

Impacts of Internet Addiction on the degrees of Social Adjustment of the students of 10+2 level in West Bengal

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ABSTRACT

Internet Addiction or behavioural tendency on the internet has been found important as an easily accessible new and universal global problem. The consequences of internet addiction for addicts including reducing the social relations, avoiding of major life activities, neglecting their own health, ignoring the family and friends and most importantly changing the life style in order to spend more time on the internet should be considered. Internet addiction is causing mainly due to the social media such as facebook, whatsapp, twitter, youtube etc. Among these facebook has become heavily used social networking site. Social media has become an indispensable part of communication age. Social media networks today have become one of the complementary components in socialising of individuals. Excessive use of internet may cause virtual space. This virtually causes a move away from the face to face social interaction in real life and real places. Virtual environment making them get addicted to the internet and hamper social adjustment. The present researcher has tried to find out the impacts of internet addiction on social adjustment of the target group.

Keywords: Internet Addiction, Social Adjustment

Introduction:

Internet addiction includes not resisting the impulse to spend time on the internet and not feeling the importance of the without internet. The internet addicted tend to be very nervous and aggressive, there by damaging relationships at work and in family and social life (Young-1996). Studies have used a variety of terms to describe unhealthy interactions with the internet such an “Internet addiction” (Young,1996), Pathological internet usage” (Davis.2001) and internet behaviour addiction (Wang). Internet addiction is defined as” an individual’s inability to control his/ her use of the internet which eventually causes psychological, social, school, and or/ work difficulties in a person’s life (Chao and Hsiao, 2000). Recently Kim et.al found there are several negative impacts of internet addiction including negative impact on emotional stability and family relationships. In the study of Kim et.al adolescents with internet addiction are at risk of depression and suicide. Shek et.al found that internet addiction has led to the abnormal mental and physical effects on internet users. In the other study Kim et.al showed that the parental conflict and inadequate supervision on unessential internet use is the main cause of internet addiction. Additionally excessive use of the Internet by youth has been found to exacerbate anti-social behaviors (Di Gennaro & Dulton, 2007).

Objectives of the study:

1. To the relationship between internet addiction and social adjustment among target group.
2. To know the impacts of internet addiction on social adjustment among target group.

H₀1: The relationship between internet addiction and social adjustment of the student of 10+2 level of West Bengal is not significant.

H₀2: The Impacts of internet addiction on the degrees of social adjustment of the students of 10+2 level of West Bengal do not differ significantly.

Research design and data analysis

A) **Population:** - The students of 10+2 level of different secrets of west Bengal have been selected as population for the study.

B) **Sample:** - 600 students of 10+2 level have been selected randomly as the sample of the study, among them the number of boys 304 and girls are 296.

C) **Number of schools:** - 16 schools have been selected for the study.

Tools Used

1. An internet addiction tool developed by Young (adapted)
2. A social adjustment questionnaire developed by Sarkar.

SCORING FOR INTERNET ADDICTION SCORE

After all the questions have been answered add the numbers for each response to obtain a final score. The higher the score range, the greater the level of addiction:

NORMAL RANGE	0 – 30 points (normal)
MILD	31 – 49 points (non problematic)
MODERATE	50 – 79 points (problematic)
SEVERE	80 – 100 points (severe problematic)

SCORING FOR SOCIAL ADJUSTMENT SCORE

- Less than 75 socially low adjusted.
- 76 to 90 socially average adjusted.
- 91 and above socially high adjusted.

Validity of the test: - The people internet addiction test certainly ensured highly content and face validity, because it adequately covers both the content and the objectives of the unit. A good Number of experts were engaged to assists then investigates to adapt the test. The test has highly reliable- co-efficient thereby theoretically it was highly valid.

Reliability of the test: The researcher applied the questionnaire on 30 samples for first time and again applied the same on 30 samples after few days. The reliability co-efficient of test score and score was completed by scatter diagram method. It was 0.95 which is showed with co-relation.

Findings: Inferential Statistics regarding relationship between internet addiction and social adjustment Table 1.

	N	M	SD	r	t _r	Lev. of Sig
Internet Addiction	600	27.94	11.934	.263	6.91	0.01
Social Adjustment		82.57	9.045			

From the above table it is shown that Pearson correlation of co-efficient value is 0.263 which is significant at 0.01 level of significance. And the t_r value 6.91 which is computed from this correlation is also significant at the 0.01 level of significance.

So it may be concluded that the relationship between internet addiction and social adjustment of the students of 10+2 level is significant at 0.01 level of significance. So this hypothesis is rejected.

