



# A Comparative Study To Assess The Severity Of Internet Addiction Among Adolescents Vs Adults At Selected Community Area, Puducherry

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## ABSTRACT:

**Introduction:** Internet is largely seen as one of the world biggest technology platforms. It is a source of knowledge, entertainment, brand building, commerce, education and much more. The use of the internet on school campuses and in society has increased dramatically in recent years. Internet addiction is an impulse control disorder. **Aim of the study:** The main aim of the study assess the severity of internet addiction among adolescents and adults and compare the severity of internet addiction among adolescents and adult. **Methodology:** A quantitative research approach was adopted for the present study. By using convenient sampling technique 40 adults and adolescents men were selected for the present study. **Results:** The present study revealed that, majority 38 (76%) of them had Inadequate knowledge, 12 (24%) of them had moderate knowledge. There is no significance association between Age, gender, education status, Occupation, Income, Religion, family income, Area of Residence, type of gadgets usage, Usage period of electronic gadgets, number of siblings and number of hours spending in digital platform with the severity of internet addiction among adults and adolescents. **Conclusion:** The study findings concluded that adolescent (25%) was using internet for normal use than adults, 85% of adults had mild internet addiction than adolescents.

## INTRODUCTION:

Internet is largely seen as one of the world biggest technology platforms. It is a source of knowledge, entertainment, brand building, commerce, education and much more. The use of the internet on school campuses and in society has increased dramatically in recent years. Internet addiction is an impulse control disorder. Some internet users may develop an emotional attachment to on-line friends and activities they create on their computer screens. 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 communication. As the internet increasingly becomes part of our lives, Internet Addiction Disorder has received much attention. Internet addicts may withdraw from social and interpersonal interactions other than those on the internet. Their family relationships and academic or occupational functioning may deteriorate. Several withdrawal symptoms have been

identified, including nervousness, agitation and aggression, as well as an addiction syndrome that includes the presence of withdrawal symptoms, increasing tolerance and loss of control. A high rate of comorbid mental disorder has also been reported, especially depressive symptoms and social impairment.

## NEED FOR THE STUDY

According to the study by Kumari et al. (2022) on Prevalence and determinants of Internet addiction among the students. A total of 480 students constituted the study population. The prevalence of internet addiction was found to be 78.7%, with a significantly higher prevalence seen among the male students in comparison to females ( $P < 0.005$ ). A significantly positive correlation of internet addiction was found with depression, anxiety, and stress. Internet addiction is significantly associated with psychopathology among the respondents.

The study by Pushpa Kumari et al. (2022) on Prevalence of Internet Addiction Among Students in Private Medical College, Kanchipuram. Among 220 students, 65(29.5%) students were normal, 108(49.1%) were with mild internet addiction, 27 (12.3%) were moderate internet addiction and 20(9.1%) with severe internet addiction. This study concludes there is a significant association between internet addiction with male gender, place of current stay, mode of internet and using internet for academic, social, communication and gaming purposes.

## STATEMENT OF THE PROBLEM

A comparative study to assess the severity of internet addiction among adolescents vs adults at selected community area, Puducherry.

## OBJECTIVES OF THE STUDY

1. To assess the severity of internet addiction among adolescents and adults
2. To compare the severity of internet addiction among adolescents and adults
3. To associate the severity of internet addiction among adolescents and adults with selected demographic variables.

## RESEARCH METHODOLOGY:

A quantitative research approach was adopted for the present study. A descriptive design was selected for the present study. The present study was conducted at Aandiarpalayam, Puducherry. The population comprised of all the all the adolescents and adults men. By using convenient sampling technique 40 samples was selected for the present study. The tool consists of demographic data, and Internet addiction test. The outcome of the study was evaluated by using descriptive and inferential statistics.

### Inclusion criteria:

- Adolescents and Adults who present during the data collection
- Adolescents and Adults who understand Tamil / English

### Exclusion criteria:

- Adolescents and Adults who were not willing to participate in this study.

