



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

EFFECTS OF INTERNET ADDICTION ON PSYCHOLOGICAL HEALTH OF COLLEGE STUDENTS

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SYNOPSIS

Internet is the global system of interconnected computer networks. It is the work of dozens of pioneering, scientist, programmers and researchers. On 6, August 1991, the World Wide Web became publicly available. Today the internet is a public, cooperative and self sustaining facility accessible to hundreds of millions of people worldwide.

Internet addiction has been called internet dependency, and internet compulsivity .It causes severe stress on family, friend, loved ones, and one's work environment.

Introduction- The purpose of the study is to explore and identify the impact of internet addiction on college students. One great discovery that has changed the system architecture has revolutionised communications and methods of commerce by allowing wide interconnectivity is Internet. In the terms of the psychological wellbeing internet is not always enhance the creativity but also it creates stress and behavioural changes among individuals.

Psychological health due to internet addiction -

Psychological wellbeing and mental health concern itself with the feelings of normal individual or subjects from the general population.

Internet addiction is a growing epidemic characterised by a compulsive desire to interact online through internet gaming, cyber sex, social networking or compulsive surfing. Dr. Kimberly Young the first psychologist to document internet addiction. Unhealthy use of internet causes negative consequences towards life.

Tools of collecting primary data –The information will be collected directly from the college students .

Statement of the problem –To study the effects of internet addiction on psychological health of college students.

Objectives –

1. To study the internet addiction among college students of undergraduate courses in a private institution.
2. To study the psychological health of college students of a private institution..
3. To study the relation between internet addiction and psychological health in college students of a private institution.

Scope of the study- Present study covers the different aspect and challenges of internet addiction among college students.

Hypothesis- There will be significant relation between internet addiction and mental health of college students in a private institution.

Review of Literature-

The previous researches help the researchers to conceptualize and hypothesize phenomenon, and do critical appraisal which may contribute with regard to design appropriate methodology.

Adnan Yusuf Atoms(2015) “Internet Addiction and its Relation to psychological Adaptation among Jordanian High basic stage students.” This paper identify the stages of internet needs between high basic stage students(8,9,10standard) in Jordan. They found that internet is attractive and useful. But users suffer problems like isolation, anxiety, depression etc.

Anwar (2014) In their study found that 300 male and female students among secondary school. The result shown that internet usage pattern of male student is quite higher than the female students. It was found that average to high use of internet positively influenced the academic performances.

Chathoth, et al (2014) Conducted across sectional study on 391 students in undergraduate medical field. Mean age group was (18-20) years of age. Results revealed that the addictive internet user group had a statistically significant impairment of sleep (94.11%), environmental stress. *International journal of scientific Research in Science and Technology* – shows the study about internet addicts and found that Internet addicts(IA) reported the highest degree of loneliness, stressed, depressed mood. They have close feeling for strangers. **Universe of the study** is UG students of a private Institution.

Methodology-The researcher will be contacting the students in private university. The purpose of the study will be explained and informed consent will be taken . The data will be collected during college time with appropriated tools. The methodology which will be used for carrying out the report will be used as follows-

Research Design-An exploratory research design will be chosen to know about the internet usage and effects on psychological health of college students with excess use of internet.

Types of the data source -For present mini research work primary as well as secondary data will be used . Research will be classified in to two sections .Various statistical tools will be used to suggest and analyse the primary and secondary data .

Tools –1. Semi structured Performa, that contains details of demographics, educational qualification and status, purpose of using the internet.

2. The internet addiction test (IAT Young 1998)-It is 20 item, 5-point Likert scale. That measures the severity of self reported compulsive use of internet.

Populations-The target population of the study is college students.

Data Analysis- Data analysis will be done through questionnaire method and the conclusion will be added after that.

Sampling procedures-The researcher considering the feasibility, approachability of the college students, used convenient sampling method for this study **Sample size**-The sample size of this study is 40 students.

Criteria for sample selection- Inclusive criteria

1. College students both male and female.
2. College students with or without professional courses.
3. students with the ability to comprehend and write Hindi and English language.

Exclusive Criteria-

1. presence of any physical and psychological disorder.
2. Stress with excessive use of internet and life style.
3. The ability to understand excessive use of internet and psychological effect on work..

Time & duration of the study

The time and duration of the study will be as per the research committee.

Variables-

1. Net addiction among college students.
2. Imbalance of psychological health.

Sampling technique-40 college students will be selected by using convenient sampling method because of the easy availability of sample.

