

A CRITICAL STUDY OF PSYCHOLOGICAL PROBLEMS OF FACULTY AND SEX VARIABLES ON INTERNET ADDICTION

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ABSTRACT

People's physical and behavioral health is always correlated with their mental health. It is crucial for a person's mental, physical, and financial development. A healthy person is fully conscious of his strengths and obligations. He or she is able to support the community in which they reside and deal with the typical difficulties of their existence with ease. It suggests that a community's mental health affects its overall health, happiness, and well-being. Social functioning, physical health, and mental health are all interrelated. A person's mental health has an impact on how they think, feel, act, and handle difficult situations. Every stage of a person's life, including childhood, adolescence, adulthood, and old age, is vital for maintaining mental health. Utilizing the internet allows for quick access to knowledge, the sharing of information and documents for both personal and professional purposes. Internet access is become a need for day-to-day living. Today's world revolves around the internet. Before the invention of the internet, human life was different. People showed love to one another, communicated effectively, had good family relationships, tried to always tell the truth, and met in person. However, thanks to the internet, people can now interact with one another instantly, anywhere, at any time, and at the speed of light. Teenagers appear to be more glued to the internet in our country because it is widely used and accessible. Teenagers utilize the internet more than adults due to the introduction of several social networking sites and mobile apps. There is a negative influence on their academic achievement, health, and family due to increased internet use. Researchers so wish to investigate internet addiction.

KEY WORDS: Psychological, Internet Addiction, Faculty and Sex Variables.

INTRODUCTION

Today's generation is totally dependent on the Internet since it offers a wealth of knowledge in every subject with just one click. Depending on the needs of the users, the internet is utilized for a variety of things.

Communication: The Internet has fundamentally altered how people communicate. Today, the Internet is used for a variety of official and non-official communications. Only with the aid of the Internet are we able to readily interact via video conferencing, text messaging, and sharing our ideas on social networking sites. Being able to communicate with everyone in the world is a priceless gift of modern technology.

Research: - Prior to the invention of the Internet, conducting research required a researcher to read a large number of books in order to accomplish his or her goals. However, a researcher can now quickly look through his study materials online with only one click. When we conduct a search on one subject, we can find hundreds of references on related subjects. With the use of the internet, a researcher can simply publish their study. This technological revolution has many advantages for researchers.

Education: - This is used as a learning tool by many faculty members in schools, colleges, and universities. Both teachers and students commonly employ this useful tool. On the Internet, there are several books, magazines, storybooks, references, online support centers, and study materials. By offering a variety of simple learning techniques, it facilitates learning. We may quickly visit numerous websites and gain a wealth of information about our requirements or topics. Here, it's crucial to keep in mind that the Internet has evolved into a crucial instrument for achieving academic proficiency.

Financial Transaction: We no longer have to wait in large lines at cash registers or other counters to withdraw or deposit cash. Money can be readily sent and received with only one click. All banks currently offer online banking services. Only with the aid of the Internet are all these amenities now possible. The Internet has made it possible for every bank to have its own mobile app for online money transfers and other cashless transactions in the current situation (Koskosas, 2011a).

Real time updates: - Real-time updates are available on the Internet for the entire world. Sports, money, and other news are all conveniently accessible to us anytime, anywhere.

INTERNET BENEFITS AND DRAWBACKS

The technological revolution has made the world we live in seem like a smaller place. In the area of the smaller world, the internet is crucial. It serves a secretive purpose in bringing people together, exchanging knowledge, and discovering new things. However, despite the benefits the internet has given humanity, there may still be

negative aspects. Comprehension and being aware of its benefits and drawbacks is crucial for gaining a thorough understanding of the topic.

INTERNET BENEFITS

Communication: The internet has made it easier than ever to communicate with people around the world. More than at any other time in history, we can communicate with one another effortlessly and cheaply. It is the origin of all knowledge, which is infinite.

Information: Using the power of the internet, one can look for any kind of information. A user of the internet can access whatever amount of information they want with the help of a search engine like Google Chrome, Bing, or Microsoft Edge. On the Internet, information can be discovered by typing a single word, phrase, or sentence.

Online transactions: - With the use of net banking, Paytm, Google Pay, phone pay, etc., the online transaction is finished. There is no need for us to wait in a large line at any bank or office to complete transaction-related tasks.

Automation and control: With the aid of the internet, a lot of items are now connected via wireless infrastructure. Digital and wireless features are used to control the various huge machinery. Human intervention carefully regulates every machine.

The internet is currently the most significant component of education. The internet is used to assist students finish many kinds of assignments and projects.

