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Identifying the Level of Internet Use in Middle and Late Adolescence Stages in Post Covid Time

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Abstract:

During the pandemic, working at home and students studying online classes the amount of internet usage also increased a lot. But now the impact of covid has reduced in many countries of the world. The main purpose of this research is to identify the level of internet use in middle and late adolescence in post covid era. The stages of adolescence and gender, while internet addiction have been included as independent and dependent variable, respectively. Total 400 adolescents equally distributed in boys and girls having middle and late adolescence have been purposively selected from the schools of Gandhinagar and Mehsana district of Gujarat state. The data was collected with the help of Internet Addiction Test (IAT) developed by Young. Mean score and F ratio were calculated for the 2x2 factorial design. Results indicate that the late adolescence boys have high level of internet use ($M=38.41$) than the other three groups i.e. middle adolescence boys ($M=31.06$), middle adolescence girls ($M=36.44$) and late adularescence girls ($M=36.52$). But the differences between the groups of late and middle adolescence ($F=3.62$) as well as boys and girls adolescence ($F=0.80$) on the Stages of adolescence are not found significant. The interactive effect between adolescence stage and gender also found insignificant ($F=3.47$). However, results indicate that all groups of adolescence have a mild level of internet addiction as per the criterion developed by the Young.

Key Words: Middle and Late Adolescence, Gender, Covid-19,

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INTRODUCTION:

Internet Addiction:

On December 2019, the WHO learned about a new virus from the pneumonic-like cases which initiated in Wuhan, People's Republic of China. This virus SARS-CoV-2, a respiratory pathogen caused an infectious disease coronavirus 19 later was

named as COVID-19 on February 11, 2020. On March 11, WHO declared COVID-19 as a pandemic. Almost the whole world population was in a state of shock and distress due to the outbreak of COVID-19 and 200 developed and

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developing countries reported confirmed cases. India reported the first positive symptomatic case on 30th January after which the Indian Government on March 24th ordered a nationwide lockdown for 21 days, confining movement of the intact 1.3 billion population of India as a preventive measure against the virus.

The fast climbing of cases of COVID-19 worldwide and the rapid changes in people daily living had left people alarmed and frightened. Life had drastically changed during the lockdown period at different levels. The studies have established a crystal-clear association between a pandemic and symptoms of stress, depression, anxiety, and suicidal tendencies along with excessive internet usage. Various reports were also conducted during the lockdown period that suggested mental health is on a peak since the outbreak of this global pandemic. Thus, internet was the only means of source to connect with people during the lockdown period.

In the year 1996, Dr. Ivan Goldberg initially suggested the term “internet addiction” (problematic internet use, pathological internet use, and internet dependence) for pathological compulsive internet use which is outlined as an excessive, controlled preoccupations, or

psychological dependence on the internet. It is usually defined as a dysfunctional pattern of internet use directing to significant impairment or distress. The influence of problematic internet use is also seen on sleep patterns disrupting the sleep-wake schedule significantly, seen among heavy internet users. According to the report “Internet in India 2017,” there were about 500 million internet users in the year 2018, out of which 60 percent were students. And by the end of 2023, it was estimated that the number would be 666.4 million. Since adolescents contribute a significant proportion of the productive life age in India, their involvement with internet overuse or addiction may lead to significant adverse consequences. Its symptom includes the tendency to extend the time spent on internet, imagining about networking, and the emergence of other physical psychological and social problems.

Janani's (2018) research found that women had higher rates of internet addiction than men. Kothiwal's (2018) research found that adolescents who did not use a social website had a higher rate of emotional maturity than those who did. Kumar and Dash's (2022) research found that females were highly addicted than males. The study findings specified that students' excessive internet usage leads to

anxiety, and affects mental health. Monitoring and controlling students' internet addiction through informative sessions on how to use the internet adequately is useful. A study of Jain et al (2020) reveals that internet addiction is a rising concern among youth. Several parameters including gender, time spent on line, alcohol, smoking predicts higher risk of internet addiction. Depression and insomnia are more common in internet addicts and over users.

The prime aim of this study is identifying the level of internet use in middle and late adolescence stages in post covid time.

Objectives: The prime objectives of the study are as under:

1. To identify the level of internet use in middle and late adolescence in post covid time.
2. To identify the level of internet use in boys and girls adolescence in post covid time.
3. To identify the interactive effect on level of internet use between stages of adolescence and gender in post covid time.

Hypotheses: The following hypotheses were tested to fulfill the objectives of the study:

1. There will be no significant difference between middle and late

adolescence on use of internet in post covid time.

2. There will be no significant difference between boys and girls adolescent on use of internet in post covid time.
3. There will be no significant difference among the interactive effects of stages of adolescence and gender on use of internet in post covid time.