Does the study require any investigation or intervention to be conducted on college students or other humans?

Since the study is exploratory ,interventions are not required.

Chapter—1

INTRODUCTION

Research refers to a search of knowledge. In the fifteenth century the new dimensions and methods of research became a medium of acquiring knowledge through scientific methods. New knowledge can be acquired only with the pursuit of research to extend the frontiers of knowledge .

The Advanced Learner’s Dictionary of current English lays down the meaning of research as “a careful investigation or inquiry especially through search for new facts in any branch of knowledge”.

Best and Kahn define research as “the systematic and objective analysis and recording of controlled observation that may lead to the development of generalisation , principles ,or theories, resulting in prediction and possibly ultimate control of events”.

The term counselling is used a number of ways for instance, counselling may be viewed as a special kind of helping relationship or as a set of activities and methods or as defining an area in which service are provided. Research in general and in counselling and family therapy must contain –

- a. clear statement of the research problem
- b. procedures and techniques
- c. The population to be studied
- d. Method to be used in processing and analysing data

We are living in the techno-society. It affects the entire social structure and determines how people interact with each other on a daily basis. The internet is building more powerful online communities and societies around the world .

Background Of The Study-

Globally connected online people are now a part of robotic society. Many people can’t imagine a happier day without using the internet in their daily life. The excessive use of informational resources on the internet without the basic knowledge of the best method to use technologies making societies mentally and physically unfit, that is the biggest negative impact of the internet on our society and especially for a new generation .

Internet- The internet provides different online services , as Web –a collection of billions web pages that can view with a web browser. E-mail the most common method of sending and receiving messages online. An internet(small “I”) is a series of networks owned by two or more organisations (Microsoft and Google for example) and setup to communicate with each other. The Internet (big “I”) is the worldwide network comprising of all other networks interconnected and communicating on the open web. Social networking is a medium through which we can learn things broadcast our knowledge, experience, and views.

Now whats App and face book are the best places to connect and find friend. Too much use of social networking sites is making individuals dumb. Internet which has over the years change the way we live ,work and communicates ,also has a negative side. Internet addiction has been a headache for

several countries. Asia has only 16% of population of the world, 48.4% of total internet users are Asian.

As early as in 1976, the year after the internet came into being, the **American Psychological Association (APA)** had anticipated that the internet would potentially lead to addiction behavior among users. The term "internet addiction" was proposed by Dr. Ivan Goldberg in 1995 for pathological compulsive use.

Young (1998) stated that Internet Addiction Disorder (IAD) is a modern day addiction. Persons with IAD can exhibit symptoms, suffer drawbacks and face consequences that are similar to individuals addicted to alcohol, gambling, narcotics, shopping and other compulsive behaviours. **Internet addiction** is an impulse control disorder.

Need for the study-

There has been an explosive growth in the use of internet not only in India but also worldwide last decade. India is having third largest online population says a report. Today's youths are quite adept at using technology for all purposes. In addition to general and necessary usage, youngsters are now experiencing difficulty in letting go of gadgets which are connected to the dynamic internet service. Constantly playing games online all night are actions not unheard of. Brain disorders, self-esteem issues, obesity are some of the issues that can be triggered by excessive use of technology and restriction in physical activity.

Health-As officially defined by the world health organization, a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity. Mental and physical health are the two most commonly discussed types of health.

Physical health is defined the condition of the body taking into consideration everything from the absence of disease to fitness level.

Mental health is the level of psychological well being or an absence of mental illness. It is the state of someone who is "functioning at a satisfactory level of emotional and behavioural adjustment."

Psychological health involves a normal emotional, behavioural and social maturity to a person. It includes mental, spiritual, social and physical, processing of the brain.

Psychological (Emotional and mental) health is important because it is a vital part of our life, and impacts our thoughts. Mental health refers to the ability to process information, emotional health on the other hand refers to the ability to express feelings which are based upon the information that have processed. Psychological health is related to our social environment and physical environment. A wide variety of factors like genetics, economics, social and physical influences also contribute to the development of a psychological problems.

Statement of the problem-

To study the effects of internet addiction on psychological health of college students

Objectives of the study-

- 1.To study the internet addiction among college students of undergraduate courses in a private institution .
2. To study the psychological health of college students of a private institution.
- 3.To find out the association between internet addiction and psychological health in college students of a private institution.

Scope of the study-

Present study covers the different aspects and challenges of internet addiction among college students.