Table 2. Inferential Statistics of Impacts of normal internet addiction on the degrees of social adjustment

Social Adjustment	N	M	SD	SED	t	Lev. of Sig
Low	94	17.65	6.432	.792	-5.69	.01
Average	225	22.16	6.459			
Average	225	22.16	6.459	1.106	3.319	.01
High	47	18.49	8.720			
Low	94	17.65	6.432	1.299	-.647	NS
High	47	18.49	8.720			

From the above table it may summarise that the computed value of t is -5.69 which is significant at 0.01 level of significance. So the impact of normal internet addiction on low average social adjustment of the students of 10+2 level significant and the null hypothesis would be rejected here.

Again from the above table it may conclude that the computed value of t is 3.319 which is significant at 0.01 level of significance. So the impact of normal internet addiction on average high social adjustment of the students of 10+2 level is significant and the null hypothesis would be rejected here.

Again from the above table it may demonstrates that the computed value of t is -.647 which is not significant. So the impact of normal internet addiction on average high social adjustment of the students of 10+2 level is not significant and the null hypothesis would be accepted here.

Table 3. Inferential Statistics of Impacts of non-problematic internet addiction on the degrees of social adjustment

Social Adjustment	N	M	SD	SED	t	Lev. of Sig
Low	42	36.43	4.964	.876	-.15	NS
Average	104	36.56	4.723			
Average	104	36.56	4.723	.798	-2.60	.01
High	60	38.63	5.259			

Low	42	36.43	4.964	1.034	-2.13	.05
High	60	38.63	5.259			

From the above table it may summarise that the computed value of t is -0.15 which is not significant. So the impact of non problematic internet addiction on low average social adjustment of the students of 10+2 level significant and the null hypothesis would be accepted here.

Again from the above table it may conclude that the computed value of t is -2.60 which is significant at 0.01 level of significance. So the impact of non problematic internet addiction on average high social adjustment of the students of 10+2 level is significant and the null hypothesis would be rejected here.

Again from the above table it may demonstrates that the computed value of t is -2.13 which is significant at 0.01 level of significance. So the impact of non problematic internet addiction on average high social adjustment of the students of 10+2 level is quite significant and the null hypothesis would be rejected here.

Table 4. Inferential Statistics of Impacts of problematic internet addiction on the degrees of social adjustment

Social Adjustment	N	M	SD	SED	t	Lev. of Sig
Low	4	62	2.160	2.853	1.519	NS
Average	9	57.67	5.408			
Average	9	57.67	5.408	1.846	1.192	NS
High	15	55.47	3.662			
Low	4	62.00	2.160	1.938	3.37	.01
High	15	55.47	3.662			

From the above table it may summarise that the computed value of t is 1.519 which is not significant. So the impact of problematic internet addiction on low average social adjustment of the students of 10+2 level is not significant and the null hypothesis would be accepted here.

Again from the above table it may conclude that the computed value of t is 1.192 which is not significant. So the impact of problematic internet addiction on average high social adjustment of the students of 10+2 level is not significant and the null hypothesis would be accepted here.

Again from the above table it may demonstrates that the computed value of t is 3.37 which is significant at 0.01 level of significance. So the impact of problematic internet addiction on average high social adjustment of the students of 10+2 level is quite significant and the null hypothesis would be rejected here.

Discussion:

From the above study the researcher can say that there is a significant relationship between internet addiction and social adjustment and there is also significant impacts of internet addiction on the degrees of social adjustment. More or less similar findings has been found from the study of Ge, et al.(2015) they conducted research on relationship among internet-addiction, personality traits and mental health of urban left-behind children among 796 children in china. Results showed that there is an important relationship between internet addiction, personality traits and mental health. Waldo found correlation between internet-addiction and adolescents in terms of sex, kind of school and online behavior. It showed the association of student Internet Addiction to psychological wellbeing spiritual intelligence, and social desirability. Alam, et al. (2014) explored and identified pros and cons of internet addiction on young adults in Malaysia. The findings indicating that internet addiction most affected on psychological aspects and interpersonal aspects and followed by physical problems and work problems and finally, internet addictive behavioral problems. Izanloo and Goudarzi (2011) found that excessive use of the Internet can lead to social isolation and a reduction in social relations and also of citizens Shapira, et al. (2000) analysed Internet addiction has substantial adverse effects on the interpersonal relationships, physical and mental health, and academic performance levels of adolescents. Bergmark, et al. (2011) found that, heavy Internet users have been reported to have numerous social contacts because of the use of the Internet but reduced face-to-face contacts which may compromise their social skills in the virtual world.

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