Resilience, shyness, loneliness and internet addiction among undergraduate students

Hussaina

ABSTRACT: *The paper examines the relationship between resilience, shyness, loneliness and Internet addiction among undergraduate students in Hyderabad, India. The internet has advanced the flow of information and communication between people and has changed the way we socialize with others, gather information, do business, carry out academic activities, express and entertain ourselves. Excessive use of internet leads to internet addiction. Resilience has been defined as the capability to flourish despite normative fluctuations that take place throughout the life. How one copes with stressors in life. Shyness can be seen as the fear to meet people and socialize. Some people feel anxious to talk to others. Loneliness is when an individual is alone. It is when there is a discrepancy between what one wants and what one has. The sample consisted of 50 female and 50 male under-graduate students who were between the agesof 19-21 years. The loneliness level was measured using the 20 items version of the UCLA Loneliness scale. The Resilience level was measured by using the child and youth Resilience Measure CYRM. Shyness and Measured using The Revised Cheek and Buss Shyness Scale (RCBS).Internet addiction was measured through The Internet Addiction Test (IAT). The data is collected from students of various colleges and universities that have presence in Hyderabad. It is to check if there is a correlation between the resilience, shyness, loneliness and internet addiction. The results shows that there is a positive correlation between shyness and internet addiction in the individuals. There is a negative correlation between individual resilience and internet addiction. Further, more comprehensive studies can be carried out to examine the relation between internet addiction and such variables like resilience, shyness and loneliness. There exists significance in terms of gender in internet addiction with shyness and resilience.*
KEY WORDS: *Shyness, resilience, loneliness internet addiction and students.*

I.   INTRODUCTION

In the present context shyness, internet addiction and loneliness can be seen in many settings like in education fields where students are shy and communicate less. With increase advancement in internet students are busy on their phones rather than socializing which might lead to having less friends and there is possibility of developing loneliness and how they respond to stress by showing resilience. Even in other situations people are shy due to many reasons which also leads to loneliness.

The internet has advanced the flow of information and communication between people and has changed the way we socialize with others, gather information, do business, carry out academic activities, expressandentertain ourselves. Internet has become an important part of university students. Concerns have been expressed that much of the time on the internet can negatively have an impact on several aspects of young people's lives, leading to: declined school results or even after dropping out of school, increased family tension, abandoned hobbies psychological problems such as depression, anxiety, low self-esteem; and physical health problems due to sleep deprivation and lack of physical activity. With the availability and mobility of new media, Internet addiction has emerged as a huge problem in young people in terms that it has led to low level of work being done.With the advancement in information technology and the existence of interactive social media have occasioned research interest in the area of problematic use of the new forms of communication and media. Internet addiction was a coinage of Goldberg to describe the undesirable consequences emanating from excessive internet usage on individual lives. Internet addiction has become a part of the group of so-called new addictions, which represents socially problematic activities and behaviours. There was a study conducted by Kimberly S. Young on internet addiction. She believed that Internet addiction should be regarded as a habit and impulse disorder. She believes that this type of addiction has an effect on the functioning of an individual in everyday life. School work and studying are neglect often due to internet addiction. It also effects an individual's physical and mental health. Excessive use of the Internet may also inhibit the creation of healthy social interactions and, in this way, increase feelings of loneliness.

The term resilience is derived from resile, which refers to when an object is stretched or bent; it tends to spring back, to recoil, and to resume its former shape and size. Resilience is most frequently defined as positive adaptationdespite adversity. Resilience has become an important factor in research and mental health theory over decades. It see's resilience as the ability to maintain a state of normal equilibrium in the face of

extremely unfavourable circumstance. Resilience has also been defined as the capability toflourish despite normative fluctuations that take place throughout the life.One researcher stated that resilience is a process developed in the response to intense life stressor that effects healthy functioning. To be resilient includes constructive and growth-enhancing consequences of adversity or challenges. Some people are naturally resilient as their personality may contribute to it, others may have to work at it.

Shyness is another psychological variable in which the present research examined its predictive power on internet addiction among undergraduate students. Shyness can be seen as the fear to meet people and socialize.

We all feel shy or anxious in some situations or events. These can involve meeting new people, talking in front or many people, starting new activities or settling down to an unfamiliar environment, such as beginning a course of study at university. Shyness and anxiety which stops us from socialising with other people, prevents us from getting on with group-work assignments or makes us fear givingpresentations that are a required on our courses is not helpful. University students are shy when entering the university and it might lead to them becoming lonely due to not many people to socialize.Inthesociety shyness is considered as the ornament of women. The society considers shyness as feminine and courage as masculine. It is often seen that women are shyer than men. Women are chained with shyness. In such a society forwardness of women is considered as demerit and ill-famed as well. Students who feel shy tend to use more internet so as to avoid people.Female students tend to become shy under many conditions. Past research have investigated the relationship between shyness and internet disorder and found that increased shyness significantly correlate to internet addiction. Shy people use internet more.

