A Study to Assess the Level of Knowledge on Internet Addiction among Adolescents in a Selected College, Thrissur

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ABSTRACT

A descriptive study was conducted to assess the level of knowledge on internet addiction among adolescents in selected college, Thrissur. The study was conducted among 40 adolescents, through the purposive sampling technique. Data were collected with a structured knowledge questionnaire regarding internet addiction. A descriptive and inferential statistical method was used and analyzed the data. Study results revealed that 11(27.5%) having low knowledge, 29 (72.5%) having average knowledge and there is no high knowledge score among them.

KEYWORDS

Adolescents, Internet Addiction, Knowledge

INTRODUCTION

Background of the study

Mobile phones, one of the greatest inventions in the late 20th century, which have become the newest addiction in the world even though it has given us convenient and comfort. It does not mean it has no adverse effects .It is something that is going to affect every one day to day basis. Today, access of internet and its use among adolescents has become common in India.Internet has changed the social, psychological and academic life of students and making them over smart and matures before the age. Internet has a revolutionary impact on the day to day life of every individual. The number of internet users worldwide has increased 10 folds from 1993 to 2013. The first billion was reached in 2005, the second in 2010 and the third billion in 2014. In 2014 the percentage of internet users worldwide was 40.4% and in India 19.9% of total population. Parents and children find themselves emailing, web messaging, listening to music and reading the news of the World Wide Web. Adolescents use it mainly for the purpose of communication through email,orkut,face book and also for purpose of gaining general information through various websites .People started use of internet also for the purpose of business, entertainment etc. Many adolescents are spending so much time on the internet. More over children use home computer more than watching television for entertainment.

NEED FOR THE STUDY

Internet addiction is a modern day addiction .Person with internet addiction can exhibit symptoms suffer drawbacks, face consequences that are similar to individuals addicted to alcohol, gambling

narcotics, shopping and other compulsive behaviour. The internet provides a constant, ever changing source of information, entertainment which can be accessed from most smart phones as well as tablets, laptops and computer. Apart from that, social networks and Message board allow for both public and anonymous communication about any topic. An article published in an online edition of Hindu newspaper that excessive computer use can lead to sleep deprivation and restlessness apart from the physical problems such as backache and eyestrain, such addicts don't for relation, tell lies and also to stealing sometimes H.B.Dinesh ,secretary of Karnataka State Temperance Board (KSTB),said the board was all out to create awareness on various addictions. And all students and teachers can help them to spread awareness about new age adolescents. Nowadays individual are getting looked on the internet such as on pornography,

internet gambling online shopping for non -important information or chatting for a very long time.

Lack of sleep, excess fatigue, declining grades, less investment in relationships with boy friend and girl friend ,withdrawal from all campus social activities and events or irritability when off-line, denial the seriousness of the problem rationalizing that what they learn on the internet is superior to their classes. In other words,the online space provides a rewarding sense of belonging ,warmth and well . Internet addicts exhibit higher rates of conflict with their parents and experience higher level of familial conflict than non-addicts. Since, the internet addictions tempt the adolescents to deviate from the proper track and forgetting the duties and responsibilities towards the family and society. Hence the researcher felt that to identify the knowledge on the particular topic among adolescents in the current scenario.

STATEMENT OF THE PROBLEM

A study to assess the level of knowledge on internet addiction among adolescents in a selected college, Thrissur.

OBJECTIVES OF THE STUDY

➢ To assess the knowledge of internet addiction among adolescents.

➢ To associate the knowledge on internet addiction among adolescents with their selected demographic variables.

Operational definition

1. *Assess* - the way of finding out the level on knowledge on internet addiction with structural questionnaire.

2. *Knowledge* - knowledge is the information or awareness regarding the internet addiction among adolescents.

3. *Internet addiction* – excessive and poorly controlled use of internet.

4. *Adolescents* - the children of age group from 17 to 19 years.

Assumptions

This study assumes that; adolescents may have less knowledge regarding the internet addiction.

Hypothesis

H0: There is no significant association between the knowledge of adolescents with their selected demographic variables.

Delimitation

➢ The study confined to only one college.

➢ The study underwent only adolescent age group.

MATERIALS AND METHODS

Research Approach

The research approach in this study is simple descriptive in nature. Since the studywas aimed to assess the level knowledge on internet addiction in adolescents atselected college, Thrissur.

Research Design

The research design of present study is simple descriptive non- experimental design.

Setting of the study

The setting of the study was at Don Bosco College Mannuthy, Thrissur which consist of 60 adolescents in BCA degree class which was suitable for the study population. Moreover 3 km away from the Aswini College of nursing Thrissur.

Population of the study

In this study, the population comprises of all adolescents who are studying in a college.

Sample

Adolescents, age group between 17-19years.