It offers countless hours of entertainment. Because of the Internet, entertainment methods are always evolving. Everything from movies to music to games to books to software is now accessible online.

INTERNET DRAWBACKS

Decrease in personal privacy: A user of the internet creating an account on a social networking site and entering all of their personal data. Hackers can abuse this personal information by tracking the user's social media and mobile accounts.

Internet overuse is a condition known as "impulsive control disorder," which can develop into an addiction. Internet addicts may even develop strong emotional links to their virtual companions, their pursuits, and their

viewpoints. These people may be so emotionally attached that they are willing to compromise both their essential social and personal relationships and their risky jobs in the real world for the sake of the virtual group.

You must recharge your smart gadgets, such as your laptop, tablet, and smartphone, in order to connect to the internet. You must pay a small cost if you wish to build your own website.

Dependency on technology: In the modern world, it is evident that young people in every nation are completely reliant on technology, the internet, and its associated equipment. Total reliance on the internet is bad for both the user and the country.

It promotes pornography: The internet is a significant factor in the promotion of pornography and other cybercrimes. These forms of video and image content contributed to some users developing a cybersex addiction.

Electronic and communication technology today is a vital component of being a person. Over the past few decades, it has been interfering with people's daily lives. The technological revolution has led to tremendous advancements in communication technology, including smartphones and the internet. However, the internet lowers communication barriers and provides a readily accessible source of practically all forms of information. Both beneficial and negative effects of this technology on human existence are present. The user develops a number of issues relating to their psychophysical health as a result of their excessive use of this device.

On the other hand, excessive internet use can lead to addiction among its users. People now read articles, blogs, and other online content rather than newspapers, books, and other hard copy publications. However, excessive internet use has sharply increased recently, particularly among young people. Internet addiction makes users more and more dependent on the internet and other digital devices. Due to their growing reliance on the Internet, users experience undesirable emotions. Some users experience psychological issues as a result of their excessive internet usage.

The internet is now an essential component of schools and universities, as both students and faculty use it to teach and learn both on and off campus. The internet offers a variety of services, such as online gaming and chatting, but frequent use of these services and the ensuing internet addiction have a negative impact on students' academic performance and mental health. According to a Chinese study, students today spend a lot

of time engaging in online activities. Students' performance has suffered as a result, and symptoms including despair, mood swings, rage, sadness, boredom, upset stomach, and issues with digestion have also appeared. Additionally, users of this addiction frequently experience issues with their family and friends. Adolescents in high school showed a moderate level of internet addiction and had unfavorable relationships with their family and friends.

INTERNET ADDICTION

Obsessive-compulsive disorder (OCD), impulse control disorder (ICD), pathological internet use, compulsive computer use, problematic computer use, internet reliance, and even Internetomania are some of the titles given to internet addiction. Internet addiction is seen as a behavioral addiction by the National Institute on Drug Abuse. Internet addiction is a general phrase that refers to a wide range of behavior and impulse control issues. Internet addiction, is a sickness that affects people who find the repetitive existence on a computer keyboard more exciting. Internet addiction is described by the American Psychological Association as "a manner of using the internet that delivers functional problems together with an interior unpleasant state within a two-month period." It's noteworthy to note that the first individual to use the term "internet addiction disorder" in public intended it to be a joke. Ivan Goldberg, a psychiatrist, made a satirical entry about internet addiction on psycom.net in 1995.

RESEARCH METHODOLOGY

Any type of research begins with a great deal of curiosity and inquiries about a certain topic or group of phenomena. This section explains in detail how the research was conducted, including the population that was taken into account, the sampling techniques used, the methods used to test the independent variables, and the methods used to collect the research's data. The procedure of gathering data and using standardized tools to analyze the results in this study.

DATA COLLECTION OF THE STUDY

This section lists the numerous organizations where the study was conducted and the guidelines under which it was approved. The responders for this study will be 700 subjects, Through the use of the testing inventories, the group was chosen at random.

The current study's objective was to compare internet addiction and mental health among students in the different colleges. The following test tools were taken into consideration for this purpose with their respective

manuals' descriptions of their objectivity, reliability, and validity. In this study, two (02) inventories were used. The Internet Addiction Test, which was employed in this study, was created by Kimbal Young and translated and standardized into the region's language by Mittal Vekariya.

The questionnaire for mental health was created by D.J. Bhatt and Gita R. Gida and utilized in this study to gather data. Thus, 700 subjects who were chosen at random from various institutions and neighborhoods in the Visakhapatnam District will serve as the study's respondents. The whole sample consists of 700 subjects.

