

An Exploratory Study to Assess the Level of Internet Addiction and its Impact on the Health of Adolescents in Selected Schools of District Mohali, Punjab

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ABSTRACT

Introduction: Internet addiction is alarming and is on the rise, according to the mental health professional. As the internet increasingly becomes part of our lives, internet addiction disorder has received much attention. Overuse of internet causes bad impact on adolescents health. De to addiction of internet, adolescents neglect the familial social activities, doing less physical activities, having poor academic performance, feel loneliness, frustrated, depressed, sleep deprivation, back-ache, and it will affect the lifestyle habits of the adolescents.

Aim of the Study: Aim of study is to assess level of internet addiction and its impact on the health of adolescents in selected schools of district Mohali, Punjab.

Material & Method: A quantitative approach with exploratory research design was adopted. By Purposive sampling technique 200 adolescents were selected. Data was collected by internet addiction test to assess the level and self-structured rating scale to assess the impact of internet addiction on health. Analysis of data was done using descriptive and inferential statistics.

Results: Study findings shows that adolescents majority had moderate level of internet addiction 178(89%) and had moderate impact on health 119(60%). Internet addiction were having more impact on physical health with mean value of 68.96 as compared to the mental and social health (56.82 and 55.37) respectively. There was moderate positive correlation between level of internet addiction and its impact on the health of adolescent ($r=0.347$).

Conclusion: It shows that adolescents were having moderate level of internet addiction which is having impact on their physical, mental and social health.

Keywords: Internet addiction, Impact, Health, Adolescent, Information booklet.

Introduction

Internet is a global system of interconnected computer networks which use the standard internet protocol suit to serve the users worldwide. It carries the

vast range of information resources and services, such as inter-linked hypertext documents and application of the world wide web (WWW) electronic mail, telephony and peer-to-peer networks of file sharing.¹

Internet addiction is defined as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling. It is also known as internet addiction disorder.²

Internet addiction is a modern day addiction among adolescents. Persons with internet addiction can exhibit symptoms, suffer drawbacks, and face the impacts that are similar to individuals addicted to alcohol,

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gambling, narcotics, shopping, and other compulsive behaviors. One way to describe persons with internet addiction is that they find the virtual environment to be more attractive than everyday reality. Their daily lives are dominated with their need to be online. Sadly, this addiction is affecting millions of adolescents and their families in every aspects of their life.³

According to World Health Organization (WHO) "health is physical, mental, social well-being and not merely the absence of disease or infirmity". Next to life itself, good health is the most precious gift and is necessary for a purposeful existence. A good wealth of health can be obtained in a number of ways. It needs regular exercise, good food, good thoughts and activities and cleanliness.⁴

Internet addiction is alarming and is on the rise, according to the mental health professional. An increasing number of adolescents are seeking help to get over their obsession with the cyber world. There are not only children and adolescents, but also middle-aged groups who are addicted to various social networking, gambling, gaming and pornographic websites.⁵

Improving adolescents health is an emerging area for India to invest in. Due to addiction of internet, adolescents neglect the familial social activities, doing less physical activities, having poor academic performance, feel loneliness, frustrated, depressed, sleep deprivation, back-ache, and it will affect the lifestyle habits of the adolescents. Ultimately, an addiction to the internet can cripple adolescents ability to maintain a physical health, mental health and a healthy social life.⁴

The internet makes our planet a small world, but it is needed to make sure that the wonderful tool that bind us, does not become bondage. As adolescents go online with great frequency, the risk for addiction in the form it takes become greater which affect their physical health, mental health and social health. Hence the investigator would felt the need to assess the level of internet addiction and its impact on the health of adolescents.

Objectives of the Study

- To assess the level of internet addiction and its impact on health of adolescents in selected schools of district Mohali.

- To determine the correlation between internet addiction and impact on health of adolescents.
- To associate the findings with selected socio-demographic variables.

Assumption

- It is assumed that the level of internet addiction has an impact on the health of adolescents.