Loneliness is the universal emotional and psychological experience. Loneliness is also seen as a normal experience that leads individual to achieve deeper self-awareness, to be creative, and an opportunity to attain self-fulfilment and to explore meaning of life. According to Weiss, loneliness is caused not by being alone but being without some definite needed relationship or set of relationships. Loneliness is always to be a response to the absence of some particular relational provision, such as deficits in the relational provisions involved in social support. Loneliness is when an individual is alone.However, the experience of loneliness is distressing and unpleasant. Loneliness may also lead to people to submerge themselves into dependency relations, following direction, imitation, to be like others, and striving for power and status. University is a transformation period from being an adolescent to being an adult. It is a period for university students to seek and fulfil their sense of individuality and to be creative and, at the same time, to seek and build close and social relationships with others. For many university students, this may be the first time they live away from their parents and may feel a sense of loneliness. They may move from the emotional and social support of their families and live alone. They leave home as well as their friends. The separation of university students from their homes for the first time may create feelings of doubt, confusion, anxiety and sometimes depression which the close companionship of residential halls may not totally prevent. Once entering the university, they need to re-evaluate their past relationships with parents, teachers, friends, and girlfriend/boyfriend and learn new things. They begin to learn how to deal with the new attachments and separation processes of interpersonal situations in normal psychological growth and begin to create their own unique self-image and identity. Lack of social and emotional support for students, may lead to them to experience social and emotional loneliness. The experience of loneliness is highly subjective; one where an individual can be alone without feeling lonely and other where one can feel lonely even when with other people. Psychologists generally consider loneliness to be a stable trait, meaning that individuals have different points for feeling lonely, and they fluctuate around these points depending on the circumstances in their lives. Individuals levels of loneliness mostly remain more or less constant during adulthood till 75 to 80 years of age, when they increase somewhat. Severe loneliness is associated with depression, poor social support, neuroticism, and introversion. Studies have shown that loneliness puts the people at risk for physical disease and that it may contribute to a shortened life span.

Loneliness is a universal emotional and psychological experience. Loneliness is seen as a normal experience that leads individual to achieve deeper self-awareness, a time to be creative, and an opportunity to attain self-fulfilment and to explore meaning of life it is seen that loneliness can be because of many reasons – depression, anxiety, self-consciousness, low self-esteem, introverted, no friends etc.Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress— such as family, friends and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.

There are numerous studies related to resilience, shyness, loneliness and internet addiction among university students. Some of them are discussed below:

In context to loneliness onestudyUgurÖzdemir, Tarik Tuncayfound that essential needs of the students also led to loneliness. The study findings indicate that there were significant relationships between the needs of economic support, social interaction, and loneliness level of university students. Results show that there was significant relationships among romantic relationship, parents' status and Loneliness. It was seen that the

loneliness level was high due to low essential needs during the university education. The essential needs identified were economical support, social interaction, cultural needs. Because of the mean of loneliness were found to be high for this study, professionals need to pay attention students' psychosocial stateand need to empower them in establishing social relations.

Research by E. Okwaraji[1] Godwin C. Onyebueke[2], Calista U. Nduanya[1] and Emeka N. Nwokpokuresults further revealed there was no significant association between loneliness, self-esteem and gender but there was a significant association between gender and depression. Result of the study further revealed significant associations between loneliness, depression, self-esteem and age group. Junior students may have some feelings of inferiority interacting with senior ones, since most of them are still passing through the process of identity development, which Lewinsohn et al., argued can be associated with some problems including self-doubt, social withdrawal, loneliness, lowered self-esteem and depression.

Another study on loneliness by Moroi K. ShinrigakuKenkyu on relation between self-consciousness and loneliness was administered on high school students. Loneliness was correlated negatively with self-esteem and self-monitoring, and was correlated positively with social anxiety. Only for male population, a positive correlation was obtained between loneliness and private self-consciousness. Loneliness in male was related to self-consciousness. It was seen that shyness also had a relation with loneliness among other variables. A research proves that shyness and loneliness have a relation.

