IMPACT OF INTERNET ADDICTION OF DEGREE COLLEGE STUDENTS ON THEIR HEALTH STATUS

[1]Dr. Somashekhar Patil

[1] Assistant Professor (Physical Education)
[1] College of Agriculture
[1] Hanumanamatti, Ranebennur Taluk, Haveri District-581 115 Karnataka, India

Abstract: The aim of this research is to examine the relationship between Internet Addiction and Health of Degree College going students and also identify the differences in the Health of degree college going students with regard to sex and different levels of internet addiction. For the present research descriptive survey method was followed. A simple random sampling technique was used to select the sample for the present investigation. The degree college students who are studying in bachelor degrees from private colleges of Haveri District were selected. The sample included 45 male and 53 female. The General Health Questionnaire (GHQ-28) developed by Goldberg (1978) and Internet Addiction Scale developed by Kimberly Young (1996) will be used for the proposed topic to identify general health and Internet Addiction among the students. The Pearson's Product Moment Coefficient of Correlation and Analysis of Variance test was utilized with the help of SPSS Package and MS Office. The level of significance was fixed at 0.05 level. The result shows that negative relationship between general health and internet addiction of Degree College going students. The above mentioned variables are associated with each other and the result shows that internet addiction affected negatively on general health of the degree college students. The 't' test also proved that there was no significant difference in the general health of male and female students and from ANOVA results, students who had less internet addiction had better health when compared with average and high internet addiction respectively. The study suggests that parents should monitor the usage of internet activities by using friendly private settings. Parents and teachers should monitor the time spent over internet and encourage to usage education purpose. Social interactions, playing sports and practice of yoga indulging in a hobby should be suggested to overcome internet addiction

Index Terms - Health, Degree College going students, Internet Addiction, significant

I.   INTRODUCTION

Around a decade ago, when the Internet could only be accessed on the desktop or a laptop, web usage was limited. Many were still excessively using it, but it was not as bad as it is now. The introduction of smartphones has given the rates of internet addiction a boost. People are seen glued to their screens wherever they go. This becomes worse as work is done on screen as well. And in these times, you need this technology for getting an education as well. As of recently, internet addiction has become a global problem among people of all ages. Not just the youth but also children. They sit in front of the screen on social media, chatting, or video games. Using the Internet in excess can be destructive for the person and even fatal. Internet is by and large extensively utilized from one side of the planet to the other. Internet addicts forget to eat, complete essential tasks, and ignore their loved ones. All they need is a high-speed internet connection and a tool to access it. This is more than enough to consume all their attention throughout the day.

Internet addiction is a severe disorder that affects a person's ability to think rationally. Even though internet addicts often know the harmful consequences of this addiction, they do not make much effort to beat it. This often results in severe problems like depression, anxiety, and other psychological disorders. The someone who is addicted progressively ignores his work obligations, connections and at last even his health in his drive to stay animated. Internet addiction is described as ineffectively controlled internet utilizes and can prompt drive control problems. Quite perhaps the most widely recognized of these issues is internet addiction (Murali and George, 2007; Shapira, Lessig. Goldsmith et al. 2003: Young, 1998). The reason for this investigation was to know the status of general health of degree college students by using different levels of internet addiction.

STATEMENT OF THE PROBLEM

"Impact of Internet Addiction of Degree College Students on their Health Status."

OBJECTIVES OF THE STUDY

1. To know the health status level of Degree College going students.

2. To examine the relationship between Internet Addiction and Health of degree college going students.

3. To identify the differences in the Health of degree college going students with regard to sex and different levels of internet addiction.

HYPOTHESES OF THE STUDY

The following null hypotheses have been formulated for empirical validation.

1. It was hypothesized that there was no significant relationship between Internet Addiction and Health of Degree College going students.

2. It was hypothesized that there was no significant difference in the Health between Degree College going male and female students.

3. There is no significant difference in the Health of Degree College going students having different levels of internet addiction levels (less, average and more levels).

METHODOLOGY

Research Design:

For the present research descriptive survey method was followed.

Operational Definitions:

The following terms have been used in the study.

Internet Addiction: It is defined as "an uncontrollable desire for excessive use of the Internet, devaluation of time spent without connecting to the internet, intense nervousness and aggression in the case of deprivation and progressive deterioration of social and family life."

General Health: According to World Health Organization (WHO), health is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." In the present research, 'General Health Questionnaire' was used screening test aimed at detecting distress of students in terms of somatic, anxiety/insomnia, social dysfunctioning and severe depression

3.   **Variables of the Study:** The following variables were treated for the study:

I. Dependent variable	**II. Independent variable**
General Health Status	Internet Addiction

III. Situation Variable

Sex.

4.   **Sample of the Study:** A simple random sampling technique was used to select the sample for the present investigation. The degree college students who are studying in bachelor degrees from private colleges of Haveri District were selected. The sample included 45 male and 53 female.

5.   **Tools of Research**

Internet Addiction Scale: Internet Addiction Scale (1996) developed by Kimberly Young was utilized to measure internet addiction of college students for the present investigation. The Internet Addiction scale consists of 20 items scored on a 6-point scale, namely Does not apply (0), Rarely (1), Occasionally (2), Frequently (3), Often (4), Always (5). The test–retest reliability of coefficient was found to be 0.81. The tool was content validated by subject experts in the specialized field.

