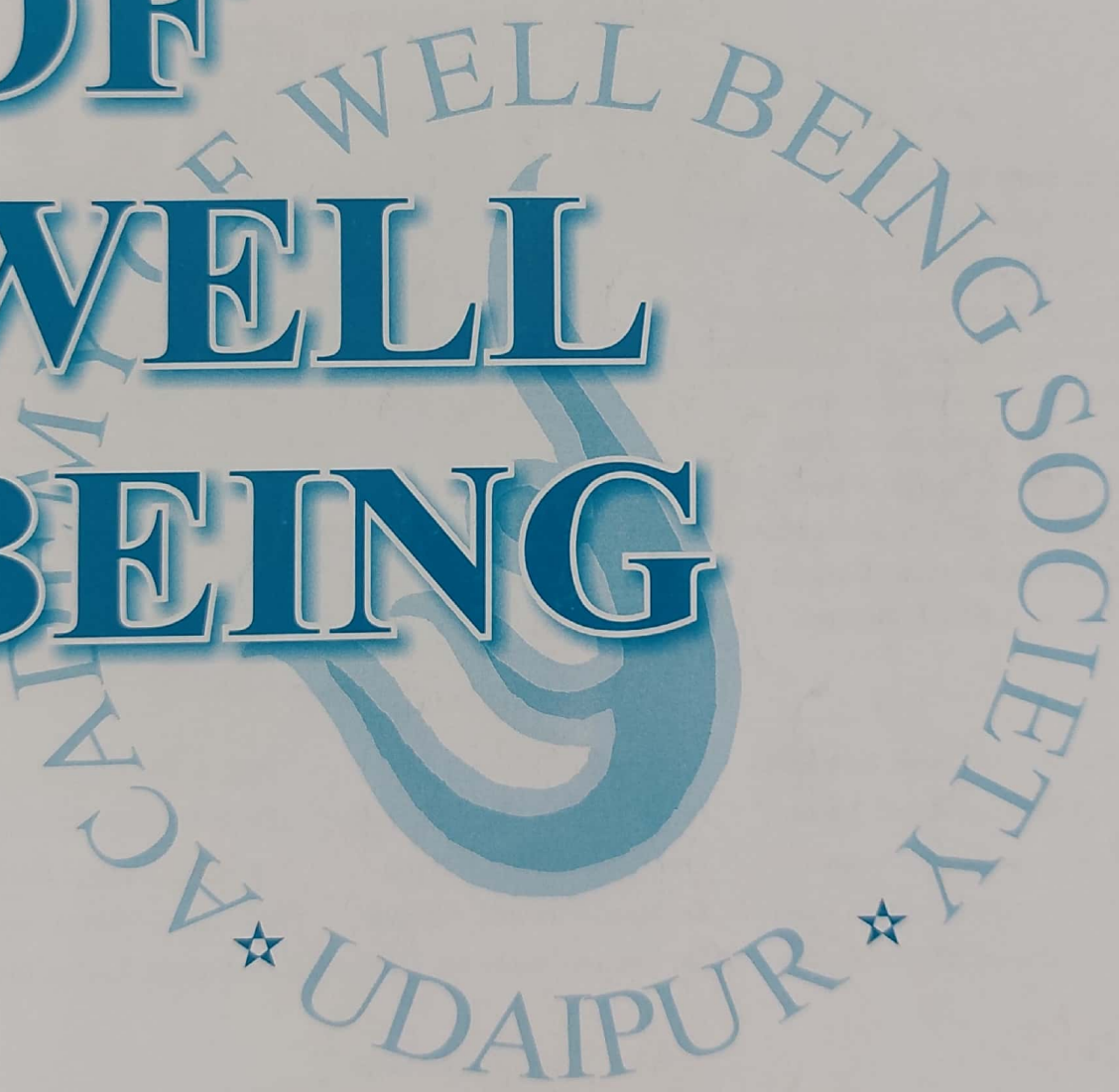


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INTERNET ADDICTION AMONG ADOLESCENTS: INCREASING RISK AND PREVALENCE