Research hypothesis-

There will be significant relation between internet addiction and mental health of college students.

Young adulthood is a time of growth ,learning and exploration – a time to start building a life of your own and get excited about the future. The transition into adulthood is a time of significant change and intense challenge to their emotional health and well being. The transition to a new school and life can be difficult for anyone but National Counselling Of Disability has found that the students are frequently placed on counselling waiting lists due to high demand to deal with this emerging crisis.

Concurrent society is itself a revolution in the short history of the internet. Studies have shown that the internet effects student's mental and physical health in positive and negative ways. Internet addiction shows negative effect on psychological health of the college students.

The present study is conducted with the objective to the effect of internet addiction on psychological health of college students.

Internet addiction has been called internet dependency and internet compulsivity .It causes severe stress on family, friend, loved ones, and one's work environment. Internet access among youngsters have grown exponentially over the past years. Habits such as reading ,playing ,computer games or watching very large number of internet videos such as those on you tube are troubling only to the extent that these activities interfere with normal. If symptoms arise, getting immediate help from expert is very important for the mental health of younger generations.

Many college students report that the mental health difficulties interfere with their studies. The goal of my study is to survey the evidence that points to an emerging epidemic of mental health problems in emerging adults. It will focus on the possible causes that are contributing to the sea change in mental health. When we look life style habits – like eating patterns, sexual activity ,sleeping and drinking – we also see evidence of markedly increasing maladaptive patterns. Sleep deprivation is legendary in college life, and many wear it almost as a badge of honour.The poor sleep patterns are not to be taken

lightly and are likely significantly associated with mental health problems in other domains. Disordered eating has also been documented to be rise. Patterns of sexual behaviours also show cause for concern . In addition a “hook up” culture has emerged . which has been linked to psychological problems, such as drinking, anxiety and depression.

Chapter-2

Literature Review

Review of literature is an essential component, a worthwhile studying in any field of knowledge. It helps the investigator to gain information on what has been done previously and to gain deeper insight in to the research problems .It also facilitates in locating the important independent variables of the study. A survey of related literature fulfils both of these objectives of ascertaining research gaps and research implications.

Pilot and Hungler(2012) states that literature review is an important step in the development of research project. It provides reader with a background for understanding of what has already been learnt to illuminate what the significant of the new study .Review of literature provides the concept to further evolves understanding of the status of problem area clues to research approach, method, instrumentation and data analysis.The review of literature for the study has been from published articles ,textbooks ,reports and midline search and it is organised as follows-

- 1-Studies related to prevalence and factors of internet addiction among college students.
- 2.studies related to psychological problem among college students with internet addiction.

Aditya Kumari H and Mahadeva murthy, M and Haidarali, 2013 argued that internet is a common instrument for all the students but access of it creates some mental imbalances.

Prabha and Macdalin2016 explored loneliness, social anxiety and psychological well being in relation to internet addiction. Among women college students. In this study the sample was comprised of 285 women college students from different colleges in Chennai city.The age of the sample ranged from 17 to 26 years. Result revealed that no significant relationship between internet addiction and loneliness. ,social anxiety, psychological wellbeing among women college students.

Krishnamurthy et al. (2015), examined the prevalence, understand patterns, and evaluate risk factors for Internet addiction among college students in the city of Bengaluru, India. In this study sample consists of 515 students from aged 16-26 years. **Result revealed that average** online users as 37.6% and 8.2% adolescent experienced frequent problems with internet.

The studies made on teenagers reveals that male percentage is more and another prominent observation is that internet abusers suffer significant problems from their usage.

The studies further revealed that there are moderated to severe addiction towards internet addiction and studies which concentrated on effect of internet addiction says that the time spent online, social networking sites and chat rooms made the samples to have less sleep, increased anxiety, stress, leading to depression and other psychological problems. Studies were also made on behavior on internet addiction resulting that the presence of problematic behavior were there in internet addicts and in other studies which revealed that there was low academic achievement.

Iskender and Akin (2010), examined **Social self-efficacy**, academic locus of control, and internet addiction of 311 university students enrolled in various undergraduate programs at the Sakarya University, Turkey. In this study of the participants 141 participants (45%) were males and 170 (55%) were females. Students were between 17 and 22 years. According to results internet addiction was explained negatively by 64 social self-efficacy and internal academic locus of control and positively by external academic .

