

A Study to Assess the Risk Factors of Internet Addiction Among Adolescents At Selected College, Puducherry

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Abstract: Internet addiction in young people is especially recognized as a social problem. Internet addiction was found to be highly co-morbid with other mental health conditions, such as attention-deficit hyperactivity disorder (ADHD), depression, anxiety disorders, low self-esteem, impulsivity, social anxiety, and suicide. The main aim of the study to assess the risk factors of internet addiction among adolescents at selected college, Puducherry. The research approach adopted for this study was Quantitative approach. The sample size for this study was 150 dog owners who are residing at Puducherry. The samples were selected using Purposive sampling technique. The study result shows that Out of 30 samples, 29(97%) of them have Low level complication of internet addiction, 1(3%) of them have high level complication of internet addiction. The chi square reveals that it is statistically association with type of residence to $p < 0.001$. The researcher concluded that there is indicative evidence of the effect of IA on the mental health, particularly depression, of adolescents.

Keyword: Internet Addiction, Risk Factors, Adolescents, Depression & Complication.

I. Introduction

Internet addiction in young people is a significant social problem, with prevalence rates ranging from 38% to 90%. The concept of internet addiction as an independent psychiatric disorder is still debated, with some researchers suggesting it co-morbid with other mental health conditions like ADHD, depression, anxiety, low self-esteem, impulsivity, social anxiety, and suicide.

The American Psychiatric Association (APA) proposed the "Internet Gaming Disorder" in 2013 as a health condition for further study. The study aims to investigate the prevalence of internet addiction and its psychosocial determinants, as well as co-morbid psychiatric morbidities among internet users across different age groups. The American Psychiatric Association aims to include Internet Use Disorder in the Diagnostic and Statistical Manual for Mental Disorders for the first time, acknowledging the problems arising from this addictive disorder.

Internet addiction prevalence in adolescent and adult populations is unclear due to various measurement instruments used. This study adopts clinical criteria for Internet addiction, based on official diagnoses of substance dependence and pathological gambling. Internet addiction is defined by symptoms such as loss of control over behavior, internal and interpersonal conflict, preoccupation with the internet, mood modification, and withdrawal symptoms. Excessive online gaming, gambling, and social media use are identified as activities that can lead to symptoms similar to substance-related addictions. Internet addiction is comorbid with clinical disorders and premorbid symptoms, such as depression, insomnia, suicidal ideation, attention-deficit hyperactivity disorder, social phobia, hostility, schizophrenia, obsessive-compulsive disorder aggression, drug use, and problematic alcohol use.

Personality traits that distinguish addicted gamers from high-engagement gamers include negative extraversion, emotional stability, agreeableness, negative valence, and attractiveness. These traits may increase the risk of Internet addiction. However, no study has investigated the interactions between personality and problematic Internet usage in increasing the risk for addiction. This study aims to fill the gap in knowledge by assessing Internet addiction prevalence in a large sample of adolescents and exploring the interactions between personality traits and the usage of specific Internet applications as risk factors for Internet addiction.

NEED FOR THE STUDY

The researchers found that 68.9% were regular Internet users, which is consistent with previous studies and that 13.7 percent (more than one out of eight respondents) found it hard to stay away from the Internet for several days at a time. 12.4 percent stayed online longer than intended time very often or often. 12.3 percent had seen a need to cut back on Internet use at some point. 8.7 percent attempted to conceal non-essential Internet use from flaunty, friends and employers. 8.2 percent used the Internet as a way to escape problems or relieve negative

mood. 5.9 percent felt their relationships suffered as a result of excessive Internet use National and international studies suggest that Internet addiction is an important public health problem in adolescents and young people. In our country, there is a need to investigate the association of this issue with sociodemographic factors and psychiatric issues. In this study, we aimed to investigate the prevalence and risk factors of Internet addiction in high school students.