Varsha Sharma*

ABSTRACT

Today is the age of new media comprising all the facilities provided by internet. As the increased prevalence of pathological internet use, the need of the hour is to identify the potential risk factors of Internet Addiction among adolescents. Family structures have changed significantly due to modernization. Parental involvement plays a significant role in managing the Internet Addiction effectively. The present study aims to find out different new dimensions related to the increasing pathological internet use among the most sensitive age that is the adolescence. A Sample of 120 adolescent respondents including 60 male and 60 females in the age range of 13-19 years from Rajasthan state in urban area from middle socio economic status were selected through purposive random sampling. Screening of the sample was done with the help of Internet Addiction Scale (1995) by Dr. Kimberley Young and then the sample was divided into addicted and non-addicted respondents including both male and female. Results revealed that internet addicted adolescents scored less on parental involvement dimension as compare to the non addicted adolescent respondents.

Keywords: Internet addiction, Parental Involvement, Adolescents, Gender

INTRODUCTION

Media has become one of the most important forces in the world today. Whether inside homes, on the roads, in the malls or at a physician's office, we are persistently blasted with messages and images through different media channels. From television to radio to the internet, from billiards to iPods to DVDs in cars, there is really no escaping the reach of this Goliath. Today Wi-Fi, DTH, WAP, plasma theatre and e-books are essential components of the media jargon (Katoch, 2013).

According to **Internet Usage Statistics Of India (2010)** there are 100,000,000 people who use internet. Of these, the group aged 18-40 years was largest(85%), which includes 14% of school children and 21% college students. Teenagers (26%) spent more time online for entertainment than for educational purpose.

Researchers have indicated that due to this technological advancement the risk of pathological internet use has increased and there is now an alarming need of exploring the realm of knowledge by more and more dimensional research. The present research work is dedicated to find out the different new dimensions related to the increasing pathological internet use among the most sensitive age that is the adolescence. Present investigation is focused to find out the effect of internet addiction and gender on the parental involvement of the adolescents.

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Internet has a significant impact on personal, social, and professional life of its users. It is one of the transformational technologies having marvelous impact on psychological life.

The internet exist to facilitate the sharing of resources among the participation organization, which include government agencies, educational institutions and private corporation (**Marine et al, 2008**).

IAD was originally proposed as a disorder in a satirical hoax by **Ivan Goldberg, M.D.**, in **1995**. He took pathological gambling as diagnosed by the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) as his model for the description of IAD. The broad category IAD is not listed in the DSM-V from 2013 as a disorder, although the more specific "internet gaming disorder" receives mention as a condition for further study. The **DSM-V** includes "**Internet Use Disorder**" in a section on conditions for further study.

Objective

- ❖ To study the effect of Internet addiction on parental involvement.
- ❖ To study the effect of gender on parental involvement.
- ❖ To study the interaction effect of Internet addiction and gender on Parental Involvement.

Hypotheses

- ❖ There will be no significant effect of Internet addiction on parental involvement.
- ❖ There will be no significant effect of gender on parental involvement.
- ❖ There will be no interaction effect of Internet addiction and gender on parental involvement.

Variables

Independent Variables

- ▲ Internet addiction
- ▲ Gender

Dependent Variable

- ▲ Parental involvement

Inclusion Criteria-

- ▲ Literate Adolescents (Multi media friendly)
- ▲ Middle Socio Economic status
- ▲ Age Range- 13-19 years

Exclusion Criteria-

- ▲ Rural Adolescents
- ▲ Illiterate Adolescents

▲ Socio economic Status- lower & upper

▲ Psychologically and physically deprived

S.No.	Aspect of study	Test & Scales	Developed by
1.	Personal information	Personal information Performa	Self
2.	Internet addiction	Internet addiction test	Kimberley Young (1995)
3.	Parental involvement	The Parental Involvement Scale (TPIS)	Chouhan & Ganotra (2008)

Methods and Procedure

The locale of the sample was confined to Udaipur District of Rajasthan state.