One study on shyness and loneliness levels in schools was conducted.Itwas found that the shyness levels of male students were found to be higherthan the female students. It has been found out that female students feel more loneliness than male students. There is a positive relationship between student's shyness and loneliness levels.

The shyness levels of male students were higher than female students in studies carried out by Ashe &McCutcheson, Yıldırım and Durmuş. According to results obtained inthe study in terms of loneliness.Loneliness levels of male students were found out to be higher than of female students, but the difference between these two groups is not found out to be statistically significant. Low level of shyness effects loneliness negatively and vice versa. It can be said that if studentsareunsocial in their daily activities, they feel lonelier and are lonely.Students to be social should communicate with others which is not possible with advancement in internet.

The New approach to the experimental study of shyness: Person by context influences on computer-mediated social communication study by Brunet, Paul. Shy individuals disclosed more personal information in a visually anonymous context than a visually non-anonymous context. For non-shy individuals, self-disclosure was not influenced by the context. For other types of behaviour (e.g., affective language), the effect of shyness was consistent across context. To determine the specificity of the shyness-anonymity interaction, other person-anonymity interactions were examined (e.g., self-esteem, loneliness, sex of the participants) finally, the influence of the shyness-anonymity interaction on social communicative behaviour was examined in a cooperative performance-related task. Shy individual benefit from internet. This shows that internet addiction may also be a cause of loneliness among students. Many students use computer, phones and internet more rather than interacting with others and they might have less friends and also might be a cause of loneliness. A study proves that internet addiction has a relation with loneliness and shyness.

This study examined the relationship between three of the "Big Five" traits (neuroticism, extraversion, and openness), self-esteem, loneliness and narcissism and Facebook use. Students with higher levels of loneliness reported having more Facebook friends. Extraversion, neuroticism, self-esteem and narcissism did not have significant associations with Facebook use. In conclusion it was said that students who are high in openness use Facebook to connect with others in order to discuss a wide range of interests, whereas students who are high in loneliness use the site to compensate for their lack of social relationships. Through this it can be seen that students who have more friend on the internet can be lonelier than others who have less as not a single thing effects an individual but several things.

Resilience, Shyness and Loneliness as Predictors of Internet Addiction among University Undergraduate Students in Benue State by Joyce M. Terwase, Ph.D1, Reuben LubemIbaishwa Department of Psychology. The paper examined the resilience, shyness and loneliness as predictors of internet addiction among university undergraduate students in Benue State. The analysis revealed that resilience negatively predicted internet addiction while shyness and loneliness positively predicted internet addiction.However, emotional aspect of loneliness was found to negatively predict internet addiction while social aspect of loneliness positively predicts internet addiction. It was concluded based on the results of the study that resilience, shyness and loneliness significantly predict internet addiction. This study has a correlation between loneliness and internet addiction which was not found in the present study. This study has found relationship between all variables.

Research questions

1. Is there any kind of impact of internet addiction on resilience?
2. Is there any kind of effect of internet addiction on shyness?
3. Does internet addiction have an effect on loneliness?
4. Is there any gender relationship with internet addiction?
5. Does shyness depend on gender?
6. Is there any kind relation of gender with loneliness?
7. Does gender play a role in resilience?
8. Are internet addiction and gender correlated?

Objectives
- ❖ To study the profile of the respondents.
- ❖ To check the relation between shyness, loneliness and internet addiction.
- ❖ To identify in male and female relation between resilience, loneliness, shyness and internet addiction.
- ❖ To check whether internet addiction leads to low level of loneliness.
- ❖ To know if there is any relationship between certain independent variables like age, gender, relationship status with resilience, shyness, loneliness and internet addiction.

HYPOTHESES
- ❖ **H1:** There exists a relationship between Resilience and internet addiction.
- ❖ **H2:** There is relationship between shyness and internet addiction.
- ❖ **H3**: There is a relationship between gender and loneliness.

