



### RESEARCH ARTICLE

#### INTERNET ADDICTION AND ITS EFFECTS ON LIFE STYLE OF THE ADOLESCENTS

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#### Abstract

**Introduction:-** Adolescence is a period of the lifecycle when individuals are managing multiple and complex developmental tasks. Negative impact of internet addiction which effects adolescent's behavior, academics, working performance, family life, social relationships, physical health, and psychological well being. Statement of the Problem: " A study to assess the effectiveness of Structured Teaching Programme (STP) regarding internet addiction and its effects on life style of the adolescents at selected schools of Bhopal, Madhya Pradesh.

**Methodology:-**Quantitative approach was adopted and pre experimental one group pre- test and post-test study design was used. Multistage Stratified Simple Random Sampling technique was used to select the 1080 adolescents from selected urban private English medium Co. Ed higher secondary schools of Bhopal. Self Structured Questionnaires was used to collect the data and Structured Teaching Program (STP) was administered. Data analysis was done by Frequency and percentage distribution for socio demographic variables. Chi Square test was used to find out the association between pre-test knowledge and socio demographic variables. The Paired T Test was used to find the difference between pre test and post test knowledge. Statistical analysis of data done by using SPSS 20.0 Software.

**Results:-** Results of the study revealed that majority of the variables like age, class, monthly family income and family type are significantly associated with pre test level of knowledge regarding internet addiction & its effects on life style of the adolescents. Pre-test knowledge regarding internet addiction prior to the administration of STP 543(50.3%) almost half of the participants had poor knowledge, 528(48.9%) had average knowledge and only 09(0.8%) had good knowledge. Post test knowledge regarding internet addiction after administration of STP 60 (5.6 %) had average knowledge and majority 1020 (94.4%) had good knowledge. The mean pre test knowledge score was 8.4481 (S.D = 2.39769) and mean post-test knowledge score was 18.6889 (S.D = 1.962245). Findings of comparison between pre- test and post-test knowledge regarding internet addiction & its effects on

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life style of the adolescents indicated highly significant ( $<0.0001^*$ ) difference.

**Conclusion:-** The study findings highlighted that pre test and post test knowledge of participants having highly significant ( $<0.0001^*$ ) difference. Based on the findings this study concluded that majority of the adolescents knowledge improved after STP regarding internet addiction & its effects on life style of the adolescents.

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## Introduction:-

The internet as a global network connects millions of people all over the world. It enable them to communicate, exchange the ideas and make the persons available at any time and any place. Mostly adolescents use the internet for entertainment and gets attracted with latest methods of communication.<sup>1</sup> In mid 1990s Internet addiction (IA) was introduced as a new disorder. The Asian countries like China and South Korea, prevalence of IA was 6%. Most of the researches identified and concluded that it is common in gaming, online gambling, networking and cybersex.<sup>2</sup>

This concept of IA, which was first used by Goldberg in 1995. It has recently turned out to be a phenomenon. This phenomenon is defined through various terms such as "net addiction", "online addiction", "IA disorder", "pathologic internet use" and "cyber disorder".<sup>3</sup> IA is defined as any online-related, compulsive behavior which interferes with normal living and causes severe stress on family, friends, loved ones and one's work environment.<sup>4</sup> The problem of internet addiction has become more prevalent since last decade. There has been remarkable increase in internet use from less than 1% in 1995 to 48% in 2018.<sup>5</sup> India is second largest country in using internet around 35%. In December 2017 total internet users in India were 481 million. Which has reached 500 million in June 2018 and 730 million by 2020 according to Internet and Mobile Association of India, (IAMAI) 829 million in year 2021 according to Corps Information Systems Control Officer (CISCO).<sup>8</sup> In Asia prevalence of internet addiction among adolescents was 13.8%.<sup>9</sup>

The most part of this attraction is due to their developmental stage and they have less ability to control their enthusiasm for Internet activities.<sup>10</sup> Adolescence is a period of the life cycle when individuals are managing multiple and complex developmental tasks. These involve significant changes in biological, physical, mental, emotional and social areas. It is very unstable, unregulated and adaptable stage. In which they expect to go through with various recognition.<sup>11</sup>

Excessive use of internet will specially effects the health of adolescents because they use internet more than adults.<sup>12</sup> IA leads to less attendance in school, low self esteem, isolation, lack of sleep, anxiety and depression.<sup>13</sup>

## Aim of the study

The aim of the study is to assess the effectiveness of Structured Teaching Programme regarding internet addiction and its effects on life style of the adolescents at selected schools of Bhopal, Madhya Pradesh.

## Problem Statement

"A study to assess the effectiveness of Structured Teaching Programme regarding internet addiction and its effects on life style of the adolescents at selected schools of Bhopal, Madhya Pradesh".

## Objectives:-

1. To assess the pre test knowledge of the adolescents regarding internet addiction and its effects on lifestyle.
2. To develop, validate and administer Structured Teaching Programme regarding internet addiction and its effects on life style of the adolescents.
3. To assess the post test level of knowledge regarding internet addiction and its effects on lifestyle of the adolescents.
4. To compare the pre test and post test level of knowledge regarding internet addiction and its effects on lifestyle of the adolescents.
5. To find out the association between pre test level of knowledge regarding internet addiction & its effects on life style of the adolescents with their selected sociodemographic variables.