Malivia et al. (2014), conducted a study on the sample of 242 undergraduate students of MGM medical college and associated hospitals of central India. The objective of the study was to evaluate the internet addiction disorder among the students of medical college. Among 23 (9.5%) internet addicts found in the study, 15 (6.1%) were males and 8 (3.3%) were females.

Singh and Singh (2013), examined the relationship between shyness, self-esteem and subjective well-being. The study was conducted on a sample of 160 post graduate students (80 male and 80 female students) from 5 departments of V.B.S Purvanchal University Jumper in the age range of 17-21 years. In this study results revealed that shyness was significantly correlated with self-esteem and negative affect, and self-esteem was significantly correlated with shyness, life satisfaction, positive affect and negative affect.

Internet and other issues-

Akin and Iskender (2011), explored the relationships between internet addiction and depression, anxiety, and stress. Samples were 300 university students who were enrolled in midsize state University, in Turkey. In this study result revealed that there are significant correlations between internet addiction and depression, anxiety, and 74 stress. Internet addiction related positively to depression. This research shows that internet addiction has a direct impact on depression, anxiety, and stress

Kim et al. (2008), conducted a study on prevalence of post traumatic stress disorder (PTSD) in the youth population of Internet addiction and to explore the effects of PTSD on internet addiction mediating virtual interpersonal relationship proneness.

The results of the study revealed that PTSD seemed to increase virtual interpersonal relationship proneness and also to lead more youth to internet addiction problems.

The review of literature revealed that internet addiction, shyness and wellbeing are related to each other, adolescents with more shyness may use internet more. Further, the literatures also revealed that internet addiction effected academic performance and mental health among students, loneliness or did not have good social skills, being neuroticism and negatively correlated with extraversion, agreeableness and openness.

Chapter 3 Methodology

The process of the research begins with a problem or issue that needs to be studied and ends with a written report .It requires the design of the study ,the method of analysis of data and interpretations considering a problem which the researcher may undertake for investigation.

A research method is a systematic plan for conducting research. Social thinkers draw on a variety of both qualitative and quantitative research methods including experiment survey research participant observation and secondary data.

According to Polit and Hungler (2012)

Research methods are the techniques used by researchers to structure a study and to gather and analyse information relevant to research question. Research methodology involves the systematic procedure by which investigator starts from the initial identification of the problem to its final conclusion.

The methodology section includes the research approach, research design, research setting, population, sample, criteria for sample selection, sample size and sampling procedure, instrument and scoring procedure, validity, reliability, pilot study, data collection procedure and plan for data analysis.

The chapter deals with description of methodology and the various steps adopted to collect and organize the data for the study.

Research Approach-

The selection of research is the basis procedure for the research of enquiry.

The research approach helps the researcher to determine what data to collect and how to analyze it. It also suggests possible conclusions to be drawn from the data. In a view of nature the problem was selected and objectives to be accomplished.

Descriptive approach was considered as appropriate for the present study.

According to **Polit and Hungler (2012)** Descriptive research is not concerned with the relationship among variables. Its purpose is to observe, describe and document aspects of a situation because the intent of such research is not to explain or to understand the underlying cause of the variables of interest. The main objective of the descriptive research is to have the accurate portrayal of the characteristics of person, situation or groups and the frequency with which certain phenomenon occur.

Descriptive approach a sub type of non experimental quantitative approach was used for the present study.

As, descriptive study method was most appropriate method to assess the psychological problem college students with internet addiction.

Research Design-

Research design can be thought of as the structure of the research.- It is the glue that holds all of the elements in a research project together .Research designs are needed to enable the researcher to answer research questions as validly ,objectively, accurately and economically as possible.

According to polit and Hungler (2012) the research design is the overall plan for obtaining answer to the questions being studied and for handling some of the difficulties encountered during the research process. Descriptive survey design was adopted to conduct the study.

Variables- A variable is a characteristics of the sample or the population that we intend to measure.

A variable is anything that varies or can be varied.

Research Variable- These are the qualities, properties, or characteristics which are observed or measured in a natural setting without manipulating and establishing cause-and effect relationship.

The dependent variable is the variable a researcher is interested in. An independent variable is a variable believed to affect the dependent variable. Confounding variables are defined as interference caused by another variables.

Psychological problems, Demographic Variables The characteristics and attributes of the study subjects are considered as demographic variables, for example age, gender, educational status and so on.

