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A STUDY ON INTERNET ADDICTION OF P.G. LEVEL STUDENTS OF PURULIA DISTRICT

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Abstract

In modern era, internet is thing that has affected the daily life in many ways. This internet addiction has also affected education in many ways. Now a days the internet is so intertwined with education that the pace of education without the internet seems to be stagnant. This attitude shown mostly in university students. So the objectives of this study is mainly observe the attitudes of internet addiction in P.G. level students. This research work shows that rural-urban, arts-science, rural male-urban male, rural female-urban female, urban male-urban female, arts male-science male, arts female-science female students are similar on the basis of attitudes toward internet addiction but not similar attitude exist in male-female, rural male-rural female, arts male-arts female, science male-science female students.

Keywords: *Internet Addiction, Attitude, P.G. Level students, Male-Female, Arts-Science and Rural-Urban*

Introduction

Internet addiction is a broad term that refers to personal impulse control problems involving the internet, mobile technology and computers. The internet has made our lives so much easier but when it's used excessively it can cause anxiety, depression and mental disorders which are all symptoms of internet addiction. Internet addiction is defined as an unhealthy behaviour that interferes with and causes stress in one's personal, school and work life. Like other addictions, compulsive internet usage completely dictates a person's life. Addicts struggle to control their behaviour causing a sense of despair, leading them to dive further in their addictive pattern. After some time addicts become dependent on cyberspace to feel normal. Internet addiction is a new age addiction that is known to attract people around the world. This addiction has affected many people of different age groups: However, it is more prevalent among the youth. People tend to go to the internet to find solitude, kill boredom and bring some fun to their life. Today people experience different personal and professional life and standards, owing to which people tend to divert towards depression and stress. Reach works say that sometimes good leadership help to overcome these issues professionally (Sen et al, 2023a; Sen et al, 2023b). However, before they know that they become addicted to it.

Review of the related literature

Menon, Narayanan and Khawaji (2018) conducted by the researchers "Internet addiction: A Research Study of College Students in India". The result of this study showed that the older group was using the internet more. But there is no evidence of serious internet addiction here. Addiction was more in the moderate to mild addiction range. Gender differences were also observed in internet use with males being more addicted than females. However, this study didn't show any difference between students in years of

study. This study indicates that there is a high level of correlation between age and internet addiction and that older students are more addicted to the internet than younger students. Kumar and Mandal (2018) lead to researchers “A study on internet addiction and its relation to psychopathology and self-esteem among college students”. The results showed that depression, anxiety and various psychological problems were observed and this problem affects student’s social lives and their respective with families. Zenebe et al. (2021) administered by the researchers “Prevalence and associated factors of internet addiction among undergraduate university students in Ethiopia: a community university based cross-sectional study”. The results of this study showed that the prevalence of internet addiction among the current internet users was 85% (n = 466) Spending more time on the internet adjusted odds ratio (AOR =10.13, 95% cl 1.33-77.00) having mental distress (AOR = 2.69,95% cl 1.02-7.06) and current alcohol use (AOR = 2.32 , 95% cl 1.09-4092) were associated with internet addiction. Jain et al. (2000) carry out by the researchers “Study of internet addiction and its association with depression and insomnia in university students”. The results of this study showed that among 954 subjects, 518 (60.59 %) were male and 376 (39.41 %) were female with mean age of 23.81 (SD ± 3.72). 15.51% study subjects were internet addicts and 49.19 % were over users. Several parameters including graduation level, time spent per day online, place of internet use, smoking and alcohol had significant association with internet addiction. Internet addiction was predominantly associated with depression and insomnia.

Mohammadkhani et al. (2017) conducted by the researchers “Research paper: Internet Addiction in High School Students and its Relationship with the Symptoms of Mental Disorders”. The results showed that there was no significant difference between prevalence of internet addiction in male and female. However, there is a significant positive relationship between internet addiction variable and symptoms of mental disorders and particularly independent variables of psychosis and anxiety from the signs of mental disorders had a profound effect on internet addiction. Fitria et al. (2018) lead by the researchers “Exploring internet addiction on adolescents”. The results showed that most adolescents were at high, medium and low levels of internet addiction. Of the 175 persons, there are 20 persons that are outliers or misfits. The findings from can be an important input for counsellors in establishing appropriate treatment to overcome the internet addiction problem experienced by adolescents in Indonesia. Gupta and Prabhu (2020) administered by the researchers “Study on Internet Addiction in Young Adults”. It was concluded that about 65.5% of the study population are mild – moderately affected, 6% are severely affected. Overuse of internet for all aspects be it academic, social and psychological factors have affected the results. Topal (2020) conducted by the researchers “Investigation of high school students internet addiction levels using various variables: The case of Giresun Province”. Through this study it was determined that the mean scores of high school students regarding internet addiction levels differ significantly in terms of gender, class level, economic status and parent’s education level.

