Impact of Internet Addiction On Self Confidence of School Level Students: A Survey

Pardeep Bhandari, Associate Professor
Doaba College, Jalandhar
bhandaridcj@gmail.com

Abstract

Internet has affected our lives in various ways. It has opened the sea of information with a click of a button. It has changed the way we think, we see and interpret the situations. Every age group has been influenced in one way or the other. Old jobs and businesses are changing and making way for new type of jobs and businesses. Students are able to reach out to new sources of information. But the excessive use of internet has affected various age groups in different ways. Whereas senior citizens are striving hard to cope with complexities of the system along with challenge of being safe in the cyber world, the professionals have benefitted a lot and Internet has changes their workplace and work process completely. As always, all things come in a package. Along with numerous good things Internet has a negative side too. In this paper we have tried to focus on the internet addiction among students and its impact on their self-confidence. In this fast changing scenario, proper and right confidence would help students in taking up meaningful ways in their process of learning, leading to the fullest assimilation of the information that is learnt. Internet provides work speed, work efficiency, work power and removal of errors from work activities. Students attitude towards internet constitute a determinant factor for both participation and subsequent achievement in information technology activities. In this paper, we have presented the literature survey conducted to find the proper context to study the relationship between internet addiction and level of self-confidence of senior secondary school students.

Keywords: Internet Addiction Disorder, Self-Confidence.

Introduction

Review of the related literature; besides, allowing the researchers to acquaint themselves with current knowledge in the field in which they are going to conduct their research, serves the following purposes:

1) *Delimiting the problem:* The review of related literature enables the researchers to define the limits of their fields. It helps the researchers to delimit and define their problems. The knowledge of related literature, brings the researcher up-to-date on the work which others have done and thus to state the objectives clearly and concisely.

2) *Avoid duplications:* Through the review of related literature, the researchers can avoid unintentional duplication of well-established findings. There is no use to replicate a study when the stability and validity of its results have been clearly established.

3) *Insight into statistical technique:* The review of related literature gives the researchers an understanding of the research methodology which refers to the way the study is to be conducted. It helps the researchers to know about the tools and instruments which proved to be useful and promising in the previous studies. It suggests methods, procedure, and source of data appropriate to the solution of the problem.

4) *Uses of previous research:* Reviewing the related work helps in knowing about the recommendations of previous researchers listed in their studies for further research.

5) *Source for hypothesis:* The researcher can formulate research hypothesis on the basis of review of literature. It is essential for directional hypothesis. It provides the sources for hypothesis.

6) *Contribute towards knowledge:* It contributes towards the accuracy of the knowledge of evidence or literature in one's area of activity. This knowledge is an asset even afterwards, whether one is employed in an institution of higher learning or a research organization.

7) *Expertise:* It helps in developing expertise and general scholarship of the investigator in the area of investigation.

Review of related literature

There exists a continuum between the old theories and new research ideas, because knowledge is dynamic and it always flows along this continuum. The very important aspect of a research project is to have a survey of the related literature. We have segmented the paper into parts as follows:

Reviews related to self-confidence

Praachi (1971) conducted a study on *Psycho cultural dimension patterns of reaction to frustration.* Adjustment was measured through the adjustment inventory. Adjustment inventory for school children was developed by A. R. P Sinha and R. P Singh. Results *revealed that high assertive and high self-confident girls found to be significantly different than less assertive and less self-confident girl in their pattern of reaction of frustration.* Highly assertive and self-confident girls were more adjusted in all areas (social, emotional, educational, home, health).

Thukral (2006) conducted a study titled *Intelligence as related to self-confidence and academic achievements from relationship of senior secondary school students.* The sample was taken from four aided schools of Punjab. The results of the study revealed that intelligence is significantly and positively with self-confidence and academic achievements.

Hemalatha(2008) conducted a study on *self-confidence and human relationship with academic performance of higher secondary boys.* Personality development index was used for assessment including examination marks. Self-confidence, intelligence and socio-economic status found that the students with high self-confidence are more likely perform better than students with low self-confidence. The results showed the positive significant relationship between personality academic performance and self-confidence.

