

# **EXPLORING INTERNET ADDICTION ON UNIVERSITY STUDENTS: A STUDY OF CENTRAL UNIVERSITY OF SOUTH BIHAR, GAYA.**

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## **Abstract**

The aim of this study is to find out the level of internet addiction of University students and to find out the significant difference between internet addiction on the basis of gender, locality, level of course and School of study. This survey based study used data from 200 students of Central University of South Bihar, Gaya, India. Results indicated that university students were having average level addicted to the Internet. Result indicates that all students have internet addiction of average level. Male and female students significantly differ from each other on internet addiction on overall sample. Male students are more addicted towards internet addiction with high mean value. UG and PG students of School of Education significantly differ from each other on internet addiction. UG students are more internet addictive. Residence does not have any significant role but rural students are using internet more time in comparison to their counterpart.

## **Introduction**

From the very evolution, Internet is now become a part of social and personal life of human being. Internet is a global network of computers which are connected to each one by wire or wirelessly. Internet is providing everything to every age gentry. Now Internet is considering just like blood in the body of global communication. Internet broadens every sphere of human life.

The most amazing tool of internet is of web 2.0. Web 2.0 makes internet more and more interactive. Through the use of Internet everyone can search or find anything of their interest. Internet is also providing a new way to communicate with each other. Large and broad utility of internet has turned to be a place of comfort for teenagers, a way to relieve their depression, and means of getting rid of bad mood and stress or to play and exchange funny messages and jokes (Lin & Tsai, 2001).

The term “internet addiction” was proposed by Ivan Goldberg in 1995 for pathological compulsive internet use (Goldberg, 1996). Griffith (2000) considered that it a subset of behaviour addiction and any behaviour that meets the six core components of

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addiction such as salience, mood modification, tolerance, withdrawal, conflict, and relapse. The concept of addiction is used in the international literature in the meaning of “compulsion” or “dependence” (Günüç and Kayri, 2010).

### **Background of the study**

According to latest report of internetworldstats.com, in India 40.90 % population is using internet and it is 25.50 % of total users of Asia continent (internetworldstats.com, 2019). Addiction to the Internet varies among different societies and different age populations. One of the groups that are at higher risk for Internet addiction is adolescents. Due to educational, information, entertainment needs and for other requirements, students tend to use more Internet. Since they have more free time to use the Internet, they are more susceptible to the phenomenon of “Internet addiction” (Yen et al. 2007).

Orzack (1999) have conducted a study and found that people who are easily bored, lonely, shy, depressed and suffering from other addiction are people who are susceptible to internet addiction. Widyanto & Griffiths (2006) claimed that rather than looking at Internet addiction, researchers should focus on particular activities on the Internet that might be potentially addictive because people do not become addicted to the medium, but to the actual behaviour they engage in online.

By the above mentioned literature it is clear that youth are very affectionate for the social media platform. Some of them are using for academic purpose but most of them are using social media platform making online friendship, sharing their thoughts and other feeling with the peers or others on social media sites. India is also being a leading internet consuming country. Low cost internet provides ample opportunities for surfing on internet and also providing space for broaden their sharing. This research is mainly focus to explore the Internet Addiction among Indian youths.

### ***Objectives***

1. To study the level of internet addiction of university students.
2. To study the significance difference between internet addiction on the basis of gender, locality, level of course and school of study.

### ***Hypotheses***

1. There is no significant difference in internet addiction among students on the basis of gender.
2. There is no significant difference in internet addiction among students on the basis of residential locality.

3. There is no significant difference in internet addiction among students on the basis of level of course pursuing.
4. There is no significant difference in internet addiction among students of school of Education and School of Law & Governance.

## **Methodology**

### ***Research Method***

In the execution of the present study, descriptive survey method of research was employed.

### ***Population and Sample***

In this study all students of UG and PG of studying under School of Education and School of Law and Governance of Central University of South Bihar, Gaya constituted population. More than 500 students are studying in both schools. A representative random sample of 100 students were selected from both schools. Hence sample was consisting of 200 students.