Alrowaili et al. (2019) carry out by the researchers “Prevalence of internet addiction and its associated factors among female students at Jouf University, Saudi Arabia”. The results of this study showed that 48% students scored as average internet users and 49.5% students had moderate addiction and 1.9% students had severe addiction. Hassan et al. (2020) lead by the researchers “Prevalence and associated factors of internet addiction among young adults in Bangladesh”. The results of this study showed that the overall prevalence of internet addiction was 27.1. Addiction rate was 28.6% in group A and 23.5% in group B. Kuss, Griffiths and Binder (2013) administered by the researchers “Internet Addiction in Students: Prevalence and Risk Factors”. The results of this study showed that 3.2% of the students were classified as being addicted to the internet. The included personality traits and uses of online activities explained 21.5% of the variance in internet addiction. A combination of online shopping and neuroticism decreased the risk for internet addiction, whereas a combination of online gaming and openness to experience increased it. Viridi and Pal (2021) lead out by the researchers “Internet Addiction and the Pattern of Internet Use among Under Graduate Medical Students: A cross-sectional study from North India”. The results of this study showed that the prevalence rate of internet addiction was 56.5% and among them 42.9% was mild addiction and 13.6% was moderate addiction. Finally it can be said that a

large section of medical students are addicted to the internet. Jain, Agarwal and Garg (2020) conducted by the researchers "Internet Addiction among Undergraduate students of a Medical College in North India". The results of this study showed that the percent study 38.4% were mild addict, 29.6% moderate and 2.58% severe addicts. Lebni et al. (2020) carryout by the researchers "A study of internet addiction and its effects on mental health: A study based on Iranian University students". The results showed that the total mean score of the students for internet addiction and mental health was 3.81 ± 0.88 and 2.56 ± 0.33 , correspondingly. The results revealed that internet addiction positively correlated with depression and mental health which indicated a negative relationship. The multiple regression analysis results showed students' five significant vulnerability predictors toward internet addiction, such as the critical reason for using the internet and somatic symptoms.

Goel, Subramanyam and Kamath (2013) conducted by the researchers "A study on the prevalence of internet addiction and its association with psychopathology in Indian adolescents". It was found that 74.5% students use internet normally, 24.8% students may be addicted to internet in future and 0.7% students are already addicted to internet. Lavadi et al. (2021) lead out by the researchers "A study on internet addiction among medical students in a tertiary care hospital in Bangalore, India". The results of this study showed that 52.2% of the students are moderately addicted, 33.2% are mildly addicted and 16.6% are highly addicted to the Internet. Solanki et al. (2023) carry out by the researchers "A Study on Internet and Gaming Addiction, Hikikomori Trait and Insomnia Status among Medical Undergraduate at one of Cities of Western India". It was found that 47.2% of the students were internet addicts, 32% of the students were addicted to online games and 24.5% of the students were found to have hikikomori trait. Yadav et al. (2022) conducted by the researchers "Prevalence and Predictors of Internet Addiction among North India Health Science Students". The results of this study showed that out of 582 participants, 267 were male and 315 were female students. Their mean score is 2.34 ± 0.46 and 2.26 ± 0.62 respectively. Dhawan, Kang and Sharma (2021) lead out by the researchers "Internet addiction among adolescents in India: a study of gender differences". The results of this study showed that 47.08% of the students were moderately addicted including 43.33% boys and 50.83% girls and 23.75% students were highly addicted including 30.83% boys and 16.67% girls. That is to say finally, this study observed significant differences in internet addiction based on gender.