**SECTION A:** Demographic variables include Age, gender, education status, Occupation, Income, Religion, family income, Area of Residence, type of gadgets usage, Usage period of electronic gadgets, number of siblings and number of hours spending in digital platform.

**SECTION B:** Internet addiction test consists of 20 items with 5 points Likert scale. Each correct response is graded as rarely-1, occasionally -2, Frequently-3, often-4 and always-5.

### SCORING INTERPRETATION:

S.NO	SCORE	INTERPRETATION
1	20-39	Normal internet use
2	40-69	Mild internet addiction
3	70-89	Moderate internet addiction
4	90-100	Severe internet addiction

### DATA ANALYSIS AND INTERPRETATION

The data collected was analyzed using descriptive and inferential statistics.

**SECTION A:** Description of demographic variables of adolescents and adults

**SECTION B :** Assessment of severity of internet addiction among adolescents and adults

**SECTION C :** Compare the severity of internet addiction among adolescents and adults

**SECTION D :** Association of the level of knowledge regarding health effects of tobacco use among adult men with demographic variables.

### SECTION – A:

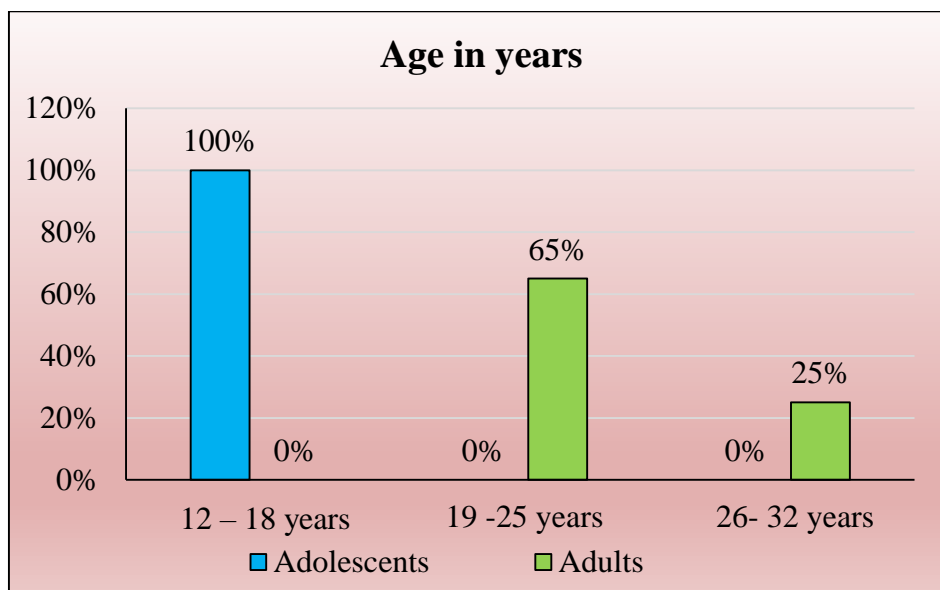
**Table 1: Distribution of Demographic Variable of adolescents and adults. N = 40**

S.No	Demographic variables	Adolescents		Adults	
		N	%	N	%
<b>1</b>	<b>Age in years</b>				
	a) 12 – 18 years	20	100%	0	0%
	b) 19 -25 years	0	0%	13	65%
	c) 26- 32 years	0	0%	5	25%
	d) 33 – 50 years	0	0%	2	10%
<b>2.</b>	<b>Gender</b>				

