



**THE CURRENT INTERNET ADDICTION STATUS OF ADOLESCENTS AND ITS  
CONSEQUENTS EFFECT ON THEIR MENTAL HEALTH IN THE DISTRICT OF NORTH  
24 PARGANAS DISTRICT**

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**Abstract**

With the spread of Covid – 19, the usage of internet has penetrated into the personal world of adolescents (mainly students). At present a great number of adolescents use internet either by mobile phone or by a computer. Sometimes, it takes the shape of internet addiction. In this context, the present study has aimed to determine the actual effect of Internet Addiction on the Mental Health of Adolescents using self- made questionnaire. So, a relevant data have been collected from 276 adolescent boys and girls residing in rural, urban and semi urban areas of North 24 Parganas District of West Bengal. After necessary analysis and integration of available data, it has been established that there is a significant( negative) impact of Internet Addiction on the mental Well-being of adolescents.

**Keywords:** *Internet Addition (IA) Adolescents, Mental Health Negative Impact / Effect*

**Introduction**

Down the ages scientists have been investing many things 21<sup>st</sup> century, in which we are living is marked by the investing of internet connection have taken a great revolution in the field of information and communication technology. As a consequence approx 65% ( 5.3 billion ) of people all over the would are using internet connection. By using internet, people can easily and in few seconds search an information download an important file book bus, railway or air ticket, shop necessary things online and even can connect friends and relatives through social networking site, entertain themselves and so on. Therefore, internet has become so popular.

In the context of India, this journey of progress for internet had started earlier but it has got high speed after the launch of Digital India and obviously with the launch of 4g connection provided by companies like Reliance Jio, Airtel and Vodaphone- Idea. In 2023, 48.3 % of people in India use internet. A majority of them (93%-97%) are adolescents with more them half going online everyday.

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Adolescents are those children who start the process of getting into adulthood. This is an age of uncertainty and crisis. The age of adolescence is a critical age, vulnerable to various kinds of dangers and risk factor like drug addiction, substance, abuse, delinquency and internet addiction. Internet addiction is a compulsive need for one to spend a great deal of time on internet to the point where relationship, work and health are allowed to suffer. According to a survey by local circles, near 62% parents admit that their children aged 9 to 11 years spend more than 3 hours per day browsing social media, checking videos or playing games. Such excessive usage and engagement with internet by adolescents indicates that there are some adolescents boys & girls who suffer from Internet Addiction. Again there is a need, if there is negative impact of this kind of addiction because a significant part of the day a child is spending with internet. So, it demands an enquiry regarding the impact of internet addiction on mental health. Well-being means harmony between one's body and mind. It implies a mechanism to balance and case with new situation. Shaffer and Shoben (1956) considers well-being as:

1. Good physical wellbeing.
2. Accepting one's strengths and weakness.
3. Accepting other people.
4. Seeking as well as having a warm feeling towards them.
5. A confidential relationship.
6. Active attention.
7. Social participation.
8. Satisfying work.

The absence of mental well-being gives birth to irritation sleeplessness, loss of appetite, loss of courage and stamina etc. There are the symptoms of mental ill- health which does not allow a person to develop and prosper in life. Therefore, various mental health factors need to be scrutinized on the basis of adolescents internet addiction and the relationship between these two variables.

### **Objectives**

- To find out the effect of online addiction on the mental condition of adolescent.
- To know the range of effect of online addiction on the mental condition of adolescent.
- To determine the nature of mental state of those adolescent who suffer from online addiction problem / who have online addiction.

**Hypothesis:** There is no significant relationship between online addiction and mental health of adolescent.

**Methodology:** This is a survey study. So, relevant data have been collected from 276 adolescent boys and girls by administering a self-made questionnaire. The questionnaires' reliability has been established by tested retest and split- half method. It's validity was also determined by experts opinion.

**Population:** All the boys and girls aged between 14 and 16 and residing in the district of North 24 Parganas have been covered as the population of this study. As North 24 Parganas district has all type demographic varieties namely urban, semi-urban and rural, so this district has been selected so that the sample taken from this district's population may most properly represent the population.