General Health Questionnaire: The General health Questionnaire-28(GHQ) was developed by devised by David Goldberg and Paul Williams was used to assess the general health status of degree college going students. This questionnaire consisted of 28 items distributed over four dimensions namely Somatic; Anxiety/insomnia; Social dysfunctioning; and Severe depression. These items are followed by four options that is not at all (0), no more than usual (1), rather more than usual (2) and much more than usual (3). The reliability of coefficient was found to be 0.75.

Statistical Techniques used to Analyze the Data:

The Pearson's Product Moment Coefficient of Correlation, 't' test and Analysis of Variance test was utilized with the help of SPSS Package and MS Office. The level of significance was fixed at 0.05 level.

RESULTS

Results related to Correlation Analysis

The data was analyzed by utilizing coefficient of correlation technique and the results are presented in the following table.

Table-1: Coefficient of Correlation results and its significance between General Health and Internet Addiction of degree college going students.

Variables	**N**	**Df**	**Mean**	**Standard Deviation**	**Obtained 'r' value**	**Table Value**	**Level of Sig.**
General Health	98	96	32.877	13.741	-0.545	0.195 (0.05)	0.05 level
Internet Addiction			48.836	11.519			

The above table illustrates that the obtained 'r' value -0.545 is greater than the table value 0.195 at 0.05 level of significance. Hence, the stated null hypothesis is rejected and an alternate hypothesis has been formulated that "there was a significant negative relationship between Health and Internet Addiction of college students." The 'r'

value is indicate negative indication this may be due to the general health question indicates higher the scores high distress/disorders and in internet addiction questionnaire indicates higher the scores higher addiction.

Results related to 't' test

Table-2: Table shows the Number, Mean, Standard Deviation, obtained 't' value and its level of significance of the General Health scores of Degree college male and female students.

Variable and Groups	N	Mean	Standard Deviation	Obtained 't' value	Sig. Level
Male	45	33.933	11.959	0.71	Not Significant
Female	53	31.981	15.147		

Table-2 reveals that the obtained 't' value 0.71 is less than the table value 1.99 at 0.05 level of significance. Hence, it is not found significant. The stated hypothesis has been accepted that "there was no significant difference in the Health Status between degree college going male and female students"

Results related to ANOVA Examination

The One-way ANOVA technique results on Health scores of degree college students having different levels of internet addiction (less, average and more levels of internet addiction)

Table-3: One-Way ANOVA technique results on Health scores of degree college students having different levels of internet addiction (less, average and more levels of internet addiction).

Groups	Sum of Squares	df	Mean Squares	F Value	Level of Sig.
Between Groups	2941.878	2	1470.939	9.089	Sig. at 0.05 level
Within Groups	15374.653	95	161.838		
Total	18316.531	97			

Table value at 0.05 (df is 2, 95); 3.10

From the above table-3, it was observed that the obtained 'F' value 9.089 is greater than the table value of 3.10 for df is '2 and 95' required for the significance at 0.05 level of significance and it is found significant at 0.05 level of confidence. Hence, the said hypothesis is rejected and alternate hypothesis has been accepted that "there was a significant difference in the Health of Degree College going students having different levels of internet addiction (less, average and more levels)."

To determine the significant difference in the health status of degree college students with different levels of internet addiction paired mean scores, the 'Scheffe's test was applied as the Post hoc analysis and the output was illustrated in Table-3(i).

Table-3(i): Scheffe's Post Hoc Analysis on Health of degree college going students having different levels of internet addiction (less, average and more levels of internet addiction).

Internet Addiction levels			Mean Differences
Less	**Average**	**More**	
17.125	33.296	×	16.171*
×	33.296	43.111	9.815
17.125	×	43.111	25.986*

*Significant at 0.05 level

The table-3(i) demonstrates significant paired mean differences in the Health status between less & average internet addiction levels; and less and more internet addiction levels of Degree College going students as the mean differences are 16.171 and 25.986 which were greater than the critical difference value at 0.05 level of significance.

The study concluded that there was significant difference in the Health Status of degree college going students between less & average internet addiction levels; and less and more internet addiction levels of Degree College going students and no different exists between average and more levels of internet addiction as the mean difference value of 9.815 is less than the critical difference value at 0.05 level of significance. The students who had less internet addiction had better health when compared with average and high internet addiction respectively.

MAJOR FINDINGS

The results are found by the investigation is as under

1. Found significant negative relationship between Health and Internet Addiction of college students.

2. Found insignificant difference in the Health Status between degree college going male and female students.

3. Found significant difference in the Health of Degree College going students having different levels of internet addiction (less, average and more levels). The students who had less internet addiction had better health when compared with average and high internet addiction respectively.

CONCLUSION

The result shows that negative relationship between general health and internet addiction of Degree College going students. The above mentioned variables are associated with each other and the result shows that internet addiction affected negatively on general health of the degree college students. The 't' test also proved that there was no significant difference in the general health of male and female students and from ANOVA results, students who had less internet addiction had better health when compared with average and more internet addiction respectively. The study suggests that parents should monitor the usage of internet activities by using friendly private settings. Parents and teachers should monitor the time spent over internet and encourage to usage education purpose. Social interactions, playing sports and practice of yoga indulging in a hobby should be suggested to overcome internet addiction.

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