Research variable in the study- 1.Net addiction

among the college students

2.Imbalances of psychological health

Setting of the study-

According to Polit and Hungler (2012) setting is more specific places where data collection occurs. The selection of setting was done on the basis of feasibility of conducting study, availability of subjects and cooperation of the authorities.

The study was conducted in Private educational institution. Noida

Population -

A population is any group of individuals or units that have one or more characteristics in common which are of interest to the researcher, for a particular research.

Target population -

The entire population in which the researcher are interested and to which they would like to generalize the research findings.

Target population for the present study are college students with internet addiction.

Accessible population-

The aggregate of cases that conform to designated inclusion or exclusion criteria and that are accessible as subjects of the study.

Accessible population for the present study are college students of private institution.

Sample size-

Pilot and hungler states that a sample consists of the subset of the population ,selected to participate in the research study. Sample size is the number of participants in the study .

40 college students are selected by using convenient sampling method because of the easy availability of the sample.

Criteria for the selection of the samples-

Inclusive criteria-

- 1.College students both male and female
- 2.College students with or without professional courses
3. Students with the availability to comprehend and write Hindi and English language

Exclusive criteria-

- 1.Presence of any physical and psychological disorder
- 2.Stress with excessive use of internet and life style
3. The ability to understand excessive use of internet and psychological effect on work

Development of the tool-

The tool is a written device that a researcher assess to collect the data .After careful and detailed review of literature the researcher prepared and developed an anxiety stress scale.

Chapter 4 Results and discussion

This chapter deals with the analysis and interpretation of the data collection to assess the selected psychological problems among college students with internet addiction at selected private institution .

Data analysis is the method of organising data in such a way that the research questions can be answered. Interpretation is the process of making sense of the result and of examining the implication of the finding within a broader context. The analysis was done manually by the investigator and was validated by the biostatistician.

Data was collected in private university of Noida. Data was analysed manually by the researcher Data was presented under the following headings.

Data Analysis-

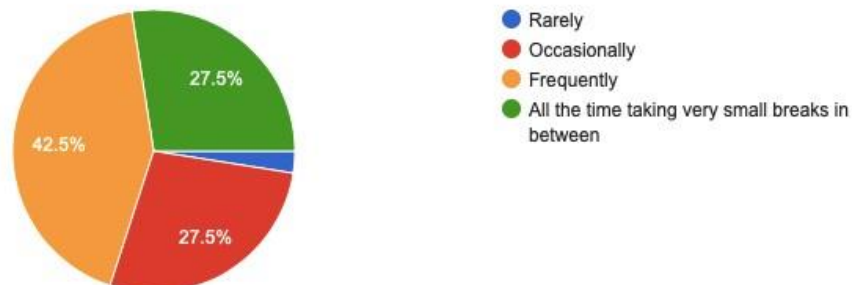
Data analysis is the systematic organisation and synthesis of research data and testing of the research hypothesis using the data. The data collected from the subjects were compiled and analysed using descriptive and inferential statistics. The data analysis has been done by questionnaire method. It has been done in the age group of 18-26 years.

DATA ANALYSIS

1. Spending time online

How often do you spend time online?

40 responses



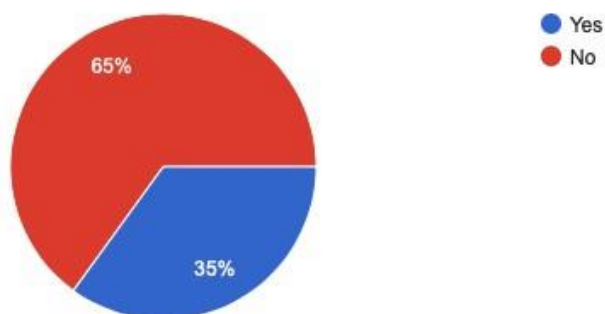
Intervals	No. of Respondents
Rarely	11
Occasionally	1
Frequently	17
All the time	11

As seen 42.5% of the respondents have answered frequently whereas 27.5% have answered that they use internet all the day with talking small interval breaks in between. 27.5% respondents have also answered that they very occasionally use internet.

2. Internet as a medium to form relationships

Do you prefer internet as a medium to form relationships?