Calik (2012) conducted a study on *self-confidence level of nursing students and factors affecting self-confidence.* Data were obtained via a questionnaire for socio-demographic characteristic and a self-confidence scale was prepared by the researchers. High self-

confidence was noted in 78.65 of female and 92.3 of male students. Female students were significantly less self-confident than the male students.

Dhall (2006) had undertaken a study to find the relationship of intelligence with self-confidence and academic achievement relationship with secondary school students. The sample was taken from government and government aided schools of four districts of Punjab. The result of the study revealed that intelligence is significantly and positively related with self-confidence and academic achievements.

Singh (2008) investigated in his study on performance of the students in B.Ed. entrance test conducted by H.P. University in relation to their self-confidence, intelligence and socio-economic status found that the students with high self-confidence are more likely to perform better than students with low self-confidence. Students belonging to high socio-economic status obtain high scores in B.Ed. entrance test than the students belonging to low socio-economic status.

Alias (2010) studied to determine the relationship between type of confidence including stimulus, academic self-confidence and cognitive performance among engineering students. The result indicated that positive group had statistically significantly higher academic self-confidence level compared to negative group. It was concluded that boosting the academic self-confidence of engineering student can enhance their cognitive performance.

Mascroop (2010) studied self-confidence and academic achievement in primary school children. The result from his study demonstrated the existence of self-confidence in primary school children and determined its importance for school achievements irrespective of a student's cognitive ability, age and gender. The result suggested that a potentiality has an important influence on both school achievements and level of self-confidence.

Bush (2010) conducted a study to document, using the participatory paradigm, a female university student's experience with a field-based intervention intended to enhance the quality of her academic experience including her self-confidence and self-talk. A narrative account illustrates how the student learned to regulate the way she felt through the intervention, leading to increase in the self-confidence.

Elise (2010) investigated the use of performance confidence relationship to signal the presence of alternative conception and inadequate problem-solving skill in mechanics. A group of 33 students of physics entering at a South African university participated in the project. Data collected for the study included student in response to multiple choice questions and open-ended explanations for their chosen answers. Application of this model to raw score data leads to inaccurate conclusions. This approach also holds promise for differentiation between overconfidence due to alternative conceptions all due to inadequate problem solving.

Tweed (2010) worked on confidence and accuracy of assessors. The aim of this research was to study judgment, accuracy and confidence and relationship between these. The difference between confidence and accuracy, over confidence, was greatest at this level, although at the extremes under confidence was found. In the interviews, the assessors although at the extremes under confidence were found. In the interviews, the assessors were aware of a variety of factors that they perceived affected their scoring and confidence. The study also demonstrated under confidence for less difficult judgment. The perception that more information would help, may improve confidence but not necessarily and accuracy, so increasing over confidence. Judgment made by the assessors observing consultation is widely used in the assessment of medical students.

Reviews related to the problem of Internet Addiction

Chin (2009) conducted a study on *the association between aggressive behavior and internet addiction and online activities of adolescents.* Purpose of the study was to evaluate the association between Internet Addiction and aggressive behavior, as well as the moderating effects of the gender, school and depression on the association; and to evaluate the association between Internet activities and aggressive behavior. Chi square was used to study the tire associations between the student's level of internet addiction and the style pattern and dietary behaviour. The totals of 9405 adolescents were recruited into the study and completed questionnaire. After the test, the result demonstrated that after controlling for the effects of shared associated factors and watching violent TV programs, adolescents with Internet addiction were likely to have aggressive behaviour during the previous year. The association was more significant among adolescents of junior high school than in senior high school.

