



International Journal of Multidisciplinary Research and Development



IJMRD 2014; 1(7): 314-316
www.allsubjectjournal.com
Received: 06-12-2014
Accepted: 21-12-2014
e-ISSN: 2349-4182
p-ISSN: 2349-5979

Krishna J. Vaghela
Asso. Prof. & Head, Deptt. of
Psychology Yogiji Maharaj
Mahavidyalaya, Dhari Dist.
Amreli, Pin. - 365640

A Psychological Study of Anxiety between Internet Addicts and non Addicts Adolescents of Urban and Rural Area

Krishna J. Vaghela

Abstract

The present research aimed to investigate the difference of anxiety between Internet addicts and non addicts adolescents of urban and rural area. The research was conducted over a sample of 160 male adolescents [80 – Internet addicts and 80 – Internet non addicts] of urban and rural area, and they were administered the Internet addiction test, Beck anxiety inventory. Data was analyzed using t – test. The results reported that there exists a significant difference in anxiety between Internet addicts and non addicts' adolescents of urban area. As regarding the rural area Internet addicts and non addicts adolescents differ significantly in their level of anxiety. Internet addicts adolescents found to be more anxious as compare to Internet non addicts adolescents.

Keywords: Internet Addicts, Adolescents, Anxiety, Area –Urban & Rural.

1. Introduction

The internet connection is researched as a serious problem in different countries all over the world. The internet has become an integral part of western society. The use of internet becomes a daily activity for many people of all age. Unfortunately some people are over dependent on the internet in their daily life activities. At one hand it is a most important and useful need of modern people while at other hand people are sickly addicted to it. Internet addiction is a more common problem in adolescents. A new study has found that excessive use of the internet is unhealthy for adolescents. Internet connection is especially significant risk for 12 to 18 age groups (Ozurk *et al* 2007). "Adolescence is a period of biological, psychological and social change and navigating these changes is stressful for many youth. Adolescents with emotional and behavioral disorders are also more vulnerable to the negative effects of internet use" (Pridsen 2010).

Today the use of face book, twitter, weblog, wiki, chat, email, online gambling blogs, social networks etc. Make individuals interact and increase their sharing on internet more. This situation make individuals spend more time to internet from this aspect technological advancement is likely to increase internet addiction day by day. 92% of children under the age of 18 play video games regularly. 56% of users check face book at least once a day. Internet users usually regard internet as important to their daily life, their study, their work. Addiction:-"A state psychological or physiological dependence on some substance, usually a drug, resulting in tolerance of the drug such that progress safely larger doses are required to obtain the same effect". Griffiths (1995) defined, "Internet addiction as a non chemical addiction originating from integrations between human and machines and added that technological addiction is either passive or active prompting and reinforcing the characteristics facilitating addictive tendencies". Internet addiction disorder is nowadays recognized as a new syndrome among psychologist research nucleus and has provided a fresh area of research. Studies shows that teenagers, adolescence, college students are easy to get addicted to the internet. The internet addiction effects their personality they easily got depressed and feeling moody when they are away from internet. Studies show that internet addiction has emerged as a potential problem in adolescents. Parents think that their children are more controlled at home and try to provide more secure environment at home. This can make parents more flexible about and tolerant to computer and the internet use at home which can make children to become addicted. "According to the national altitudinal poll the number of the media concern for parents has been shifted from television to the internet. 85% of the parents reported that among all forms of media the internet posed the greatest risk to

Correspondence:
Krishna J. Vaghela
Asso. Prof. & Head, Deptt. of
Psychology Yogiji Maharaj
Mahavidyalaya, Dhari Dist.
Amreli, Pin. - 365640.

their children common sense media 2006. Nasiri *et al* also believe that such severe internet addiction is due to poor academic performance and social interaction. Internet addicts spend almost more than triple the number of hours in internet use as compare the non-internet addicts. In a study by Alsanbay (2006), it was found that using the internet at home increased tendency to addiction. Gencer (2011) found the 75% at internet addicts have access to the internet at home. Kormas *et al* (2011) shown that adolescents with problematic internet use tend to be boys have poor academic performance and are more liked to access internet at home and internet cafes than in school setting. A research study which investigated students internet use and its impact on their lives found that internet addicts reported more negative consequences on their daily routines. (Cho and Hsiao 2000). The psychological literature has demonstrated that individuals who are internet addicted often suffer from other psychiatric disorders (Yen, Ko wo, Yang 2007). Nasim & Marum (2012) investigated the relationship between internet addiction and depression, anxiety, stress and social phobia among students in Isfahan University, result suggested positive correlation between addiction and the set of these clinical variables. Yadav, Banwari, Parmar & Maniar (2013) studied internet addiction and its correlation among high school students – A preliminary study from Ahmadabad – India. The results also indicated that there was a strong positive correlation between internet addiction and depression, anxiety and stress. Ahmet & Murat (2011) found that internet addiction has a direct impact on anxiety, stress & depression. Behram, Salim, Hussain, Haseb (2014) reported that excessive use of internet addicted to it and consequently causes anxiety and stress among users. In fact therefore, it appears that if individuals can decrease their internet addiction they may decrease their anxiety level. Therefore the aim of the present study was to examine the difference between internet addicts and non-addicts adolescents on anxiety.

2. Objectives

The main purpose of the present research was to investigate the difference of anxiety between internet addicts and non-addicts adolescents. The objectives furnished as under:

- To examine the difference in anxiety between internet addicts and internet non-addicts adolescents of urban area.
- To examine the difference in anxiety between internet addicts and internet non-addicts adolescents of rural area.

3. Hypotheses

Keeping in view the objectives of the study following null hypotheses framed for the present research.

