A study of Internet Addiction among Research Scholars

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Abstract

Background-

The use of internet is growing in day to day life. Internet affected lifestyle and communication technology in the world. Internet users are increasing rapidly after development of 4G technology, Android technology and cost effective mobile. People are addicted to smartphones. It leads to addiction of social media, video games, cybersex or online sex, sexting. With excess use of internet, internet addiction emerged as major problem among youth. Internet addiction leading mood disorder, anxiety, depression, isolation, boredom, procrastination. Research scholars use internet for both social interaction and research and academia. The aim of this research paper is to analyse the internet addiction among Ph.D research scholars.

Method-

The internet addiction test (by Dr. Kimberly Young), which is the accurate and validated indicator of internet addiction severity, was performed in 90 Ph.D students from uttar pradesh state universities, 45 of whom were male students and 45 were female students. Students were 26-34 year old in age group. The response which best represented the frequency, based on the six-point scale (0-6).

Result-

Approximately 42 percent of participants had mild addiction, 30% had moderate internet addiction, 22 percent had no internet addiction and 5 percent had extreme internet addiction.

Conclusion-

internet addiction is increasing in research scholars but internet addiction is lower in research scholars as compared to undergraduate or postgraduate students and internet addiction is same across the gender.

Keywords- Internet Addiction, Research Scholar, Social Media

I. INTRODUCTION

The revolution in information technology and Internet-based networking plays a crucial role in today's society and has influenced people of all ages. In the current scenario, Internet and computer technology are considered to be the most powerful tool and have had impact in all fields of science, industry, education, culture, politics, etc.[1]. Nowadays, Internet addiction has been raised as a mental disorder in psychology and medical science and this disorder as a new form of addiction in recent years has attracted the attention of researchers from various fields including psychology-sociology, psychiatry, sociology and other disciplines [2, 3].

The use of internet become indispensable and internet has now revolutionized the research field. Most of Journals and books are online. Researchers search the literature on internet. There are many software to search literature like Mendeley, Endnote, Zotero, etc. researchers can also check plagiarism on through software like plagiarism checker, Turnitin, Urkund etc. researchers are heavily dependent on internet for research purpose. Research scholars are using internet not only for academic purpose but also for social interaction using Facebook, Instagram, Whatsapp, E-mail.

Social media is a platform where individuals or groups interact with each other. In which they produce, share and exchange ideas, thoughts and information.[4] there is also special social media platform for researchers like Researchgate, Academia.edu etc. where researchers can share their research and also interact with each other. They use internet for both academia and extracurricular activities like social media, gaming, sexually explicit websites etc.

II. METHODS

This was cross sectional descriptive study. The study was conducted in Government state universities of Uttar Pradesh. 90 research scholars were selected by simple random sampling technique. In which 45 were male and 45 were female. Research scholars were in age group of 25 – 34 years.

The internet addiction test (IAT) by Kimberly Young were used for data collection. The Questionnaire were composed of 20 items (six point Likert scale). Each item is rated from 0 – 5. 0 = less less extreme behaviour to 5= high extreme behaviour. Based on following scale, the response that best represents the frequency of behaviour described in the 20 items were selected by research scholars. Distribution of severity scale of internet Addiction in Students (N = 90)

Questions in IADQ by using this scale as follows

Response	Scale
Does not apply	0
Rarely	1
Occasionally	2
Frequently	3
Often	4
Always	5

Statistical analysis was done by using statistical software SPSS. Answer of each participating student to each of the 20 questions was noted after all the questions were answered. All the 20 responses were added to obtain final score for that student, with respect to the scale of 6 points. The score was representative of the student's level of internet addiction. (Table I) The higher the ranking, higher the addiction level.