Inclusion criteria

➢ Students of the age group of 17-19 years.

➢ Students who belongs to the first year degree course.

➢ Students who did not attended similar studies.

➢ Students who are willing to participate in this study.

Exclusion criteria

➢ Students those who have previous knowledge on internet addiction.

➢ Students who are not willing to participate in this study.

Sample size

The samples size for the present study consists of 40 adolescents who met the inclusion criteria for data collection.

Sampling technique

The sampling technique adapted for this research is purposive sampling technique.

Tool for data collection

Structured questionnaire having 24 questions regarding knowledge on internet addiction.

Validity of tool

The tool in this study was structured by the investigator and content validity was established by submitting to experts in the particular field. Based on their suggestions the tool was modified.

Description of the study

The tool was taken by reviewing the internet addiction. It consists of two sections.

Section A-Demographic data

It consists of 15 demographic data questions such as the age ,gender, educational level, habit of using internet , form of using internet ,type of residence, internet access in home, family income, educational status of the father and mother, occupational status of the father and mother and supervision while using internet.

Section B – Structured knowledge questionnaire

Structured questionnaire having 24 questions regarding knowledge on internet addiction, which is a 3 point rating scale .The maximum score, was 24 and minimum was 0.

Scoring pattern of level of knowledge on internet addiction was;

Level of knowledge Score

Low   0-8

Average 9-16

High   17-24

Procedure for data collection

The data collection was done on 7-7-17. A formal permission to conduct study was obtained from the Don Bosco college Mannuthy, Thrissur. On the day of data collection sampling technique done among the first year degree students by purposive sampling method. A total of 60 students, 40 samples were selected who were met the inclusion criteria. The introduction was given by explaining the objectives of the study and oral consent was taken. Followed by, the information regarding the questionnaire was given to the samples. The structured questionnaire schedule was administered to the samples, 30 minutes was given for each subject to complete the questionnaire. The 40 samples were answered for all questions.

Plan for data analysis

The collected data were analysed by both using descriptive Statistics and inferential statistics. Descriptive statistics was used to analysed the demographic data. Inferential statistics was used with chi-square test to check the association between the

knowledge of adolescent on internet addiction with their demographic variables.

RESULTS AND DISCUSSION

Discussion

The findings from the study conducted elicited near to provide the clear understanding of the subject is experienced.

Objective 1

To assess the level of knowledge on internet addiction among adolescents. The finding of the study revealed that, most of the adolescents processed average level of knowledge regarding the internet addiction. Out of 40 adolescent's 29(72%) adolescents were had average level of knowledge 11(28%) adolescents were had low level of knowledge and there is no adolescence had high level of knowledge on internet addiction. A study to assess the knowledge on internet addiction among adolescents in selected colleges of Thirupathi suggest that out of 60 sample 31(51.67%) have inadequate knowledge 28(46.67%) had moderate knowledge and 1 (1.67%) had adequate knowledge, which supporting the present study.

Objective 2

To associate the level of knowledge on internet addiction among adolescents with their selected demographic variables. The study revealed at there is no significant association between the knowledge and selected socio-demographic variables such as age, gender, education, habit of internet use, form of usage type of residence, occupation and educational status of father and mother. A study conducted among 60 adolescents in selected colleges of Thrupathi uses self structured questionnaire as tool. There is no significant association between knowledge and consequences of internet addiction among adolescents and their demographic variables, which is also supporting the present study.

Result

The study was taken to assess the level of knowledge on internet addiction among adolescents in the Don Bosco College Mannuthy. As this was a descriptive study, the sample size was 40 adolescents from the college, were selected by purposive sampling technique. The study showed that among 40 samples,29(72%) had average knowledge 11(28%) had low level of knowledge and there is no adolescents had high level of knowledge regarding internet addiction and also showed that there is no association between the knowledge and selected demographic variables and the study revealed that 36(90%) have habit of using internet and only 4(10%) have no habit of using internet. And most of them have using both whatsapp and face book.

The mobile phones are commonly used as a source of internet among adolescents 29(70%) and also showed that, presence of supervision while using internet is very less is about 8(20%).

Section A: Description of level of knowledge on internet addiction among adolescents.

Table 1 Frequency and percentage distribution of level of knowledge on internet addiction among adolescent

SNo	Variables	frequency	Percentage(%)
1	Low Knowledge	11	28%
2	Average knowledge	29	72%
3	High knowledge	0	0%

The above table shows the percentage distribution of adolescents based on their knowledge score on internet addiction. Out of 40 samples 11(28%) respondents having

poor level of knowledge regarding internet addiction. Majority of the respondents (72%) having average level of knowledge regarding internet addiction. No respondents were coming under the category of high level of knowledge on internet addiction.
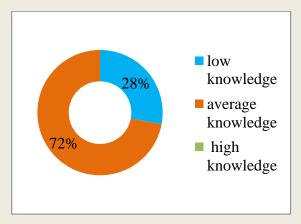

Fig 1 Percentage distribution of adolescents according to their level of knowledge on internet addiction.