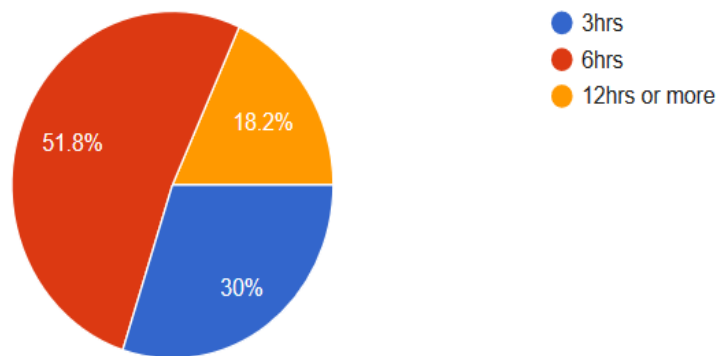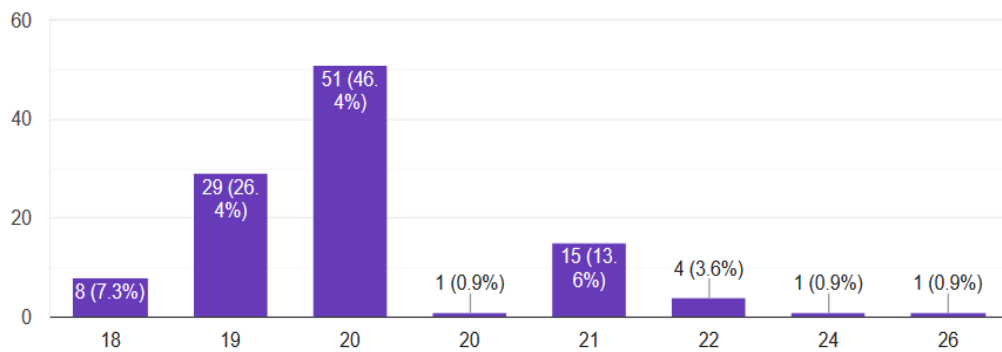**Fig 1.1** shows the internet usage percentage among students

Fig1.2 shows the age group of students.

II.   METHOD

Population and Sample

The researcher has taken young adults to do research ie, 18-21 year old boys and girls who were students from colleges and universities. The research was conducted in the twin cities of Hyderabad and Secunderabad. The researcher has used random simple sampling method to get the sample.

Research design

The researcher has used descriptive research design which is a scientific method which involves observation and description of the behaviour of the respondent without influencing them.

Inclusion and Exclusion Criteria

Inclusion Criteria
o   Participants who are Students who are doing their under graduation were included in the sample.
o   Participants who were within the Twin Cities of Hyderabad and Secunderabad were included in the sample.
o   Participants under the age group of 18-21 were included.

Exclusion Criteria
o   Participants who were not residing in Hyderabad, India were excluded from the sample.
o   Participants who were not studying under graduation were excluded.
o   Participants who had any illnesses were excluded.

III.   RESEARCH INSTRUMENTS

For this study, the researcher used interview schedule wherein a questionnaire were given to the respondents and they were supposed to choose the correctresponse which is best suitable for them. The scales used are:

CYRM-28 Child and Youth resilience measure is a five point scale is a 5 point scale consists of 28 items the measure was designed as part of the International Resilience Project (IRP), of the Resilience Research Centre, in collaboration with 14 communities in 11 countries around the world.It has 3 sub-scales- individual resilience, relationship with caregivers and contextual factorsResilience study sought to validate the Child and Youth Resilience Measure (CYRM-28) among a sample of South African adolescents.Internal consistency and test-retest reliability estimates at a 12-month interval (N = 648) supported the reliability of the scales.

The Revised Cheek and Buss Shyness Scale (RCBS) by J.M., & Buss, A.H. (1981) is a five point scale and consists of 13 items.The normative data, factor structure, internal consistency, test-retest reliability, and convergent/discriminant validity of the RCBS using a sample of 261 university students. Results provided strong support for the stability of normative data over time, reliability of the measure.

