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Internet addiction in relation to self-esteem among the PG students of CUPB

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Abstract

Internet use has become an inextricable part of human life, and its limitless potential has completely revolutionized the teaching learning process among the youth of the country. Information sharing, business possibilities, communication, learning, relationships, sociability, commerce, and entertainment, all have been altered by the internet, which is now available with a simple click. On the other hand, Self-esteem is a state of self-acceptance, personal admiration and subjective regard for oneself. The goal of this study was to see if there was a link between internet addiction and self-esteem among PG students. Internet addiction is a means of self-expression, entertainment, schoolwork, relationships and so on that PG students have adopted it as a form of self-expression, entertainment, schoolwork, relationships, and so on. Self-esteem is an important aspect of an adolescent's personality. The study's sample included 228 PG students from Central University of Punjab. The investigator used standardized tools such as Internet Addiction Test developed by Dr. Kimberly S. Young (1998) and Self-Esteem scale (2015) developed by Dr. Santosh Dhar and Dr. Upinder Dhar. Product-Moment Correlation was used to find out the relationship between internet addiction and self-esteem among PG students of CUPB. It was found that the majority of the PG students of CUPB showed an average level of internet addiction. It was also found that there was no significant relationship between high, average and low levels of internet addiction and self-esteem among PG students of CUPB.

Keywords: Internet addiction, communication, learning, relationships, sociability, CUPB

1. Introduction

Ivan Goldberg coined the term "Internet Addiction" in 1996 to describe obsessive compulsive use of internet. (Goldberg, 1996) ^[5]. It is a subset of behaviour addiction. According to Griffith (2000) ^[4], any behaviour that fulfils the six key components such as salience, mood alteration, tolerance, withdrawal, conflict, and relapse can be termed as "addiction". In the international literature, the term "addiction" is employed to denote "compulsion" or "dependency" (Günüç and Kayri, 2010) ^[6]. The expanding influence of online communication technologies, particularly the internet, on individuals is one of the most essential elements of modern civilization (Cuceloglu, 2007) ^[14]. This effect is felt by teenagers as well, because today's youth acquires new digital technologies almost as soon as they emerge in the market. Lukoff (2004) ^[7] discovered various characteristics that boost teenagers' productivity to use the internet in his study. These include wants like as being free, being able to speak effectively, readily creating an identity, and developing meaningful personal connections. These and other reasons are causing an increase in the number of teenagers using the internet on a daily basis. Increased usage brings with it various issues and the "Internet Addiction" is maybe the most significant of them.

Excessive Internet use is found in several cultures (Cao & Su, 2007) ^[3], with teens being the group i.e. at the maximum risk (Mossbarger, 2008) ^[9]. When adolescents use the Internet, their beliefs and opinions about themselves are reflected in their behaviour. The significance of self-esteem arises at this moment. Self-esteem is a term that refers to a person's opinion of himself. In other words, it's about how a person assesses her or his own self-perception (Burger, 2006) ^[2]. Adolescents are one of the soft targets that are at increased risk for Internet addiction.

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Students tend to utilise the Internet more for educational, information, entertainment, and other purposes. They are more prone to the phenomena of "Internet addiction" since they have more free time to utilise the Internet (Yen *et al.* 2007) ^[12].

With 330-370 million internet users in 2015, India was the second most populous country on the internet (Digital India 2014).

1.1 Internet and Teenagers

Teenagers mostly utilised internet cafés or cybercafés at first, but as their use has declined, mobile has become the new means for accessing the internet. Teenagers are always busy on their phones. The internet provides a wealth of free information and resources that can be detrimental to a teenager's life. As a result, many teenagers have been mentally and ethically ruined as a result of their excessive usage of the internet for the wrong reasons. Information on the internet is not regulated, and there is no way to verify its accuracy. As a result, the primary issue with youngsters is that they are unable to distinguish between what is genuine and what is fake. The majority of teens have access to the internet, which they use to send and receive email, instant messaging, online chat, and other forms of communication. They do not consider the dangers of the internet and continue to utilise it without giving serious concerns to the issues such as internet addiction and cyberbullying.

It has been observed that the internet has also started creating a negative influence on the social lives of youngsters at times. They have a large selection of games available on the Internet, which is one of the reasons why youngsters quit participating in outdoor activities. Users communicate with real-life friends on social networking sites, meet new individuals through public or social profiles, and discuss mutual interests. Some users who are addicted to pornographic and social networking sites are experiencing mental health issues.