Material and Method

In present study, a quantitative approach with exploratory research design was adopted. By Purposive sampling technique 200 adolescent were selected. Internet addiction test was used to assess the level of internet addiction and self- structured rating scale was used to assess the impact of internet addiction on health of adolescents in the study. Analysis of data was done using descriptive and inferential statistics. A study was conducted in the month of January 2017. Formal written permission was obtained from the concerned principle of selected schools of Mohali, after discussing the purpose and objectives of the study. Analysis and interpretation of data was done according to objectives of the study by using descriptive and inferential statistics.

Ethical Consideration

With the view of ethical consideration the researcher has taken permission from Principal of Mata Sahib Kaurcollege of nursing Mohali. After that the researcher has discussed the type and purpose of the study with the concerned principle of selected schools, Mohali and written permission were obtained. Also the adolescents were explained about the purpose of the study and written consent was taken from them for their participation in study. They were explained about the right to refuse from participating in the study. The adolescents were assured that the information given by them will be kept as confidential and will be purely used for research purpose.

Results

Table 1: Frequency and percentage distribution according to selected socio-demographic variables of adolescents

N = 200

Sr. No.	Socio-demographic variables	Frequency (f)	Percentage (%)
1.	Age (in years)		
	15	20	10
	16	31	15.5
	17	60	30
	18	89	44.5
2.	Gender		
	Male	97	48.5
	Female	103	51.5
3.	Place of residence		
	Rural	74	37
	Urban	126	63
4.	Type of family		
	Nuclear	90	45
	Joint	110	55
5.	Monthly Family income (in rupees)		
	≤10000/-	0	0
	10001-15000/-	10	5
	15001-20000/-	107	53.5
	>20000/-	83	41.5
6.	Class attendance		
	≤50%	0	0
	51-70%	27	13.5
	71-90%	151	75.5
	>90	22	11
7.	Hours spend online (per day)		
	≤1 hour	0	0
	1-2 hour	26	13
	3-4 hour	84	42
	>4 hour	90	45
8.	Types of site mostly searched		
	Whatsapp	32	16
	Instagram	22	11
	Imo	14	7
	Google	38	19
	Facebook	70	35
	Hike	24	12

Table 1 show frequency and percentage distribution of adolescents based on socio-demographic variables such as age (in years), gender, place of residence, type of family, monthly family (in rupees), class attendance, hours spend online and types of site mostly searched.

According to age (in years), majority 89(44.5%) of the adolescents belonged to 18 years of age, 60(30%) belonged to 17 years, 31(15.5%) belonged to 16 years of age, and 20(10%) belonged to 15 years of age.

According to According to gender, majority 103(51.5%) of the adolescents were females whereas 97(48.5%) were males.

According to place of residence, majority 126(63%) of the adolescents lived in urban area whereas 74 (37%) lived in rural area.

According to type of family, majority 110(55%) of the adolescents belonged to joint family and the remaining 90(45%) belonged to nuclear family.

According to monthly family income (in rupees) majority 107(53.5%) of the adolescents were having monthly family income between 15001-20000/-, 83(41.5%) were having monthly family income more than 20000/-, 10(5%) were having monthly family income between 15000-20000/- and none were having monthly family income ≤10000/-.

According to class attendance, majority 151(75.55) of the adolescents had class attendance between 71-90%, 27(13.5%) had class attendance between 51-70%, 22(11%) had class attendance of ≥90% and none of the adolescents had class attendance ≤50%.

According to hours spend online, majority 90(45%) were spend online >4 hours per day, 84(42%) were spend online for 3-4 hours per day, 26(13%) were spend online for 1-2 hours per day and none of the adolescents were spend online for ≤1 hour per day.

According to types of site mostly searched, majority 70(35%) of the adolescents searched Facebook, 38(19%) searched Google, 32(16%) searched What Sapp, 24(12%) searched hike, 22(11%) searched instagram and 14(7%) searched imo.