UCLA LONELINESS SCALE – Revised version is a 20-item scale designed to measure one's subjective feelings of loneliness as well as feelings of social isolation by Russell, D., Peplau, L.A., &Cutrona, C.E. (1980). Participants rate each item on a scale from 1 (Never) to 4 (Often). Analyses of the reliability, validity, and factor structure of the new version of the UCLA Loneliness Scale were conducted. Results indicated that the measure was highly reliable, both in terms of internal consistency (coefficient alpha ranging from .89 to .94) and test-retest reliability over a 1-year period.
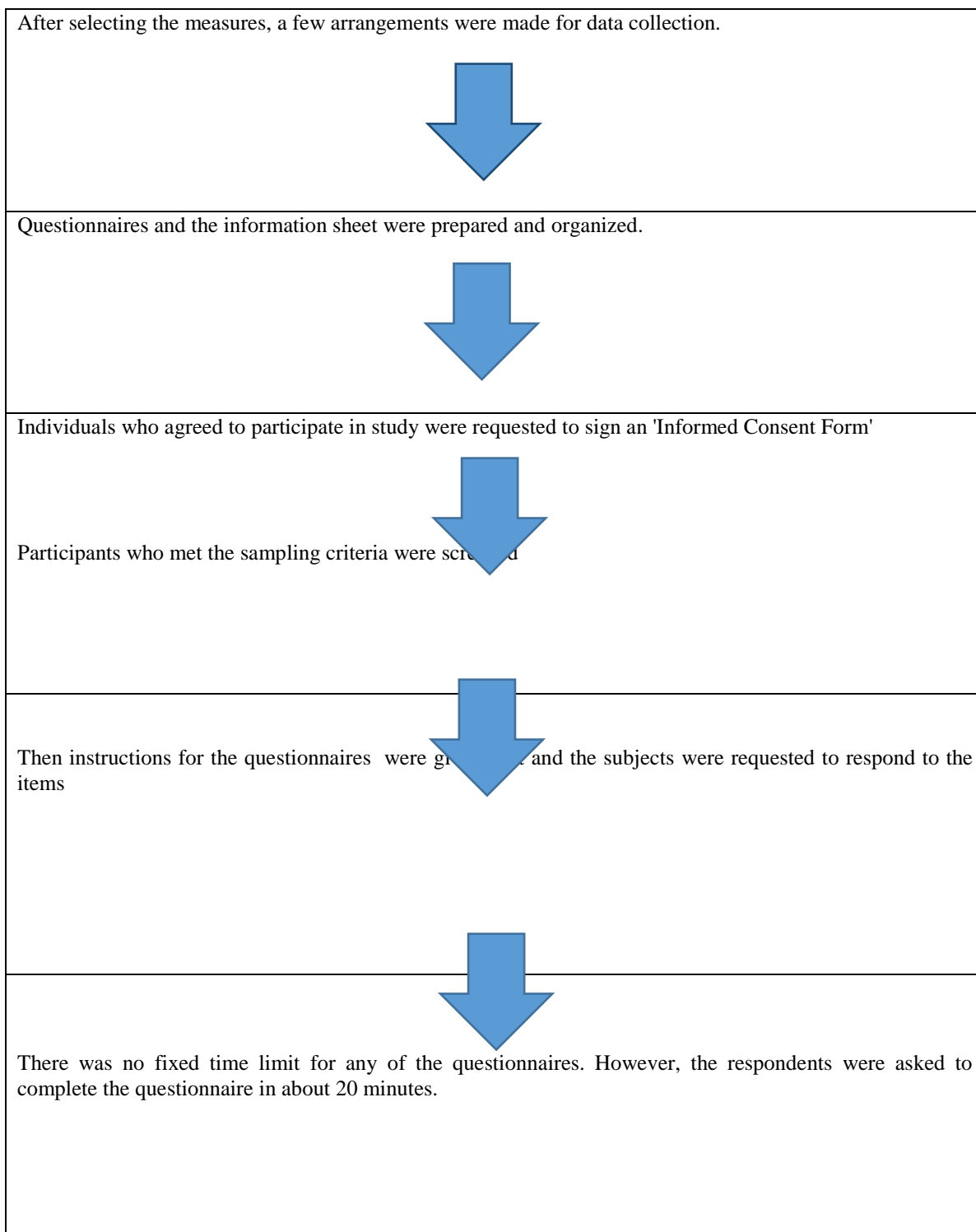
The Internet Addiction Test (IAT) is a six point scale consists of 20 items scale that measures the presence and severity of Internet dependency among adults. Dr. Kimberly Young developed the IAT to assess symptoms of Internet addiction and compulsivity in a variety of test settings in 1998.A test in California results showed that while there are numerous reports of moderate validity of the test, its reliability as measured in this study, particularly for the first time users, is relatively low. Familiarity with similar tests, however, improves its reliability.

IV.   DATA ANALYSIS

After the data collection data analysis was done by using SPSS version 20 by using various test like co-relation, t-test and measures of central tendency which are mean median and mode.

Procedure

The researcher used questionnaire method to collect data. The researcher approached different participants studying in colleges. Respondents were informed that participation was voluntary and that the information provided by them in the questionnaire will be confidential. The participants were requested to answer the questions with complete honesty and were supposed to be as reliable as possible. They were also informed that there was no definite time limit to finish the questionnaires.

After selecting the measures, a few arrangements were made for data collection.

Questionnaires and the information sheet were prepared and organized.

Individuals who agreed to participate in study were requested to sign an 'Informed Consent Form'

Participants who met the sampling criteria were screened

Then instructions for the questionnaires were given and the subjects were requested to respond to the items

There was no fixed time limit for any of the questionnaires. However, the respondents were asked to complete the questionnaire in about 20 minutes.