A Sample of 120 adolescent respondents including 60 male and 60 females in the age range of 13-19 years from Rajasthan state in urban area from middle socio economic status were selected through purposive random sampling. Screening of the sample was done with the help of Internet Addiction Scale (1995) by Dr. Kimberley Young and then the sample was divided into addicted and non-addicted respondents including both male and female.

Results and Discussion

Parental involvement is the participation of parents in every part of children's education and development from birth to adulthood, recognizing that parents are primarily influence in children's life. **PTA, Connecticut, (2008)**

Parent-adolescent conflict can serve an adaptive function, as conflict can be an impetus to change. Conflicts that occur in the context of generally warm, supportive family relationships may be more likely to help an adolescent's development progress.

Table-1
2x2 Factorial Design

Gender(B)	Internet addiction(A)	
	Addicted(A1)	Non-Addicted(A2)
Male(B1)	Exp. Gr.I=A1B1 N=30	Exp. Gr.II=A2B1 N=30
Female(B2)	Exp. Gr.III=A1B2 N=30	Exp. Gr.IV=A2B2 N=30

Research design= 2x2 Factorial design

Total Number of respondents = 120

Exp. g. 1 (A1B1) = Internet addicted male respondents

Exp. g. 2 (A2B1) = Internet non-addicted male respondents

Exp. g. 3 (A1B2) = Internet addicted female respondents

Exp. g. 4 (A2B2) = Internet non-addicted female respondents

Table-2
Comparison of Internet Addicted and Non Addicted Adolescent respondents on Parental Involvement variable

Gender(B)	Internet addiction(A)		
	Addicted(A1)	Non-Addicted(A2)	
Male(B1)	Mean=51.87 S.D.=9.280 N=30	Mean=110.33 S.D.=8.926 N=30	Mean=81.10 S.D.=30.831 N=60
Female(B2)	Mean=48.33 S.D.=12.271 N=30	Mean=129.20 S.D.=6.381 N=30	Mean=88.77 S.D.=41.912 N=60
	Mean=50.10 S.D.=10.932 N=60	Mean=119.77 S.D.=12.234 N=60	

Table 2 depicts the mean and standard deviation values for Parental Involvement of internet addicted and non addicted male and female adolescent respondents. The mean Parental Involvement scores of internet addicted males and females were 51.87 and 48.33 respectively. The table 2 also shows that the mean scores of Parental Involvement for internet non addicted males and females were 110.33 and 129.20 respectively. Figure 1 visually presents the trend of the data.

In order to determine the significance of difference of the stated trends in the differences, analysis of variance was computed. The F- ratios were calculated in respect to the main effects namely, between internet addicted and non-addicted adolescents and gender. F-ratios were also calculated to find out the interaction effect of these independent variables. The two way ANOVA (F-Ratio) is shown as Table-3

Table- 3
Two Way ANOVA (F - Ratio) for Parental Involvement Variable

Source	Sum of Squares	df	Mean Square	F
Addiction	145603.333	1	145603.333	1631*
Gender	1763.333	1	1763.333	19.752*
Addiction x Gender	3763.200	1	3763.200	42.154*
Error	10355.600	116	89.272	
Corrected Total	161485.467	119		

*significant at .01 level

INDEPENDENT EFFECT

INTERNET ADDICTION (ADDICTED & NON-ADDICTED)

Table 3 clearly presents that the F-Ratio (F value=1631, df=1/116, $p < 0.01$) for Parental Involvement for internet addicted and non addicted adolescents is significant. This shows that there is a significant difference between the Parental Involvement traits of internet addicted and non- addicted adolescents. Internet non addicted adolescents scored higher (Mean=119.77) in compare to the addicted adolescents (Mean=50.10) on the variable Parental Involvement. It indicates that the internet non addicted adolescents showed more Parental Involvement. Here

the null hypothesis i.e. there will be no significant effect of Internet addiction on Parental Involvement of adolescents, is rejected.

