt; 2.62</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**a. Interpretation of the data:**

It is inferred from the Table No. – 02 that the calculated ‘t’ value is 16.629, which is greater than the Table Value at 0.05 level i.e. 1.98 and at 0.01 level i.e. 2.62.
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Hence hypothesis no.– 1 “There is no significance difference in somatic symptom dimension of mental health between internet addicted and non-addicted adolescent students” is rejected.

b. Result: It has been found that there is significance difference in somatic symptom dimension of mental health between internet addicted and non-addicted adolescent students.

\( \text{H}_0^2 \) There is no significance difference anxiety/insomnia dimension of mental health between internet addicted and non-addicted adolescent students.

<table>
<thead>
<tr>
<th>Table No. – 02</th>
</tr>
</thead>
<tbody>
<tr>
<td>Category.</td>
</tr>
<tr>
<td>Internet Non-Addicted</td>
</tr>
<tr>
<td>Internet Addicted</td>
</tr>
</tbody>
</table>

a. Interpretation of the data:
It is inferred from the Table No. – 02 that the calculated ‘t’ value is 20.173, which is greater than the Table Value at 0.05 level i.e. 1.98 and at 0.01 level i.e. 2.62.

Hence hypothesis no.– 2 “There is no significance difference anxiety/insomnia dimension of mental health between internet addicted and non-addicted adolescent students” is rejected.

b. Result: It has been found that there is significance difference anxiety/insomnia dimension of mental health between internet addicted and non-addicted adolescent students.

\( \text{H}_0^3 \) There is no significance difference in social dysfunction dimension of mental health between internet addicted and non-addicted adolescent students.
Table No. – 03

<table>
<thead>
<tr>
<th>Category</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>t-test Value</th>
<th>df</th>
<th>Significance Level</th>
<th>H₀₃</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internet Non-Addicted</td>
<td>60</td>
<td>6.91</td>
<td>2.65</td>
<td>0.518</td>
<td>13.974</td>
<td>118</td>
<td>0.05=&gt;1.98</td>
<td>Rejected</td>
</tr>
<tr>
<td>Internet Addicted</td>
<td>60</td>
<td>14.16</td>
<td>3.01</td>
<td>0.01=&gt;2.62</td>
<td>18.465</td>
<td>118</td>
<td>0.01=&gt;2.62</td>
<td></td>
</tr>
</tbody>
</table>

a. Interpretation of the data:
It is inferred from the Table No. – 03 that the calculated ‘t’ value is 13.974, which is greater than the Table Value at 0.05 level i.e. 1.98 and at 0.01 level i.e. 2.62.
Hence hypothesis no. – 3 “There is no significance difference in social dysfunction dimension of mental health between internet addicted and non-addicted adolescent students” is rejected.

b. Result: It has been found that there is significance difference in social dysfunction dimension of mental health between internet addicted and non-addicted adolescent students.

H₀₄ There is no significance difference in severe depression dimension of mental health between internet addicted and non-addicted adolescent students.

Table No. – 04

<table>
<thead>
<tr>
<th>Category</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>t-test Value</th>
<th>df</th>
<th>Significance Level</th>
<th>H₀₄</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internet Non-Addicted</td>
<td>60</td>
<td>0.95</td>
<td>0.84</td>
<td>0.616</td>
<td>18.465</td>
<td>118</td>
<td>0.05=&gt;1.98</td>
<td>Rejected</td>
</tr>
<tr>
<td>Internet Addicted</td>
<td>60</td>
<td>12.33</td>
<td>4.69</td>
<td></td>
<td></td>
<td></td>
<td>0.01=&gt;2.62</td>
<td></td>
</tr>
</tbody>
</table>

a. Interpretation of the data:
It is inferred from the Table No. – 04 that the calculated ‘t’ value is 18.465, which is greater than the Table Value at 0.05 level i.e. 1.98 and at 0.01 level i.e. 2.62.
Hence hypothesis no. – 4 “There is no significance difference in severe depression dimension of mental health between internet addicted and non-addicted adolescent students” is rejected.

b. Result: It has been found that there is significance difference in severe depression dimension of mental health between internet addicted and non-addicted adolescent students.

\[ H_{05} \quad \text{There is no significance difference in overall mental health between internet addicted and non-addicted adolescent students.} \]

**Table No. – 05**

<table>
<thead>
<tr>
<th>Category</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>t-test Value</th>
<th>df</th>
<th>Significance Level</th>
<th>H_o5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internet Non-Addicted</td>
<td>60</td>
<td>11.43</td>
<td>4.10</td>
<td>2.014</td>
<td>19.63</td>
<td>118</td>
<td>0.05=&gt;1.98</td>
<td>Rejected</td>
</tr>
<tr>
<td>Internet Addicted</td>
<td>60</td>
<td>50.98</td>
<td>15.05</td>
<td>0.01=&gt;2.62</td>
<td>0.01=&gt;2.62</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

a. Interpretation of the data:

It is inferred from the Table No. – 05 that the calculated ‘t’ value is 19.63, which is greater than the Table Value at 0.05 level i.e. 1.98 and at 0.01 level i.e. 2.62.

Hence hypothesis no. – 5 “There is no significance difference in overall mental health between internet addicted and non-addicted adolescent students” is rejected.

b. Result: It has been found that there is significance difference in overall mental health between internet addicted and non-addicted adolescent students.

**FINDINGS**

(i) There is significant difference in somatic symptom dimension of mental health between internet addicted and non-addicted adolescent students.

(ii) There is significant difference in anxiety/insomnia dimension of mental health between internet addicted and non-addicted adolescent students.
(iii) There is significant difference in social dysfunction dimension of mental health between internet addicted and non-addicted adolescent students.
(iv) There is no significant difference in severe depression dimension of mental health between internet addicted and non-addicted adolescent students.
(v) There is no significant difference in overall mental health between internet addicted and non-addicted adolescent students.

CONCLUSION

The rejections of all hypothesize and the result signifies that there is a severe difference in mental health between internet addicted and non-addicted adolescent students. The mental health of internet addicted students is severely affected by internet addiction disorder. They have a significant level of somatic symptoms, anxiety/insomnia, social dysfunction, severe depression than the internet non-addicted students which is very worried. So, proper caring should be needed for these internet-addicted students.

DISCUSSION

The results of the study have revealed the great danger of internet addiction. The tendency of using excessive internet among adolescents is increasing rapidly. It should be stopped. All of us from the society must try to prevent that. Some steps should be taken as- Parents should observe the activities of their children and should take care of them. They should take necessary steps to help their mentally unhealthy children and if necessary they should contact to psychologists for counseling.

Teacher can also help their students who are addicted and mentally unhealthy.

Government should take necessary steps to campaign the harmful sides of internet using into the students and a curriculum on mental health should be included into school syllabus.
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