1.2 Types of internet addiction

Computer gaming addiction: When most people think of internet addiction, they immediately think of computer gaming. Computer addiction, often known as computer game addiction, refers to any activity that may be done online or offline on a computer. Games like PUBG, Blue Shark, Solitaire and Tetris were built into computer software as more people gained access to computers. These games were most likely created to be played at random by the idle teenagers, but they rapidly became a problem. As we are fully aware, these and many of other computer games are still accessible and frequently played today. The earliest sort of internet addiction is computer or game addiction. Not to add that it is still, if not more, prevalent today.

1.3 Cybersex addiction

Online pornography, adult chat rooms and websites and web-cam services are all examples of cybersex addiction. In real life, a person addicted to porn or another sexual service may find it difficult to build close, romantic and/or sexual relationships.

1.4 Online relationship addiction

People with an online relationship addiction are preoccupied with making and maintaining connections online, which often causes them to neglect in-person interactions with

family and friends. Although they may happen anywhere on the internet, these online friendships are most typically created in chat rooms or social media platforms. This is not only detrimental to one's mental and emotional health, but it is also dangerous. People who use the internet to make relationships usually create a phony name and persona. It's difficult to discern when someone you're conversing with online is being honest about their identity.

1.5 Net compulsions

Online activities such as gambling, auctioning, shopping, and stock trading are examples of net compulsions. It's easy to fall into net compulsions, especially if you already have a gambling, spending, or shopping addiction.

1.6 Compulsive information searching

Compulsive information seeking is when you can't stop yourself from googling something (or Bing). Some individuals can't stop themselves from looking up information on the internet, whether it's about the symptoms of a disease, strange details about a celebrity, or how to replace a tire, for example. This type of internet addiction can have a detrimental impact on one's work performance and can cause serious anxiety.

1.7 Self esteem

Self-esteem is a state of self-acceptance, personal admiration and subjective regard for oneself (Morganett, 2005) ^[8]. The gap between their picture of themselves and their ideal self is measured by self-esteem. We can determine an individual's degree of self-esteem by examining the gap between how they view themselves and the self they want to be (Pişkin, 2014) ^[15]. Self-esteem refers to a person's sentiments of self-acceptance, personal admiration, general personality acceptance, and self-love. Rosenberg (1965) ^[11] describes self-esteem as an individual's negative and positive attitude toward themselves. According to him, self-esteem is the product of an individual's self-evaluation. The amount of self-esteem is determined by the judgement reached as a result of self-evaluation. Self-esteem is the assessment of one's merit in relation to one's own identity. The fulfilment of fundamental psychological needs, which has been a necessity from the birth of the individual, is one of the major elements in building the background of and in the development of self-esteem.

1.8 Rationale of study

Internet addiction has comparable consequences on familial, emotional, academic, professional, and financial problems as other addictions. As a result, it's a serious issue. Extreme Internet usage is common in many countries (Cao & Su, 2007) ^[3] and teens are regarded to be the most vulnerable (Mossbarger, 2008) ^[9]. The Internet behaviour of adolescents reflects their perceptions, beliefs, and self-image. The relevance of self-esteem becomes obvious at this moment. In a word, self-esteem is a person's assessment of their own self-concept or view of themselves (Burger, 2006) ^[2]. The term "self-esteem" relates to a person's sentiments or self-respect, which is used to appraise skills and personalities. Addiction is defined by six fundamental components, according to Griffiths: salience, mood modulation, tolerance, withdrawal symptoms, conflict, and relapse. He asserted that any behaviour that matches these

six characteristics can be labelled as an addiction, including social networking. Furthermore, Facebook addiction is only addressed when excessive use has a negative impact on one's personal, familial, or professional life. According to several researches, excessive use of social media leads to isolation in real life and affects relationships. Parents have expressed worries about increased social isolation, anxiety, and poor academic accomplishment among teenagers due to this Internet addiction. Further the investigator discovered that due to internet addiction, every student has spent the majority of their time alone, imprisoned in a room with just a mobile phone and laptop, resulting in bad health and violent conduct, which has impacted their self-esteem. As a result, the researcher became interested to look into the relationship between internet addiction and self-esteem among PG students of CUPB.

