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Special Issue - II

Multidisciplinary Perspectives on Health, Society,
Environment & Sustainable Development

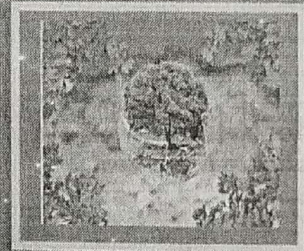
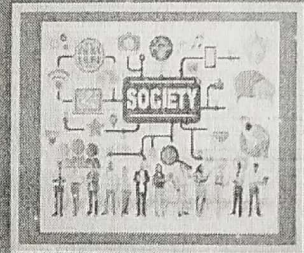
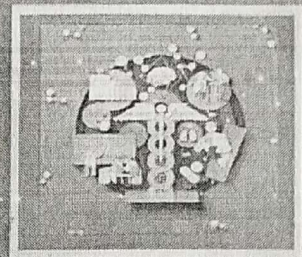
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Desai College, Canacona-Goa

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On

*Multidisciplinary Perspectives on Health, Society,
Environment & Sustainable Development*

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Dr. Nanasahab Suryawanshi

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Internet use and Addiction Among College Students and its Relation with Personality traits, Loneliness and Psychological Wellbeing

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Abstract

Aim: The aim of the study was to examine the internet addiction and their association with personality traits, loneliness and psychological well-being among college students.

Settings and Design: A comparative and correlational study on conventional degree college students in Nashik district, Maharashtra, India. **Methods:** The total sample of 60 college students (30 boys and 30 girls) from various colleges in Nasik city. The age group of the sample was 18 to 22 years.

Statistical Analysis: Descriptive and inferential statistical analyses were used. Student's t-test and Pearson's product moment correlation has been used for finding gender difference and association between variables. **Results and Conclusions:** The Internet Addiction mean of male ($M = 58.27$) and the mean of female ($M = 57.90$) and the t value is 0.105 was not significant. This indicated that there is no gender difference in internet addiction. The correlation coefficient value between internet addiction and neuroticism is ($r = 0.642, p < 0.01$), internet addiction and extroversion is ($r = -0.281, p < 0.05$) internet addiction and openness to experience is ($r = 0.259, p < 0.05$), internet addiction and agreeableness is ($r = -0.268, p < 0.05$), internet addiction and conscientiousness is ($r = 0.243, p < 0.05$). The Correlation between internet addiction and psychological well-being is ($r = -0.278, p < 0.05$). The correlation coefficient value between internet addiction and loneliness is ($r = 0.612, p < 0.01$) It means there is positive correlation between loneliness & internet addiction.

Keyword: *Internet Addiction, Personality Traits, loneliness, Psychological Well-Being and College Students*

Introduction

Internet use and Addiction:

Internet users may enjoy aspects of the Internet that allow them to meet, socialize, and exchange ideas through the use of chat rooms, social networking websites, or "virtual communities."

IAD leads to anxiety, depression or other mental health or mood disorders, feeling of loneliness, problems in social interaction or support, change that limits social activity or mobility such as moving, job loss, disability or having a baby, High levels of stress.

2) Personality

Personality can be described as distinctive patterns and specific characteristics of thinking, emotion and behavior which determine the style of interaction with the physical and social environment. Personality traits indicate a relatively stable profile in people's morale.

Allport (1937):

"Personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment".

As described in the definitions above it is clear that traits and patterns of thought and emotion make up an important part of personality.

3) Loneliness

According to APA Dictionary of Psychology, Loneliness means cognitively or emotionally discomfort of perceiving oneself to feel alone or solitary. Loneliness is rather a subjective feeling. Different persons can experience level and duration of loneliness differently.

Perlman & Peplau (1981): "Loneliness is a negative emotion that comes about through a discrepancy between desired and achieved levels of social contact"

In general: "Loneliness as the distress that results from discrepancies between ideal and perceived social relationships"

4) Psychological Well-being

Psychological well-being refers to how people evaluate their lives. Carol Ryff was doing pioneering work on the study of psychological well-being. Psychological well-being is a very subjective term but from all the research that has been carried out, the term is used throughout the health industry as kind of a 'catch-all phrase' meaning contentment, satisfaction with all elements of life, self-actualisation (a feeling of having achieved something with one's life)

Review of Literature:

Kayış, et al (2016) and shows positive correlation between neuroticism internet addiction and other personality traits openness to experiences, conscientiousness, extraversion and agreeableness were negatively correlated with internet addiction. Pandya M (2015) also revealed that there is negative correlation between internet addiction and personality traits in youths.

Radhamani, et al (2012) reveals that there is a significant relationship between Internet addiction and loneliness among college students. Osman Erol Mehmet et al (2019) suggests a significant correlation between loneliness, Internet addiction, age, and Cumulative Grade Point Average (CGPA). Ozdemir, et al (2014) found that loneliness was related to Internet addiction through low self-control rather than other factors.

Cardak, M (2013) indicated that psychological well-being was affected by Internet addiction negatively. Al, & Al-Muqrin, et al (2016) shows that individuals with high Internet use will have lower psychological well-being. Pinar Koc Suleyman (2017) showed that positive feelings and life satisfaction predicted internet addiction negatively; but negative feelings predicted the internet addiction in a positive way.