Oraon and Gorain (2023); Deogharia and Gorain (2023); Gorain, (2023); Gorain and Saha (2023a); Gorain and Saha, (2023b); Gorain et al. (2021); Gorain et al. (2018); Gorain et al. (2022); Khan et al. (2023); Mahato et al. (2022); Mondal et al. (2018) all these research work analysis the variable to explore the technological impact on society and education. Haldar et al. (2022) conducted a study on sustainable development and found that urban male and female trainee teachers exhibited a significant disparity in their attitudes towards Sustainable Development. Ansary, Ansary and Adhikari (2022) in their study revealed that there is no significant difference in the attitudes towards social adjustment among under graduate students in Purulia District, regardless of gender, rural-urban background. Khatun, Ansary and Adhikari (2022) found that no significant difference existed between male and female undergraduate students in their attitude toward yoga education. Saha and Maji (2013) conducted a study and found that environmental education, awareness, and training significantly encourage and enhance people's participation in conservation, protection, and sustainable management of the environment. Adhikari, Mahato and Sen (2023) conducted a study on anxiety, depression, stress, general self-efficacy and specific self-efficacy and found that all the aforementioned variables are related. Sutradhar et al. (2023) conducted a study by Mahalanobis Distance on self-efficacy, depression, anxiety and stress of university students and found that the dynamical nature of five dependent variables for various sets of independent variables is not significantly different. Mahato, Sen and Adhikari (2023) conducted a study on depression, anxiety, stress and self-efficacy of post-graduate students and found that all the aforementioned variables are interrelated. Sen et al. (2023b) in a study found strong correlation between the organizational climate and institutional commitment among West Bengal secondary school teachers. Gayen, sen and Adhikari (2023) found that significant relationships exist among various dimensions of organizational climate and

institutional commitment among secondary level school teachers in West Bengal. Sen, Pal and Adhikari (2023) conducted a study on self-efficacy, depression, anxiety and stress of postgraduate students and found significant difference in the dynamical nature of five dependent variables across various groups of independent variables. Gayen and Sen (2021) in their study found that significant relationships were there between anxiety and depression in female students, stress and depression in female students, anxiety and depression in students of the education department, anxiety and depression in students of other departments, anxiety and depression in 2nd semester students, and anxiety and depression in 4th semester students, with no significant relationships identified among other aspects. Sen et al. (2021a) conducted a study on general self-efficacy and specific self-efficacy of postgraduate students in the COVID-19 Pandemic and found that significant difference in general self-efficacy between male and female students, while gender, department, and semester of study do not indicate any significant difference in specific self-efficacy. A study by Sen et al. (2021b) exposed that a significant difference is there in the levels of depression, anxiety, and stress among postgraduate students in relation to gender, department, and semester, and their overall condition.

Methodology

Objectives of the study

1. To reveal the difference between the attitude of Male and Female P.G. level students towards internet addiction.
2. To explore the difference between the attitude of Rural and Urban P.G. level students towards internet addiction.
3. To examine the difference between the attitude of Arts and Science stream P.G. level students towards internet addiction.
4. To examine the difference between the attitude of Rural Male and Urban Male P.G. level students towards internet addiction.
5. To explore the difference between the attitude of Rural Female and Urban Female P.G. level students towards internet addiction.
6. To reveal the difference between the attitude of Rural Male and Rural Female P.G. level students towards internet addiction.
7. To express the difference between the attitude of Urban Male and Urban Female P. G. level students towards internet addiction.
8. To point out the difference between the attitude of Arts Male and Arts Female P.G. level students towards internet addiction.
9. To introspect the difference between the attitude of Science Male and Science Female P.G. level students towards internet addiction.
10. To point out the difference between the attitude of Arts Male and Science Male P.G. level students towards internet addiction.
11. To point out the difference between the attitude of Arts Female and Science Female P.G. level students towards internet addiction.

Hypotheses of the study

H₀₁: There is no significant difference between the attitude of Male and Female P. G. level students towards internet addiction.

H₀₂: There is no significant difference between the attitude of Rural and Urban P. G. level students towards internet addiction.

H₀₃: There is no significant difference between the attitude of Arts and Science stream P. G. level students towards internet addiction.

H04: There is no significant difference between the attitude of Rural male and Urban male P. G. level students towards internet addiction.

H05: There is no significant difference between the attitude of Rural female and Urban female P. G. Level students towards internet addiction.

H06: There is no significant difference between the attitude of Rural male and Rural female P. G. level students towards internet addiction.

H07: There is no significant difference between the attitude of Urban male and Urban female P. G. level students towards internet addiction.

H08: There is no significant difference between the attitude of Arts male and Arts female P. G. level students towards internet addiction.

H09: There is no significant difference between the attitude of Science male and Science female P. G. level students towards internet addiction.

H010: There is no significant difference between the attitude of Arts male and Science male P. G. level students towards internet addiction.

