# IMPACT OF INTERNET ADDICTIONS ON MENTAL HEALTH AMONG ADOLESCENTS AT SELECTED COLLEGES VISAKHAPATNAM, ANDHRA PRADESH

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## Introduction

Technology is really important. Technology is used to complete almost all forms of labor. Everyone is dependent on technology in the modern world since many tasks, such as online shopping, payments, and bill paying, cannot be accomplished without it (Keswani, Banerjee & Patni, 2008). The rapid advancement of technology has affected humankind's daily lives as well. We learn about new technologies every day in a variety of areas of our lives, such as office work, the market, academics, medicine, etc.

## SIGNIFICANCE OF THE STUDY

Several studies have shown that using the Internet for extended periods of time can alter the anatomy of the brain, bring in physical issues, disrupts social networking of the individual, contributes to stress, disrupts personal relationships, creates obstacles for the development of a variety of social skills in young people, such as the capacity for face-to- face engagement According to numerous researches on internet addiction and users' mental health, this behavior is characterized by a lack of patience, signs of social isolation, emotional problems, and disruption of social relationships (Goldberg, 1996). Both emotional and physical symptoms and signs of internet addiction illness are present (Masih & Rajkumar, 2019). Anxiety, despair, loneliness, and mood swings are some of the main emotional signs of internet addiction (Hurley, 2008; Akin & Iskender, 2011; Gregory, 2019; kuss & Lopez-Fernandez, 2016; Tao et al., 2010). Internet addiction can cause abrupt weight loss and gain, poor nutrition, impaired vision, insomnia, neck discomfort, back pain, and headaches, among other physical symptoms (Gregory, 2019; Tao et al. 2010). Some signs of mental health issues brought on by excessive internet use include depression, hopelessness, and losing interest in daily tasks (Cunningham, Gulliver, Farrer, Bennett & Carron-Arthur, 2014; Greydanus & Greydanus, 2012). The biggest problem in the field of mental health is internet addiction. People are becoming more and more callous to society, other living things, and other difficulties as a result of their unneeded and excessive internet use. In the postmodern world, it has developed into a serious illness. It is causing a wide range of psychological illnesses and personality traits in users all over the world. Utilizing the internet allows for quick access to knowledge, the sharing of information and documents for both personal and professional purposes. Internet access is become a need for day-to-day living. Today's world revolves around the internet. Before the invention of the internet, human life was different. People showed love to one another communicated effectively, had good family relationships, tried to always tell the truth, and met in person. However, thanks to the internet, people can now interact with one another instantly, anywhere, at any time, and at the speed of light. Teenagers appear to be more glued to the internet in our country because it is widely used and accessible. Teenagers utilize the internet more than adults due to the introduction of several social networking sites and mobile apps. There is a negative influence on their academic achievement, health, and family due to increased internet use. Researchers so wish to investigate internet addiction.

## STATEMENT OF THE PROBLEM

**IMPACT OF INTERNET ADDICTIONS ON MENTAL HEALTH AMONG ADOLESCENTS AT SELECTED COLLEGES VISAKHAPATNAM, ANDHRA PRADESH**

## OBJECTIVES OF THE STUDY

1. To investigate the impact of important sex factors and local characteristics affecting internet addiction.
2. To investigate and examine significant variations in the interactions between local and academic characteristics and internet addiction.
3. To investigate major variations in the effects of sex and geographical characteristics on internet addiction
4. To investigate how major variations and sex-related mental health characteristics affect mental health.

To determine whether internet addiction and mental health are related

## REVIEW OF LITERATURE

### INTERNET ADDICTION AMONG COLLEGE STUDENTS

**Kumar, Gunjan & Dash, Payal & Jnaneswar, Avinash & Suresan, Vinay & Jha, Kunal & Ghosal, Shishirendu.** (2022). COVID-19 initiated in December 2019 in Wuhan, China, and over a period of time, the infection outspread across the world in a rapid pace. This study is aimed to know the impact of Internet addiction during COVID-19 on anxiety and sleep quality among college students of Bhubaneswar city. This was a web-based cross-sectional, questionnaire study. It administered 475 students from six colleges. The students were assessed by a proforma containing demographic details, patterns of internet use,

Youngs Internet Addiction Test, Generalised Anxiety disorder score, and the Pittsburgh Sleep Quality Index.

**Prashant Bagdey, Hemant Adikane, Uday Narlawar, Dadasaheb Dhage, Kishor Surwase, and Alka Kaware** (2018) carried out a cross-sectional study to examine the relationship between mental health and internet addiction among college students in Nagpur. The findings indicate that adolescents between the ages of 17 and 25 had significant internet addition rates. They argued that students' physical, emotional, and social wellbeing are negatively impacted by excessive Internet use.