**Sampling:** To get adequate reliable and valid data, feedback has been collected randomly from 276 adolescents residing in different blocks of North 24 Parganas. All the candidates study in class IX and X.

**Variables:** Here internet addiction has been taken as independent variables and mental health has been treated as dependent variable.

**Data Analysis:** To get reliable and valid information all the accumulated data have been classified in accordance with adolescent's internet addiction namely low addicted medium addicted and highly addicted adolescents. All these three categories have further been classified into two heads male and female. Here internet addiction has been determined on the basis of screen timely, time of remaining

online, using various online games and apps for entertainment and spoiling time. Against mental health condition related data have also been categorized into there heads Mild Moderate and High Mental Health Condition. All the categories are shown in the following tables along with necessary discussion.

**Table 1:** Numerical distribution of internal addiction between boys and girls:

Sex	Internal Addiction			
	Low	Medium	High	Total
Male	87	18	15	120
Female	96	30	30	156
Total	183	48	45	276

Table 1 describes the internet addiction status between male and female adolescents. It shows that out of 120 boys, 87(72.5%), 18(15%), and 15(12.5%) have low, medium and high internet addiction respectively. In comparison to their male counterpart, out of 52 girls 96(61.53%) report low internet addiction while 30(19.23%) girls have medium and another 10(19.23%) show high internet addiction status.

**Table 2:** Numerical distribution of mental health condition (problem) among low, medium and high internet addicted boys:

		Mental health problem			
Int Ad er dic ne tio + n		Mild	Moderate	High	Total
	High	9	6	Nil	15
	Medium	9	6	3	18
	Low	63	24	Nil	87
	Total	81	36	3	120

Table 2 highlight mental health problem of boys who are internet addicted. It shows, out of 87 low internet addicted boys, 63(72.41%) report mild mental health problem, while only 24 boys(27.58%) exhibit moderate mental health problem. Again out of 18 medium internet addicted boys, 18(50%), 6(33.33%) and 3(16.25%) report mild, moderate and high mental health problem respectively. In case of highly internet addicted total 15 boys, 9(60%) show mild mental health problem while only 6(40%) exhibit moderate mental health problem but boys show high mental problem.

**Table 3:** Numerical distribution of mental health( problem) status among low, medium and high internet addicted adolescent girls:

		Mental health problem			
Int Ad er dic ne tio + n		Mild	Moderate	High	Total
	High	3	24	3	30
	Medium	3	21	6	30
	Low	36	60	Nil	96
	Total	42	105	9	156

Table 3 displays the numerical distribution of mental health condition of internet addicted adolescent girls. It shows that out of 96low internet addicted girls, 36(37.5%) report mild, 60(62.5%) have moderated mental health problem but none report high mental health problem. At the same time, out of 10

medium internet addicted girls, 3(10%) have mild, 7(70%) have moderate and 6(20%) suffer from high mental health problem. In case of high internet addicted girls, out of 30 girls, only 3(10%) reports mild, 24(80%) exhibit moderate and again another 3(10%) girls shows high internet problem.

**Table 4:** Comparative distribution of mental health problem between boys and girls:

Mental Health	Boys	Girls	Total
High	3	9	12
Moderate	36	105	141
Mild	81	42	123
Total	120	156	276

Table 4 describes the comparative distribution of mental health problem between adolescent boys and girls. It shows that out of 120 boys, 81(67.5%) report low mental problem, 36(30%) show moderate and 3 boys (25%) shows high mental problem. In comparison to this, out of 156 girls 42(33.33%) 105(67.37%) and 12 girls (5.76%) report mild, moderate and high mental health problem respectively.

**Table 5:** Numerical distribution of mental health status (problem) of adolescent boys & girls in respect of their internet addiction.