V. RESULTS

Table 1 shows the t-test ration between men and women in relation to resilience, shyness, loneliness and internet addiction.

	Men (n=50)		Women (n=50)		T-ratio	Sig.
	M	SD	M	SD		
Loneliness	44.1	10.203	41.22	9.834	1.437	0.154
Internet addiction	49.56	16.387	42.44	18.615	2.028	0.045
Shyness	40.04	6.946	41.78	6.628	-1.282	0.203
Resilience	112.06	14.877	106.04	15.685	1.904	0.06
Individual resilience	44.84	5.943	43.56	6.618	1.018	0.311
Relationship with care givers	39	7.461	35.58	7.209	2.331	0.022
Contextual factors	28.22	3.71	27.1	3.466	1.56	0.122

In table 1 an independent sample t-test was conducted to compare the scores of men and women. There was t-ratio found between men and women in terms of loneliness (t= 1.437), internet addiction (t=2.028), shyness (t=-1.282), resilience (t=1.904), individual resilience (t=1.018), relationship with care givers (t=2.331) and contextual factors (t=1.56).

Significance value of loneliness (sig=0.154), internet addiction (sig=0.045), shyness (sig=0.203), resilience (sig=0.06), individual resilience (sig=0.311), relationship with care givers (sig=0.022) and contextual factors (sig=0.122).

Table 1 shows significant difference in terms of gender in internet addiction and resilience (relationship with care givers)

Table 2 shows the correlation between shyness and internet addiction.

	Internet addiction
Shyness	.190**
Individual resilience	-231*

Note

* Correlation is significant at 0.05 level (1-tailed)
** Correlation is significant at 0.01 level (1-tailed)

The results of table 2 show that there is high significant positive correlation between Shyness and internet addiction (r= .190; p<0.01), which means that if shyness is high, Internet addiction is also high. It also shows that there is a negative correlation between individual resilience and internet addiction (r= -231; p<0.05), which means higher the resilience, internet addiction is low.

Finding from Table also indicates that shyness which is the fear of an individual to meet people and the discomfort in others positively predict internet addiction. This implies that an undergraduate student who has fear of people and feel discomfort in the presence of other individuals will become addictive to the internet. Individual resilience has a negative correlation with internet addiction which means individual don't resort to internet during resilience.

Summary of Results

To conclude, we can say that, as the hypothesis states, there is a significant positive correlation between shyness and internet addiction. It shows that resilience negatively correlates to internet addiction. However, the paper disproved the hypothesis that loneliness and internet addiction correlated.

VI. DISCUSSION

The present study has been done to analyse the relationship between resilience, shyness, loneliness and internet addiction. The hypothesis of the study was that there was a relationship between resilience, shyness, loneliness and internet addiction among under graduation students. In the present study, positive correlation was found between Shyness and Internet addiction.

Kimberly Young first described Internet addiction in 1996. Since then, there have been many studies examining internet addiction in different parts of the world. The present study examined internet addiction among undergraduate students in Hyderabad, India. The simple analysis conducted revealed that all the predictor variables didn't predict internet addiction. It was shyness which predicted internet addiction in this study.The result of the simple showed that shyness predicts internet addiction positively. It was also seen that this finding support those of Liebert, Caplan, Ofosu, Goulet who found that increased shyness significantly correlate to internet addiction. The result of which was that there is a positive correlation between shyness and internet addiction. Chak also found shyness to predict internet addiction. This implies that if an individual is shy he has a higher tendency to be addicted to internet and has less faith, firmer belief in irresistible power of others

and trusts more in determining her or her own course of life. Shy individuals make more use of internet day and night for a longer period of time.

It was seen that the other variable loneliness didn't have correlation with internet addiction. Contrary to the literature, resilience predicted negative correlation with internet addiction. The results doesn't support the findings of Akst that resilience was a positive predictor of internet addiction.

The third variable loneliness also doesn't predict internet addiction in this study. This finding doesn't support those of Ayaroglu, Ceyhan, Eldelekloglu, Kim, LaRose and Peng, Kurtaran, Morahan-Martin and Schumacher.

VII.   CONCLUSION:

Application value

This will help in future studies for any further researches. This will help individuals know that internet addiction is a result of shyness. This study can be used by counsellors, schools, institutions.

Limitations

There were not many limitations in this study except the age. The results of this study cannot be applied to the whole population due to the criteria of age. There is also a limitation of inability to generalise the results due to geographical barriers.

