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"PREVELENCE, FACTORS ASSOCIATED WITH INTERNET ADDICTION AND ITS IMPACTS ON PSYCHOLOGICAL HEALTH AMONG STUDENTS AT SELECTED HIGH SCHOOLS OF RURAL AREAS OF DAVANGERE TALUK, KARNATAKA"

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ABSTRACT

Background: The accessibility and portability of new media have made Internet addiction among young people a possible issue. The American Psychiatric Association plans to officially recognize the issues associated with this kind of addictive disorder by including Internet Use Disorder.

Objectives: To assess the prevalence, factors associated with internet addiction and its impact on psychological health and wellbeing among adolescence at selected high schools of rural areas.

Methodology: A quantitative approach with descriptive survey research design was adopted for the study. The samples from the selected high schools of rural areas Davangere Taluk were selected using probability multistage random sampling technique. The sample consisted of 200 high school students. Internet addiction test, assessment of factors affecting internet addiction and Psychological Impact of internet addiction questionnaires were used to collect data.

Results: The study result reveal that, majority 93(46.5%) not had internet addiction, 82(41%) had mild addiction and least 25(12.5%) of participant was had moderate level of internet addiction. self-learning is a personal factor found among the majority of participants for use of internet and next significant personal factor was limited friends. Having personal devices is a family related factor found among the majority of participants. Online classes, browsing educational materials, browsing social medias, playing online games and availability of sufficient data in the internet were major socio educational factors related to use of internet. With respect to psychological problems majority of participants were experiencing guilt, mood changes, sadness, depression, boredom and other psychological problems. Majority 1450(63.6%) of participants were had mild psychological impacts, 72(31.6%) were had moderate psychological impacts and least 11(4.8%) of participants were not had psychological impact.

Conclusion: The study can help policymakers to understand the burden of internet addiction among high school students and can make necessary changes in the education system.

Key Words: Prevalence, internet addiction, psychological impact, rural area, high school students

INTRODUCTION:

The accessibility and portability of new media have made Internet addiction among young people a possible issue. The American Psychiatric Association plans to officially recognize the issues associated with this kind of addictive disorder by including Internet Use Disorder in the appendix of the upcoming fifth edition of the Diagnostic and Statistical Manual for Mental Disorders (2012), based on a growing body of research.[1] Due to differences in how well they are developing their cognitive control and boundary-setting abilities, adolescents seem to be a demographic at risk for acquiring Internet addiction.[2]

Research and clinical experience indicate that the idea of Internet addiction should not be dismissed, as there are a number of detrimental effects of excessive teenage Internet use that have been noted in the literature. For instance, a new analysis of the neuroscientific research suggests that Internet addiction in adolescence might negatively affect identity development and alter the structure of the developing brain. Additionally, it may impair cognitive function, result in subpar academic achievement and dangerous activity participation, bad nutritional practices, poor interpersonal relationships, and self-harming conduct in adolescents.[3]

From the observed negative effects, it appears that Internet addiction can cause teenagers to experience a range of negative psychological and physical effects that might call for professional attention.[4]

Negative extraversion (introversion), emotional stability, agreeableness, negative valence (characterized by being needy, demanding, and eager to impress), and attractiveness (characterized by concern for appearance, being well-groomed, neat and efficient, and being highly motivated) are said to be the personality traits that separate addicted gamers from high engagement gamers. Other studies have suggested that neuroticism, anxiety, and sensation seeking may be linked to addiction to online gaming.[5,6]

Internet usage is higher in rural India than in urban India. In rural India, there were 227 million active internet users as of 2019, which is 10% more than in metropolitan India. The following elements contributed to this statistic:

- More readily available cell phones
- Initiatives to increase internet usage in India's rural areas
- Lower mobile internet costs
- Governmental programs such as Digital India

To safeguard adolescents from the negative effects of the internet and to preserve their physical and psychological well-being. Nurses assist teenagers in overcoming their psychosocial issues. Nurses can stop teens from engaging in harmful behaviors by educating them about concerns including internet addiction, substance abuse, and smoking. Additionally, adolescent psychological issues like anxiety, sadness, hostility, suicidal thoughts and behaviour, hyperactivity, inattention, aggression, and stress can be diagnosed early on, and nurses can offer counselling.[7]

OBJECTIVES:

1. To assess prevalence of internet addiction among adolescence at selected high schools of rural areas
2. To assess the factors associated with internet addiction among adolescence at selected high schools of rural areas
3. To assess psychological impact of internet addition on adolescents' health at selected high schools of rural areas

METHODOLOGY:

Research Approach **:** Quantitative evaluative Research Approach
Research Design **:** Descriptive survey design
Sampling technique **:** Probability multistage random Sampling Technique
Sample size **:** 200
Setting of study **:** High schools of rural areas of Davangere Taluk
Method of data collection **:** Questionnaire

TOOLS USED:

Section I : Socio-demographic variables of Participants
Section II : Internet addiction test
Section III: Questionnaire on Impact of Internet Addiction on Psychological Health

