

RELATIONSHIP BETWEEN INTERNET ADDICTION AND SELF ESTEEM AMONG COLLEGE STUDENTS

K.Radhamani* & Dr. S.Arulsamy**

ABSTRACT

In the present study the investigators attempt to find out the significant relationship if any between Internet addiction and self esteem among the students of Arts and Science and Engineering colleges. The investigators have used the Internet addiction questionnaire and self esteem scale to get the data from the students. The sample consists of 200 college students from two Arts and Science and two Engineering colleges in Coimbatore District. The stratified random sampling technique has been used for collecting data. The major finding of the study reveals that there is a significant negative relationship between Internet addiction and self esteem among college students.

INTRODUCTION

Information and Communication Technology (ICT) is the important technology which has contributed to the overall development of people across the world. With the development of Information and Communication Technology particularly the Internet brings lot of changes in every field. That is the way the people interact with others; collect the information, doing online business, learning, teaching and everything is changed through Internet. But it has its own limitations. If they don't possess the self control in using the Internet they will become addicts. As a consequence the Internet addiction would naturally lead to some changes in the psychological factors like depression, shyness, loneliness and self esteem. Among them self esteem is the important one. College students are the greater users of the Internet. Hence the investigator felt it is necessary to study the relationship between Internet addiction and self esteem among college students.

NEED FOR THE STUDY

Rapid growth and easy access to the Internet have facilitated its influence on the way of life of people. Frequent use of the Internet brings the Internet addiction among its users. Particularly college students are the vulnerable group for problematic Internet use. Internet addiction is an individual's inability to control his or her use of the Internet. It causes psychological and

interpersonal problems in a person's life. Even it also affects the self esteem of students. Self esteem reflects a person's overall evaluation or appraisal of his or her own worth. Hence the research in this area is very much needed to identify the level of the self esteem among Internet addicted students.

SIGNIFICANCE OF THE STUDY

The use of the Internet among college students has increased considerably over the last few years. It is a vast repository of knowledge and information and it enables almost instantaneous transfer of information. Some students use the Internet in a good way and others do not. Some are preoccupied with the Internet and are unable to control it. Finally it will leads to the Internet addiction. Internet addicted students face psychological problems, academic problems and health problems. Among them decreases of self esteem is one of the problems of internet addiction. Self esteem is the feeling or affective part of our self picture. It is the valuing part of our picture of us. Our desires, our emotions, our behavior depend entirely on our self esteem. It refers to the evaluation a person makes and customarily maintains with regard to him or herself. It expresses an attitude of approval or disapproval and indicates the extent to which a person believes him or herself capable, significant, successful and worthy. High self esteem is always associated with a variety of

*Ph.D scholar, Bharathiar University, Coimbatore

**Assistant Professor, Department of Educational Technology, Bharathiar University, Coimbatore

positive attributes. This study is to find out the relationship between Internet addiction and self esteem of college students and it helps them to become aware of the problems of Internet addiction.

To find out whether there is a significant difference between the mean scores of Internet addicted students with respect to self esteem based on their:

- a) Gender (Male and Female)
 - b) Locality (Rural and Urban)
 - c) Type of college (Arts and Science and Engineering)
4. To find out whether there is a significant relationship between Internet addiction and self esteem among Internet addicted students

TITLE OF THE PROBLEM

"Relationship between Internet Addiction and Self Esteem among College Students"

OPERATIONAL DEFINITIONS

Internet:- An international network of well over ten thousand networks linked using the TCP/ IP protocols. Also used more loosely to mean either the worldwide information net or the conglomeration of all computers and networks that can be reached via an Internet e-mail address.

Addiction:- The fact or process of being addicted.

Self Esteem:- Self-esteem is a personal judgment of worthiness that is expressed in the attitudes that the individual holds himself.

GENERAL OBJECTIVES

1. To find out the level of Internet addiction among college students
2. To find out the level of self esteem among college students
3. To find out whether there is a significant relationship between Internet addiction and self esteem among college students

SPECIFIC OBJECTIVES

1. To find out whether there is a significant difference between the mean scores of Internet addicted students with respect to Internet addiction based on their:
 - a) Gender (Male and Female)
 - b) Locality (Rural and Urban)
 - c) Type of college (Arts and Science and Engineering)
2. To find out whether there is a significant difference between the mean scores of Internet addicted students and normal students with respect to their self esteem

HYPOTHESES

1. There is no significant difference between the mean scores of Internet addicted students with respect to Internet addiction based on their:
 - a) Gender (Male and Female)
 - b) Locality (Rural and Urban)
 - c) Type of college (Arts and Science and Engineering)
2. There is no significant difference between the mean scores of Internet addicted students and normal students with respect to their self esteem
3. There is no significant difference between the mean scores of Internet addicted students with respect to self esteem based on their:
 - a) Gender (Male and Female)
 - b) Locality (Rural and Urban)
 - c) Type of college (Arts and Science and Engineering)
4. There is no significant relationship between Internet addiction and self esteem among Internet addicted students

DELIMITATIONS OF THE STUDY

The study has the following delimitations:

1. The investigator selected only 200 college students in Coimbatore District in Tamilnadu for her present study.
2. The investigator selected only 4 colleges in Coimbatore District.