Research Methodology:

Objectives

- 1) To study the gender difference in terms of internet addiction.
- 2) To study the relationship between the personality traits and internet addiction among college students.
- 3) To study the relationship between the loneliness and internet addiction among college students.
- 4) To study the relationship between the psychological well-being and internet addiction among college students.

Hypotheses

- 1) Male students show high level of internet addiction than female students.
- 2) Internet addiction and personality traits (Neuroticism, Extroversion, Openness of experience, Conscientiousness and Agreeableness) are positively correlated.
- 3) Loneliness and internet addiction would be positively correlated.
- 4) Psychological well-being and internet addiction would be negatively correlated.

Method

It will be a type of survey research. This will be comparative and correlation study.

Sample

It will be conventional sampling. 30 boys and 30 girls will be selected from various colleges in Nasik city (N=60). The age group of the sample will be 18 to 22 years.

Variables

- 1) Internet Use 2) Internet Addiction 3) Personality 4) Loneliness
- 5) Psychological well-being 6) Gender

Controlled Variables

- 1) Age -- 18 to 22 years
- 2) Region

Tools

Internet Addiction Test (IAT) by Kimberly Young (1998) NEO PI - R Personality Inventory by & Costa McCrae (1985, 1989, 1993), Loneliness Inventory by Uma Meenakshi R. and K. Krishnan (2010) and Psychological Well-Being Scale by D.S. Sisodia and Pooja Choudhary were used for data collection.

Result and Interpretation:

Students 't' Test was applied for finding the gender difference and Pearson r-correlation was computed to check the relationship. The obtained data is systematically presented in the following tables.

Table. 1 Mean, SD, SEM and t-value for gender difference of Internet use and addiction among college students (N = 60)

Variable	Gender	N	Mean	S.D.	Std. Error of Mean	t	Level of Sig
Internet	Male	30	58.27	15.25	2.78	0.105	NS

Addiction	Female	30	57.90	12.82	2.34		
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Table 3 shows the gender difference in terms of internet use and addiction for the obtained values in above table the mean of males and females male (M = 58.27, SD = 15.25) and female (M = 57.90, SD = 12.82) and that value of 0.105 was found to be statistically not significant. This indicated that there is no gender difference in internet addiction it means male and female both are using same level of internet. Gender is not the dominant factor which responsible for excessive usages of internet and addiction.

Table 4 Pearson's Product Moment Correlation between Internet Addiction and Neuroticism, Extroversion, Openness to experience, agreeableness, Conscientiousness, Psychological well-being and Loneliness (N = 60)

	Neuroticism	Extroversion	Openness to Exper	Agree	Conscient	PWB	Loneliness
Internet Addiction	0.642**	-0.281*	0.259*	-0.268*	0.243*	-0.278*	0.612**

** $p < 0.01$

* $p < 0.05$

Table 4 shows the correlation between Internet addiction and Neuroticism, Extroversion, Openness to experience, agreeableness, Conscientiousness, Psychological well-being and Loneliness.

The obtained correlation coefficient value between internet addiction and personality traits showed that neuroticism was significantly and positively correlated to internet addiction ($r=0.642$) Openness to experience trait was significantly and positively correlated to internet addiction ($r=0.259$) and the correlation between conscientiousness was significantly positive with internet addiction ($r=0.243$). Extroversion values was significantly and negatively correlated to internet addiction ($r= -0.281$) the value of coefficient of correlation between Agreeableness and internet addiction was ($r= -0.268$) and found negative relation with internet addiction

Internet addiction and psychological well-being was ($r = -0.278$, $p < 0.05$) positively correlated. Psychological well-being affected by excessive internet use. Internet addiction plays an important role in sub scales of psychological well-being of college students.

The obtained correlation coefficient value between internet addiction and loneliness was $r = 0.612$, $p < 0.01$. It indicates that loneliness is a predictor of internet addiction. Lonelier individuals are taking more interest in online activities and enjoy their time.

Conclusions:

College students either they are male or female they are having same level of internet addiction their internet use and addiction is not based upon their biological gender. There is positive relation between internet addiction and neuroticism, openness to experience and conscientiousness personality traits and feeling of loneliness. There is negative relationship between internet addiction and psychological well-being and extroversion, agreeableness personality traits.

Implication:

The Present research study will be helpful in developing insight into one's own Internet usage pattern and their impact on behaviours. This study can be beneficial for parents and teachers also to understand the behavior of students. In terms of excessive Internet use or Internet addiction, colleges can attempt to sensitize teachers and enlighten them about the effects of Internet addiction on students. It can also educate the students themselves about these ill effects. So with the help of this kind of research we can identify students' problems and give them a proper help so the health issues can be substantially reduced. These students can control their internet using behavior with the help of supportive psychotherapies and counseling.

Limitations of the study:

Small sample group, types of college, age of sample group, mood or bias during self report of behavior and other confounding factors such as peer influence, psychological reasons, stress or exam tension.

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