Statement of the problem

“A study to assess the risk factors of internet addiction among adolescents at selected college, Puducherry”

Objectives of the study:

- To assess the level of the risk factors of internet addiction among adolescents at selected college.
- To assess the impact of the risk factors of internet addiction among adolescents at selected college.
- To find out the correlation between the levels of the risk factors of internet addiction among adolescents at selected college.
- To find out the association between levels of the risk factors of internet addiction among adolescents at selected college demographic variables.
- To find out the association between the impacts of the risk factors of internet addiction among adolescents at selected college demographic variable

Delimitation:

- The study is limited to 30 adolescents at selected college.
- The study is limited to 2 weeks.
- The Study was limited to both male and female.
- The Study was limited to who are available at the time of data collection.

II. Methodology

The research methodology for this study focuses on assessing the prevalence and risk factors of internet addiction among adolescents at a selected college in Puducherry. A quantitative research approach was adopted to collect and analyze data in a systematic and structured manner. The research design chosen for the study is descriptive, aiming to describe the characteristics of the target population. The study was conducted at a college in Puducherry, with the target population being adolescents. The sample size for the study consisted of 50 adolescents who met the inclusion criteria, and a simple random sampling technique was used for selecting participants.

Inclusion criteria included adolescents who were willing to participate in the study, understood both Tamil and English, resided in Puducherry, and had internet addiction. Exclusion criteria involved individuals who were not adolescents, unwilling to participate, residing in the college, or those who did not know Tamil or English.

Tools:

The primary tool for data collection was a checklist (structured questionnaire) that assessed the risk factors of internet addiction. The tool was divided into two sections: Section A, which collected socio-demographic variables such as age, gender, religion, educational status, and other relevant information, and Section B, which focused on the prevalence and risk factors of internet addiction, consisting of 26 items. The scoring system was based on the participants' responses, with different scores corresponding to their level of knowledge or awareness.

Data collection procedure

Once the tool was validated and the necessary permissions were obtained, the data collection process was scheduled. After establishing rapport with the participants, the data was collected from the selected sample, ensuring that the respondents were adequately informed and willing to participate. The methodology aimed to offer a comprehensive understanding of internet addiction and its associated risk factors among adolescents.

III. Results

Table 1: Frequency and percentage wise distribution of demographic variables

S.NO	DEMOGRAPHIC DATA	FREQUENCY	PERCENTAGE
I.	Age		
	a. 11-13 years	18	60
	b. 14 years	12	40
	c. 15 years		0
	d. 16-18 years		0

2.	Gender		
	a. male	16	53.3
	b. Female	14	46.7
3.	Religion		
	a) Hindu	13	43.3
	b) Muslim	7	23.3
	c) Christian	10	33.3
4.	Which course		
	a) B.sc nursing		0
	b) M.Sc nursing	15	50
	c) Post b.sc nursing	15	50
5.	Which college		
	d) Government college		0
	e) Private college	2	6.7
	f) others	28	93.3
6.	Types of family		
	a) nuclear	26	86.7
	b) joined family	4	13.3

The table 1 shows that out of the People who were interviewed, Majority of the people 18(60%) were in the age group above 11-13 years. Most of the children 16(53%) were male. Most of the tem undergoing post-graduate 15 (50%). Most of them26(87%) belongs to nuclear family. Most of them 26(87%) belongs urban area. Majority of them 17(57%) had awareness of hazards of the electronic devices. Among 30 only 19 (63%) had no mobile phones. But 30(100%) of them using mobile phones 2-4 hours

Table 2: Frequency and percentage wise distribution of the the risk factors of internet addiction among adolescents.

SCORING INTERPRETATION	FREQUENCY	PERCENTAGE
Low level complication of internet addiction	1	3
high level complication of internet addiction	29	97
Mean	40.66	
SD	5.67	

Table 2 shows that out of 30 samples, 29(97%) of them have Low level complication of internet addiction, 1(3%) of them have high level complication of internet addiction. Area wise mean and standard deviation about the level of the the risk factors of internet addiction among adolescents.