Table 2: Frequency and percentage distribution of level of internet addiction among adolescents

N = 200

S. No.	Level of internet addiction	Score	Frequency(f)	Percentage (%)
1.	None	0-30	0	0
2.	Mild	31-49	5	2.5
3.	Moderate	50-79	178	89
4.	Severe	80-100	17	8.5
	Median (Min.-Max.)		71	
	Mean \pm SD		69.11 \pm 9.588	

The above table depicts the level of internet addiction among adolescents. In the present study, majority 178(89%) of adolescents were having moderate level of internet addiction, 17(8.5%) were having severe level of internet addiction and 5(2.5%) were having mild level of internet addiction.

Table 3: Frequency and percentage distribution of impact of internet addiction on the health of adolescents

N = 200

S. No.	Impact of internet addiction	Score	Frequency(f)	Percentage(%)
1.	Mild impact	0-13	6	3
2.	Moderate impact	14-26	119	59.5
3.	Severe impact	27-40	75	37.5
	Median (Min.-Max.)		25	
	Mean \pm SD		24.34 \pm 5.579	

The above table depicts the impact of internet addiction among the health of the adolescents. In the present study, majority 119(59.5%) of the adolescents were having moderate impact on health due to internet addiction, 75(37.5%) were having severe impact on health and only 6(3%) were having mild impact on health due to internet addiction.

Table 4: Correlation between level of internet addiction and its impact on the health of adolescents

N = 200

S. No.	Research Variables	Mean	Standard Deviation	Karl Pearson Correlation	Inference
1.	Level of internet addiction	69.18	9.22	r = 0.347	Moderate positive correlation
2.	Impact of internet addiction on health	24.34	5.57		

The above table depicts the correlation between level of internet addiction and its impact on the health of adolescents. In the present study, there was moderate positive correlation between level of internet addiction and its impact on the health of adolescents. So it can be concluded that higher the level of internet addiction more the impact on health.

Association of findings of level of internet addiction with selected socio-demographic variables: There was statistically significant association found with class attendance and hours spend online per day.

Association of findings of impact of internet addiction with selected socio-demographic variables: There was statically significant association found with class attendance.

Discussion

The results revealed socio-demographically According to age majority 89(44.5%) belonged to 18 years of age, 103(51.5%) were females, majority 126(63%) lived in urban area, 110(55%) adolescents belonged to joint family, majority 107(53.5%) were having monthly

family income between 15001-20000/-, 151(75.5%) adolescents had class attendance between 71-90%, most of the adolescents 90(45%) were spend online for >4 hours per day, 70(35%) mostly searched Facebook.

Objective: To assess the level of internet addiction and its impact on health of adolescents in selected schools of district Mohali. Findings of the study showed that 178(89%) were having moderate level of internet addiction, 17(8.5%) were having severe level of internet addiction and 5(2.5%) were having mild level of internet addiction. The majority 119(59.5%) of the adolescents were having moderate impact on health due to internet addiction, 75(37.5%) were having severe impact on health and only 6(3%) were having mild impact on health. Out of the three aspects, internet addiction were having more impact on physical health with mean value of 68.96 as compare to mental and social health (56.82 and 55.37) respectively.

Objective: To determine correlation between internet addiction and impact on health of adolescents. There was moderate positive correlation ($r=0.347$) found between level of internet addiction and its impact on the health of adolescents. There was significant association found between level of internet addiction with class attendance and hours spend online. There was also significant association found between impact of internet addiction on the health with class attendance.

Objective: To associate the findings with selected socio-demographic variables. There was significant association found between level of internet addiction with class attendance and hours spend online per day. There was no significant association found between level of internet addiction with age (in years), gender, place of residence, type of family, monthly family income (in rupees) and types of sites mostly searched.

There was also significant association found between impact of internet addiction with class attendance. There was no significant association found between impact of internet addiction with age, gender, place of residence, type of family, monthly family income, hours spend online per day and types of sites mostly searched.

Conclusion

The conclusion drawn from the present In present study, adolescents were having moderate level of internet addiction 178(89%), which is having moderate impact 119(60%), on their physical, mental and social health. There was moderate positive correlation found between level of internet addiction and its impact on health of adolescents with $r=0.347$. So it can be concluded that higher the level of internet addiction more the impact on health of adolescents. There was significant association found between level of internet addiction with class attendance and hours spend online. There was also significant association found between impact of internet addiction on the health with class attendance.

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