**Hypotheses**

**H0-** There will be no significant difference between pre test and post test knowledge scores of regarding internet addiction & its effects on lifestyle of the adolescents.

**H1-** There will be significant difference between pre test and post test knowledge scores of adolescents attending the Structured Teaching Programme on internet addiction and its effects on lifestyle of the adolescents.

**H2-** There will be significant association between pre test knowledge scores of adolescents studying in selected schools regarding internet addiction & its effects on lifestyle of the adolescents with their selected sociodemographic variables.

**Conceptual framework:**

“Ludwig Von Bertalanffy (1968).

**Pilot Study-**

The pilot study was conducted on 108 students of one private English Medium Co-Ed higher Secondary School of Bhopal, Madhya Pradesh.

**Methodology:-**

**Research approach :**

Quantitative research approach.

**Research design :**

Pre experimental one group pre test and post test design.

**Independent variable-**

Structured Teaching Programme on IA and its effects on lifestyle of the adolescents.

**Dependent variable –**

Knowledge of adolescents regarding IA and its effects on lifestyle of the adolescents.

**Setting of the Study -**

The present study is conducted in selected private English medium Co-Ed higher secondary schools located in urban areas of Bhopal.

**Sample size:**

Total 1080 sample.

**Sampling technique:**

Multistage Stratified Simple Random Sampling technique.

**Population:**

All adolescents students studying in higher secondary schools located in urban areas of Bhopal.

**Target Population-**

All adolescents studying in private English medium Co-Ed higher secondary schools located in urban areas of Bhopal.

**Accessible Population-**

All adolescents students studying in selected private English medium Co-ed higher secondary schools located in urban areas of Bhopal.

Tool - **Part I-** Self structured questionnaires to assess the knowledge of the adolescents.

**Section (A)** It consists of 12 items related to demographic variables.

**Section (B)** Consists of 13 items of knowledge regarding internet addiction.

**Section (C)** Consists of 08 items related to effects of IA on the lifestyle of adolescents.

**Part II-** Structured Teaching Program.

Data Collection Procedure-The main study was conducted from April 2019 to September 2019 at selected schools of Bhopal, Madhya Pradesh. Researcher obtained prior permission from the higher authorities and principals of selected private English Medium Co-Ed Higher Secondary Schools of Bhopal, Madhya Pradesh.

### Limitations

1. The study was limited to only these selected private English medium higher secondary schools of Bhopal city, so the generalization of the findings are also limited.
2. The study sample was limited only to 13-17 years old adolescents.
3. The study sample was only limited to the students who were regular in class.
4. The study sample was only limited to the students who were able to read, write and understand English and Hindi language.

### Results:-

-Majority 274 (25.4%) belonged to 17 years age group, 236 (21.9%) were from the age group of 16 years, 210 (19.4%) belonged to 15 years, 190 (17.6%) were from the age of 14 years and 170 (15.7%) belonged to the age of 13 years. Regarding the gender it was observed that majority 562 (52.0%) of adolescents were male and 518 (48%) were female.

- Majority 688 (63.7%) of adolescents belonged to Hindu religion, 185 (17.1%) belonged to Muslim religion, 135 (12.5%) were Christian, 50 (4.6%) were Sikh and only 22 (2%) belonged to other religion.

-Majority 520 (48.1%) participants' fathers were graduate, 237 (21.9%) were Profession or Honours, 191 (17.7%) were studied up to High school, 103 (9.5%) had Intermediate or diploma, 23 (2.1%) were illiterate, 04 (0.4%) had Middle school certificate and only 2 (0.2%) had Primary school certificate educational qualification. Regarding the educational qualification of mothers reveals that majority 378 (35.0%) participants' mothers were qualified up to High school, 311 (28.8%) were graduate, 200 (18.5%) were studied up to Intermediate or diploma, 76 (7.0%) were Profession or Honours, 57 (5.3%) were illiterate, 38 (3.5%) studied up to Primary school and only 20 (1.9%) studied up to Middle school.

-Majority 300 (27.8%) adolescents' fathers were Legislators, Senior officials and Managers and 213 (19.7%) were Professionals, whereas 07 (0.6%) were having Elementary Occupation. Regarding the occupational status of mother indicated that majority 556 (51.5%) were Housewives and 267 (24.7%) were Professionals whereas 02 (0.2%) mothers were Plant & Machine Operators and Assemblers.

-Monthly Family Income revealed that majority 420 (38.9%) families income was between Rs 31591/- to Rs 47262/- and 305 (28.2%) family income was Rs 63182/- to Rs 126356/- whereas 12 (1.1%) families income was more than Rs 126360/- per month.

-According to Kuppaswamy's Socio Economic Status Scale the study reveals that majority 770 (71.2%) belonged to Upper Middle (II) Class, 107 (9.9%) belonged to Upper (I) Class, 105 (9.7%) were from Upper Lower (IV) Class and 98 (9.07%) belonged to Lower Middle (III) Class.