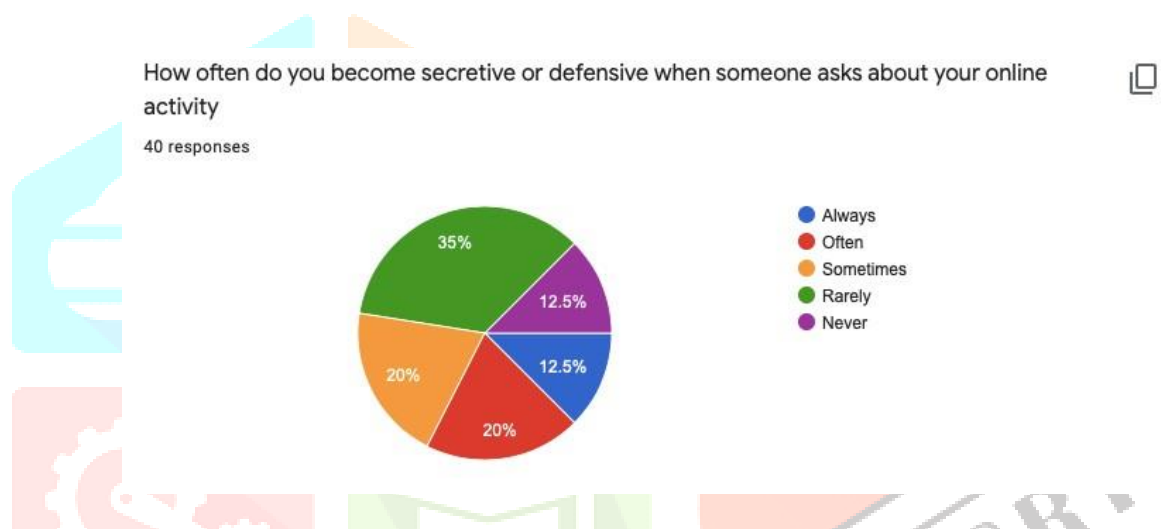
40 responses



Gender	No. of Respondents
Yes	14
No	26

As per the data received majority (65%) of the respondents do not believe that internet is a reliable medium to form relationships. The other 35% believe in forming relationships online.

3. Being secretive and defensive about online activity



Occupation	No. of Respondents
Always	5
Often	8
Sometimes	8
Rarely	14
Never	5

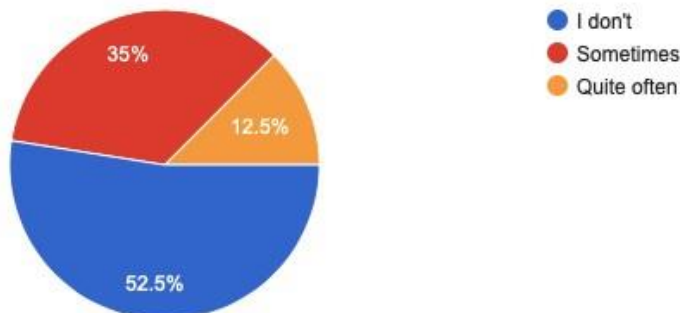
During the survey, 35 % respondents were rarely defensive of their online activity whereas 12.5% were always defensive.

4. Aggression issues

How often do you yell, snap out or act annoyed if someone disturbs you while you're online



40 responses



Preferences	No. of respondents
Don't	21
Sometimes	14
Quite Often	5

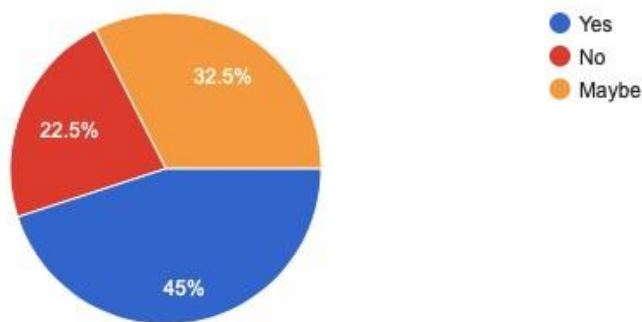
During the survey 52.5% of the respondents believe that they do not snap out or react aggressively on disturbance . On the other hand 35% of the respondents believe that they do react aggressively sometimes.