H011: There is no significant difference the attitude of Arts female and Science female P. G. level students to wards internet addiction.

Variable of this study: There are two types of variables in this study. Dependent variable and Categorical variable. Dependent variable is Internet addiction and Categorical variable is gender, residence and stream.

Population: P. G. level students of Purulia district have been selected as population for this research work.

Sample and sampling of the study: In this research work, researchers took 199 students of Sidho-Kanho- Birsha University as a sample through stratified random sampling method, in which 77 are male and 122 are female.

Delimitation of the study

- The present study delimited to Purulia district of West Bengal State.
- This study also delimited to P.G level students of Sidho-Kanho-Birsha University.

Tools Used for the Study: Self-made Internet Addiction scale was used for this study. This scale was a 5 point Likert type scale. This scale has 2 negative items and 50 positive items, total 52 items.

Procedure: A descriptive survey was carried out using the Internet Addiction attitude measuring scale. Primary data was gathered using this scale from Sidho-Kanho-Birsha University P.G. students to investigate the hypotheses. Participants were requested to respond and complete all of the fields.

Statistics Used: The Shapiro-Wilk test was initially used by the researchers to determine normality of the gathered data. Table 1 shows that the significance value is .619, which is higher than .05. Because of this, the researchers may assert that the data follow the normal distribution. Hence, the researchers have applied t-Test for analysing the data and testing the null hypotheses.

Table 1: Normality Test on Internet Addiction

Tests of Normality			
	Shapiro-Wilk		
	Statistic	Degree of freedom	Sig.
Internet Addiction	.994	199	.619