-Majority 1050 (97.2%) of adolescents lived in urban area and only 30 (2.8%) lived in rural area. Regarding place of residence reveals that majority 1077 (99.7%) resided in home and only 3 (0.3%) stayed in hostel.

-Majority 671 (62.1%) of adolescents were from joint family and 409 (37.9%) were from nuclear family. Regarding siblings of Adolescents indicated that 395 (36.6%) adolescents had brother, 281 (26%) adolescents had sister, 272 (25.2%) adolescents had both brother and sister and only 132 (12.2%) had no siblings.

- Regarding type of device used by adolescents represents that majority 625 (57.9%) were using smartphones, 209 (19.4%) were using personal computer, 150 (13.9%) were using laptop and only 96 (8.9%) were using normal keypad mobile.

**Pre test and post test knowledge of participants regarding Internet Addiction.**

Knowledge	n= 1080			
	Pre-test		Post-test	
	F	%	F	%
Poor	543	50.3%	-	-
Average	528	48.9%	60	5.6%
Good	09	0.8%	1020	94.4%
<b>Total</b>	<b>1080</b>		<b>100%</b>	

Table 1.1 Shows that 543 (50.3%) adolescents in the pre test had poor knowledge score, 528 (48.9%) had average knowledge and only 09 (0.8%) of the adolescents knowledge score was good. Whereas in post test majority 1020 (94.4%) had good knowledge score and 60 (5.6%) had average knowledge score.

Comparison between pre test and post test mean knowledge score.

Test	Mean	SD	T value	P value
Pre test	8.4481	2.39769	107.744	<0.0001*
Post test	18.6889	1.96245		

Table 1.2 Depicts the comparison between pretest (mean= 8.4481, S.D = 2.39769) and post test (mean= 18.6889, S.D = 1.96245) knowledge regarding internet addiction & its effects on life style of the adolescents findings reveals that the calculated T value (107.744) and P value (<0.0001\*) indicated highly significant difference.

**Association of pre test level of knowledge with their selected sociodemographic variables.**

-The calculated  $\chi^2$  value (29.909) and P value (<0.0001\*) indicated that pre-test knowledge regarding internet addiction and its effect on lifestyle of the adolescents were highly significant (<0.0001\*) with the age.

-The calculated  $\chi^2$  value (37.594) and P value (0.0020\*) indicated that pre-test knowledge regarding internet addiction and its effect on lifestyle of the adolescents were significantly associated with class.

-The calculated  $\chi^2$  value (21.434) and P value (0.018\*) indicated that pre-test knowledge regarding internet addiction and its effect on lifestyle of the adolescents were significantly associated with monthly family income.

-The calculated  $\chi^2$  value (13.417) and P value (0.009\*) and calculated  $\chi^2$  value (4.461) and P value (0.614) indicated that pre-test knowledge regarding internet addiction and its effects on life style of the adolescents were significantly associated with family type.

**Recommendations:-**

Based on the findings of the following recommendations are stated:

1. A similar study can be replicated on large sample, thereby findings can be generalized.
2. A similar study can be undertaken by using qualitative research design.
3. A follow-up study can be conducted among adolescents in different settings.
4. A comparative study can be carried out in Government and Private schools.
5. A similar study can be conducted by using observation checklist and interview as instruments for data collection.
6. A study can be conducted among adolescents to find out the effects of IA on their lifestyle.
7. A similar study could be conducted on sample with different demographic variables.

**Summary**

-Majority of the variables like age, class, monthly family income and family type are significantly associated with pre-test level of knowledge regarding internet addiction & its effect on lifestyle of the adolescents.

-Pre test knowledge regarding internet addiction prior to the administration of STP 543 (50.3%) almost half of the participants had poor knowledge, 528 (48.9%) had average knowledge and only 09 (0.8%) had good knowledge. Post test knowledge regarding internet addiction after administration of STP 60 (5.6 %) had average knowledge and majority 1020 (94.4%) had good knowledge.

-Before administration of STP mean pre test knowledge score was 8.4481 (S.D=2.39769) and mean post test knowledge score was 18.6889 (S.D = 1.962245). Findings of comparison between pre test and post test knowledge regarding internet addiction & its effect on lifestyle of the adolescents indicated highly significant (<0.0001\*) difference.

**Conclusion:-**

In India, a wide range of studies conducted on Internet addiction, these studies focused on the status of the addiction in middle & higher secondary school students Who are highest Internet users. Recently, the studies on the factors related to Internet addiction are actively being carried out.

As India around 500 million people are using internet, which is drastically increasing every day. Now-a-days individuals are getting hooked on the Internet such as on pornography, Internet gambling, online shopping, searching for non important information or chatting for a very long time. Adolescents are indiscriminately exposed to the Internet although they do not have the ability to judge its positive and negative aspects.<sup>14</sup>

**Conflict of Interest :**

None.

**Source of Funding:**

This Study was self- financed.

**Ethical Clearance:**

Ethical permission was taken for the study from Institutional Ethics Committee

(IEC) of People's college of Nursing and Research Centre. The information and reviews were only used for research study purpose.

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