

A Study to Assess the Level of Anxiety Regarding Internet Addiction Among Adolescents At Selected Area Puducherry

MRS. K. MANOHARI¹, V. KAMALESH², Dr. G. MUTHAMILSELVI³

¹Assistant Professor in Department of Mental Health Nursing, SMVNC, Puducherry - 605107

²B.Sc., (Nursing)-IV Year, Sri Manakula Vinayagar Nursing College, Puducherry - 605107

³Principal, Sri Manakula Vinayagar Nursing College, Puducherry - 605107

Corresponding Author: K. Manohari Email: manoharik@smvnc.ac.in

ABSTRACT:

Internet addiction refers to an uncontrollable urge to spend excessive time online, often leading to neglect of responsibilities, withdrawal symptoms when attempting to reduce internet use, and a loss of interest in other activities for the general population, social isolation strategies for controlling the pandemic had led to increased Internet use and increased risk for internet addiction. The main objective of the study to level of knowledge on consequences of internet addiction and its prevention among adolescents. The research approach used for this study was quantitative research approach. A descriptive research design was adopted for this present study. By using convenient sampling technique, 30 adolescents at Kalitheerthalkuppam Puducherry were selected for the present study. The present study reveals that Out of 30 samples, 27(90%) of them have Low level of anxiety regarding internet addiction, 3(10%) Low level of anxiety regarding internet addiction. The study findings revealed that samples were having average knowledge regarding consequences of internet addiction. Mean value of level of knowledge is 21.45. The demographic variables were found to be having non-significant association with knowledge regarding consequences of internet addiction.

Keywords: Internet addiction, Adolescence, Anxiety

I. INTRODUCTION:

Adolescence is a crucial transitional period between childhood and adulthood, characterized by significant physical, cognitive, emotional, and social changes. The COVID-19 pandemic has significantly impacted adolescents due to uncontrollable stressors such as school closures, lack of social connections, fear of diseases, and changes in social and family settings. Anxiety disorder is one of the most prevalent mental health challenges adolescents face during this time. Excessive internet use, which has become an integral part of adolescent lives, can lead to internet addiction, which is an uncontrollable urge to spend excessive time online.

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Previous studies have shown that adolescents are particularly vulnerable to excessive internet use, leading to negative consequences in various aspects of their life, especially mental health. Adolescents who struggle with internet addiction are more likely to experience various mental health issues such as anxiety, depression, loneliness, and low self-esteem.

The study aims to estimate the prevalence of internet addiction, the prevalence of high level of anxiety, and examine factors associated with the high level of anxiety among adolescents in Hanoi, Vietnam during the COVID-19 pandemic. Internet addiction occurs through neurohormonal pathways, activating the "reward centre" or "pleasure pathway" of the brain, which increases dopamine release and other neurochemicals.

Understanding the issue and providing timely intervention is crucial to prevent long-lasting psychological morbidities. This study aims to determine the prevalence of Internet addiction in adolescents of urban areas of Kamrup district and assess the association of Internet addiction with depression, anxiety, and stress.

American Psychiatric Association (1995) clearly that Internet Addiction is related to the pattern of using the internet which results in functional disorders and unpleasant inner emotional state for a duration of two months. An individual can be diagnosed by applying seven criteria. It is necessary that an individual should satisfy at least three criteria for two months. Tolerance, withdrawal symptoms, internet use for longer than intended, continuous inclination to control behaviour, a significant portion of time is spent on activities related to internet use and other important online activities related to socialisation, occupation, and recreation are either

given up or reduced as a result of internet use, and regular use of the internet without knowing its drawbacks is among them.