- There will not be any significant difference between internet addicts and internet non-addicts adolescents of urban area in relation to anxiety.
- There will not be any significant difference between internet addicts and internet non-addicts adolescents of rural area in relation to anxiety.

4. Methodology

4.1 Population & sample

The population for the present research consists of 160 adolescents of urban and rural area of Junagadh district. In the present research simple random sampling technique was employed for the selection of the adolescents. The sample consisted of 80 adolescents of urban area [40 internet addicts and 40 internet non-addicts] as well as 80 adolescents of rural

area [40 internet addicts and 40 internet non-addicts].

The sample was consist of only male adolescents. All participants were matched on the variables of age, gender, area, education etc.

4.3 Research tools

Personal information schedule developed by investigator was used to collected some necessary information. Internet addiction test (IAT) young. The test is a reliable and valid major of addictive use of internet. To measure anxiety, Beck Anxiety Inventory was use.

4.4 Procedure

The present research conduct of 160 male adolescents of urban and rural area. After establishing the report with the participants the questionnaire were administrated with the necessary instruction and the data was collected. All the participants were assured that their reponses would be kept confidential.

4.5 Data analysis

To interpret the raw data, analyses were done using mean, standard deviation and t-test. The results of the analyses are presented in the table one and two.

5. Results and discussion

The purpose of the present research was to investigate the difference of anxiety between internet addicts and non-addicts adolescents of urban and rural area. The research findings are based on the responses of 160 male adolescents both: urban and rural area (80 internet addicts adolescents and 80 internet non addicts adolescents). Ho1 “There will not be any significant difference between internet addicts and internet non-addicts adolescents of urban area in relation to anxiety, to assess this hypothesis t-test was used. Results from table-1 t-test revealed a statically significant difference between the mean number of two groups, where group – 1 has (M= 34.20) and group – 2 has (M= 26.8). The results of table – 1 reveal that there is significant difference in the anxiety of internet addicts and non-addicts adolescents of urban area as the t value (3.5) is found to be significant at 0.01 level. Hence, the null hypothesis is rejected and its alternative hypothesis is supported. It clearly indicates that internet addicts adolescents are more anxious then internet non-addicts adolescents of urban area. Ho 2 “There will not be any significant difference between internet addicts and internet non-addicts adolescents of rural area in relation to anxiety”, To assess this hypothesis t-test was applied. Results from table – 2 the mean value of anxiety in the internet addicts adolescents (M= 33.10) is grater than that of internet non-addicts adolescents (M= 26.89) of rural area The result of t-test applied between the mean scores of internet addicts and non-addicts adolescents’ indicates that they differ significantly on their anxiety scores, as the value of t-test (2.9) is found to be significant at 0.01 level. Thus the null hypothesis also rejected. It is also indicate that regarding the rural area internet addicts adolescents are more anxious as compare the internet non-addicts adolescents. It is also found that anxiety level in internet addicts adolescents are higher than the internet non-addicts adolescents. The excessive use of Internet directly affects on the level of anxiety. It clearly conduced that internet addicts adolescents are more anxious than internet non-addicts adolescently of urban as well as rural area.

Table 1: Differences on anxiety between Internet addicts and Internet non Addicts male adolescents of urban area:

Male Adolescents	No.	Mean	SD	t - value	Sig.
Internet Addicts	40	34.20	8.6	3.5	0.01
Non Addicts	40	26.81	10.11		

Table 2: Differences on anxiety between Internet addicts and Internet non Addicts male adolescents of rural area:

Male Adolescents	No.	Mean	SD	t - value	Sig.
Internet Addicts	40	33.10	8.02	2.9	0.01
Non Addicts	40	26.89	10.8		

6. Conclusion

The purpose of the present research was to examine the difference in anxiety between Internet addicts and non addicts male adolescents of urban and rural area. The major findings of the present study indicated that Internet addicts adolescent males of urban as well as rural area are significant higher on their level of anxiety as compare the non addicts male adolescents of urban and rural area. Based on findings it is concluded that adolescents use the Internet at an excessive rate had a heightened risk of anxiety. It also suggest that increased levels of anxiety are associated with those who become addicted to the Internet.

7. References

1. Cao F, Sul. Internet Addiction among Chinese adolescents: Prevalence and Psychological factors, *Child Care and Health Development* 2007; 33:275 -281.
2. Chou C, Belland. A review of research on Internet addiction. *Educational Psychology review* 2005; 17:363-388.
3. Griffiths MD. Videogame addiction and its treatment. *Contemporary Psychotherapy* 2009; 39:247 -253.
4. Gross E. Adolescent Internet use: What we expect teens report. *Journal Applied Development Psychology* 2004; 25:633-649.
5. Mangal SK. *Statistics in Psychology and Education*, Tata McGraw Hill Pub., Company Ltd. New Delhi, 1992.
6. Nasim J, Maryam F. Investigation of the relationship between Internet addiction and depression, anxiety, stress and social phobia among students in Isfahan University, 2012.
7. Shukla KC. *Encyclopaedic dictionary of psychology*, Commonwealth Publishers, Ansari road, Darya Gang, New Delhi, 2005.
8. Wallace P. *The Psychology of Internet*: Cambridge University Press, 1999.
9. Yadav B, Parmar M. Internet addiction and its correlation among high school students: A Preliminari study from Ahmedabad India, 2013.
10. Young KS. Understanding online gaming addiction and treatment issues for adolescents. *The American Journal of Family Therapy* 2009; 37:355 -372.
11. Young. Treatment outcomes with Internet Addicts. *Cyber Psychology & Behavior* 2007; 10:5.
12. Young KS. *Internet Addiction: The Emergence of new clinical disorder*, 1996.