Internet Addiction among University Student: A Comparative Study

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Abstract – The present research is to examine the internet addiction among university students. The objective of the study is to find out the level of internet addiction among under graduate students and Post graduate students. Based on the previous studies, a hypothesis was framed that there is a significant difference in internet addiction among under graduate and Post graduate students. The sample consists of 30 under graduate students and 30 Post graduate students, who were studying in Affiliated Colleges and Bangalore University situated in bengaluru. Students were administered a Dr. Kimberly S. Young's Internet addiction test (1998) along with information schedule. The obtained data were analysed using 't' test .The obtained result shows that there is a significant difference in internet addiction among Under graduate students and Post graduate students.

Key Words: Internet Addiction, Under Graduate Students, Post Graduate Students

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INTRODUCTION

Internet is a global system of interconnected computer networks. Where it connects the millions of people across the world. At present internet has become a part of everyone's life by providing information and entertainment at their fingertips. Due to this people highly attracted towards internet, since people are spending more time on internet they are unable to spend time with family and friends. By isolating from family, friends and society they addicted to internet. Internet addiction damaging the psychosocial development of individuals. Now a days all age group individuals are being diagnosis by internet addiction but young individuals and children are more addicted to internet than old individuals.

Internet addiction is an excessive use of internet interfering day to day life of individual. It causes the impairments of domains like physical, cognitive, social-emotional and language development of human life.

Kimberly S. Young's definition [1998]: defines internet addiction as any online related ,compulsive behavior which interferes with normal living and causes severe stress on family ,friends, loved one and one's work environment.

TYPES OF INTERNET ADDICTION

- Cyber- sexual addiction: addiction to adult chat room or cyber porn.

- Cyber-relationship addiction: online friendships made in chat room or cyber porn.

- Net compulsion: compulsive gambling ,day trading or action shopping

- Information overload: compulsive web or data base surfing

- Computer addiction: compulsive game playing or programming.

IDENTIFICATION OF INTERNET ADDICTION

- Starts spending more time on computer or with mobile

- Drastic changes in his/her routine activities.

- Social life takes a hit the person restricts himself /herself to online friends.

- Sharp decline in recreational activities.

- Poor sleep pattern, such person even dream about online application

- Reacting strongly when asked to restrict time spent online

- Despite restricted physical activity they suffer pain in back, neck and hands .

METHODOLOGY

Problem

To examine the Internet addiction among university students

Objectives

1.   To study the level of internet addiction among Under graduate and Post graduate students

Hypothesis

1.   There is a significant difference in internet addiction among Under graduate and Post graduate students.

Variables

- **Independent variable** :Age, Education

- **ependent variable**: Level of internet addiction

Operational Definitions

Internet addiction : internet addiction is describes as an impulsive control disorder which does not involve use of an intoxicating drug and is very similar to pathological gambling.

RESEARCH DESIGN

A comparative study using internet addiction test among Under graduate students and Post graduate students. The test was administered personally and obtained scores interpreted using 't' test.

Sample

The sample for the study consisted of 60 students who were studying in Affiliated colleges and Post graduate centers in Bangalore University ,the sample consists of both boys and girl students.

SUBJECTS	NUMBER OF SUBJECTS		
	BOYS	GIRLS	TOTAL
UG STUDENTS	15	15	30
PG STUDENTS	15	15	30
TOTAL	30	30	60

Tools

Information schedule developed by the researcher exclusively for this study.

Internet addiction test developed by Dr.Kimberly S. Young[1998]

INSTRUCTIONS :

INTERNET ADDICTION "Please read the instructions given on the facing page of the questionnaire for each question there are a 5 point rating to be true as far as you are concerned"

Procedure

Seat the subject comfortably and internet addiction test has been given to the subject ,it is 5 point rating scale the instructions are given to the subject there is no time limit for this test . After completing the questionnaire, the rating has been done for internet addiction test by total the score the responses given by the subject.

Analysis of Data

- The 't' test was computed to find out the differences in internet addiction among Under graduate and Post graduate students.

Scoring

- Responses are scored in a 5 point rating scale in internet addiction

ANALYSIS OF RESULT

The objective of the study was 'To study the level of internet addiction among Under graduate and Post graduate students. To meet the objective a hypothesis was formulated that "There is a significant difference in internet addiction among Under graduate and Post graduate students. The 't' test was computed to verify the hypothesis, the obtained result were presented in the table 1.1

Table 1.1 shows the mean, SD, 't' scores of internet addiction among Under graduate and Post graduate students.

SUBJECTS (60)	MEAN	SD	't'
Under graduate students(30)	29.46	2.05	2.52
Post graduate students(30)	28.2	1.93	

Table 1.1 shows that scores of internet addiction among Under graduate and Post graduate students , mean score of internet addiction is 29.46 and 28.2,SD is 2.05 and 1.93 and 't' value is 2.52 . Obtained 't' scores indicates significant at 0.05 level and 0.01 level hence it according to the hypothesis which states that "There is a significant differences in internet addiction among Under graduate and Post graduate students."

DISCUSSION AND CONCLUSION

The aim of the study was to examine the internet addiction among the university students. The objective is to study the level of internet addiction among Under graduate and Post graduate students based on their age and educational back ground. Hypothesis was framed stating that there is a significant difference in internet addiction among Under graduate and Post graduate students. The sample selected was 60 students who were studying in Affiliated Colleges and Bangalore University. The tools were used for this study is that the internet addiction test developed by Young[1998] . The statistics was used for this study was descriptive analysis and 't' test, these were done to verify the hypothesis . The obtained result of the study is states that there is a significant difference in internet addiction among Under graduate and Post graduate students.

- There is a significant difference found in the internet addiction among Under graduate and Post graduate students. This results supports to the hypothesis which states that "There is a significant difference in internet addiction among Under graduate and Post graduate students". The probable reasons may be that the age factor and level of education may influenced on their performance. Here we can see that Post graduate students are less addicted compared to Under graduate students.

LIMITATION

- The presented study was conducted on very small sample

SUGGESTIONS

- Sample size can be increased
- The study can be done for all age and gender

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