

IMPACT OF INTERNET ADDICTION ON YOUNG ADULTS OF AZAD JAMMU KASHMIR AND KHYBERPAKHTUNKHAWA PAKISTAN

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ABSTRACT

Internet addiction has gained insight since 1900. In this era, studies have shown a wide range of heavy internet users that have a strong impact on their mental and social health. The present study was conducted to assess the internet addiction among students of graduates and post-graduates, consisted sample of 280 students (140 Graduation students and 140 Post-Graduation students studying in computer science), selected through random sampling technique from Hazara University Mansehra of Pakistan KPK and University of Azad Jammu and Kashmir Muzaffarabad Azad Kashmir. Data was collected with the help of Internet Addiction scale developed by Young in 1998, from both universities. For statistical analysis Mean, (Standard Deviation) SD, and Anova test were applied in this study. The result shows females student are more internet addict compare to male students. Moreover, there was no significant difference between Internet Addiction of Hazara University Mansehra and the University of Azad Jammu and Kashmir Muzaffarabad Azad Kashmir students. There is no significant interaction effect between Internet Addiction to types of education and gender.

Keywords: Internet addiction, Information Technology (IT)

INTRODUCTION

Since 1990, Number of internet user's increase and this topic gain importance in different countries [6]. As a result of heavy users of the internet, researchers try to study the impact of the internet on the young population [3]. The earlier studies have shown 83.4% of heavy Internet users are young adults [9]. Moreover, without a specific reason 30 of them use internet, 67% of them are male, and the important question is that young people like teen are more internet dependents, while 72% social connections during the day and in the evening are used by adults [6] Internet addiction, is a phenomenon that is very similar to compulsive wagering [10]. It is defined as a developmental dependency that includes human-machine association [9]. In addition, it is also defined as the deterioration of physical, social and psychological functioning [7]. Literature defines young adults for the age of 20-35 years [1].

Over the last two eras, our living style has been changed because of development [8]. The cause for this is because of the communication gap in person. This cyberspace has changed the environment drastically as compared to real-world [12]. Presently, around 200,000 individuals in the modern world have internet accessibility [2]. Rate of internet usage ranges 566.4% from 2000-2912. Out of which age group of 18-34 are the most active users [4] Primarily, Asians have the highest internet usage domain, which shares almost 44% of world internet users. Asia is also categorized as heavy internet users. Literature has shown the impact of the internet on behavioural disposition among young adults [3]. The main core of my research was to check the difference between Internet addiction among IT Graduates and IT Non-Graduates of Hazara University Mansehra and the University of Azad Jammu and Kashmir Muzaffarabad Azad Kashmir students.

THE RATIONALE OF THE STUDY

Worldwide heavy use on the internet has changed the lives of people around the globe. Internet Addiction leads to psychosocial complications. The massive use of internet has been reported, almost 420 million people in the world are heavy internet users and its usage increases from past 15 years drastically. Hence purpose of this study is to explore Internet addiction among AJK and KPK population, as AJK and KPK is conflicted territory which is not much explored in terms of research.

METHOD

Objectives

The study included the following objectives:

1. To study of internet addiction among graduation and Post-Graduation students
2. To study of internet addiction among male and female students
3. To study of an interaction effect between internet addiction of types of education and gender

Hypotheses

In the pursuit of objectives, the hypotheses of the study were:

1. There was insignificant difference between internet addiction of graduation and Post-Graduation students
2. There was insignificant difference between internet addiction of male and female students
3. There was insignificant interaction effect between internet addiction of types of education and gender

According to Young [10], those using the internet on a substantial basis communicate in two ways, such as (Multi-User Dimensions also known as MUDs). While those who use occasionally use the internet to explore and communicate. This study was aimed to examine internet addiction among IT graduates and post-graduates of Hazara University Mansehra and the University of Azad Jammu and Kashmir Muzaffarabad Azad Kashmir students.

Variable of the study

In current study impact of internet addiction on IT graduates and Post-Graduates has been investigated

Definition of Variable of the study

Internet addiction

It is demarcated as heavy use of the Internet that impaired Psychosocial functioning of an individual [7].

Research Design

In the present study, cross-sectional survey design was used.

Sample

The sample consisted of 280 computer science students. 140 of Hazara University Mansehra students and 140 of University of Azad Jammu and Kashmir Muzaffarabad students. Out of which 140 would be male students and 140 would be female students selected as a sample. The sample was selected by random sampling method from Muzaffarabad and Mansehra.

Research Instruments

In the present study by internet addiction test developed by Kimberly young (1998) was used to study internet dependency on IT graduates and post-graduates.