### ***Tools Used***

Internet Addiction Test was used This scale was developed by Kimberley S. Young (1998).

## **4. Analysis of Data**

**Table 1**

*Internet addiction among male and female students (Overall Sample)*

<b>Variable</b>	<b>N</b>	<b>Mean</b>	<b>'t' value</b>	<b>Remark</b>
Male	117	37.83	2.92	S
Female	83	31.49		

The table 1 shows the internet addiction of the total sample. Mean values of Internet Addiction of male and female students are 37.83 and 31.49 respectively. The obtained 't' value 2.92 is significant at 0.01 level. Hence the pre-formulated hypothesis is rejected.

**Table 2**

***Internet addiction on the basis of location (Overall Sample)***

<b>Variable</b>	<b>N</b>	<b>Mean</b>	<b>'t' value</b>	<b>Remark</b>
Rural	66	36.67	0.94	NS
Urban	134	34.48		

The table 2 shows the Internet addiction of the students on the basis of their residential location. Mean values of the groups are 36.67 and 34.48 respectively. The obtained 't' value 0.94 is not significant at 0.01 level. So the hypothesis is accepted.

**Table 3**

***Internet addiction on the basis of level of course (Overall Sample)***

<b>Variable</b>	<b>N</b>	<b>Mean</b>	<b>'t' value</b>	<b>Remark</b>
UG	156	36.12	1.59	NS
PG	44	31.95		

The table 3 shows that obtained 't' value (1.59) for UG and PG students is non-significant at the level of 0.01. So the hypothesis is accepted.

**Table 4**

***Internet addiction on the basis of schools studying in (Overall Sample)***

<b>Variable</b>	<b>N</b>	<b>Mean</b>	<b>'t' value</b>	<b>Remark</b>
Education students	100	37.25	1.89	NS
Law students	100	33.15		

The table 4 shows that the obtained 't' value (1.89) of internet addiction of the students studying in School of Education and School of Law and Governance is non-significant at 0.01 level. So the hypothesis is accepted.

**Table 5**

*Internet addiction of students studying under School of Education*

Variable	N	Mean	't' value	Remarks
Male	55	39.25	1.66	NS
Female	45	34.80		
Rural	44	39.02	1.17	NS
Urban	56	35.86		
UG	66	39.80	2.74	S
PG	34	32.29		

The table 5 presents an overall view of internet addiction of the students under School of Education. Male and female and rural and urban students do not significantly differ in their Internet addiction. But there is a significant difference between UG and PG students in which UG students are more addicted to internet.

**Table 6**

*Internet Addiction of students studying under School of Law & Governance*

Variable	N	Mean	't' value	Remarks
Male	62	36.56	2.69	S
Female	38	27.58		
Rural	22	31.95	0.37	NS
Urban	78	33.49		
UG	90	33.14	0.46	NS
PG	10	30.80		

The table 6 shows that male and female Law students significantly differ in their internet addiction. But there is no significant difference among rural and urban and UG and PG students in their internet addiction.

## 5. Findings and Interpretations

Results of this study revealed that there is a significant difference in Internet Addiction of male and female students. Omekwu et al (2014) also found the same result in his study. Male and female students equally use internet for chatting, sharing, making online friendships and academic purposes also but male students are more addicted. This result also reveals that male and female students studying under school of law and governance differ in their internet addiction. with regard to their gender. Findings of this research are also with in line of the research of Appeanti & Danso (2003). Residential location in which these university students belong has no role to play in internet addiction. Rural and Urban students do not significantly differ on Internet Addiction but surprisingly rural students are using Internet much more in comparison to urban students. Findings of Perrin (2015) also support the above said findings of this study. Level of course i.e. UG & PG does not denote any in case of Internet Addiction. PG students found more addictive towards internet use but they did not significantly differ from the UG students. Detailed analysis shows that in case of School wise sample, students from School of Education were more inquisitive to use internet and internet based facilities so they have a little more addiction towards internet, on other hand students from School of Law and Governance were also addicted to internet.

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