REFERENCES

i.   Rokach, From loneliness to belonging: A review. Psychology Journal, 8(2), 2011, 70–81.
[2].   C.C. Lew, A Factor Analytical Study of Adult Career Concerns, Career Status and Career Resilience, doctorate dissertation, Rand Afrikaans University, South Africa, 2001.
[3].   Development and initial validation of the response to stressful experiences scale (RSES). Naval Health Research Center, San Diego, CA. 2008
[4].   Development in Context) -Kenneth H. Rubin Phd, Robert J. Coplan PhD
[5].   Resilience, Shyness and Loneliness as Predictors of Internet Addiction among University Undergraduate Students in Benue State by Joyce M. Terwase, Ph.D1, Reuben LubemIbaishwa, 2014
[6].   D. Griffith, A New Year's Resolution for Your Emotional Health, (2007). Retrieved May 2, 2014.
[7].   D.J.W. Strumpfer, Resilience and burnout: A stitch that could save nine. South African
[8].   D. Akst, Procrastination, problematic internet addiction and resilience addiction no longer require a substance (The resilience Institute, 2011).
I.   Goldberg, Internet addiction disorder, 1996. Retrieved June 3, 2014
[9].   J. Morahan-Martin, and P. Schumacher, Incidence and correlates of pathological internet use among college students. Computers in Human Behaviour, 16, 2000, 13-29.
[10].   Journal of Psychology, 33(2), 2003, 69-79.
[11].   J. De Jong Gierveld, and T. Van Tilburg, Manual of the Loneliness Scale (Amsterdam, the Netherlands: VrijeUniversiteit, 1999).
[12].   K.S. Young, and C.N. de Abreu,, Internet addiction: A handbook and guide to evaluation and treatment (Hoboken, NJ: John Wiley & Sons, Inc., 2011.
[13].   L. Campbell-Sills, L. Cohan, and M. Stein, Relationship of resilience to personality, coping, and psychiatric symptoms in young adults. Behaviour Research and Therapy, 44, 2006, 585-599.
[14].   L. Parrott, Helping the struggling adolescent: A guide to thirty-six common problems for counselors, pastors, and youth workers.
[15].   M.A. Liebert, The online disinhibition effect. Cyber Psychology and Behaviour, 7(3), 2004, 321-327.
[16].   M. Scealy, J.G. Phillips, and R. Stevenson, Shyness and anxiety as predictors of patterns of Internet usage. Cyber Psychology & Behaviour, 5(6), 2002, 507-515.
[17].   N. Goulet, The effect of internet use and internet dependency on shyness, loneliness, and self-consciousness in college students. Dissertation Abstracts International: Section B: The Sciences and Engineering, 63, 2002, 2650.
[18].   P.A. Pilkonis,. Shyness, public and private, and its relationship to other measures of social behavior. Journal of Personality, 45, 1977, 585-595.
[19].   S. Byun, C. Ruffini, J.E. Mills, A.C. Douglas, M. Niang, T. Stepehenkovia, S.K. Lee, J. Loutfi, J. Lee, M. Atallah, and M. Blanton,
[20].   Shyness: Perspectives on Research and Treatment (New York: Plenum Press, 1986) 227-366.
[21].   The Development of Shyness and Social Withdrawal (Social, Emotional, and Personality
[22].   2000, 211–18. . J.J. Kandell, Internet addiction on campus: The vulnerability of college students. Cyber Psychology & Behaviour. 1, 1998, 11-17. [
[23].   W.H. Jones, and B.N. Carpenter, Shyness, social behaviour, and relationships. In W. H. Jones, J. M. Cheek, & S. R. Briggs (eds.).

APPENDICES

Appendix A

Informed consent form

Please read the following information and give your consent to be a part of the study.

The Researcher

My name is Hussaina and I am a student of B.A. Psychology, Dept. Of Psychology, St. Francis College for Women. I am conducting a research study as part of my college project. You are requested to participate in the study because your age group is appropriate for the present study and you come under the category of required participant group.

The Study

The purpose of this study is to gain insight into your likes, dislikes, attitudes, interests, relationships and how you feel about certain situations. There is no right or wrong answers because everyone has a right to their own views. All you have to do is answer what is true for you.

The Process

Your participation in the study will involve the filling of a questionnaire which may or may not have a time limit. The responses in the questionnaire will be used to analyse the results. Please note that findings from this study may be published and used in journals or article collections.

Risk

This study poses little to no risk to its participants. Confidentiality is maintained by not citing your actual name within the actual study. Your participation in the study is voluntary and you may choose to leave the study at any time. You may also request that any data collected from you not to be used in the study.