Internet addiction test developed by Dr. Young was used to measure the internet addiction among high school students. A structured internet addiction test scale consisted of 20 statements regarding individual's pattern of use of internet. There are six alternative response columns; rarely, occasionally, frequently, often, always and do not apply. There was no right or wrong answers and respondents were asked to express their opinion honestly. Total internet addiction test scale scores ranged from 0-100 and internet addiction on the bases of score obtained are again divided in to three categories as follows-

Scoring Keys:

Total score: 0-100

- **Mild addiction**: 1-33 points
- **Moderate addiction:** 34-66 points
- **Sever addiction:** Above 66 points

II: Assessment of factors affecting internet addiction
This section consists of 20 items on factors affecting internet addiction for adolescents divided into three domains, i.e. personal factors (6 items), family related factors (7 items) and social educational related factors (7 items). There were two alternative answers as **Yes** or **No**. The participant has to choose one answer from given options based on the factors motivate them to use internet. The option **Yes** will be scored as 'one' mark and the option **No** will be scored as 'zero'. The item wise analysis is done for this tool.

Section 4: Questionnaire on Psychological Impact of internet addiction
"Psychological Impact of internet addiction scale" is a 15 point scale used to estimate the impacts of internet addiction on psychological health. There were two alternative answers as **Yes** or **No**. The participant has to choose one answer from given options based on problems they are experiencing due to internet addiction.

PROCEDURE OF DATA COLLECTION:
High schools from rural areas of Davangere taluk were selected as per sampling plan. Number of participants from each selected institution was predetermined while making the sampling plan. After making list of participants from each educational institutions, required samples drawn according to sampling plan. Written consent to involvement to research project has been taken from each sample and their parents by clarifying their doubts. All the participants had given their genuine responses for each question asked to them and same time their doubts regarding questions were cleared by researcher.

RESULTS:
a. The findings related to socio-demographic variables of participants:
Majority 70(35%) of participants were belonged to 15 years, With respect to gender, majority 131(65.5%) of participants were females, with regard to class of studying, majority 97(48.5%) were studying in 10^{th} standard, 192(96%) were belonged to Hindu religion, majority 191(95.5%) of participants were had income of up toRs.10,000-20,000, with regard to education of fathers and mother of participants majority of participants fathers and mothers were had secondary school education, majority of participants fathers were agricultural works, majority of participants mothers were home makers, majority participants are using internet by mobiles, spending less than one hour for internet daily and using internet for study purposes and participants were had previous knowledge regarding internet use.

b. Description of prevalence of internet addiction among participants
I: Description of mean, median, mode, standard deviation and range internet addiction scores of participants

Table 1 Distribution of internet addiction scores
n = 200

Mean	Median	Mode	Sd	Range
32.59	32	21	15.15	1-73

Participants mean internet addiction score was 32.59, median was 32, mode was 21, standard deviation 15.15 and range score was 1-73.

II. Description of findings related to level internet addiction among participants
Table 2 Frequency and Percentage distribution of respondents according to level of internet addiction
n = 200

Level of Internet addiction			
No addiction	**Mild**	**Moderate**	**Severe**
f (%)	**f (%)**	**f (%)**	**f (%)**
93 (46.5%)	82(41%)	25 (12.5%)	00

Among the participants, majority 93(46.5%) were not had internet addiction, 82(41%) were had mild addiction and least 25(12.5%) of participant was had moderate level of internet addiction.

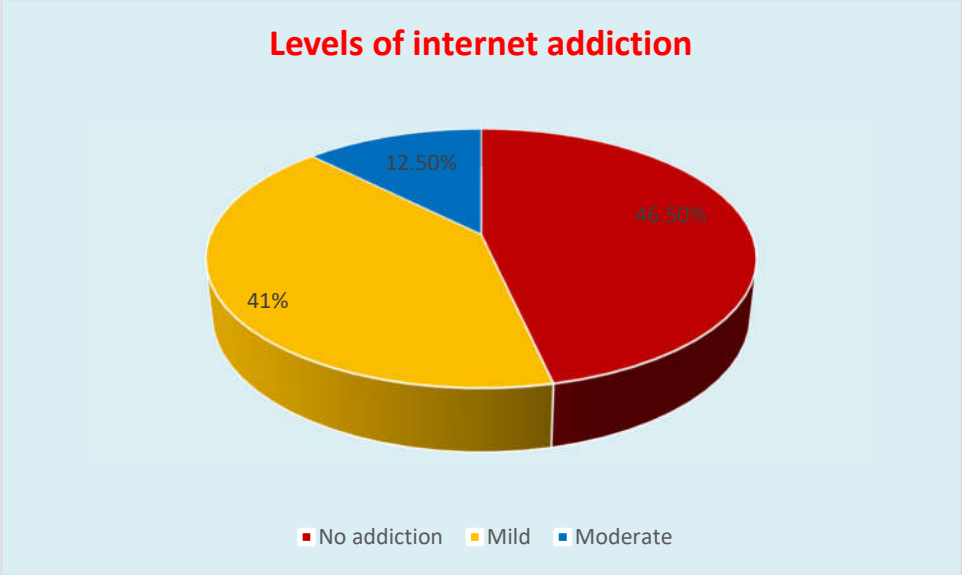

Fig 1: Frequency and percentage distribution of participants according to their levels of internet addiction