Figure 1: Histogram of Normality Test on Internet Addiction

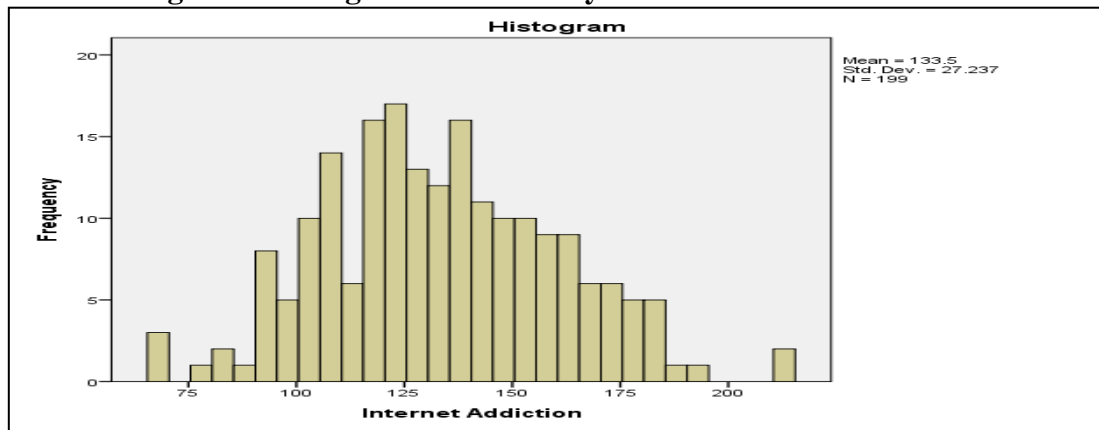


Figure 2: Normal Q-Q Plot of Normality Test on Internet Addiction

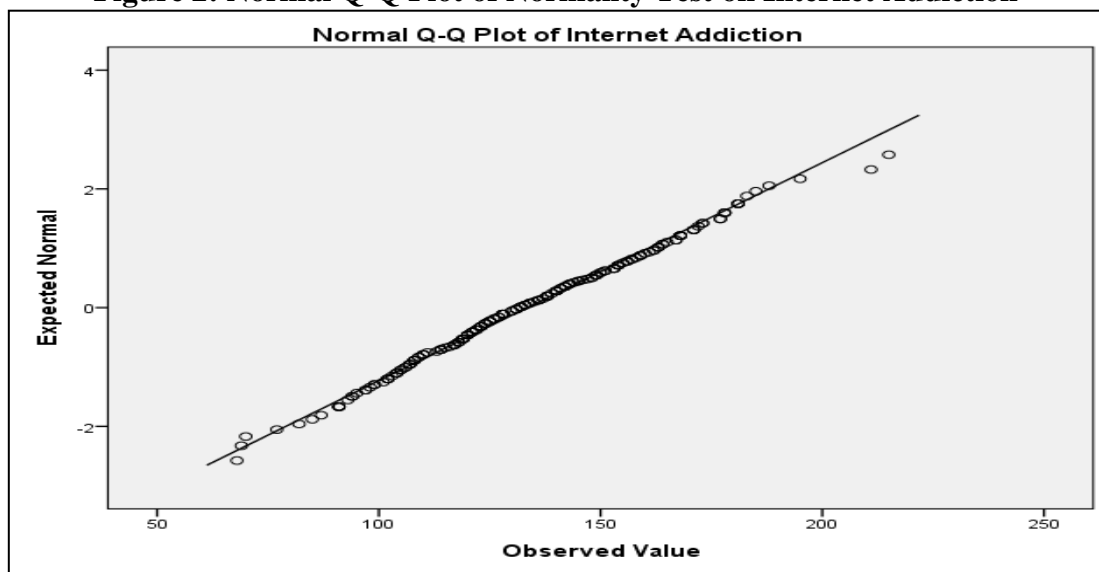


Figure 1, Histogram of Normality Test on Internet Addiction and Figure 2, Normal Q-Q Plot of Normality Test on Internet Addiction shows that the data is normally distributed.

Analysis and interpretations

Testing of H_{01} : There is no significant difference between the attitude of Male and Female P.G. level students towards internet addiction.

Table 2: difference between the attitude of Male and Female P.G. level students towards internet addiction

Pair	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Male	77	141.61	24.831	13.233	197	3.428	.001	null hypothesis rejected
Female	122	128.38	27.538					

According to Table 2, the significant value is .001 which is less than .05. So that, the null hypothesis is rejected here. So it can be said that there is a difference between the attitude of Male and Female P.G. level students towards internet addiction.

Testing of H₀₂: There is no significant difference between the attitude of Rural and Urban P.G. level students towards internet addiction.

Table 3: difference between the attitude of Rural and Urban P.G. level students towards internet addiction

Pair	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Rural	155	133.43	28.747	.324	197	.070	.945	null hypothesis accepted
Urban	44	133.75	21.362					

According to Table 3 the significant 2 tailed value is .945 which is greater than .05. So that, the null hypothesis is accepted here. So it can be said that there is no significant difference between the attitude of Rural and Urban P.G. level students towards internet addiction.

Testing of H₀₃: There is no significant difference between the attitude of Arts and Science stream P.G. level students towards internet addiction.

Table 4: difference between the attitude of Arts and Science stream P.G. level students towards internet addiction

Pair	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Arts	107	133.96	29.033	1.006	197	.259	.796	null hypothesis accepted
Science	92	132.96	25.134					

According to Table 4 the significant 2 tailed value is .796 which is greater than .05. So that, the null hypothesis is accepted. So it can be said that there is no significant difference between the attitude of Arts and Science stream P.G. level students towards internet addiction.

Testing of H₀₄: There is no significant difference between the attitude of Rural Male and Urban Male P.G. level students towards internet addiction.

Table 5: difference between the attitude of Rural Male and Urban Male P.G. level students towards internet addiction

Pair	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Rural Male	64	143.73	25.652	12.581	75	1.685	.096	null hypothesis accepted
Urban Male	13	131.15	17.544					

According to Table 5 the significant 2 tailed value is .096 which is greater than .05. So that, the null hypothesis is accepted here. So it can be said that there is no significant difference between the attitude of Rural Male and Urban Male P.G. level students towards internet addiction.

Testing of H₀₅: There is no significant difference between the attitude of Rural Female and Urban Female P.G. level students towards internet addiction.

Table 6: difference between the attitude of Rural Female and Urban Female P.G. level students towards internet addiction

Pair	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Rural Female	91	126.18	28.717	8.663	120	1.521	.131	null hypothesis accepted
Urban Female	31	134.84	22.952					

According to Table 6 the significant 2 tailed value is .131 which is greater than .05. So that, the null hypothesis is accepted. So it can be said that there is no significant difference between the Rural Female and Urban Female P.G. level students towards internet addiction.

Testing of H₀₆: There is no significant difference between the attitude of Rural Male and Rural Female P.G. level students towards internet addiction.

Table 7: difference between the attitude of Rural Male and Rural Female P.G. level students towards internet addiction

Pair	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Rural Male	64	143.73	25.652	17.559	153	3.914	.000	null hypothesis rejected
Rural Female	91	126.18	28.717					

According to Table 7 the significant 2 tailed value is .000 which is less than .05. So that, the null hypothesis is rejected here. So it can be said that, there is a significant difference between the attitude of Rural Male and Rural Female P.G. level students towards internet addiction.