NEED FOR THE STUDY

Child abuse is a significant social problem affecting children, involving physical, sexual, emotional, and neglect. It can occur in day care centres, schools, and child care agencies, and may have an earlier diagnosis of failure to thrive. Child abuse is a complex phenomenon with multiple causes, including physical abuse, emotional abuse, sexual abuse, and neglect. Physical abuse involves aggression towards a child, such as punching, striking, kicking, slapping, bruising, and burning. Shaken baby syndrome is a serious form of abuse, causing increased intracranial pressure, brain swelling, and oxygen deprivation. Emotional abuse refers to the psychological and social aspects of child abuse, often occurring when a child is ignored, rejected, isolated, exploited, corrupted, verbally assaulted, or terrorized. Sexual abuse is common, resulting in poor self-esteem and depression.

Etiological factors of child abuse include child factors, maternal factors, and social factors. Physical consequences include physical disability, psychological disturbances, behavioral and social consequences, and direct and indirect costs. Nursing care focuses on removing the child from an abusive environment, providing supportive care, and reinforcing follow-up care and counselling. Child parent psychotherapy is designed to promote parent-child relationships following domestic violence. Nursing care should promote trust, consistent care, understandable language, social exposure, maintenance of parent-child relationships, adequate physical care, nutrition, and proper treatment for injuries. Play therapy is the best treatment modality for traumatized children, and pharmacotherapy can also improve the outcome of abused children.

STATEMENT OF THE PROBLEM

A study to assess the level of anxiety regarding internet addiction among adolescents at selected area Puducherry.

OBJECTIVES OF THE STUDY:

- To assess the level of knowledge on consequences of internet addiction and its prevention among adolescents.
- To find the association between the level of knowledge with their selected demographic variables.

RESEARCH METHODOLOGY:

A quantitative research approach was selected for the present study.

RESEARCH DESIGN:

The Descriptive Research Design was adopted for this study.

SETTING:

The study was conducted at adolescents at Kalitheerthalkuppam, Puducherry.

POPULATION:

The target population of this study comprises adolescents at Kalitheerthalkuppam Puducherry.

SAMPLE:

The study sample consist of adolescents at selected area Puducherry who fulfill the inclusion criteria.

SAMPLE SIZE

Sample size consists of 30 adolescents at Kalitheerthalkuppam Puducherry who meet the inclusion criteria.

SAMPLE TECHNIQUE:

Sample technique is defined as the process of selecting a group of people or the other elements with which conduct a study. Convenient sample technique is used for the present study research.

SAMPLE SELECTION CRITERIA: Inclusion criteria:

- Adolescents at Kalitheerthalkuppam.
- Both male and female.
- Adolescents who are present at the time of data collection.
- Adolescents who are willing to participate in the study.

Exclusion criteria:

- Adolescents who are not available at the time of data collections.

- Adolescents who are not willing to participate in the study.

STUDY VARIABLE:

A variable is measurable or potentially measurable component of an object or event that may fluctuate in quantity and quality or that may be different in quality and quantity from one individual object to another individual object or event of the same general class. Two types of variables are identified in this study. They are as follows: Independent variable and dependent variable.

INDEPENDENT VARIABLE:

Independent variable is the presumed cause for the resulting effects on the depending variable. In the present study the independent variable is “internet addiction”.

DEPENDENT VARIABLE:

Dependent variable is the variables, the researcher is interested in understanding, explaining or predicting. In the present study the dependent variable is the knowledge internet addiction among adolescents.

MAJOR FINDING

The study result shows that out of the People who were interviewed, Majority of the children 10(33%) were in the age group above 12-15 years. Most of the children 16(53%) were male. Most of the children father were illiterate 16(53%). All of their father working as private employee. Majority of them from rural area 30(100%). Among 30, 22(73%) had no any lifestyle disease. And 12 (40%) of the children addicted to internet for 1 hour duration. Out of 30 samples, 27(90%) of them have Low level of anxiety regarding internet addiction, 3(10%) Low level of anxiety regarding internet addiction. The findings reveal that mean (30.6) and standard deviation (8.14) of the level of anxiety regarding internet addiction among adolescents.

II. RESULTS AND DISCUSSION

Table 1 shows that Frequency and percentage wise distribution of the level of anxiety regarding internet addiction among adolescents Out of 30 samples, 27(90%) of them have Low level of anxiety regarding internet addiction, 3(10%) Low level of anxiety regarding internet addiction.