## STUDY AREA

The study was conducted in various colleges in Visakhapatnam

## RESEARCH METHODOLOGY

## DATA COLLECTION OF THE STUDY

The responders for this study will be 700 subjects, Through the use of the testing inventories, the group was chosen at random. The following test tools were taken into consideration for this purpose with their respective manuals' descriptions of their objectivity, reliability, and validity. In this study, two (02) inventories were used. The Internet Addiction Test, which was employed in this study, was created by Kimbal Young and translated and standardized into the region's language by Mittal Vekariya.

The questionnaire for mental health was created by D.J. Bhatt and Gita R. Gida and utilized in this study to gather data. Thus, 700 subjects who were chosen at random from various institutions and neighborhoods in the Visakhapatnam District served as the study's respondents

## RESEARCH VARIABLES

1. Internet Addiction
2. Mental Health

## HYPOTHESIS

H01 - There is no discernable differences between various region types and internet addiction scores

H02 - There is no significant mean difference between Types of faculty and sex variables & their Internet Addiction score

H1 - There is a large mean difference between the various sex types and their Internet Addiction scores.

H2 - Male students are more addicted to the internet than female pupils.

H3 - There is significant difference among types of faculty and sex variables on internet addiction.

H4 - That is a substantial mean difference between the types of faculty, the area factors, and their Internet Addiction score

H5 - There is significant difference in the types of faculty and area variables on internet addiction

H6 - There is significant difference in sex and area variables on internet addiction

H7 - There is substantial differences between the various sorts of faculties for mental health

H8 - There is significant difference in the mean score of sex variables on mental health

## DATA ANALYSIS AND INTERPRETATION

**Table no: 4.3** The mean score and F value for sex variables on internet addiction

| No. | Variables(Sex) | N | Mean | F | Sig. |
|---|---|---|---|---|---|
| 1 | Male students (B1) | 350 | 48.56 | 27.83 | 0.01 |
| 2 | Female students (B2) | 350 | 42.88 | | |

The mean for male students was 48.56, and the mean for female students was 42.88, according to table. The significance level for the sex variables' F value was 0.01 and it was 27.83. As a result, the H1 was accepted, and it was possible to conclude that there was a large mean difference between the various sex types and their Internet Addiction scores. According to the findings, male students are more addicted to the Internet than female pupils. Thus, we came to the conclusion that Internet addiction was a significant factor affecting male students.

**Table no: 4.4** -Types of sex variables on internet addiction

| No. | Variables(Sex) | N | Mean diff. | Sig. |
|---|---|---|---|---|
| 1 | Male students (B1) | 400 | 5.69 | 0.01 |
| 2 | Female students (B2) | 300 | | |

Significance levels for L.S.D. =0.05=2.15 / 0.01=2.83

The mean difference between male and female students on Internet Addiction was 5.69, which was significant at 0.01 levels, as can be seen from table, the L.S.D. for Types of Sex variables. The conclusion reached was that male students are more addicted to the internet than female pupils. Thus, it was determined that Internet addiction was a significant factor affecting male pupils. Therefore, H2 is accepted that male students are more addicted to the internet than female pupils.

**Table:4.8** Table for interaction of types of faculty and sex variables on internet addiction

| Sr.N0. | Pairs | Mean Diff. | Significance |
|---|---|---|---|
| 1 | A1B1 vs. A1B2 | 6.24 | 0.01 |
| 2 | A1B1 vs. A2B1 | 2.46 | N.S. |
| 3 | A1B1 vs. A2B2 | 11.02 | 0.01 |
| 4 | A1B1 vs.A3B1 | 1.17 | N.S. |
| 5 | A1B1 vs.A3B2 | 3.18 | 0.05 |
| 6 | A1B2 vs. A2B1 | 3.76 | 0.01 |
| 7 | A1B2 vs. A2B2 | 4.79 | 0.01 |
| 8 | A1B2 vs. A3B1 | 5.04 | 0.01 |
| 9 | A1B2 vs.A3B2 | 2.59 | N.S. |
| 10 | A2B1 vs.A2B2 | 8.55 | 0.01 |
| 11 | A2B1 vs.A3B1 | 1.29 | N.S. |
| 12 | A2B1 vs.A3B2 | 1.16 | N.S. |
| 13 | A2B2 vs.A3B1 | 9.83 | 0.01 |
| 14 | A2B2 vs.A3B2 | 7.35 | 0.01 |
| 15 | A3B1 vs.A3B2 | 2.46 | N.S. |

Sig. levels for L.S.D. 0.05=3.74 / 0.01=4.89

The table points out the L.S.D. for interaction of types of faculty and sex variables on Internet Addiction. It could be seen the result and said that most of the pairs are significance at 0.05 or 0.01 levels. The highest mean difference between A1B1 vs. A2B2 (Arts male students Vs. Commerce female students) was 11.02, so the result said that it was big difference. The lowest mean difference between A2B1 vs. A3B2 (Commerce male students Vs. Science female students) was 1.16 on Internet Addiction. Hence, it could be seen all the result and concluded that either all variables (faculties and sex) are affected on Internet Addiction or Internet Addiction affected them. Therefore, H3 that there is significant difference among types of faculty and sex variables on internet addiction is accepted.