Section 2: Description of internet addiction associated factors scores

Each factor wise analysis is done for the tool related to internet associated factors for participants rural area. The findings are presented in following table as follows-

I: Personal factors

Table 3 Comparison of personal factors for internet addiction among participants

N= 107

Sl. No	Personal factors for internet addiction	f	%
1.	I use internet for self learning	88	82.24
2.	I use internet because I have limited friends	54	50.46
3.	I use internet to get away from sadness or Depression	35	32.71
4.	I use internet to relieve my Anxiety	18	16.82
5.	I search internet for my curiosity or impulsivity	76	71.02
6.	I engage myself in internet to get rid of my low self esteem	44	41.12

II: Family related factors

Table 4 Comparison of family related factors for internet addiction among participants

N= 107

Sl. No	Family related factors for internet addiction	f	%
1.	My parents encourage me to use internet	28	26.16
2.	I started using internet due to overuse of internet by my family members	31	28.97
3.	I brose internet when I have conflict with parents	46	42.99
4.	I brose internet as I have feeling of loneliness in family	19	17.75
5.	I engage myself in browsing as my both parents are working	19	17.75
6.	I use internet because my family members neglect me	41	38.31
7.	I use internet because of the presence of personal device like mobile, laptop, computer etc in home	86	80.37

III: Social-educational related factors

Table 5 Comparison of social-educational related factors for internet addiction among participants

N= 107

Sl. No	Social-educational related factors for internet addiction	f	%
1.	I use internet for my online classes	86	80.37
2.	I use internet for my educational materials	94	87.85
3.	I use internet to play online games	92	85.98
4.	I use internet to browse Social media like Whats app, facebook, Instagram etc	98	91.58
5.	My friends influence me to use internet	34	31.77

6.	I use internet as there is availability of sufficient data in my device	49	45.79
7.	As I have less social interaction, I prepare to use internet	43	40.18

c. Description of impacts of internet addiction on psychological health and wellbeing among participants

I. Psychological problems due to internet addiction among participants

Each items wise analysis is done for the tool related to impacts of internet addiction on psychological health for participants. The findings are presented in following table as follows-

Table 6 Psychological problems due to internet addiction among participants
N= 107

Sl. No	Psychological problems due to internet addiction	f	%
1.	I am experiencing sadness or depression	68	63.55
2.	I feel myself dishonest to others	89	83.17
3.	I am experiencing feelings of guilt	63	58.87
4.	I am experiencing nervousness or anxiety	28	26.16
5.	I feel happier or euphoria when using the mobile	64	59.81
6.	I am unable to Prioritize to works or Keep Schedules of my things	66	61.68
7.	I am isolated from other people	18	16.82
8.	I am not giving importance to time	56	52.33
9.	I try to avoid criticisms	36	33.64
10.	I am avoiding my work	29	27.10
11.	I experience excitement	86	80.37
12.	I experience changes of my mood frequently	84	78.50
13.	I experience fear	24	22.42
14.	I am feeling lonely	19	17.75
15.	I am getting boredom with routine tasks	43	40.18

III. Findings related to levels of psychological impact of internet addiction among participants

Table 7 Frequency and Percentage distribution of respondents according to level of psychological impact of internet addiction
N = 107

Level of Psychological impact of Internet addiction			
No impact	**Mild**	**Moderate**	**Severe**
f (%)	**f (%)**	**f (%)**	**f (%)**
07 (6.54%)	82 (76.63%)	18 (16.82%)	00

Majority 1450(63.6%) of participants were had mild psychological impacts, 72(31.6%) were had moderate psychological impacts and least 11(4.8%) of participants were not had psychological impact.

DISCUSSION:

In the present study self-learning is a personal factor found among the majority of participants for use of internet and next significant personal factor was limited friends. Having personal devices is a family related factor found among the majority of participants, other family factors associated with internet addiction are feeling loneliness, conflict with parents for use of internet and next significant personal factor was limited friends. Online classes, browsing educational materials, browsing social medias, playing online games and availability of sufficient data in the internet were major socio educational factors were associated with internet addiction.

Internet addiction was also found to be more common among those who had a family relationship detachment. Previously conducted researches also suggest that breakdown of a close relationship is associated with poor mental health by growing gloominess and defeating mentality, which might manifest addictive behaviors as a consequence. Internet addiction was also significantly higher among respondents who had a smoking habit or did not involve in a considerable amount of physical activity.

CONCLUSION:

The study findings can help policymakers to understand the burden of internet addiction among adolescent students and can make necessary changes in the education system. To provide evidence for the intervention programs related to internet addiction in preventing psycho-social problems and promoting adolescent psycho-social health.

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