Table 1: Frequency and percentage wise distribution of the level of anxiety regarding internet addiction among adolescents [N= 30]

SCORING INTERPRETATION	FREQUENCY	PERCENTAGE
Low level of anxiety regarding internet addiction	27	90
high level of anxiety regarding internet addiction	3	10

Figure: 1 Level of anxiety regarding internet addiction among adolescents

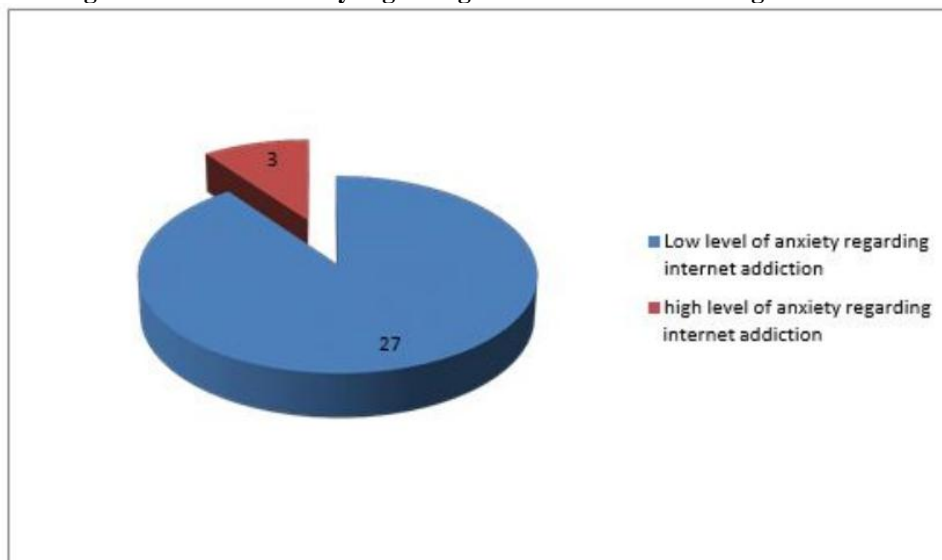


Figure: 2 Mean and standard deviation internet addiction among adolescents

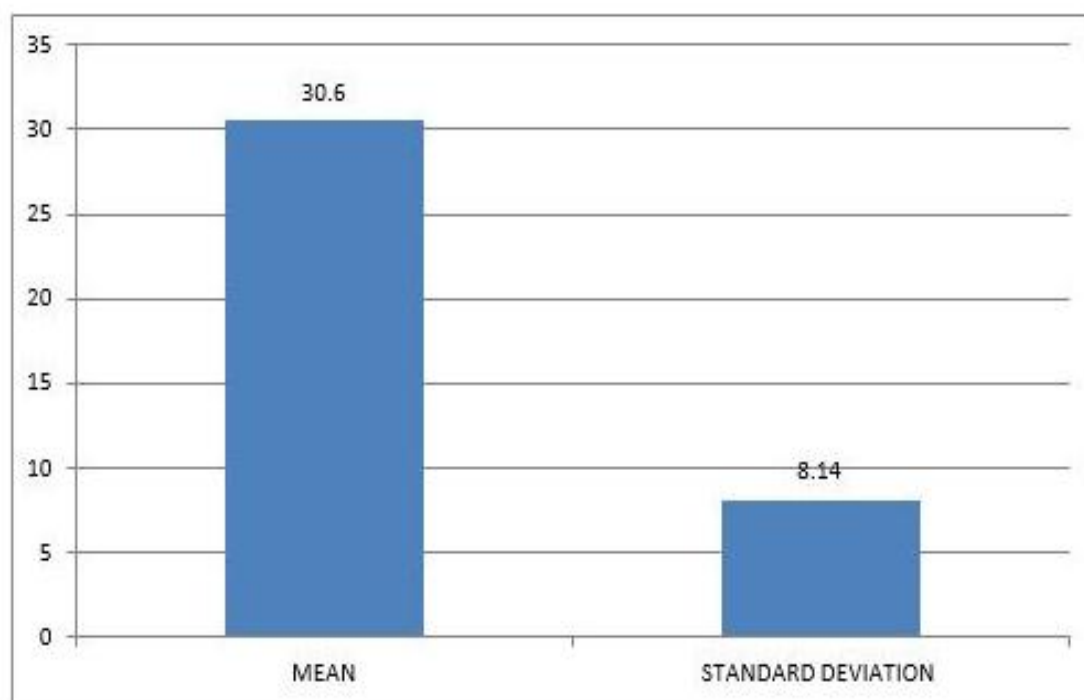


Table 2: Mean and Standard deviation of the level of anxiety regarding internet addiction among adolescents [N = 30]

MEAN	STANDARD DEVIATION
30.6	8.14

Table 3: Association on assess the level of anxiety regarding internet addiction among adolescents at selected area [N = 30]

S.NO	DEMOGRAPHIC DATA	Low level symptoms		High level symptoms		X ²
		N	%	N	%	
1.	Age					X ² =9.167* Df=2
	a. 12-15 years	10	33	0	0	
	b. 16-18 years	12	40	0	0	
	c. 19-22 years	5	17	3	10	
	d. >24 years	0	0	0	0	
2.	Gender					P=.0102
	a. male	13	43	3	10	X ² =2.917 Df=1 P=.0877
	b. Female	14	47	0	0	
3.	Religion					X ² =0.018 Df=1 P=.8943
	a) Hindu	19	63	2	7	
	b) Muslim	8	27	1	3	
	c) Christian	0	0	0	0	

4.	Education					$X^2=1.050$ Df=2 P=.5915
	a) Illiterate	15	50	1	3	
	b) Primary school	6	20	1	3	
	c) Secondary school	6	20	0	0	
	d) Graduate	0	0	0	0	
5.	Job type					$X^2=1$ Constant
	a) Government job	0	0	0	0	

	b) Private job	27	90	3	10	
	c) Own business	0	0	0	0	
	d) unemployed	0	0	0	0	
6.	Type of family					$X^2=.018$ Df=1 P=.8943
	a) nuclear	8	27	1	3	
	b) joined family	19	63	2	7	
	c) single	0	0	0	0	