POPULATION

Data from both primary and secondary sources would be gathered. Individuals and internet use would be considered primary sources, whereas articles from presented papers, scholarly journals, and web pages from the internet would be considered secondary sources. The information gathered, presented, and compared in order to derive conclusions about the importance and priority of both these studies. Also revealed are the causes of addiction. In the study, statistical methods like ratios, percentages, arithmetic averages, trends, etc., wherever necessary, are to be employed for meaningful analysis and for producing accurate suggestions based on the findings. The study's conclusions will be supported with tables and graphs.

PERSONAL DATA SHEET

The researcher has created a personal data sheet for this study in order to gather certain personal data, such as the type of faculty, area, how frequently people use the internet, age, income, and if they have part-time jobs or not.

INTERNET ADDICTION TEST

The Kimbal Young Internet Addiction Test was created. Use Mittal Vekariya's adaptation of this test for this study. There are 20 items total, and they assess mild, moderate, and severe internet addiction. This scale was based on the Likert five-point scale. The results of this test were divided into four categories: normal users (score 20), mild internet addicts (scoring 20–49), moderate addicts (score 50–79), and severe addicts (score >79). As a result, the norms established by Kimbal Young in the original scale are quite obvious. The Internet Addiction Test has a maximum score of 100 and a minimum score of 20. This test has a high degree of validity, reliability, and realism.

RESULTS AND DISCUSSION

The Internet has changed how people live their daily lives, go about their jobs, communicate, and learn. If we use the internet, social networking sites, online friendship, online talking, and online games excessively for hours at a time, it becomes difficult for us to limit our usage and we may experience problems as a result. It is also extremely likely that we will develop an addiction to the internet.

The explanation above demonstrates that using the Internet can be beneficial or harmful. It depends on the actions and behavior of the user. It is regarded as healthy use if we use the Internet in settings that are controlled, such as an office, a classroom, or a Wi-Fi hotspot. However, it is deemed unhealthy use when we use the Internet in regulated settings like the workplace, school, or social networking for long periods of time.

Due to inadequate direction from teachers and parents, students become addicted to excessive internet use. The addiction to the internet can lead to depression, behavioral issues, interpersonal issues, etc.. The addicted person skips meals, consumes more fast food, and forgoes exercise to maintain their weight. Overuse of the internet is altering consumers' way of life. Additionally, it causes a variety of mental and physical issues, such as depression, neck pain, and severe back pain. Even the societal and personal issues are brought about by it. The amount of food consumed affects a person's physical development. However, they have issues like high weight growth or low weight, blackheads beneath the eyes, and other issues as a result of their excessive internet use.

TABLE NO: 1- THE MEAN SCORE AND F VALUE FOR SEX VARIABLES ON INTERNET ADDICTION

No.	Variables(Sex)	N	Mean	F	Sig.
1	Male students (B1)	350	48.56	27.83	0.01
2	Female students (B2)	350	42.88		

Significance levels $df_1 = 0.05 = 3.85 / 0.01 = 6.66$

The mean for male students was 48.56, and the mean for female students was 42.88, according to table. The significance level for the sex variables' F value was 0.01 and it was 27.83. As a result, the Ho2 was disregarded, and it was possible to conclude that there was a large mean difference between the various sex types and their Internet Addiction scores. According to the findings, male students are more addicted to the

Internet than female pupils. Thus, we came to the conclusion that Internet addiction was a significant factor affecting male students. The mean difference between male and female students on Internet Addiction was 5.69, which was significant at 0.01 levels, as can be seen from table, the L.S.D. for Types of Sex variables. The conclusion reached was that male students are more addicted to the internet than female pupils. Thus, it was determined that Internet addiction was a significant factor affecting male pupils.

TABLE NO:2- TYPES OF SEX VARIABLES ON INTERNET ADDICTION

No.	Variables(Sex)	N	Mean diff.	Sig.
1	Male students (B1)	400	5.69	0.01
2	Female students (B2)	300		

Significance levels for L.S.D. =0.05=2.15 / 0.01=2.83

Additionally, it should be noted that students can cheat more easily on tests and other academic assignments thanks to the internet. They can easily pass off someone else's study material as their own by copying it verbatim. Additionally, it has been observed that a number of students copy portions of their papers or articles from the Internet without the authors' consent and without citing the original source of pertinent information. The majority of high school students use social networking sites, however some also use the internet for academic purposes.

Ho:1- There is no significance difference of Internet Addiction based on Area variables.