**Table 4.9 :** Interaction F for types of faculty and area variables on internet addiction

| Variables | A1(Arts faculty students) | A2 (Commerce faculty students) | A3 (Science faculty students) | F | Sig. |
|---|---|---|---|---|---|
| C1 (Rural) | 48.49 | 41.37 | 45.08 | 2.56 | N.S. |
| C2(Urban) | 42.90 | 42.76 | 47.75 | | |

Significance levels df2 =0.05=3.00 /0.01=4.63

Table 4.9 : Interaction F for types of faculty and area variables on internet addiction The Interaction F for Types of faculty and Area factors on Internet Addiction F value was 2.56, which was not significant at 0.05 levels, as can be seen from table As a result, it can be said that there was a substantial mean difference between the types of faculty, the area factors, and their Internet Addiction score. Therefore H4, that there was a substantial mean difference between the types of faculty, the area factors, and their Internet Addiction score is accepted.

**Table 4.10 :** Table for interaction of types of faculty and area variables on internet addiction

| Sno | Pairs | Mean difference | Significance |
|---|---|---|---|
| 1 | A1C1 vs A1C2 | 3.57 | 0.01 |
| 2 | A1C2 vs A2C1 | 6.08 | 0.01 |

| | | | |
|---|---|---|---|
| 3 | A1C1 vs A2C2 | 4.75 | 0.01 |
| 4 | A1C1vsA3C1 | 2.44 | N.S |
| 5 | A1C1 vs A3C2 | 0.25 | N.S |
| 6 | A1C2 vs A2C1 | 2.53 | N.S |
| 7 | A1C1 vs A2C2 | 1.18 | N.S |
| 8 | A1C2vs A3C1 | 1.15 | N.S |
| 9 | A1C2 vs A3C2 | 3.82 | 0.01 |
| 10 | A2C1 vs A2C2 | 1.37 | N.S |
| 11 | A2C1vsA3C1 | 3.68 | 0.01 |
| 12 | A2C1vsA3C2 | 6.34 | 0.01 |
| 13 | A2C2 vs A3C1 | 2.33 | N.S |
| 14 | A2C2 vs.A3C2 | 4.97 | 0.01 |
| 15 | A3C1 vs.A3C2 | 2.66 | 0.05 |

Sig. levels for L.S.D. 0.05=3.75/ 0.01=4.89

The L.S.D. for interactions between the categories of faculty and area factors on Internet addiction shows that the majority of pairwise significance could be determined at 0.05 or 0.01 levels. The biggest mean difference between A2C1 and A3C2 (Commerce rural students against Science urban students) was 6.34, which indicates that there was a significant difference, according to the results. On Internet Addiction, the A1C1 vs. A3C2 (Arts rural students vs. Science urban students) mean difference was 0.25 at its lowest. Therefore H5, that there is significant difference in the types of faculty and area variables on internet addiction is accepted.

**LIMITATIONS OF THE STUDY**

1. The sample size in this study was just 700 subjects.
2. The only form of data collection used in the current study is the inventory method; no other scientific methods, such as the interview method, survey method, analytical method, etc., are used.
3. Only a few dependent variables, such as Internet Addiction and Mental Health, were chosen for the study, but we also included some other dependent factors (e.g. Frustration, Adjustment, etc.)
4. The sample for the study was chosen from individuals aged 17 to 23. None of the Older and Younger Age Groups.

Only ordinary college students are eligible for the current study.

**Research Findings**

The study's findings led to the following conclusions:

1. Internet Addiction differs significantly depending on the types of faculty characteristics.
2. Internet Addiction differs significantly depending on the sex characteristics.
3. The relationship between Mental Health and Sex Variables is Significant.
4. Based on Area factors, there is a significant variation in Mental Health
5. Internet addiction and mental health are negatively correlated.
6. Joint and nuclear families differ significantly in terms of internet addiction
7. Joint and nuclear families differ significantly in terms of their impact on mental health.

**RECOMMENDATIONS**

1 The study's current focus is only on the Vishakhapatnam; hence, future research should consider other areas of interest.
2. This study only looked at a few characteristics, such as Internet addiction and mental health, therefore it's possible that other variables will be examined in subsequent studies (e.g., Frustration, Adjustment, Life satisfaction etc.)
3. The only form of data collection used in the current study is the inventory method; no additional techniques, such as the interview method, survey method, analytical method, etc., are used, and as a result, the future study will not produce the positive results we would like.
4. The current study selects a variety of college-going students, but the next study will select diploma and distance-learning students.
5. Researcher contacts and meets with subjects' relatives and family members while collecting inventory data and other personal information for future study samples.

6. A study on personality differences among other faculty students, such as those in the medical, engineering, IIT, or other fields, might be carried out.
7. Cross-cultural and comparative research with various characteristics, such as religion, caste, and the type of family, size of the family, and educational attainment, may be difficult to pursue.
8. Last but not least, the same study may be revisited five years later to confirm the findings.
9. The study's age range was 17 to 23 years; in the future, it will get older.

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