5. Emotional connection in to internet

Yes or no	Respondents
Yes	18
No	9
Maybe	13

Do you fear that your life would be boring, empty or joyless without internet

40 responses

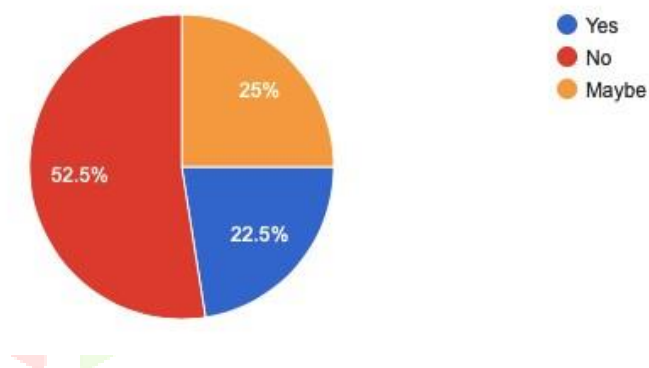


During the survey 45% of respondents feel the emotional connection towards internet as a medium, 22.5% of the respondents do not feel any kind of connection and 32.5% are not clear on their connect.

6. Feeling of comparison

Have you ever found yourself competing to match your online peers for anything or in any aspect? (Travelling, food, relationships, gym activities, beauty etc.)

40 responses



Range	No. of respondents
Yes	9
No	21
Maybe	10

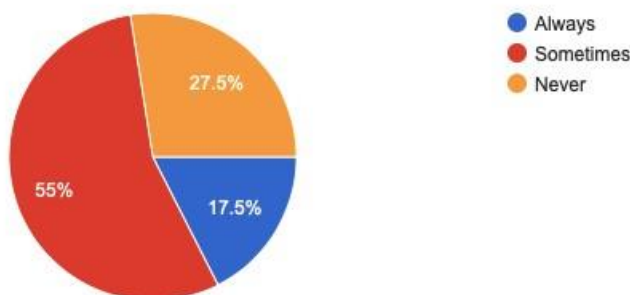
During the survey 52.5% respondents feel that there is no feeling of comparison to their online peers but other significant percentage (22%) feel a sense of comparison while online.

7. Spending time with family and friends

Time	Respondents
Always	7
Sometimes	22
Never	11

How often you've chosen to stay online rather than spending time with family or friends

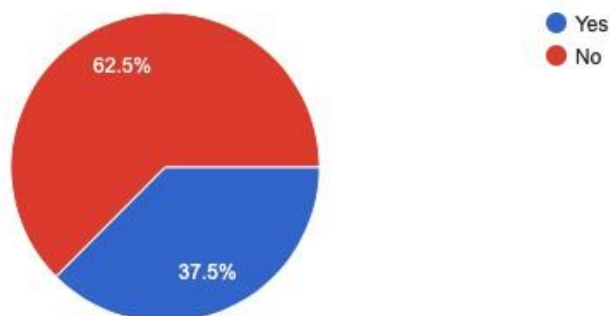
40 responses



During the survey, it is seen that 27.% respondents generally wish to spend time with real people always over internet surfing. Whereas 55% have chosen to spend time online over real world. 17.5% respondents have always chosen internet over real world out fall times. **8. Suppressing negative emotions**

Have you felt moody, depressed or anxious offline, which goes away after being online again

40 responses



Preference	Respondents
Yes	25
No	15

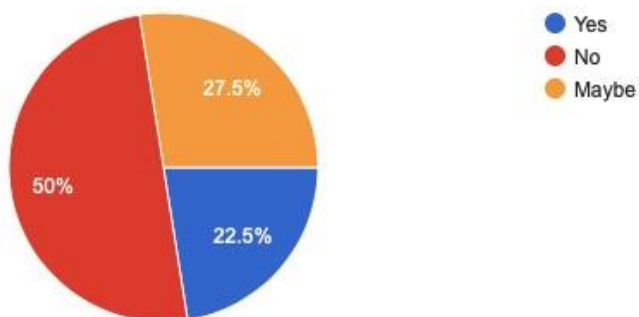
During the survey, 62.5% of the respondents have not felt any such feelings of anxiousness. But 37.5% respondents do believe to have eased anxiousness after being online.

9. Internet as an escape to real life

Do you use internet as a medium of escaping real life problems and issues



40 responses



Addic6on	Respondents
Yes	9
No	20
Maybe	11

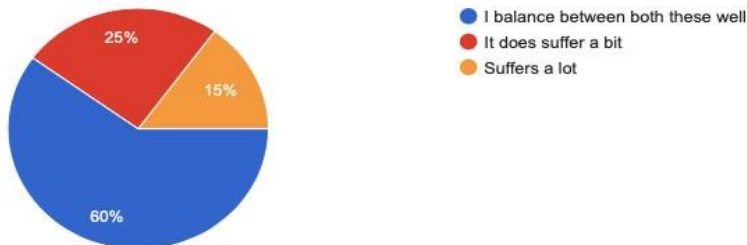
During the survey, 27.5% of respondents say that maybe they are using internet as an escape and about 50% of the respondents say that they do not use internet likewise and 22.5% respondents are sure that they use internet to escape their real life issues.