METHOD

Sample:

The sample of the study was comprised of total 400 adolescent with categorized in 2x2 factorial design as two level of stages of adolescence (middle and late adolescence) and gender. As per the requirement of research design the adolescents were purposively selected from schools and colleges of Gandhinagar and Mehsana city of Gujarat state studying in std. 9th to 12th and first year of graduation. The data was collected by personally visit of the schools and colleges in the month of January and February of 2023.

Tools:

Internet Addiction Test (IAT)

To identify the problematic or normal use of in adolescents the Internet Addiction Test (IAT) was used. The IAT has been developed by Dr. 79 rly Young (1998) of St. Bonaventure University and Director of the Centre for internet addiction recovery. It comprises 20 items rated in a five-point Likert scale (0, 1, 2, 3, 4 or 5). The maximum score is 100 points and minimum is 0. On the basis of the total score obtained on the test, the individual is placed into one of four categories: total scores that range from 0 to 30 points are considered to reflect a normal level of internet usage; scores of 31 to 49 indicate the presence of a mild level of internet addiction; 50 to 79 reflect the

presence of a moderate level; and scores of 80 to 100 indicate a severe dependence upon the internet. The test-retest reliability of the scale was 0.82. The content and convergent validity and internal consistency of the IAT was 0.88. This scale is meant for adolescents and adults. Gujarati version of the IAT was used for collecting the data.

Procedure:

The testing was done on a group of students by personal visit and subsequently scoring was done with the help of the manual. Mean and F ratio were calculated and results was analyzed as per 2 x 2 factorial design.

RESULTS AND DISCUSSION:

Table.1 Shows that the no significant difference found in case of adolescence stages (F=3.62) and gender (F=0.79) as well interaction between adolescence stages and gender (F= 3.47) in

Variables.	Sum of Squares	Df	Mean Squares	F	Sig.
Stages of Adolescence (A)	1380.13	1	1380.13	3.62	N. S
Gender (B)	304.51	1	304.51	0.79	N. S
A x B	1321.44	1	1321.44	3.47	N. S
SS _w	150901.43	396	381.06	–	
SS _T	153907.38	399	–	–	

Significant Level: 0.05 = 3.86
 0.01 = 6.70

regard to the use of internet. Thus, all the null hypotheses i.e. H₀₁, H₀₂ and H₀₃ are accepted.

Table : 2 Showing the mean score and F ratio of internet use in different adolescence period.

Variables	N	M	F	Significant Level
Middle Adolescence (A ₁)	200	33.75	3.62	NS
Late Adolescence (A ₂)	200	37.47		
Grand Mean = 35.61				

Graph 1 Showing the mean of internet use in different adolescence period.