The procedure of the study

In the current study, participants were approached through researcher herself. The researchers approach the departments. After briefing about purpose of study, participants were asked to fill the questionnaire. They were asked to give accurate and authentic answers to each statement as there is no right or wrong answer. Keeping ethical considerations in mind researcher assure participants for the confidentiality of their personal information. After receiving the questionnaires, they were thanked for their contribution to study. Data collected were subjected to statistical analysis. In this research 2 x 2 factorial design were used for the study variable like an internet addiction being of students’ reference of education and gender. i.e., N = 280, n = 70.

Analysis and interpretation of the data

Interpretation and analysis were done by keeping hypotheses in mind using SPSS- 25. For statistical analysis Mean, SD, and Anova were applied in this study.

Table 1. Mean Standard deviation of male and female on internet addiction for education

Scale	Male		Female	
	(n=70)		(n=70)	
	M	SD	M	SD
IA	40.126	10.896	41.097	10.971

Note: IA=Internet addiction df= 138; p<0.05, M= Mean, SD= Standard Deviation

Table 2. Mean Standard deviation of male and female on internet addiction for gender

Scale	Male		Female	
	(n=70)		(n=70)	
	M	SD	M	SD
IA	49.672	12.527	49.782	12.960

Note: IA=Internet addiction df= 138; p<0.05, M= Mean, SD= Standard Deviation

Table 3. Mean score of internet addiction with reference to types of education and Gender

Independent variables		N	Mean	Difference between mean
Types of education	Graduates	140	41.24	
	Post-Graduates	140	42.98	1.74
Gender	Male	140	40.76	
	Female	140	46.87	6.11

N= Sample

Table 4. ANOVA summary of internet addiction with reference to types of education and gender

Source of variance	Sum of square	df	Mean sum of squares	F
Types of education	126.229	1	126.229	0.92
Gender	736.129	1	736.129	5.39*
Types of Edu. Gender	241.429	1	241.429	1.77
Error (SSW)	37642.486	276	136.386	
Total (SST)	38746.271	279	142.094	

Note. $P > .05$. df= degree of freedom, F= ANOVA

DISCUSSION

From Hypothesis no 1, ‘There was no significant difference between internet addiction of graduation and post-graduation students.’ The F value of types of education Table No – IV is 0.92. The present value is statistically not significant, also show the Table No – III, the mean scores of Internet addiction of graduation and post-graduation students are 41.24 and 42.98 respectively and the difference between two is 1.74, which is also very negligible. Hence the null hypothesis No – 1 is maintained and it is concluding that there is no significant difference between internet addiction of graduation and post-graduation students. Study about there is a significant difference or not between internet addiction of male and female students, null hypothesis No – 2 was constructed. Ho 1. There is no significant difference between internet addiction of male and female. The F value of types of gender (Table No - IV) is 5.39. The present value is statistically significant of 0.05 level. When checking the difference between the internet addiction of male and female students by F test, significant F value was found. Table No –III reveals that the mean scores of internet addiction of male and female students are 40.76 and 46.87 respectively and the difference between two is 6.11, which is high and not negligible. Hence the null hypothesis No – 3 is rejected and it is concluding that there is a significant difference between the internet addiction of male and female students. The female students possess high internet addiction to possess high internet addiction than difference can also be seen from Table No. 1 designed based on obtained results. Ho 2. There was insignificant interaction effect between internet addiction to types of education and gender. The F value of interaction effect between types of education and Gender (Table No - IV) is 1.77, which is statistically not significant. To show the interaction effect of types of education and gender on internet addiction insignificant impact found. Hence the null hypothesis No. 3 was maintained and it is concluding that there was insignificant significant interaction effect of types of education and gender of internet addiction of the students.

LIMITATIONS AND SUGGESTIONS

Followings are Imitations and suggestions for future researchers:

1. Sample is based on population which is limited, future researchers should take sample from different populations to make it more generalized.
2. This study may reflect only an internet addiction perspective. Other studies should introduce new variables as mediators and moderators
3. Open ended questions should be used in study as questionnaire of the study was based on close ended questions. Qualitative studies should be promoted to enhance more dimensions of internet addiction.

4. New variables should be incorporated to study their impact in relation to Internet addiction.

IMPLICATIONS

The findings of the present study will enhance and put a contribution in existing literature, on the relationship of internet addiction among genders in many ways. The findings of the current study suggest some practical implications in the counselling field for those in need.

CONCLUSION

It was concluded in this study that the impact of Internet Addiction among Young Adults of Azad Jammu And Kashmir and KPK was found among university student. It was also found that graduation and post-graduation students do not possess much difference in internet addiction scale and it was also concluded that there was a significant difference between the internet addictions of both genders. Results from the study have shown that there was insignificant interaction effect of types of education and gender of internet addiction of the students. On whole females possess higher internet addiction as compared to males.

RECOMMENDATION

This study has drawn some recommendations for future researchers:

1. Cross cultural studies should be taken on following variables.
2. Mediators and moderators should be added.
3. Interventional plans should be initiated for sufferers.
4. Social and Psychological perspectives should be studied.
5. Qualitative studies should be incorporated.

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