1.9 Statement of the problem

The study aimed to explore the Internet Addiction in Relation to Self-Esteem among the PG Students of CUPB. Hence the study was entitled as Internet Addiction in Relation to Self-Esteem among the PG Students.

1.10 Operational definitions

1.11 Internet addiction

Internet addiction is defined as excessive or poorly controlled preoccupations, urges, or behaviours connected to computer usage and internet access that produce harm or suffering.

1.12 Self-esteem

The extent to which one's self-attributes concepts and characteristics are considered good. It represents a person's physical self-image, perceptions of their accomplishments and talents, values, and perceived success in living up to them and how others perceive and react to that person.

1.13 Objectives

- To explore the levels of Internet Addiction among the PG students of CUPB.
- To find out the relationship between high levels of Internet Addiction and self-esteem among PG students of CUPB.
- To find out the relationship between the average level of Internet Addiction and self-esteem among PG students of CUPB.
- To find out the relationship between low levels of Internet Addiction and self-esteem among PG students of CUPB.

1.14 Hypotheses

H₁: The majority of the PG students of CUPB will have an average level of internet addiction.

H₂: There exists no significant relationship between high levels of internet addiction and self-esteem among PG students of CUPB.

H₃: There exists no significant relationship between average levels of internet addiction and self-esteem among PG students of CUPB.

H₄: There exists no significant relationship between low levels of internet addiction and self-esteem among PG students of CUPB.

1.15 Delimitation

The present study was delimited to the PG students of Science and Humanities streams of Central University of Punjab, Bathinda.

2. Methodology

The investigator used the descriptive survey method for the present study under investigation. In the present study the data was collected from PG students of science and humanities streams of Central University of Punjab, Bathinda. The investigator collected data with the help of Google Form in which the data of 228 students were collected from both the Science and Humanities stream.

2.1 Sample size

Sl. No.	Streams	No. of students	Percentage (%)
1.	Science	135	59%
2.	Humanities	93	41%
	Total	228	100%

2.2 Tools of data collection

The investigator used the standardized tools developed by Dr. Kimberley Young (1998) and Dr. Santosh Dhar and Dr. Upinder Dhar (2015).

3.1 Analysis and Interpretation of data

Percentage analysis was used to determine the levels of Internet addiction among the PG Students of CUPB. Product moment correlation was used to find out the relationship between the levels of Internet addiction and self-esteem among PG students of CUPB.

3.2 Analysis of levels of Internet Addiction and self-esteem among PG students of CUPB

H₁: Majority of the PG students of CUPB will show an average level of internet addiction.

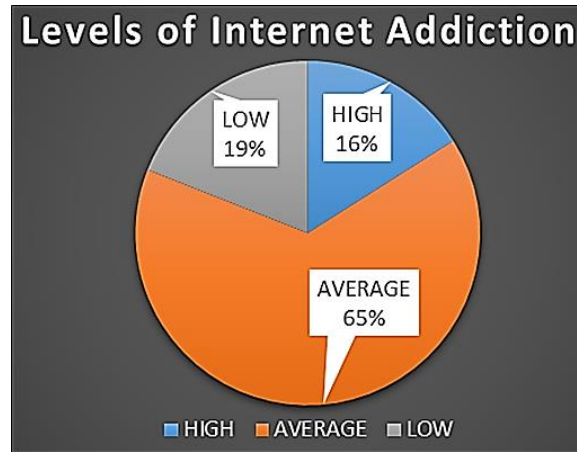
To study the levels of Internet Addiction among PG students of CUPB, the scores were obtained by administrating the standardised scale of Internet Addiction Test to the PG students of CUPB. The result of analysed data are given in table no. 1 showing the percentage of the level of Internet Addiction among PG students of CUPB.

Table 1: Levels of Internet Addiction among PG students of CUPB

Sl. No.	Internet addiction levels	N	% of PG students
1	High	36	16
2	Average	149	65
3	Low	43	19
	Total	228	100

3.3 Interpretation

The table No. 1 revealed that out of 228 students, 36 (16%) PG students had high level of internet addiction, 149 (65%) PG students had average level of Internet Addiction and 43 (19%) PG students came under the category of low level of Internet Addiction. It is clear from the above table that maximum number of PG students showed average level of internet addiction. Hence hypothesis H₁ was accepted. This has been shown in the pie-chart presented below.