10. Academic or professional productivity

How much does your performance in academics or productivity is compromised with your time being online?



40 responses



Respondents	Preference
Suffers a bit	10
Does not suffer at all	6
Balance between both	24

During the survey, 60% of respondents feel that their studies or productivity does not suffer due to internet usage, 25% of respondents feel that internet has a little bit of negative impact on their productivity but the 15% of respondents feel that their studies and productivity seriously suffers because of the time they spend online.

Chapter 5

Summary and Conclusion

Internet addiction disorder (IAD) also known as problematic internet use or pathological internet use is generally defined as problematic, compulsive use of the internet, that results in significant impairment in an individual's function in various life domains over a prolonged period of time. This and other relationships between digital media use and mental health have been under considerable research, debate and discussion amongst experts in several disciplines, and have generated controversy from the medical, scientific and technological communities. Such disorders can be diagnosed when an individual engages in online activities at the cost of fulfilling daily responsibilities or pursuing other interests, and without regard for the negative consequences.

Summary-

Finding 1- In order to get clear vision, I have asked the respondents, the average time that they spend online. As most of them have answered frequently which means that addiction of internet is quite prevalent amongst college students. 17 respondents have answered all the time which means they are gripped by the addiction. According to the responses a conclusion has been drawn that majority young adults are seen to be spending time on the internet hence can be called addicted to it.

Finding 2- 65% of young adults believe that internet is not the helping tool for making relationships. They do not feel that the internet as a medium is reliable enough to form stable relationships hence they look for it in the real world. It was inferred that, majority did not have any level of internet addiction while forming relationships.

Finding 3- It was inferred that, in strata of keeping online activity secretive among young adults with internet addiction, majority of them were rarely defensive of their online activity, so they have not been keeping the things they do online.

Finding 4- As per the received responses internet cannot be called as the medium that is responsible for aggressive behaviour in students. As majority of the respondents have answered they do not behave aggressively while any disturbance caused during their online activity.

Finding 5- It was inferred that; majority believes that happy feelings such as delightfulness and glee might be affected negatively without internet surfing or online activity. Apprehensive emotions such as boredom and joylessness might be felt because of the absenteeism of internet in their lives.

Finding 6- As per the received responses, it is reasoned that the feeling of comparison held forth by internet usage is not prevalent among the majority of the young adults even with heavy internet usage. 25% of the respondents are skeptical about it.

Finding 7- It was inferred that, majority had moderate loneliness while they surf internet as they refrain from interacting with their peers or family members. 27.5 % of the respondents however, have never disregarded their close ones.

Finding 8- It was inferred that majority of the respondents (62.5%) had no feelings of depression or anxiousness while 37.5% feel that they do use internet as an escape too negative emotions and feelings. It was inferred that as the level of internet addiction increases, the severity of feelings of depression and anxiety also increases.

Finding 9- On being asked about the usage of internet as an escape to real life problems, it was observed that majority people do not use internet as a get away from real life issues. However, 22.5% respondents do use internet to break free from the real world for some time.

Finding 10- It was inferred that majorly all the young adults (60%) balance effectively between their studies/work life with the time they spend online. Whereas 15% felt that their productivity suffers a lot with their internet usage and the other 25% feel that internet surfing only impacts their productivity a little bit.

Conclusion:-

The findings of the study showed that most of the young adults are not dealing with internet addiction problems and only a small percentage of young adults are addicted to the internet. However those of who are addicted, had psychological problem, majority of them were suffering with low quality of sleep, followed by feeling of loneliness, stress, depression and anxiety respectively. The researcher concluded that the psychological problems due to internet addiction can be prevented as well as coping can be enhanced, if provided awareness and identified at earlier stage.

SUGGESTION

Interventions such as awareness program, various psychological therapies, counselling sessions, etc can be given to reduce psychological problems such as depression, anxiety, stress, loneliness and enhance coping for not just young adults but for all those who are dealing with internet addiction disorder

The similar study can be undertaken using the counselling as a treatment and counselling of psychological problem faced and level of depression, anxiety, stress, loneliness and quality of sleep can be assessed.

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