Your participation will help the research since your views are important.

By signing below you agree that you have read and understood the above information, and would be interested in participating in this study.

NAME: _____   DATE:_____   SIGNATURE:_____

Thank you for agreeing to participate in this study.

Appendix B
1. Name -
2. Age –
3. Gender - female / male.
4. Family type - nuclear / joint.
5. Relationship status - single / in relationship / married.
6. How long do you use internet - 3hrs / 6hrs / more than 12hrs.

Appendix C

No.	Items	Not at all	A little	Somewhat	Quite a bit	A lot
1.	I have people to look up to					
2.	Getting an education is important to me					
3.	I know how to behave in different social settings					
4.	My parents/caregivers watch me closely					
5.	My parents/caregivers know alot about me					
6.	If I am hungry, there is enough to eat					
7.	I try to finish what I start					
8.	I am proud of my ethnic background					
9.	People think I am fun to be with					
10.	I talk to my family about how I feel					
11.	I am able to solve problems without harming myself or others					
12.	I feel supported by my friends					
13.	I know where to go in my community to get help					
14.	I feel I belong at my school					
15.	My family stands by me during difficult times					
16.	My friends stand by me during difficult times					
17.	I am treated fairly in my community					
18.	I have opportunities to show others that i am becoming an adult and act responsibly					
19.	I am aware of my own strengths					
20.	I participate in organized religious activities					
21	I think it is important to serve my community					
22	I feel safe when I am with my family/caregiver					
23	I have opportunities to develop skills that will be useful later in life					
24	I enjoy my family's cultural and family traditions					
25	I enjoy my community's tradition					
26	I am proud to be a citizen of india					

Appendix D

No.	Items	Not applicable	Rarely	occasionally	Frequently	Often	Always
1.	How often do you find that you stay online longer than you intended?						
2.	How often do you neglect household chores to spend more time online?						
3.	How often do you prefer the excitement of the Internet to intimacy with your partner?						
4.	How often do you form new relationships with fellow online users?						
5.	How often do others in your life complain to you about the amount of time you spend online?						
6.	How often do your grades or school work suffer because of the amount of time you spend online?						
7.	How often do you check your email before something else that you need to do?						
8.	How often does your job performance or productivity suffer because of the Internet?						
9.	How often do you become defensive or secretive when anyone asks you what you do online?						
10.	How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?						
11.	How often do you						

	find yourself anticipating when you will go online again?						
12.	How often do you fear that life without the Internet would be boring, empty, and joyless?						
13.	How often do you snap, yell, or act annoyed if someone bothers you while you are online?						
14.	How often do you lose sleep due to being online?						
15.	How often do you feel preoccupied with the Internet when off-line, or fantasize about being online?						
16.	How often do you find yourself saying "just a few more minutes" when online?						
17.	How often do you try to cut down the amount of time you spend online and fail?						
18.	How often do you try to hide how long you've been online?						
19.	How often do you choose to spend more time online over going out with others?						
20.	How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back online?						

Appendix E

No.	Items	Never	Rarely	Sometimes	Often
1.	I feel in tune with the people around me				
2.	I lack companionship				
3.	There is no one I can turn to				
4.	I do not feel alone				
5.	I feel part of a group of friends				
6.	I have a lot in common with the people around me				
7.	I am no longer close to anyone				
8.	My interests and ideas are not shared by those around me				
9.	I am an outgoing person				
10.	There are people I feel close to				
11.	I feel left out				
12.	My social relationships are superficial				
13.	No one really knows me well				
14.	I feel isolated from others				
15.	I can find companionship when I want it				
16.	There are people who really understand me				
17.	I am unhappy being so withdrawn				
18.	People are around me but not with me				
19.	There are people I can talk to				
20.	There are people I can turn to				

Appendix F

Sno.	Items	Very uncharacteristic	uncharacteristic	neutral	characteristic	Very characteristic
1	I feel tense when I'm with people I don't know well.					
2	I am socially somewhat awkward.					
3	I do not find it difficult to ask other people for information					
4	I am often uncomfortable at parties and other social functions.					
5	When in a group of people, I have trouble thinking of the right things to talk about.					
6	It does not take me long to overcome my shyness in new situations.					
7	It is hard for me to act natural when I am meeting new people.					
8	I feel nervous when speaking to someone in authority.					
9	I have no doubts about my social competence.					
10	I have trouble looking someone right in the eye					
11	I feel inhibited in social situations.					
12	I do not find it hard to talk to strangers.					
13	I am more shy with members of theopposite sex.					