Section B: Association of knowledge on internet addiction with their selected demographic variables

Table 2 There is no association between knowledge of adolescents on internet addiction with selected demographic variable

Sl.no	Variables	Level of knowledge			df	Chi square
		low	average	high		
1	Age					
	➤ 17years	0	0	0		
	➤ 18years	11	29	0	2	0
	➤ 19years	0	0	0		
2	Gender					$\chi 2cal=0.02$
	➤ Male	7	17	0	1	$\chi 2tab=3.84$
	➤ Female	5	11	0		**NS**
3	Educational status	40	0	0	0	0
4	Habit of using internet					
	➤ Yes	10	26	0		$\chi 2cal=0.02$
	➤ No	1	3	0	1	$\chi 2tab=3.84$
						NS
5	Form of using					
	➤ What's app	2	5	0		$\chi 2cal=2.95$
	➤ Face book	2	1	0	3	$\chi 2tab=7.82$
	➤ Both	5	14	0		**NS**

No.	Variable					Statistics
	➢ others	1	6	0		
6	Types of using residence					χ2cal=3.01
	➢ Rural	9	15	0	1	χ2tab=3.84
	➢ Urban	2	14	0		NS
7	Internet usage for educational purpose	10	29	0		χ2cal=2.66 χ2tab=3.84
	➢ Yes	1	0	0	1	NS
	➢ No					
8	Internet access in your home					χ2cal=0.16
	➢ Yes	10	25	0	1	χ2tab=3.84
	➢ No	1	4	0		NS
9	Source of internet access					
	➢ Mobile	8	21	0		χ2cal=1.403
	➢ Computer	2	2	0	3	χ2tab=7.82
	➢ Tablet	0	0	0		NS
	➢ Others	0	2	0		
10	Family income					
	➢ Below 10000	3	5	0		
	➢ 10001-15000	4	11	0		χ2cal=2.73
	➢ 15001-25000	1	8	0	4	χ2tab=9.49
	➢ 25001-50000	3	4	0		NS
	➢ Above 50001	0	1	0		
11	Educational status of father					
	➢ Primary	1	0	0		
	➢ High school	6	13	0		X2cal=4.33
	➢ Predegree	2	9	0	4	X2tab=9.49
	➢ Diploma	1	6	0		NS
	➢ Post graduate	1	1	0		
12	Educational status of mother					
	➢ Primary	0	0	0		χ2cal=0.44
	➢ High school	3	6	0		χ2tab=9.49
	➢ Predegree	5	12	0	4	NS
	➢ Diploma	2	7	0		
	➢ Post graduate	1	4	0		
13	Occupational status of father					
	➢ Government employee	1	2	0		χ2cal=1.63
	➢ Private employee	7	13	0		χ2tab=9.49
	➢ Professionals	0	1	0	4	NS
	➢ Unemployed	0	0	0		
	➢ Self employee	3	13	0		
14	Occupational status of mother					χ2cal=2.12
	➢ Government employee	0	3	0		χ2tab=9.49
	➢ Private employee	3	6	0		NS
	➢ Professionals	0	0	0	4	
	➢ Unemployed	7	18	0		
	➢ Self employee	1	2	0		
15	Presence of supervision while using internet					χ2cal=2.54
	➢ Yes	4	4	0	1	χ2tab=3.84
	➢ No	7	25	0		NS

NS: Non significant at 0.05 level

The χ 2 calculated value of gender, habit of using internet, forms of usage, type of

residence, educational purpose, internet access in home, source of internet, family income, education status of father, education status of mother, occupation status of father, occupation status of mother, sort of supervision is less than table value, do there is no significant association between the demographical variables and the level of knowledge of adolescents. Hence H0 is accepted. Here demographic variables such as age and education status adolescent is excluded because the respondents are coming under the same age group and all are degree students.

CONCLUSION

A study was undertaken to assess the level knowledge on internet addiction adolescents in selected college, Thrissur. A structured questionnaire containing sociodemographic data and knowledge regarding internet addiction among adolescents is used to collect data. After obtaining the tool validation from the experts the study was conducted on 7-7-2017.The data was analyzed by using descriptive and inferential statistics. The study revealed that, out of 40 samples 11(28%) having low level of knowledge on internet addiction 29(72%) having average level of knowledge on internet addiction. Nobody have good knowledge regarding

internet addiction. The study also revealed that, there is no association between knowledge regarding internet addiction with their demographic variables.

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