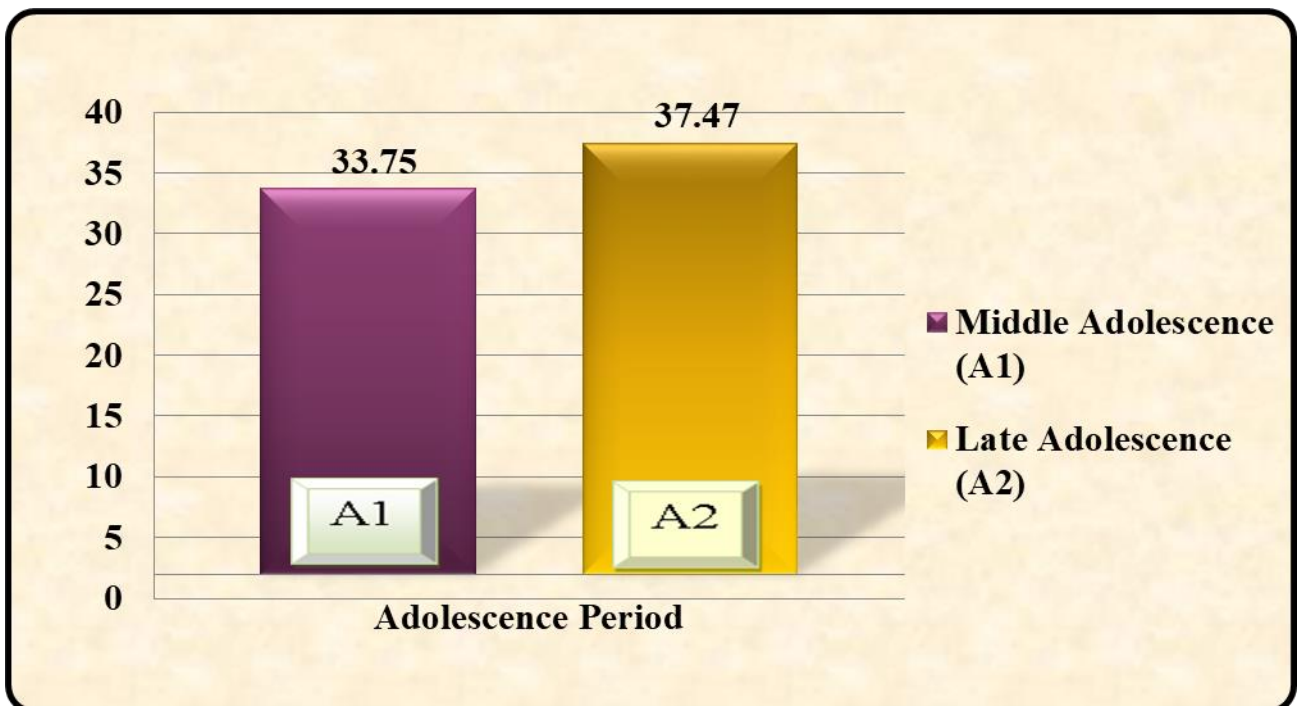


Table 2 and graph 1 clearly shows that the mean score of late adolescence group on use of internet (M= 37.47) is higher than the mean score of middle adolescence group (M= 33.75). The significant differences between both the group on use of internet is not exist (F=3.62). The score on the Internet

Addiction Test (IAT) by the both the group is also indicates that the middle and late adolescents have the presence of a mild level of internet addiction. The hypothesis (H₀₁) indicating that there will be no significant difference between middle and late adolescence on use of internet in post covid time is accepted.

Table: 3 Showing the mean and F ratio of internet use in boys and girls adolescents.

Variables	N	M	F	Significant Level
Boys (B ₁)	200	34.74	0.79	NS
Girls (B ₂)	200	36.47		
Grand Mean = 35.61				

Graph 2 Showing the mean of internet use in boys and girls adolescents.

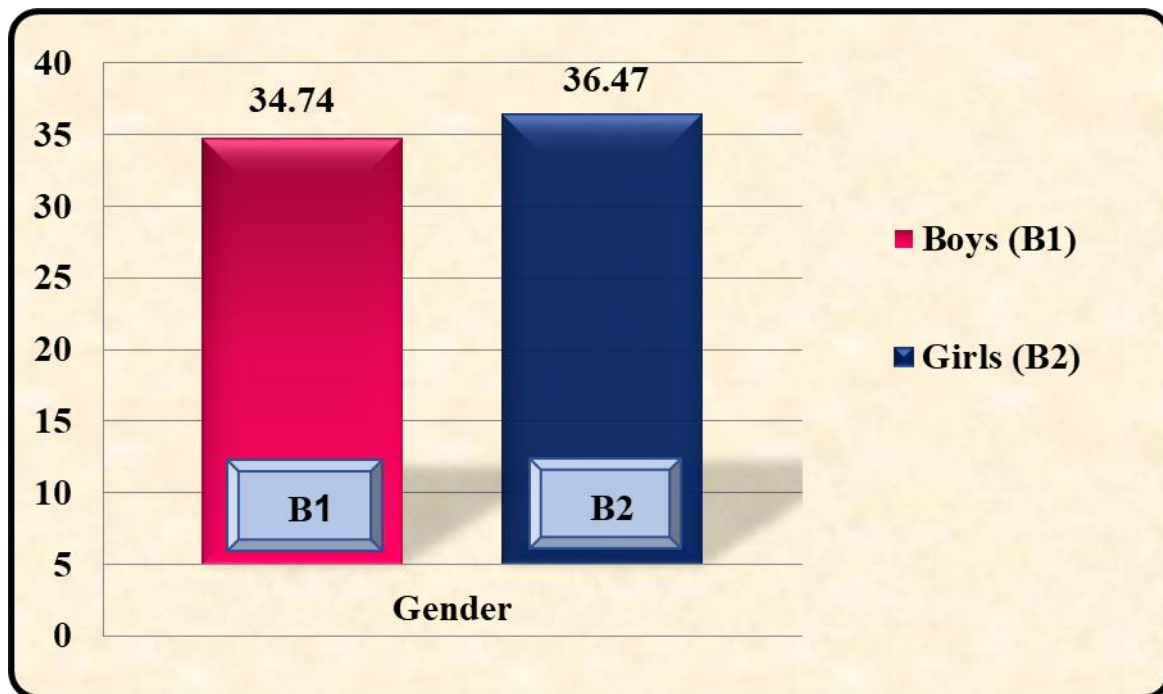


Table 3 and graph 2 also shows that the mean score of girls adolescence group on use of internet (M= 36.47) is higher than the mean score of boys adolescence group (M= 34.74). The significant differences between both the group on use of internet is not exist (F=0.79). The score on the Internet Addiction Test (IAT) by the both the group is also indicates that the boys and

