

ISSN - 2320 - 7116

Vol 11.1 (January ,2023)

Resonance

National Journal of Value Education

Bilingual (English / Hindi) Half Yearly Peer Review Referred Journal

INDEXING & IMPACT FACTOR - 3.9
(2023 - 24)



Published

By

Truecare Research & Development

Regd. under Societies Reg Act- 21 (1860) No. 756

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Internet Addiction, Stress and Depression among College Students

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Abstract

The file without internet is incomplete. Internet is nothing but a global computer network which provides a large number of information and communication facilities. But while it is proving a boon to the society in different filed. It is not less harmful. It has give birth to several psychological problem in general and a new psychological disorder. Its effects have become pathological and affect several social as well as psychological dimensions. Considering this fact, it was decided to assess the impact of internet on some social-psychological factors. For this 60 students were selected through purposive sampling technique from Karvim city college, Jamshedpur. Four scales namely Personal Data Sheet, Belk Depression Inventory and perceived stress scale by Sheldon were administered. Procured data was analyzed by M, SD and correlation. The result indicated that internet attrition has impact on depression and stress is positively correlated. Gender difference is not related to internet addiction.

Key words- College students, depression, internet addition, perceived stress.

Introduction

Internet is a global computer network providing a variety of information and communication facilities, consisting of interconnected networks using standardized communication protocols. The use of internet among the students has increased considerably over the last few years. Internet has become an indispensable tool in business, academic and personal use For better or worse, internet has infiltrated every aspects of 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 use of internet had compelled the students to become addicts. The internet provides significant benefits for students such as socialization, entertainment and a communication tool with families and friends.

The adverse effect of internet has also been identified which may be known as Compulsive Internet Usage or Internet Addiction Disorder (IAD) or Cyber Space Addiction or Pathological Computer Use. Internet has positive impact in the beginning on the users, but the positive impacts have varied influence on different people with respect to their self - concept, body image , mental health , adjustment and so on . But when internet use will interfere with the ability of the user to function normally it may turn into abuse, and that may further lead to addiction.

Recently addiction has become the most significant International mental health problem and needs special attention. In India also, there has been a rise in the use of Internet used by all age groups especially adolescents and university students. There has been limited study