TABLE:3- THE MEAN SCORE AND F VALUE FOR AREA VARIABLES ON INTERNET ADDICTION

No.	Variables(Area)	N	Mean	F	Sig.
1	Rural students (c1)	350	44.57	0.08	N.S.
2	Urban students (c2)	350	44.89		

Significance levels $df_1 = 0.05 = 3.85 / 0.01 = 6.66$

Teenagers love communicating with or participating in online activities with their virtual pals, who are not actually genuine. In the long run, this type of practice leads to internet addiction due to the excessive usage of social networking sites.

TABLE:4- TYPES OF AREA VARIABLES ON INTERNET ADDICTION

No.	Variables(Area)	N	Mean diff.	Sig.
1	Rural students (c1)	400	0.39	N.S.
2	Urban students (c2)	300		

Significance levels for L.S.D. $= 0.05 = 2.15 / 0.01 = 2.83$

Table showed that the mean for students in rural areas was 44.57 and the mean for students in urban areas was 44.89. At 0.05 levels, the F value for Area variables was 0.08, which was not statistically significant. As a result, the H_0 was not disqualified, and it could be concluded that there was no discernible difference in the mean between the various region types & their Internet Addiction scores. As a result, it concluded that urban pupils were more addicted to the Internet than rural students. Thus, it is possible to draw the conclusion that Internet addiction has a significant impact on urban pupils.

Ho:2- There is no significance difference of Internet Addiction based on Interaction for types of faculty and Sex variables.

TABLE:5- INTERACTION F FOR TYPES OF FACULTY AND SEX VARIABLES ON INTERNET ADDICTION

Variables	A1 (Arts students)	A2 (commerce students)	A3 (Science students)	F	Sig.

B1 (Male students)	47.80	45.33	48.61	2.30	N.S.
B2 (Female students)	43.58	38.8	46.16		

Significance levels $df_2 = 0.05 = 3.00 / 0.01 = 4.63$

The mean difference between rural students and Urban students on Internet Addiction was 0.39, which was not Significance at 0.05 levels, as can be seen from table. The L.S.D. for types of area variables on Internet Addiction was also 0.39, which is not Significance at 0.05 levels. Thus, it was determined that urban pupils were more addicted to the Internet than rural students. Therefore, it is possible to draw the conclusion that Internet addiction significantly impacted urban pupils. At 0.05 significant levels, H_03 is not rejected in this case.

TABLE:6- TABLE FOR INTERACTION OF TYPES OF FACULTY AND SEX VARIABLES ON INTERNETADDICTION

Sr.NO.	Pairs	Mean Diff.	Significance
1	A1B1 vs. A1B2	6.24	0.01
2	A1B1 vs. A2B1	2.46	N.S.
3	A1B1 vs. A2B2	11.02	0.01
4	A1B1 vs. A3B1	1.17	N.S.
5	A1B1 vs. A3B2	3.18	0.05
6	A1B2 vs. A2B1	3.76	0.01
7	A1B2 vs. A2B2	4.79	0.01
8	A1B2 vs. A3B1	5.04	0.01
9	A1B2 vs. A3B2	2.59	N.S.
10	A2B1 vs. A2B2	8.55	0.01
11	A2B1 vs. A3B1	1.29	N.S.

