Ilkogretim Online - Elementary Education Online, 2021; Vol 20 (Issue 1): pp. 6965-6970
http://ilkogretim-online.org
doi: 10.17051/ilkonline.2021.01.723

Relationship Between Internet Addiction & Well-Being Among Teenagers And Young Adults

Amisha Bisht[1] * Divyansh Pande[2]*, Dr. S. K Sarkar[3]*

*1. Visiting Faculty, Department of Humanities & Social Sciences, Graphic Era (Deemed to be) University, Dehradun, Uttarakhand, India.

*2. Student, BA (H) Psychology, Department of Humanities & Social Sciences, Graphic Era (Deemed to be) University, Dehradun, Uttarakhand, India.

*[3]Professor & HOD, Department of Visual Arts, Graphic Era Hill University.

*Corresponding author Email ID: guestfaculty.hss@geu.ac.in

ABSTRACT

Internet usage has skyrocketed in the modern world. It is a technical advancement that has made life easier for us and has since become a necessity as the number of users grows daily. The idea of internet addiction has emerged as a result of some people's excessive, uncontrolled use. The term "Internet Addiction" describes the compulsive drive to spend so much time online that it causes harm to one's relationships, work, and health. It is a huge concern for the younger generation and can have serious effects on someone's life, health, and well-being. In order to investigate the connection between young people's wellbeing and internet addiction, a cross-sectional study was carried out in the Indian city of Dehradun. The study's sample size consisted of 70 regular users of the Internet. Young's Internet Addiction Scale and PGI General Well-being Scale, created by S.K. Verma and Anita Verma, were used to measure internet addiction and well-being. According to the study, there is a strong negative correlation between internet addiction and overall well-being. The findings reported that adolescents and young people who are more addicted to the internet are more likely to have decreased levels of well-being. Hence, it highlighted the necessity of developing strategies to prevent internet addiction and enhance well-being.

Keywords: Well-being, Internet Addiction, Adolescents, Young Adults

Introduction

The internet is a technological tool that has made life easier for us and has since become necessary as its user base grows more quickly every day. It offers valuable tools like entertainment, commerce, and social sharing platforms that make it easier and faster to obtain knowledge, but it also has adverse physical and psychological effects like fatigue, aggression, depression, and loneliness. Along with this, there are other adverse effects on education, such as time wastage, academic performance declines, and peer communication issues. Though internet use indirectly impacts these problems, internet addiction has a direct impact. Kraut et al. found that excessive use of the internet is linked with decreased social interaction, which raises feelings of loneliness and melancholy and lowers psychological well-being by harming interpersonal relationships.

The internet's quick development and widespread use have improved opportunities for social interaction, knowledge sharing, and communication. However, the concept of internet addiction has emerged as a result of certain people's excessive, uncontrolled use of the internet. Internet addiction was first defined by Goldberg (1996) and later defined by the DSM IV criteria for addiction as having an "extreme need or drive for utilizing the internet." It was found that internet users between the ages of 18 and 24 were more likely than older users to become hooked on the internet. Due to psychological and environmental factors in their life, young people may be particularly vulnerable to internet addiction.

According to Internet World Stats, there were 360 million Internet users in December 2000; there were 4536 million users in June 2019; which represents a 58.8% worldwide internet penetration rate.. As of June 2019, there were around 560 million internet users in India, up from just 5 million in December 2000. This reflects an internet penetration rate of 40.9 percent of the population or 24.3 percent of internet users in Asia. Internet usage that is normal versus problematic or addictive differs significantly. Normal internet users can maintain self-control online, using it to fulfill daily needs and other necessities and behaving reasonably offline. However, problematic or pathological internet users engage in excessive mental activity (constantly thinking about the internet, daydreaming about online activities, planning their following online actions).

Studies on the causes of internet addiction revealed that traits including shyness, depressive symptoms, and low self-esteem were associated with a propensity for the addiction. In a cross-sectional investigation, Irena et al. (2010) found that time spent online had a negative impact on self-efficacy and raises loneliness levels. In another study conducted by Oktuğ (2010) it was described that well-being is a state degraded by things like inability to manage time, lost opportunities for sleep or meals, and so forth, while imagining patterns and norms typical of other addictions. Research shows that various psychological and mental health diseases, such as anxiety, sadness, stress, and obsessive-compulsive disorder, are regularly linked with internet usage.