7.	Having children					$X^2=.370$ Df=2 P=.8310
	a) 1 children	2	7	0	0	
	b) 2 children	6	20	1	3	
	c) 2 or more children	19	63	2	7	
8.	Duration of internet addiction					$X^2=1.481$ Df=2 P=.4768
	a) 1 hr	10	33	2	7	
	b) 2 to 3 hr	9	30	1	3	
	c) Above 4 hr	8	27	0	0	
9	Type of residence					$X^2=1$ Constant
	a) Rural	27	90	3	10	
	b) Urban		0		0	
10	Any lifestyle disease					$X^2=1.212$ Df=1 P=.2709
	a. yes	8	27	0	0	
	b. no	19	63	3	10	

***-p<0.05, significant and **-p<0.001, highly significant**

Table 3 shows that Association on assess the level of anxiety regarding internet addiction among adolescents at selected area with their selected demographic variables. The chi square reveals that it is statistically association with age to p<0.05 is significance and other are non-significance.

III. CONCLUSION:

The present study is descriptive study to assess the level o knowledge regarding consequences of internet addiction. The study findings revealed that samples were having average knowledge regarding consequences of internet addiction. Mean value of level of knowledge is 21.45. The demographic variables were found to be having non-significant association with knowledge regarding consequences of internet addiction.

IV. RECOMMENDATIONS:

Based on findings of the present study, the following recommendation have been made

- A large scale study can be done for replication to standardize.
- A comprehensive study can be conducted on knowledge in various settings.
- An experimental study can be conducted to make this more serious in the community.

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