		Mental health problem			
Int Ad er dic ne tio + n		Mild	Moderate	High	Total
	High	12	30	3	45
	Medium	12	27	9	48
	Low	99	84	Nil	183
	Total	123	141	12	276

Table 5 focuses the distribution of mental health condition among both adolescent boys and girls who have low, medium and high internet addiction. From this table, it is seen that out of 183 low internet addicted adolescents (both male and female), 99(54.09%), and 84(45.90%), report mild and moderate mental health problem but none report high mental problem. Again out of 48 medium internet addicted adolescents, 12(25%), 27(56.25%). And 9(18.75%) report mild, moderate and high mental health problem. It also shows that out of 15 high internet addicted adolescents, 12(26.66%), 30(66.66%), and 3(6.66%) report mild, moderate and high mental health problem respectively.

**Integration and Synthesis of Data :** To get a reliable and valid picture of the actual impact of internet addiction, integration and synthesis is of data have been done by  $\chi^2$  test and the hypothesis of study has been tested on the basis of the result of  $\chi^2$  test.

		Fo	fe	(fo – fe)	(fo – fe) <sup>2</sup>	(fo – fe) <sup>2</sup> / fe
Ad dic Higtio h n	High	12	20.0	-8	64	3.2
	Moderate	30	22.98	7.02	49.28	2.14
	Mild	3	1.95	1.05	1.10	0.56
MeAd diudic m tio n	High	12	21.39	-9.39	88.17	4.12
	Moderate	27	24.52	2.48	6.15	0.25
	Mild	09	2.08	6.92	47.88	23.01

Ad dic Lo tio w n	High	99	81.55	17.43	303.80	3.72
	Moderate	84	93.48	9.48	89.87	0.96
	Mild	00	7.95	-7.95	63.20	7.95

Total - 45.91

The  $\chi^2$  table showing the numerical distribution of mental health condition of both boys and girls who have low, medium and high internet addiction consists of three rows and three columns. Therefore, the df of this  $\chi^2$  table (calculation) would be  $(r-1)(c-1) = (3-1)(3-1) = 2 \times 2 = 4$

As the critical value of  $\chi^2$  in df 4, for 0.01 confidence level is 13.277 and 9.488, the calculated value of this  $\chi^2$  test appears 45.91 which exceeds the critical value. So, the null hypothesis is rejected.

As the Null Hypothesis, There is no significant relation between internet addiction & mental health of adolescents is rejected. So it established that there is a significant relation between internet addiction and mental health of adolescents.

**Findings:** The present researcher has tried to find out factual information regarding the internet usage, status among adolescent boys and girls and its influence on their mental well-being. Therefore, he has collected relevant necessary data from students of class IX and X aged between 14 to 16. After elaborate analysis and synthesis, it is found that:

- Among 276 male and female adolescents, 183(66.30%) have low internet addiction, only 48(17.39%) report medium internet addiction and only 45(16.30%) have high internet addiction.
- Out of 120 adolescent boys 15(12.5) report high internet addiction in comparison to their female counter parts 19.23% as out of 156 girls 30 report high internet addiction .
- 18 boys (15%) report medium internet addiction in contrast to the girls 19.23%.
- 87 boys (72.5% exhibit low internet addiction but 96 girls out of 156(61.53%) have least internet addiction.
- 67.5% boys report mild mental problem in comparison to 33.33% girls.
- 30% boys have moderate mental problem compared to that of 67.37% of girls.
- 2.5% boys show high mental problem in contrast to that of 5.7% of girl.
- 44.56% adolescent people (123 out of 276) have mild mental problem.
- 51.08% adolescent report moderate (141 out of 276) health.
- 4.34% adolescents have high mental health problem.

## Conclusion

After elaborate analysis and synthesis of accumulated data it has become clear that in the context of North 24 Parganas few adolescents reading in class IX and X suffer from high mental disorder due to internet addiction. At the same time , it must also be said that there is an obvious impact of internet addiction on the mental health of adolescents. So suitable steps to be takes to address the negative impact of IA on the mental health of adolescents. Therefore, parents and teachers should guide the children (specially adolescents) to use internet properly for their benefit and to avoid Internet Addiction.

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