

Internet Dependency Among College Students

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Abstract- *A Non-experimental descriptive study to assess the level of internet dependency and effectiveness of structured teaching programme on knowledge on internet dependency among the students in Aringar Anna Government Arts and Science College, Karaikal. The demographical data and the clinical data were collected by using Young's internet addiction test (IAT) to assess the level of internet dependency among college students. Assessment of level of the internet dependency among the college students show that 52% of college students had moderate level of internet dependency and 48% of college students had mild level of internet dependency. Structured teaching programme was effective in pretest 66% of them have inadequate knowledge, 34% have moderate adequate and none of them had adequate knowledge where as in posttest 74% adequate knowledge and 24% having moderately adequate knowledge. This shows the effectiveness of teaching programme was increased the awareness about ill effects of internet dependency. It can state that of college students had more moderate level of internet dependency.*

Keywords- Internet addiction (IA), Internet addiction test (IAT),

I. INTRODUCTION

Internet has reshaped and improved many aspects of our lives by being integrated in the daily experience. Internet has become more available, offers more services and its usage is growing in every age group. The increasing importance of internet and online usage dramatically, pathological internet use (internet addiction) is becoming more common in society. There is an urgent need to the reality internet addiction and the threat of its rapid expansion. ^{1,3}

Internet addiction results in personal, family, academic, financial and occupational problems that are characteristic of other addictions. Impairments of real-life relationships are disrupted as a result of excessive use of the internet. Individuals suffering from internet addiction spend more time in solitary seclusion, spend less time with real people in their lives, and are often viewed as social awkward. Arguments may result due to the volume of time spent online. Those suffering from internet addiction may attempt to conceal the amount of time spent online, which results in

distrust and the disturbance of quality in one's stable relationships.⁴

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.⁵

According to young et al., (2000) define the five subtypes of internet addiction. Internet addiction is wide term and wide variety of behaviour. Cybersex addiction- cybersex addiction is defined as adolescents are watching pornography video and downloading this type of video. Cyber-relationship addiction- In cyber-relationship online friend is more important as compare to family and friends. No Face-to-face interaction in cyber-relationship. Addicts are busy in social networking, chat room, messaging. Net compulsion- Internet is necessary for every person. Every type of work is done by internet like online shopping, reservation, online movies, songs, Net banking and gambling. Information overload- Internet is most important for life. Collecting information and gaining new knowledge by the internet. Computer Addiction- computer addiction is defined as playing game all the time on the other hand busy in computer.²

It is observed that overuse of internet provoke anxiety and displaying problematic gambling behaviour. Person those are internet addicted there are some psychological symptoms such as attention deficit hyperactivity disorder, depression, low self-esteem and social isolation. There are many characteristics showed by the internet addicts like as aggressive behaviour and sensation and novelty seeking, impulsivity.⁶

Statement of the problem:

A study to assess the level of internet dependency and effectiveness of structured teaching programme on internet dependency among the students in selected colleges at Karaikal.

Objective:

- To assess the level of internet dependency.
- To assess the knowledge on internet dependency.
- To assess the effectiveness of structured teaching programme on internet dependency.
- To find out the association between internet dependency with selected demographic variables of college students.

Hypotheses:

H₁: There is significant improvement in the knowledge on internet dependency after the intervention

II. RESEARCH METHODS

Research approach of this study was quantitative, non-experimental research was incorporated in this study. This study setting was Aringer Anna Government Arts and Science college, Karaikal. 300 college students selected through simple random sampling. Students were administered Internet Addiction scale and knowledge questionnaire to find the level of dependency and knowledge level. After pre test post test was conducted using the same scale and questionnaire to find the effectiveness.

III. RESULT AND DISCUSSION

Table 1 Demographic variables of the college students

S.no	Demographic variable	Frequency	Percentage
1.	Age (Years)		
	a) 18	96	35
	b) 19	135	45
	c) 20	33	11
	d) 21	36	12
2.	Gender		
	a) Male	165	55
	b) Female	135	45
	c) Domicile		
	d) Urban	138	46
	e) Rural	162	54
3.	Device usage		
	a) Personal computer	6	2
	b) Laptop	12	4
	c) Smart phone	282	94
4.	Type of internet connection used		
	a) Broadband	66	22
	b) Mobile internet	219	73
	c) Wi-fi	15	5