	a) Male	12	60%	12	60%
	b) Female	8	40%	8	40%
<b>3.</b>	<b>Education Status</b>				
	a) Uneducated	0	0%	0	0%
	b) Primary level	0	0%	0	0%
	c) Higher secondary	16	80%	2	10%
	d) Graduate	4	20%	18	90%
<b>4.</b>	<b>Occupation</b>				
	a) Government employed	0	0%	3	15%
	b) Unemployed	20	100%	4	20%
	c) Self employed	0	0%	0	0%
	d) Private employed	0	0%	13	65%
<b>5.</b>	<b>Religion</b>				
	a) Hindu	20	100%	19	95%
	b) Muslim	0	0%	0	0%
	c) Christian	0	0%	0	0%
	d) others	0	0%	1	5%
<b>6.</b>	<b>Family income</b>				
	a) Below Rs.9000/-	1	5%	2	10%
	b) Rs.9000/- to Rs.15000/-	19	95%	11	55%
	c) Rs.15000/- to Rs.20000/-	0	0%	4	20%
	d) Above Rs.20000/-	0	0%	3	15%
<b>7.</b>	<b>Area of Residence</b>				
	a) Rural	10	50%	17	85%
	b) Urban	10	50%	3	15%
<b>8.</b>	<b>Type of gadgets usage</b>				
	a) Mobile phone	19	95%	20	100%
	b) Tablet	1	5%	0	0%
	c) Laptop	0	0%	0	0%
	d) Desktop	0	0%	0	0%
<b>9.</b>	<b>How long have you been using electronic gadgets</b>				
	a) < 1 year	8	40%	1	5%
	b) 1- 2 years	10	50%	0	0%

	c) > 2 years	2	10%	19	95%
<b>10.</b>	<b>Number of siblings</b>				
	1	2	10%	7	35%
	2	3	15%	9	45%
	3	15	75%	4	20%
<b>11.</b>	<b>No of hours spending in digital platform</b>				
	a) 1	2	10%	5	25%
	b) 2	3	15%	1	5%
	c) >2	15	75%	14	70%

**Table 1:** The above table shows frequency and percentage-wise distribution of demographic variable of adolescents and adults. Regarding the age in years, in adolescents majority 20 (100%) were in the age group of 12-18 years. In adults, majority 13 (65%) were above the age group of 19-25 years, 5 (25%) were above the age group of 26-32 years and 2 (10%) were in the age group of 33-50 years. With regards to gender, in adolescents 12 (60%) were male and 8 (40%) were female. In adults 12 (60%) were male and 8 (40%) were female. Regarding education status, in adolescents 16 (80%) were completed higher secondary and 4 (20%) were graduate. In adults 2 (10%) were completed higher secondary and 18 (90%) were graduate. In the aspect of occupation status, in adolescents majority 20 (100%) were unemployed. In adults majority 13 (65%) were private employed, 4 (20%) were unemployed and 3 (15%) were government employed. In the aspect of religion, in adolescents the data shows majority 20 (100%) were Hindu. In adults, majority 19 (95%) were Hindu and 1 (5%) were others. With regards to family income, in adolescents majority 19 (95%) belong to an income of Rs. 9000 - Rs.15,000 and 1 (5%) belong to the income of below Rs. 9000. In adults majority 11 (55%) belong to an income of Rs. 9000 - Rs.15,000 and 2 (10%) belong to the income of below Rs. 9000. With regards to area of residence, in adolescents 10 (50%) were in rural area and 10(50% were in urban area. In adults, 17 (85%) were in rural area and 3 (15%) were in urban area. With regards to type of gadgets usage, in adolescents 19 (95%) were using mobile phone and 1 (5%) were using tablets. In adults 20(100%) were using mobile phone. Regarding number of siblings, in adolescents 2 (10%) had one sibling and 3 (15%) had 2 siblings. In adults 7 (35%) had 1 siblings and 9 (45%) had 2 siblings.



**Figure 1: Percentage wise distribution of demographic variables of adolescents and adults according to age in years**

#### SECTION B:

**Table 2: Distribution of severity of internet addiction among adolescents and adults. N = 40**

S.NO	INTERNET ADDICTION	Adolescent		Adult	
		Frequency (n)	Percentage %	Frequency (n)	Percentage %
1.	Normal	5	25%	3	15%
2.	Mild	15	75%	17	85%
3.	Moderate	0	0%	0	0%
4.	Severe	0	0%	0	0%

**Table 2:** The above table reveals the frequency and percentage-wise distribution of severity of internet addiction among adolescents and adults. Among adolescent, majority 15 (75) of them had mild internet addiction, 5 (25%) of them had normal internet use. Among adults, majority 17 (85) of them had mild internet addiction, 3 (15%) of them had normal internet use.