Table I

Score	Level of internet addiction
0 – 30	None
31 – 49	Mild
50 – 79	Moderate
80 – 100	Severe

Table.II
Level of Addiction
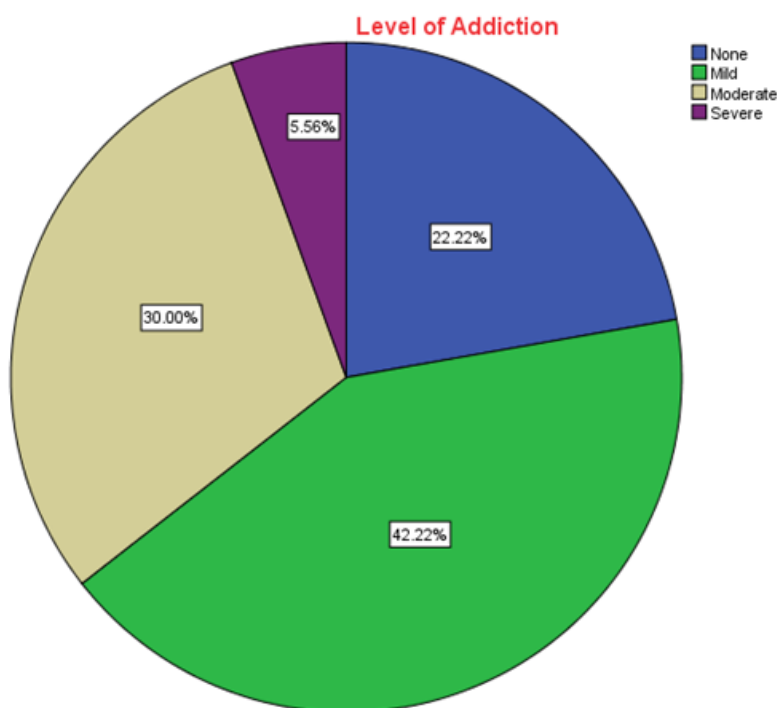
		Frequency	Percent	Valid Percent	Cumulative Percent
	None	20	22.2	22.2	22.2
	Mild	38	42.2	42.2	64.4
Valid	Moderate	27	30.0	30.0	94.4
	Severe	5	5.6	5.6	100.0
	Total	90	100.0	100.0	

Source: Primary Data

Graph

Level of Addiction

Approximately 42% of the participants suffering from mild Addiction, 30% were suffering from moderate internet addiction, 22% percent were suffering from no internet addiction and 5% were suffering from severe internet addiction.

Hypothesis-
H0- there is no significant relationship between gender and level of internet addiction.

Table. III
Gender and Level of internet Addiction Cross tabulation

			Level of Addiction				Total
			None	Mild	Moderate	Severe	
Gender	Male	Count	11	15	16	3	45
		% within Gender	24.4%	33.3%	35.6%	6.7%	100.0%
		% within Level of Addiction	55.0%	39.5%	59.3%	60.0%	50.0%
		% of Total	12.2%	16.7%	17.8%	3.3%	50.0%
	Female	Count	9	23	11	2	45
		% within Gender	20.0%	51.1%	24.4%	4.4%	100.0%
		% within Level of Addiction	45.0%	60.5%	40.7%	40.0%	50.0%
		% of Total	10.0%	25.6%	12.2%	2.2%	50.0%
Total		Count	20	38	27	5	90
		% within Gender	22.2%	42.2%	30.0%	5.6%	100.0%
		% within Level of Addiction	100.0%	100.0%	100.0%	100.0%	100.0%
		% of Total	22.2%	42.2%	30.0%	5.6%	100.0%

Source: Primary Data

Table. IV
Chi-Square Test

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	3.010[a]	3	.390
Likelihood Ratio	3.030	3	.387
Linear-by-Linear Association	.388	1	.534
N of Valid Cases	90		

Source: Primary Data
Chi square= 3.010, df=3, P > .390, Significant level= 0.05

It is evident that Table 3 shows the P Value .390 which is greater than 0.05 it accepts the null hypothesis. There is no relationship between gender and level of internet addiction. The distribution of addiction is same across the categories of gender. The level of internet addiction is approximately same in male and female.

Discussion-
The present study was conducted to investigate the problem of internet addiction among research scholars. It was found that 77 percent scholars had internet addiction. In a study of undergraduate medical students by Dr. A. Khare shows that 63% students moderately addicted, 20% mildly addicted and 6% severe addicted to internet. [5] another study conducted by Laura Widyanto on psychometric properties of the internet addiction test they found that younger and most recent users reported more problems mainly concerning the neglect of work and social life. [6]

In present study research scholars were found to spend significant amount of time on internet. they were using internet for social networking and academics. The present study showed that internet addiction is approximately same in male and female. Most of the scholars were suffering from mild addiction. Result shows that research scholar's job performance and productivity were not compromised due to time spent online.

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