Pie-Chart 1: Levels of Internet Addiction among PG students of Central University of Punjab

3.4 Correlation coefficient between high levels of internet addiction and self-esteem of PG students

H₂: There exists no significant relationship between High Levels of internet addiction and self-esteem among PG students of CUPB.

The Pearson product moment correlation between High Levels of Internet addiction and Self-Esteem is presented in the table 2.

Table 2: Showing Correlation coefficient between High Levels of Internet addiction and Self-Esteem

Sl. No.	Variables	Total No. of Students	df	r	Remark
1.	Internet Addiction	36	34	0.027	Not significant at 0.05 level
2.	Self-Esteem	36			

3.5 Interpretation

From the above table 2 it is clear that the Correlation coefficient between High Levels of Internet addiction and Self-Esteem of PG students is 0.027. The calculated value of r is found to be less than the table value of 0.325 (at 0.05 level and df 34). Hence the null hypothesis is accepted at 0.05 level. This means that, there exists no significant relationship between high levels of Internet addiction and self-esteem among PG students of CUPB.

3.6 Correlation coefficient between Average Levels of Internet addiction and Self-Esteem of PG students of CUPB

H₃: There exists no significant relationship between Average levels of internet addiction and self-esteem among PG students of CUPB.

The Pearson product moment correlation between High Levels of Internet addiction and Self-Esteem is presented in the table 3.

Table 3: Correlation coefficient between Average Levels of Internet addiction and Self-Esteem

Sl. No.	Variables	Total No. of Students	df	r	Remark
1.	Internet Addiction	149	147	-.017	Not Significant at 0.05 Level
2.	Self-Esteem	149			

3.7 Interpretation

From the above table 3 it is clear that the Correlation coefficient between Average Levels of Internet addiction

and Self-Esteem of PG students is -.017. The calculated table value of r is found to be less than the table value of 0.1946 (at 0.05 levels and df 34). Hence the null hypothesis is accepted at 0.05 level. It means that there was no significant correlation between average level of internet addiction and self-esteem among PG students of CUPB.

3.8 Correlation coefficient between Low Levels of Internet addiction and Self-Esteem of PG students of CUPB

H₄: There exists no significant relationship between Low Levels of internet addiction and self-esteem among PG students of CUPB.

The Pearson product moment correlation between Low Levels of Internet addiction and Self-Esteem is presented in the table 4.

Table 4: Correlation coefficient between Low Levels of Internet addiction and Self-Esteem

Sl. No.	Variables	Total No. of Students	df	r	Remark
1.	Internet Addiction	43	41	-.10	Not Significant at 0.05 level
2.	Self-Esteem	43			

3.9 Interpretation

From the above table 4 it is clear that the Correlation coefficient between low levels of Internet addiction and Self-Esteem of PG students is -.10 The calculated value of r is found to be less than the table value of 0.304 (at 0.05 level and df 41). Hence the null hypothesis is accepted. It means that there was no significant correlation between low levels of internet addiction and self-esteem among PG students of CUPB.

4. Findings of study

The major findings were as follows;

- The findings of the study showed that 16% of students of CUPB came under High Level of Internet Addiction, 65% came under Average Level of Internet Addiction, and 19% came under low Level of Internet Addiction respectively.
- It was found that the majority of the PG students of CUPB showed an average level of internet addiction.
- It was found that there was no significant relationship between high levels of internet addiction and self-esteem among PG students of CUPB.

- It was found that there was no significant correlation between average level of Internet addiction and self-esteem among PG students of CUPB.
- It was found that there was no significant correlation between low levels of internet addiction and self-esteem among PG students of CUPB.

5. Conclusion

In today's environment, the internet is a fantastic means of communication. It has become an integral element of people's lives. Students at the university level should get the most out of the Internet. To save time, they should avoid visiting irrelevant websites. For the purpose of education, health, and a better job, they should limit their use of the Internet. Students should be aware of the Internet's harmful and good effects. Many students waste time on unnecessary online pages for a variety of reasons, one of which is a lack of awareness/knowledge of how to use beneficial resources accessible on the Internet. As a result, universities should hold counselling sessions for students to inform them of the dangers of using the Internet while simultaneously encouraging its beneficial use. Internet addiction among the youngsters is fast emerging as a problem of grave concern and it is high time that parents and society should act as watchdogs otherwise this problem of internet addiction among the teenagers will spiral into an uncontrolled problem that will pose serious social and ethical problems in the nearby future.

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