GENDER

Table 3 depicts that the F-Ratio (F-value=19.752, df=1/116, p<0.01) for Parental Involvement for male and female adolescents is significant. It shows that male and female adolescents significantly differ in the level of Parental Involvement. Male adolescent respondents scored (Mean= 81.10) and the female adolescents (Mean=88.77). Here the null hypothesis i.e. there will be no significant effect of gender on the Parental Involvement of the adolescents, is rejected.

INTERACTION EFFECT

From the table 3 it is clear that the F-Ratio (F-value=42.154, df=1/116, p<0.01) is significant for the interaction effect of internet addiction (addicted and non addicted) and gender (Male and Female) for Parental Involvement. So the null hypothesis 3.5 i.e. there will be no significant interaction effect of internet addiction and gender on Parental Involvement, is rejected here.

Table- 4

t- Values for Parental Involvement of Internet Addicted and Non Addicted Males & Females

Gender(B)	Internet addiction(A)		t-value (df=58)
	Addicted(A1)	Non-Addicted(A2)	
Male(B1)	Mean=51.87 S.D.=9.280 N=30	Mean=110.33 S.D.=8.926 N=30	24.870*
Female(B2)	Mean=48.33 S.D.=12.271 N=30	Mean=129.20 S.D.=6.381 N=30	32.024*
t-value (df=58)	1.258	9.418*	

To study the interaction effect of internet addiction and gender further analysis was carried out and t-values were calculated. Table-4.4 shows that there was significant difference (t-values=1.258, df= 58, p<0.01) in the level of Parental Involvement of internet addicted male (Mean= 51.87) and female (Mean=48.33) adolescent respondents. It indicates that significant difference existed in the level of Parental Involvement of internet addicted males and females. It is clear from the table that both male and female adolescents scored low on the parental involvement. This indicates that lack of parental involvement leads to the internet addicted behavior.

Table- 4 shows that there is a significant difference (t-value=9.418, df=58, p<0.1) exist between the Parental Involvement of non addicted male (Mean= 110.33) and non addicted female (Mean=129.20) adolescent respondents. It indicates that non-addicted females have higher Parental Involvement in comparison of non addicted male respondents.

Bhagat & Sehgal (2011) conducted a study entitled The Relationship Of Parental Bonding

And Internet addiction. The study was conducted to study internet addiction in relation to parental bonding. For this purpose, a sample of 200 students was taken and they were administered the Internet Addiction Test (Young, 1998) and Parental Bonding Instrument (Parker et. al, 1979) for measuring internet addiction and the four dimensions of parental bonding viz. maternal care, maternal overprotection, paternal care and paternal overprotection. The study revealed significant correlation of internet addiction with all four the dimensions of parental bonding.

Huang Xiuqin, et al (2010) suggested that the influences of parenting style and family function are important factors in the development of Internet dependency.

Chien-Hsin Lin, Shong-Lin Lin, and Chin-Pi Wu (2009) conducted a study entitled *The Effects of Parental Monitoring and Leisure Boredom on Adolescents' Internet Addiction*. This study explored the effects of parental monitoring, leisure boredom, and leisure activity on Internet addiction. The sample was 1,289 adolescents from eleven senior high schools in Taiwan. Participants were asked about their perception of being monitored by their parents, leisure boredom, leisure activities, and Internet addiction behavior. Results showed that leisure boredom and involvement in Internet and social activities increase the probability of Internet addiction; however, family and outdoor activities along with participative and supportive parental monitoring decrease these tendencies. Overall evidence suggests that parental monitoring is a major inhibitor of Internet addiction. Thus, adolescents should be supervised in their daily routines and encouraged to participate in family and outdoor activities. In addition, adolescents should develop a positive attitude toward leisure and the skills to prevent overdependence on online relationships with the assistance of parents. These findings suggest the preventive strategies regarding Internet addiction.

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