



PREVALENCE OF INTERNET ADDICTION AMONG HIGHER SECONDARY SCHOOL STUDENTS

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ABSTRACT

'Internet Addiction Through The Phase Of Adolescence' published in JMIR Mental health journal, it was seen that highest level of internet addiction was found among the adolescents aged 15- 16 years, who used internet for school as well as for their entertainment. As the internet usage is increasing ,becoming part of daily life, Internet Addiction Disorder has received much attention to be studied, monitored among the vulnerable group of children i.e. the adolescents.

Keywords: Internet Addiction, students

INTRODUCTION

*“The Internet is becoming the town square for the global village of Tomorrow.”
- Bill Gates*

In an article, ‘Internet Addiction Through The Phase Of Adolescence’ published in JMIR Mental health journal, it was seen that highest level of internet addiction was found among the adolescents aged 15- 16 years, who used internet for school as well as for their entertainment. As the internet usage is increasing ,becoming part of daily life, Internet Addiction Disorder has received much attention to be studied, monitored among the vulnerable group of children i.e. the adolescents.

PROBLEM STATEMENT

A study to assess the prevalence of **Internet Addiction** among Higher Secondary School’s students at selected schools of Rajnandgaon (C.G).

THE OBJECTIVES OF THE STUDY

- To assess the prevalence of Internet Addiction among Higher Secondary school students at selected schools of Rajnandgaon (C.G.).
- To associate the prevalence of internet addiction with selected socio demographic variables.

METHODOLOGY

Research approach used was Quantitative Research Approach, Survey Research Design :Descriptive Research Design was used, Sampling Technique was Probability Random Sampling & sample size was 100 adolescent students of age 16-19yrs of Wiedner Memorial Senior School at Rajnandgaon.(C.G).Data was collected through self structured questionnaire for assessing socio-demographic variable and standardised tool :IAT (Internet Addiction Test) by Dr.Kimberly Young for assessing Internet addiction.

INCLUSION CRITERIA

- Students who are willing to participate in the study.
- Adolescent school students both boys and girls of age group 16-19 year.
- Students who are having smart phone.

EXCLUSION CRITERIA

- Students who are mentally unsound and handicapped.
- Students who do not have internet connection.
- Students not using the internet.

MAJOR FINDINGS

1. Average Internet Addiction Syndrome was found in 40 subjects, Mild Internet Addiction was found in 54 subjects, Moderate Internet Addiction was found in 6 subjects, and no subjects had severe Internet Addiction.

2. Socio demographic variables like to make unknown friends online, feel safe making online friends, internet usage had led to decrease in socialization, and using internet while in public places were found to be associated with Internet Addiction, as their chi-square values were found to be higher than $p < 0.05$ level of significance .

DISCUSSION

Naiwa and Anand (2014) et al had done a study among adolescent school children 16-18 years old in India. Two groups were identified-dependents and non-independents. Significant behavioural and functional usage differences were revealed between the two groups. Dependents were found to delay other work as they spend time online, lose sleep due to late night Log-Ons and feel life would be boring without internet by dependents, were greater than those of non-dependants. On the loneliness measure, significant differences were found between the two groups, with the dependents scoring higher than the non-dependants."

IMPLICATION

1. All round monitoring of adolescent group students including their bodily changes ,behavior patterns,life style,most important their peer circle should be done.
2. Counselling and training of parents,teachers and students related to safer use of internet should be given.

RECOMMENDATION

Cross sectional and prospective studies can be done for the subjects who came under category of mild and moderate Internet Addiction.



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