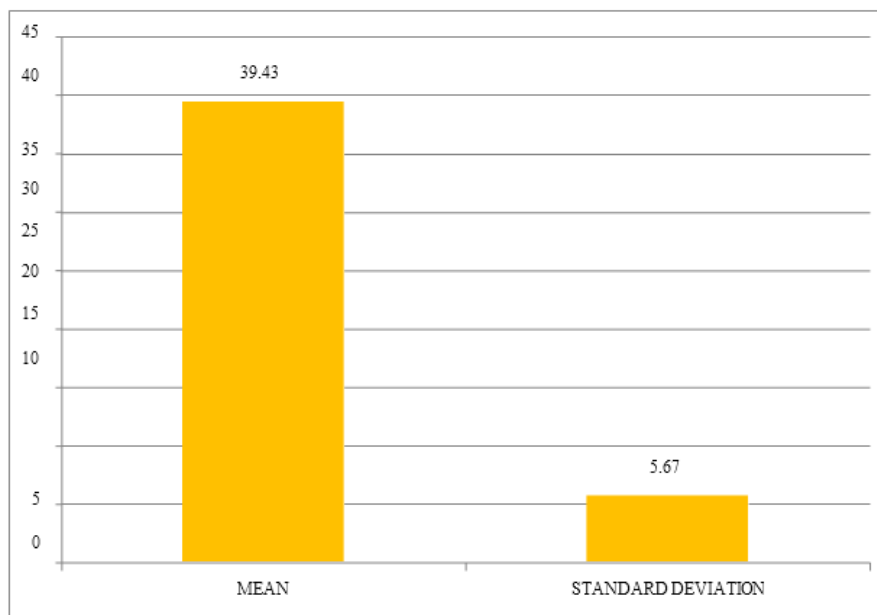


Figure 1: Mean and Standard deviation of the level the risk factors of internet addiction among adolescents

IV. DISCUSSION

The study findings from the study assessing the risk factors of internet addiction among adolescents at a selected college in Puducherry. The study utilized a descriptive research design with a quantitative approach, selecting a sample of 60 adolescents. The findings are analyzed under the following key areas:

Demographic Variables: The majority of participants (60%) were in the 11-13 years age group, with most (53%) being male. A significant portion (50%) were undergoing post-graduate studies, and most (87%) belonged to nuclear families and lived in urban areas. Awareness of the hazards of electronic devices was observed in 57% of the adolescents. Additionally, 63% of participants did not own mobile phones, but all reported using mobile phones for 2-4 hours daily.

Assessment of Risk Factors: The study found that 97% of the adolescents experienced a low level of internet addiction complications, while only 3% had high-level complications, highlighting the generally low level of addiction risk among the sample.

Association Between Demographic Variables and Risk Factors: The mean score of the risk factors of internet addiction was 40.66 with a standard deviation of 5.67. Statistical analysis using chi-square tests indicated a significant association between the level of risk and the type of residence ($p < 0.001$), suggesting that environmental factors may influence the risk of internet addiction.

The findings align with prior research, which has identified factors like neuroticism, aggression, introversion, and social inhibition as contributing to internet addiction (van der Aa et al., 2009; Mehroof & Griffiths, 2010b). The study also corroborates the idea that students, particularly those with unrestricted access to the internet and less parental supervision, are at a higher risk of developing internet addiction (Widyanto & Griffiths, 2006; Leung & Lee, 2012). These factors contribute to a complex interaction between personality traits and internet usage patterns that may increase the risk of addiction among adolescents.

V. CONCLUSION

In conclusion, some potential risk and protective factors have been suggested from the included studies. In terms of the effect of IA, there is indicative evidence of the effect of IA on the mental health, particularly depression, of adolescents. The results of the review found that, due to the aforementioned limitations, more similar studies should be conducted to verify the findings of the reported studies in order to provide sufficient evidence for the fulfilment of the validation criteria of a psychiatric disorder.

VI. RECOMMENDATIONS

- The same study can be conducted in patient's care among adolescents at Selected College.
- The study can be replicated with larger samples for better generalization.
- The study can be implemented at the various states of India.

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