Testing of H₀₇: There is no significant difference between the attitude of Urban Male and Urban Female P.G. level students towards internet addiction.

Table 8: difference between the attitude of Urban Male and Urban Female P.G. level students towards internet addiction

Pair	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Urban Male	13	131.15	17.544	3.685	42	.518	.607	null hypothesis accepted
Urban Female	31	134.84	22.952					

According to Table 8 the significant 2 tailed value is .607 which is greater than .05. So that, the null hypothesis is accepted here. So it can be said that there is no significant difference between the attitude of Urban Male and Urban Female P.G. level students towards internet addiction.

Testing of H₀₈: There is no significant difference between the attitude of Arts Male and Arts Female P.G. level students towards internet addiction.

Table 9: difference between the attitude of Arts Male and Arts Female P.G. level students towards internet addiction

Pair	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Arts Male	34	144.82	22.659	15.919	105	2.719	.008	null hypothesis rejected
Arts Female	73	128.90	30.397					

According to table 9 the significant 2 tailed value is .008 which is less than .05. So that, the null hypothesis is rejected here. So it can be said that there is a difference between the attitude of Arts Male and Arts Female P.G. level students towards internet addiction.

Testing of H₀₉: There is no significant difference between the attitude of Science Male and Science Female P.G. level up towards internet addiction.

Table 10: difference between the attitude of Science Male and Science Female P.G. level up towards internet addiction

Pair	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Science Male	43	139.07	26.407	11.478	90	2.233	.028	null hypothesis rejected
Science Female	49	127.59	22.905					

According to Table 10, the significant 2 tailed value is .028 which is less than .05. So that, the null hypothesis is rejected. So it can be said that there is a significant difference between the attitude of Science Male and Science Female P.G. level students towards internet addiction.

Testing of H₀₁₀: There is no significant difference between the attitude of Arts Male and Science Male P.G. level students towards internet addiction.

Table 11: difference between the attitude of Arts Male and Science Male P.G. level students towards internet addiction

Pair (Male)	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Arts	34	144.82	22.659	5.754	75	1.010	.316	null hypothesis accepted
Science	43	139.07	26.407					

According to Table 11 the significant 2 tailed value is .316 which is greater than 0.05. So that, the null hypothesis is accepted here. So it can be said that there is no significant difference between the attitude of Arts Male and Science Male P.G. level students towards internet addiction.

Testing of H₀₁₁: There is no significant difference between the attitude of Arts Female and Science Female P.G. level students towards internet addiction.

Table 12: difference between the attitude of Arts Female and Science Female P.G. level students towards internet addiction

Pair (Female)	N	Mean	S.D.	Mean Difference	df	t-value	Sig. (2-tailed)	Remark
Arts	73	128.90	30.397	1.312	120	.257	.798	null hypothesis accepted
Science	49	127.59	22.905					

According to Table 12 the significant 2 tailed value is .798 which is greater than .05. So that, the null hypothesis is accepted here. So it can be said that there is no significant difference between the attitude of Arts Female and Science Female P.G. level students towards internet addiction.

Result and Discussion

Based on the analysis and interpretations, the results indicate that there is no significant difference between the attitudes of rural-urban, arts-science, rural male-urban male, rural female-urban female, urban male-urban female, arts male-science male, arts female-science female and on the other hand significant difference found between the attitude of male-female, rural male-rural female, arts male-arts female, science male-science female P.G. level students towards internet addiction.

Conclusion

The Internet is a topic that has become the focus of research today. This study concluded that male students are more addicted to the internet than female students at postgraduate level. No significant difference was found in internet addiction between rural and urban students. That is, it cannot be said that internet addiction is more or less based on the place of residence. No significant difference was observed regarding internet addiction among arts students and science students. Again there is no significant difference between rural male and urban male. Again there is no significant difference between rural female and urban female. But significant difference was observed in internet addiction between rural male and rural female. That is, the post-graduate level of the rural male students are more addicted to internet than female students. But no difference was observed between urban male and urban female. Again a significant difference was observed in internet addiction between arts male and arts female. A significant difference was also observed between science male and science female regarding internet addiction. No significant difference regarding internet addiction among arts male and science male. No significant difference was observed between arts female and science female.

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