12	A2B1 vs.A3B2	1.16	N.S.
13	A2B2 vs.A3B1	9.83	0.01
14	A2B2 vs.A3B2	7.35	0.01
15	A3B1 vs.A3B2	2.46	N.S.

Sig. levels for L.S.D. 0.05=3.74 / 0.01=4.89

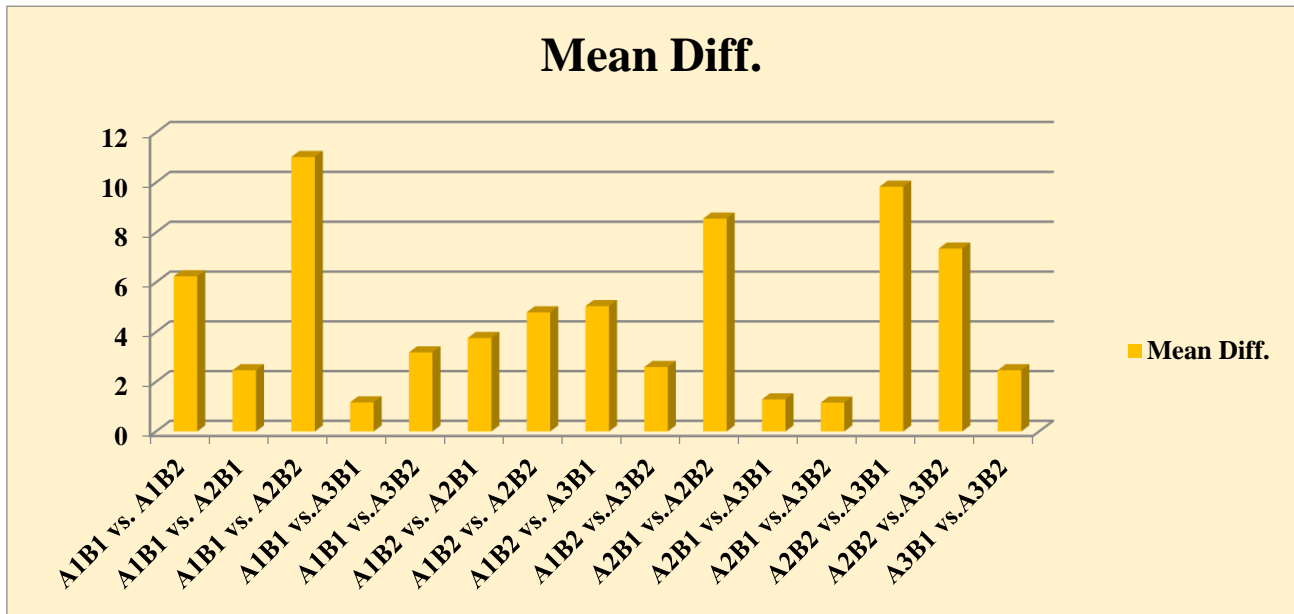


FIGURE:1- TABLE FOR INTERACTION OF TYPES OF FACULTY AND SEX VARIABLES ON INTERNET ADDICTION

It could be seen from the table that the Interaction F for Types of faculty and Sex variables on Internet Addiction F value was **2.30**, which was not significance at **0.05** levels. Hence, the **H₀₅** was not rejected and it could be said that there was not significant mean difference between Types of faculty and sex variables & their Internet Addiction score. The table no.**4.3.10** and figure **No.04** point out the L.S.D. for interaction of types of faculty and sex variables on Internet Addiction. It could be seen the result and said that most of the pairs are significance at 0.05 or 0.01 levels. It could also said that the highest mean score **47.80** was Arts male students. So It could be said that Arts male students are more Internet Addicted students. The highest mean difference between A1B1 vs. A2B2 (Arts male students Vs. Commerce female students) was **11.02**, so the result said that it was big difference. The lowest mean difference between A2B1 vs. A3B2 (Commerce male students Vs. Science female students) was **1.16** on Internet Addiction. Hence, it could be seen all the

result and concluded that either all variables (faculties and sex) are affected on Internet Addiction or Internet Addiction was affected them.

CONCLUSION

The standard for mental effectiveness is: Mental well-being and cognitive performance are tightly related. Efficiency refers to using our abilities for observation, imagination, learning, thinking, and decision-making effectively as well as to the ongoing improvement of mental processes to a greater level of effectiveness. It is clear that mental health and mental efficiency are directly related, just as physical health and physical efficiency are. An emotionally disturbed individual cannot watch, think, or learn as efficiently as a sick child can play or study. Control and fusion of mind and behavior: Control and integration of ideas and behavior are traits of excellent mental health. People with low mental health are unable to control or integrate their ideas. Effective control is a sign of a sound mind and a positive outlook on life. Obsession, fixed beliefs, phobias, and other symptoms are hence likely to emerge in the absence of such control. Integration of reasons and management of tension and annoyance: People with sound mental health are able to combine their motivations and manage problems. Serious disputes may arise from a failure to integrate motives. Only someone with a good mental state can effectively combine the motivations, manage disputes, and control dissatisfaction.

It is important to note that different facilities have different Internet consumption patterns. According to certain studies, because metropolitan areas have more amenities than rural ones, they utilize the internet more frequently than rural ones. According to a survey done in an urban setting, only half of the sampled population uses the internet for talking. Online gaming and excessive usage of social networking sites are also more common in cities, according to certain research. One of the main causes of "Internet addiction" is the excessive usage of these social networking sites. The majority of people now use smartphones instead of basic mobile phones since they offer more features like social networking and gaming. Teenagers now frequently play video games at home on computers and mobile devices. They use computers to play both online and offline games. Therefore, just as smart phones, laptops, and tablets are common gadgets for using the internet, computers are also one of the causes of Internet addiction. The use of the internet offers a means of interaction, amusement, socializing, and information sharing with others. Internet addiction is being caused by increased Internet accessibility.

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