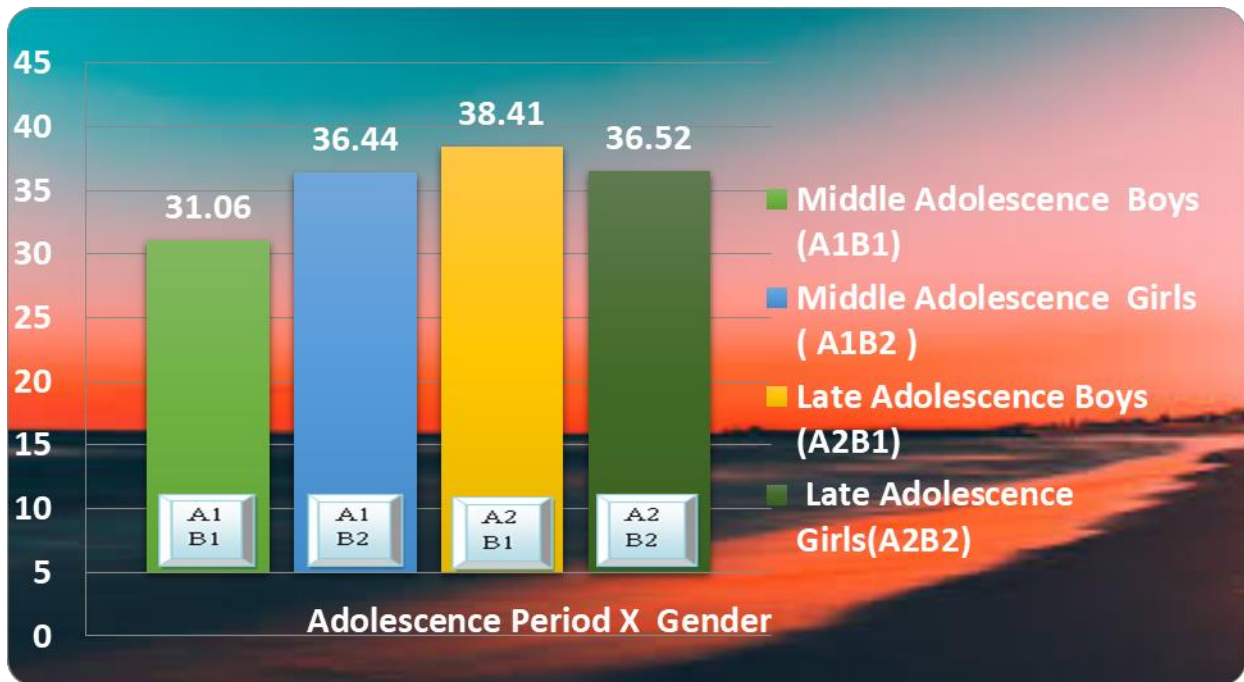
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girls adolescents have the presence of a mild level of internet addiction.. The hypothesis (H₀₂) indicating that there will be no significant difference between boys and girls adolescent on use of internet in post covid time is accepted. The findings also supported by the study of Kumar and Dash (2022) and Janani (2018) that women had higher rates of internet addiction than men

Table 4 Showing the mean and F ration for use of internet in relation to stages of adolescence and gender.

Gender (B)	Adolescence Period (A)		F	Significant Level
	Middle (A1)	Late (A2)		
Boys (B ₁)	31.06	38.41	3.47	NS
Girls (B ₂)	36.44	36.52		
Grand Mean = 35.61				

Graph: 3 Showing the mean score of use of internet in relation to stages of adolescence and gender.



As we can observe in table 4 and graph 3, that there is no significant difference among the interaction of adolescence period and gender in regards to use of internet in post covid time because the F ratio 3.47 is not found significant. The results also show that the group of late

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adolescence boys have higher use of internet (M= 38.41) in compare to other three groups i.e. middle adolescence boys (M= 31.06), middle adolescence girls (M= 36.44) and late adolescence girls (M= 36.52); while middle adolescence boys (M= 31.06) have lower internet use in

compare to other three groups. Results also specify all four groups of adolescents

Conclusion:

1. No significant difference is observed between middle and late adolescence in use of internet and late adolescence have higher use of internet in compare to middle adolescence.
2. No significant difference is observed between boys and girls adolescence in use of internet and late girls adolescence have higher use of internet in compare to boys adolescence.
3. No significant interactive difference is observed among

have a mild internet addiction due to the above normal level usage of internet.

- adolescence period and gender in relation to use of internet.
4. All adolescents have the above normal level usage of internet and as per interpretation criteria given in IAT it is mild addiction of internet.
5. Counselling as well awareness program should be arranged in schools and colleges for advising the students to control the usages internet up to normal level and about destructive effect of excessive usage of internet.

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