5.	Reason for internet usage		
	a) Education	54	18
	b) Social media	54	18
	c) Games	27	9
	d) Recreational	153	51
	e) Others	12	4
6.	Usage time		
	a) Day	36	12
	b) Night	48	16
	c) Both of them	216	72
7.	Login status		
	a) Continuous	45	15
	b) Intermittent	255	85

Table 1 illustrates the study surveyed a total of 300 participants, the demographic data of the students primarily composed of young individuals aged between 18 to 21 years, with the largest group being 19 years old (45%), followed by 18 years old (35%). The gender distribution was relatively balanced, with 55% males and 45% females. In terms of residential background, 54% of the respondents came from rural areas, while 46% were from urban settings, offering a near-equal representation of both demographics. The data reveals a strong preference for smartphones (94%) as the primary device for accessing the internet. This is consistent with the type of internet connection used, where mobile internet (73%) was far more common than broadband (22%) or Wi-Fi (5%). These findings highlight both the mobility and cost-effectiveness of smartphones and mobile data for the target population. The most frequent reason for internet usage was recreational purposes (51%), followed by educational needs (18%) and social media use (18%). This suggests that while the internet is utilized for academic support, entertainment dominates usage patterns. When it comes to the time of usage, 72% of participants reported using the internet both during the day and night, indicating constant connectivity. However, 85% of users described their usage as intermittent rather than continuous, possibly due to factors such as data limits, power issues, or self-regulation.

Table 2: level of internet dependency among college students

Level of Internet Dependency	Frequency	Percentage (%)
Normal	0	0.0%
Mild	144	48.0%
Moderate	156	52.0%
Severe	0	0.0%
Total	300	100.0%

Table 2 illustrates Out of 300 participants:

- None were in the "Normal" or "Severe" categories.
- 100% showed some level of internet addiction.
 - 52% had moderate addiction.
 - 48% had mild addiction.

This is a notable finding, indicating that all respondents exhibit symptoms of internet dependency, which might reflect their frequent internet usage patterns, predominantly through smartphones, and driven by recreational activities (as per earlier data). Such a profile may raise concern about digital well-being, especially in younger populations who are consistently connected throughout the day and night.

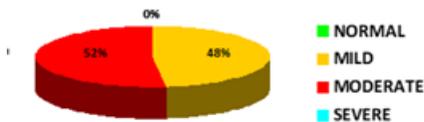


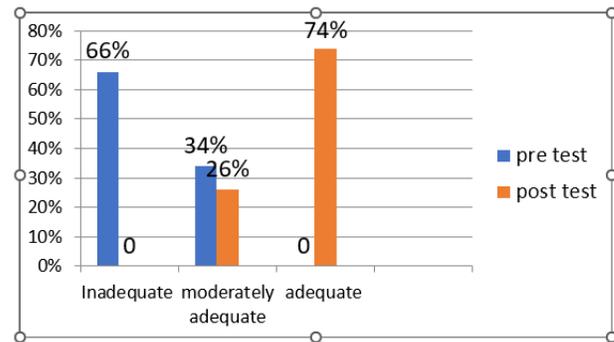
Table 3: Level of knowledge on internet dependency

Level of knowledge on internet dependency	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Inadequate	198	66 %	0	0
Moderately adequate	102	34 %	78	26 %
Adequate	0	0	222	74 %

Table 3 explores the data shows a significant improvement in knowledge about internet dependency following the intervention:

- Before the intervention (Pre-test):
 - A majority (66%) of participants had inadequate knowledge.
 - Only 34% had moderately adequate knowledge.
 - None were classified as having adequate knowledge.
- After the intervention (Post-test):
 - 74% achieved an adequate level of knowledge.
 - 26% remained at a moderately adequate level.
 - No participants remained in the inadequate category.

This indicates that the educational or awareness effort was highly effective, with a complete elimination of inadequate knowledge and a strong shift toward adequacy.



IV. SUMMARY AND CONCLUSION:

Among 300 participants, none were classified as having normal or severe internet dependency. The majority showed some level of dependency, with 48% mildly dependent and 52% moderately dependent on the internet. Regarding knowledge about internet dependency, there was a significant improvement following an intervention. Initially, 66% of participants had inadequate knowledge, but after the intervention, this dropped to 0%. Conversely, those with adequate knowledge increased from 0% pre-test to 74% post-test, indicating the intervention was effective in raising awareness and understanding of internet dependency.

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