In light of growing worries about young people's well-being and evidence of an increase in internet addiction, it is critical to understand how it affects the well-being of young adults, the pattern of Internet usage in young adults, and its relationship with their

mental and physical well-being. With this aim in mind, the present study has taken a close look at this issue.

Methodology

Study design, population, and sampling

This cross-sectional survey was carried out among teenagers and adults between the ages of 15 to 25 in Dehradun. Using a simple random sampling procedure, a total of 70 people who had used the internet at least once in the previous six months were chosen for the sample.

A three-part questionnaire that the participants self-administered was used to collect the data. The first section included information on age, sex, and how much time was spent online. Young's scale of internet addiction, was used for determining the degree of online addiction, was used in the second section. The scale consists of 20 items, each rated on a Likert scale of 1 to 5. It explores how internet use impacts daily activities, relationships, productivity, sleep patterns, mood, and other factors. The scores of internet addiction ranged from 0 to 100. With a Cronbach's alpha coefficient of 0.887, the reliability of this scale was determined and was found to be acceptable. The PGI General Well-Being Scale, created by S.K. and Anita Verma, made up the third section. It is employed to evaluate general well-being. The PGI scale consists of 20 statements broken down into four domains, each of which has five items: self/others, anxiety, mood, and physical. Each item receives a three-point Likert rating. The lowest and highest score ranges were 0 to 40; a high score denotes a high level of wellbeing. The KR 20 formula was used to determine this scale's dependability, and the outcome was 0.98 [p<(0.01)]. The English version's Test-Retest Reliability is 0.91 (p<.01). The test also had a strong correlation with the Bradburn Well-being measure (p<.01).

The nature and goals of the study were described to the participants before distributing them the questionnaire. There was no time limit, and it was emphasized that students should pick the answer they believed most strongly to be true. The participants' informed consent was acquired, and confidentiality was guaranteed.

Statistical analysis

The data analysis included estimating the scales' internal consistency (Cronbach's alpha) and descriptive statistics analysis. The association between internet addiction and general well-being was examined using Pearson's correlation coefficient and a standard linear regression.

Results

A total of 70 questionnaires were analyzed. Table 1 denotes information about descriptive statistics on internet addiction and overall well-being.

Table 1: Descriptive statistics about internet addiction and well-being (n=70)

Variables	N	M	SD	SE
Internet Addiction	70	63.04	13.78	1.64
Wellbeing	70	28.27	5.37	0.64

Table 1 depicts mean scores of internet addiction and well-being among teenagers and young adults. It was observed that the mean score of internet addiction was 63.04 and mean score of well-being among teenagers and young adults was 28.27.

Table 2: Correlation statistics between internet addiction and wellbeing

	Correlation(r)	df	p-value	Level of significance
Internet Addiction	-0.72	68	0.00	significant at 0.01

Table 2 shows the relationship between internet addiction and wellbeing. It was observed the two variables are strongly inversely associated ($r = 0.72$, $P< 0.01$).

Discussion

The need to study the relationship between the internet and general well-being among teenagers and adults has intensified due to the extensive usage, rising acceptance, and rapid growth of social networking sites among them. Due to the extensive use of the internet and social networking sites, teenagers and young adults are an especially vulnerable demographic. This study represents a step in our knowledge of the relationship between internet use and general well-being. In the previous studies, a decline in social relationships, anxiety, and depression have all been linked favourably to internet addiction, along with higher degrees of loneliness, poorer social adaption, emotional abilities, and lower levels of self-esteem.

The findings of the current study discovered who are more addicted to the internet are more likely to report feeling unwell. The study also indicated that internet addiction was a poor predictor of well-being. This illustrated how internet addiction affected overall well-being and revealed a negative association between the two.