METHODOLOGY

The investigators have adopted the normative survey method to study the relationship between Internet addiction and self esteem among college students.

SAMPLE

The population of the study consists of two Arts and Science colleges and two Engineering colleges in Coimbatore District. A total of 200 college students were selected as sample by stratified random sampling. Fifty respondents were selected randomly from each college. Accordingly 200 questionnaires were distributed among the students.

TOOLS

The investigator has used the following tools for the study;

- 'Internet addiction Questionnaire' to find out the Internet addiction among college students
- 'Self esteem scale'" to find out the self esteem among college students.

The above tools are standardized tools.

Data Collection:- Four colleges situated in Coimbatore District, Tamilnadu, under study were visited personally by the Investigator to collect the data from the respondents. The data were collected with the help of the standardized tools. The investigator got permission from the principals and approached the students in their respective colleges. The questionnaires were distributed to the students and they were requested to answer the questionnaire after explaining to them the purpose of the study. She assured that their responses would be kept confidential and used for research purpose only. The gathered responses were scored.

Statistical Analysis:- The data collected were analyzed by using descriptive, differential and correlation analysis. The following statistical techniques were employed for the analysis and interpretation of the data.

1. Mean
2. Standard deviation

3. 'T' test
4. Correlation analysis

ANALYSIS OF DATA

Table-1
Percentage Score of Internet Addiction And Self Esteem of the Internet Addicted Students

Variables	N	Mean	In Percentage
Internet Addiction	31	62.67	62.67
Self esteem	31	100.35	66.90

The researchers have identified 31 Internet addicted students among 200 students and their level of Internet addiction is medium (62.67%). From the above table it is clear that the percentage score of self esteem among the Internet addicted students is medium(66.90%).

TESTING HYPOTHESES

Hypothesis-1: There is no significant difference between the mean scores of Internet addicted students with respect to Internet addiction based on a) Gender b) Locality c) Type of college

Table -2
Difference between the Internets Addicted Students Based On A) Gender B) Locality C) Type of College With Respect To Internet Addiction

Variables	N	Mean	SD	t-value	*Significance
Male	14	68.28	18.45	1.80	NS
Female	17	58.05	11.57		
Rural	7	55.71	4.82	2.22	S
Urban	24	64.5	17.26		
Arts and Science	13	62.46	16.12	0.98	NS
Engineering	18	68.55	18.29		

*Significance level at 0.05 level is 2.04

Relationship between internet addiction and self esteem among college students

Table -2 reveals that there is no significant difference between male and female students and Arts and Science and Engineering college students in their mean scores for Internet addiction. The calculated' values (1.80, 0.98) are less than the table value (2.04). Hence the null hypotheses 1(a) and 1 (c) are accepted at 0.05 level.

It also reveals that there is a significant difference between rural and urban students in their mean scores for Internet addiction. The calculated value of' (2.22) is greater than the table value (2.04). Hence the null hypotheses 1(b) is rejected at 0.05 level.

Hypothesis-2: There is no significant difference between the mean scores of Internet addicted students and normal students with respect to their self esteem

Table -3
Difference between the Internet Addicted Students and Normal Students With Respect To Their Self Esteem

Dimension	Variable	N	Mean	S.D	't'	*Significance value
Self esteem	Internet addicted students	31	100.35	39.11	3.57	S
	Normal students	169	125.62	9.79		

*Significance level at 0.05 level is 2.01

Table 3 reveals that there is a significant difference between normal students and Internet addicted students in their mean scores for self esteem. The calculated' value (3.57) is greater than the table value. Hence the null hypothesis 2 is rejected at 0.05 level.

Hypothesis-3: There is no significant difference between the mean scores of Internet addicted students with respect to self esteem based on their a) Gender (Male and Female) b) Locality (Rural and Urban) c) Type of college (Arts and Science and Engineering)

Table -4
Difference between the Internet Addicted Students Based On A) Gender B) Locality C) Type of College with Respect to Self Esteem

Variable	N	Mean	SD	t-value	*Significance
Male	14	95	38.71	0.687	NS
Female	17	104.76	40.05		
Rural	7	99.14	41.94	0.088	NS
Urban	24	100.71	39.18		
Arts and Science	13	97.15	58.47	0.706	NS
Engineering	18	84.16	36.88		

*Significance level at 0.05 level is 2.04

Table 4 reveals that there is no significant difference between male and female students, rural and urban students, and Arts and Science and Engineering college students in their mean scores for self esteem. The calculated' values (0.687, 0.088 and 0.706) are less than the table value. Hence the null hypotheses 3(a), 3(b) and 3 (c) are accepted at 0.05 level.