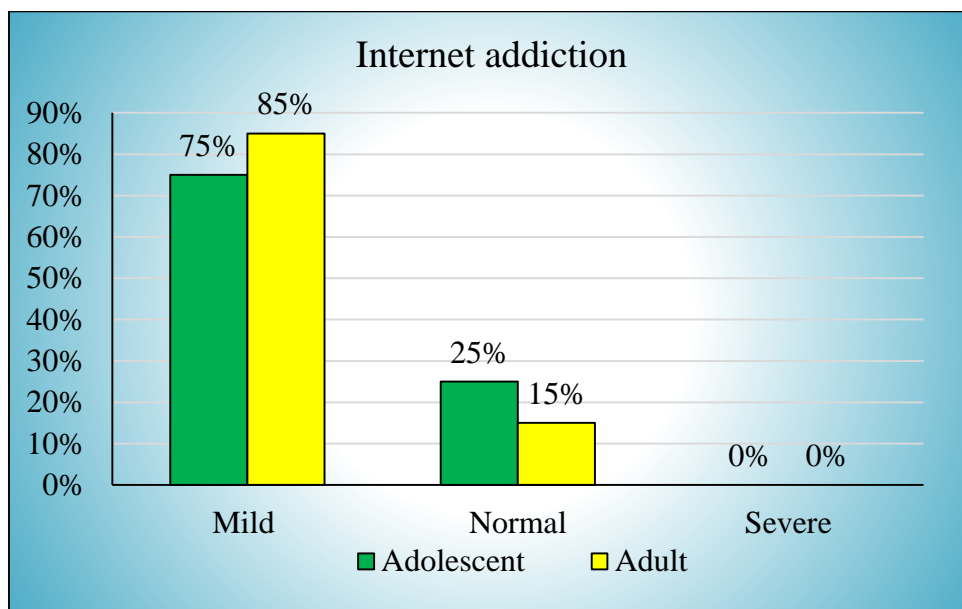


Figure 1: Percentage wise distribution of severity of internet addiction among adolescents and adults

SECTION C

Table 3: Comparison of the severity of internet addiction among adolescents and adults.

N = 40

S.NO	INTERNET ADDICTION	Adolescents	Adults
		Percentage %	Percentage %
1.	Normal	25%	15%
2.	Mild	75%	85%
3.	Moderate	0%	0%
4.	Severe	0%	0%

Table 3: The above table reveals that the comparison of the severity of internet addiction among adolescents and adults. On comparing the adolescent and adults, the finding concluded that adolescent (25%) was using internet for normal use than adults, 85% of adults had mild internet addiction than adolescents. It has been concluded that adult had mild internet addiction than adolescents.

MAJOR FINDING OF THE STUDY

The present study assessed the severity of internet addiction among adolescents vs adults at selected community area, Puducherry. The study findings concluded that there is no significance association between Age, gender, education status, Occupation, Income, Religion, family income, Area of Residence, type of gadgets usage,



Usage period of electronic gadgets, number of siblings and number of hours spending in digital platform with the severity of internet addiction among adolescents and adolescents..

## CONCLUSION

The present study assessed the level of knowledge regarding health effects of tobacco use among adult men residing at selected community area, Puducherry. The study findings concluded that adolescents (25%) were using internet for normal use than adults, 85% of adults had mild internet addiction than adolescents. It has been concluded that adults had mild internet addiction than adolescents. Most of the adult men had inadequate knowledge. There is no significant association between Age, gender, education status, Occupation, Income, Religion, Languages known, Type of family, Residency, Previous knowledge regarding cigarette smoking and its health effects with level of knowledge regarding health effects of tobacco use among adult men.

## RECOMMENDATIONS:

- Same study can be conducted with large samples.
- Same study can be conducted in hospital settings

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