In a study by Cardak, M. (2013) on the relationship between well-being and internet addiction in college students, the three components of online addiction—reduced impulse control, loneliness /depression, and social comfort—were all negatively connected with each other. According to Waldo A.D. (2014), aspects of environmental mastery, personal development, life purpose, and self-acceptance are negatively correlated with adolescent internet addiction. This demonstrates that increase in internet addiction, decreases the well-being of a person.

Kraut, R., et al. (1998) reported on the effect of internet use on the wellbeing of first-time internet users in order to address this issue and found that it had a negative influence. However, persons with sufficient social support were associated with improved well-being, whereas those without such support were associated with lower outcomes. Yoo, Y. S., et al. (2014) also found a significant negative influence on well-being from using social networking sites. Compulsive internet use has an impact on well-being. According to prior studies that found links between continuous internet use, compulsive behaviours, and psychiatric issues among college students. Our study's findings are in line with other studies that found increased internet usage to be negatively related to well-being.

Understanding the relationship between internet use and well-being among Indian teenagers and adults is the first phase in this study. It is important to be aware of some study limitations. First, because the current study used a cross-sectional methodology, we are unable to determine whether there is a causal relationship between internet addiction and PWB. Cohort studies are required in order to determine whether there is a temporal correlation between internet addiction and PWB. Second, because college students are a readily accessible demographic on college campuses, our study was restricted to them. Because college students are not typical of the wider population, this could result in self-selection bias. As a result, information gathered from college students cannot be generalised.

Conclusion

Internet addiction is an increasing issue among teenagers and young adults, and it has a bad impact on their well-being. Because of this, it is essential to develop preventative measures and therapies, as well as to encourage other researchers to conduct further research in this field, which is essential for enhancing well-being in adolescents and young adults.

References

1. Alheneidi, H., & Smith, A. (2020). Effects of internet use on well-being and academic attainment of students starting university. International Journal of humanities Social Sciences and Education, 7(5), 20-34.
2. Akın A. (2012). The relationships between internet addiction, subjective reality, subjective vitality, and subjective happiness. Cyberpsychology and Social Networking, 15(8), 404-410.

3. Bloch-Jorgensen, et al. (2018). Centeredness theory: Understanding and measuring well-being across core life domains. Frontiers in Psychology, 9.
4. Cardak, M. (2013). Psychological well-being and internet addiction among university students. Turkish Online Journal of Educational Technology - TOJET, 12(3), 134–141.
5. Cheung, J. et al. (2018). Psychological well-being and adolescents' internet addiction: A school-based cross-sectional study in Hongkong. Child and Adolescent Social Work Journal, 35(5), 477-487.
6. Çikrıkci, Ö. (2016). The effect of internet use on well-being: Meta-analysis. Computers in Human Behavior, 65, 560–566.
7. Kumar, M., & Mondal, A. (2018). A study on Internet addiction and its relation to psychopathology and self-esteem among college students. Industrial Psychiatry Journal, 27(1), 61-66.
8. Kraut, R., et al. (1998). Internet paradox: A social technology that reduces social involvement and psychological well-being?. The American Psychologist, 53(9), 1017-1031.
9. Lori C. Soule, L. Wayne Shell & Betty A. Kleen, (2003). Exploring Internet Addiction: Demographic Characteristics and Stereotypes of Heavy Internet Users. Journal of Computer Information Systems, 44(1), 64-73.
10. Oktuğ Z. (2010). Gender differences in internet addiction and tendency to express emotions. Cyberpsychology, 1, 39-53
11. Sharma, A., & Sharma, R. (2018). Internet addiction and psychological well-being among college students: A cross-sectional study from Central India. Journal of family medicine and primary care, 7(1), 147–151.
12. Waldo A.D., (2014). Correlates of internet addiction among adolescents. Psychology, 5(18).
13. Yoo, Y. S., et al. (2014). Associations between overuse of the internet and mental health in adolescents. Nursing & health sciences, 16(2), 193–200.
14. Zhang S., et al. Relationships Between Social Support, Loneliness, and Internet Addiction in Chinese Postsecondary Students: A Longitudinal Cross-Lagged Analysis. Front Psychol., 9, 1707.