Hypothesis-4: There is no significant relationship between Internet addiction and self esteem among the Internet addicted students

Table-5
Relationship between Internet Addiction and Self Esteem among Internet Addicted Students

Dimension	Variable	N	t-value	Nature of relation	*Significance
Internet addiction & Self esteem	Internet addicted students	31	-0.569	moderate	S

*Significance at 0.05 levels is 0.349

The relationship between Internet addiction and self esteem among Internet addicted college students is analyzed using correlation analysis. Table-5 reveals the obtained r-value (-0.569) of Internet addicted college students indicate that there is a medium negative relationship between Internet addiction and self esteem. The calculated 'r' value is greater than the table value. Hence the null hypothesis 4 is rejected at 0.05 level. That is Internet addiction and self esteem are negatively correlated.

RESULTS AND FINDINGS

1. The Internet addicted students have moderate self esteem
2. There is no significant difference between male and female students in their mean scores for Internet addiction
3. There is no significant difference between rural and urban students in their mean scores for Internet addiction
4. There is no significant difference between Arts and Science and Engineering college students in their mean scores for Internet addiction
5. There is significant difference between normal students and Internet addicted students in their mean scores of self esteem, where normal students have more self esteem than the Internet addicted students.
6. There is no significant difference between male and female students in their mean scores of self esteem.
7. There is no significant difference between rural and urban college students in their mean scores of self esteem.
8. There is no significant difference between Arts and Science and Engineering college students in their mean scores of self esteem.
9. There is significant negative relationship between Internet addiction and self esteem among Internet addicted students

DISCUSSION

This study reveals that male students are more addicted to the Internet than female students. Male students may have less commitment at home when compared to the female students. Hence they spend more time for Internet usage even at home. This may lead to Internet addiction. The present study also shows that urban students are more addicted to the Internet than the rural students. This may be due to their greater exposure to the Internet facilities. And also they may have more chances to visiting the Internet centres. The present study reveals that Engineering College students are more addicted than the Arts and Science college students. The Engineering students are more privileged to use

the Internet than the Arts and Science students. As the curriculum itself gives room for them in using the Internet and moreover everybody would possess their own PC/lap-top. These facilities would naturally lead the students become addicts to the Internet. This study also reveals that Internet addicted students have low self esteem when compared with normal students. As far as correlation is concerned Internet addiction and self esteem are negatively correlated. That is, when Internet addiction is high, self esteem is low when self esteem is high Internet addiction is low. Internet addiction is a recent technological problem. Counselling is the best way to recover from Internet addiction. It is the responsibility of parents and teachers should direct the Internet addicts to the ways through which they get proper counselling. Promotion of self esteem will activate the spirit of enthusiasm and at the same time, can lead them to achieve great things in life.

CONCLUSION

Internet has become an indispensable tool in business and academia and personal use is increasing every day. For better or worse, Internet has infiltrated every aspect of our lives. Society has reached such a level that it is difficult rather impossible to live without the Internet. Moreover college students are the greater users of the Internet. Excessive uses of the Internet lead the students to become addicts and affect the psychology of the students. Infact the present study concluded that greater use of the Internet leads to decrease the self esteem among college students. Hence Internet addiction and self esteem are closely related. It can also be stated Internet plays a major role in the psychology of the students.

REFERENCES

- Bai, Y. M., Lin, C. C., & Chen, J. Y. (2001). Internet addiction disorder among clients of a virtual clinic. *Psychiatric Services*, 52(10), 1397.
- Morahan-Martin, J., & Schumacher. (2000). Incidence and correlates of pathological Internet use among college students. *Computers in Human Behaviour*, 16, 13-29.

Relationship between internet addiction and self esteem among college students

- Nalwa, K. & Anand, A. (2003). Internet addiction in students: A cause of concern. *Cyber-psychology & Behaviour*, 10, 545-551.
- Young, K. S. (1996a). Internet addiction: the emergence of a new clinical disorder. Online document: <http://www.netaddiction.com/articles/newdisorder.htm>. Retrieved October 4, 2002, from source.
- Young, K. S. (1998). Caught in the net: How to recognize the signs of internet addiction and a winning strategy for recovery. New York, NY: John Wiley & Sons, Inc.