Young (2007) conducted a study to investigate into various problems on internet addicts. He investigated on 114 clients who suffered from internet addiction and suggested CBT (Cognitive Behavioral Therapy) as the treatment of choice for internet addiction. In this study investigator employed a survey research design and outcome variables were client motivation, online time management, improved social relationships, improved sexual functioning, engagement in offline activities and ability to abstain from problematic applications. For this the Centre for online addiction was established in 1995 and the website was www.netaddiction.com. It provides education, support and treatment to people concerned about internet addiction. The client outcome questionnaire was constructed for the purpose and this study administered to check the validity of test.

Jing. J(2009): The objective of this study was to examine the association between *internet addiction and self-injurious behaviour (SIB) in adolescence.* The method used in this study was population based cross sectional survey of 1618 high school students aged 13-18 years in Guangzhou city, Guangdong province, PR China. Deliberate SIB was measured using self- reported questionnaire, internet addiction was assessed using the internet addiction test (IAT). 263 participants reported having committed some form of SIB in past six months. 73 had committed SIB 6 times or more and 157 (1-5 times). The majority of respondents were classified as normal users of internet. The results of this

study were that SIB is common in adolescence in the study population in China. Addiction to the internet is detrimental to mental health and increases the risk of self-injury among adolescents.

Raizada(2009) conducted a study on *effect of internet on personal lives of the people.* The objectives of the study were to find out the effect of internet on personal and professional life of the people and how it affects their relations, what its uses are for each individual and how they have been influenced by social networking sites. This study revealed that social networking sites are having no crucial negative impacts on people's life.

Kim (2010) conducted a study to examine *lifestyle and dietary pattern based on the level of internet addiction* of Korean adolescents. Data were collected from 853 Korean Junior high school students. Students were classified as high-risk internet users, potential risk internet users, no risk internet users. The purpose of this study was to ensure proper growth and development. Variables were Internet Addiction, Dietary Behaviour, Diet Quality, Adolescents. Test was Korean Internet Addiction Test (KS Scale), Questionnaire method followed consisting of six core components: - Disturbance of daily routines, Self-esteem, Withdrawal, Virtual Interpersonal Relationships, Deviant behaviour, Tolerance. The population size was between the age of 13 and 15 years. Self-Scale Rating system was used for diet quality diet behaviour.

Grover (2010) conducted a study of *Pattern of Internet use among professionals in India.* The impact of Internet use on their personal, social and occupational life; and to evaluate their Internet use on the international classification of disease – 10 revisions (ICD-10) dependence criteria and young's internet addiction diagnostic questionnaire (IADQ). One hundred four respondents were assessed on a 31- item self-rated questionnaire covering all the ICD-10 criteria and Young's criteria for Internet addiction.

King (2010) conducted a study on *Internet addiction – prevalence, discriminate validity and correlation among adolescents* in china; to tests its differentiation from other correlations and to examine its relationship with correlates with representative community sample of adolescents. The findings of the study revealed that the individuals had low levels of internet addiction both in sub scales according to the age group. It was found that there was significant difference between internet scores of the individuals who belonged to the age group of 19 and below and 30 and below. A two-way panel household survey with 208 adolescent of age 15-19 years was conducted. The prevalence rate for having 5 or more symptoms of Internet addiction was estimated to be 67%.

Weinstein (2010): The objective of this study was to review the literature on internet addiction over the topics of diagnosis, epidemiology and treatment. The researcher defined that problematic internet addiction or excessive internet use is characterized by excessive or poorly controlled preoccupation urges or behaviours regarding computer use and internet access that lead to impairment or distress. Assessment questionnaire were used for the diagnosis of patients. Surveys were made in the United States and Europe

that indicated the prevalence rate between 1.5 and 8.2%. This cross-sectional study on the sample of patients reported high internet addiction with psychiatric disorder including depression, anxiety disorder (generalized anxiety disorder), social anxiety disorder and attention deficit hyperactivity disorder (ADHD).

Copeland (2011) researched on the *anti-social network.* The study revealed that the college students seemed to feel particularly crummy about themselves after logging onto the site and scrolling through other's attractive photos, accomplished biodatas, and chipper status updates. They were convinced that everyone else was leading a perfect life.

Iskender (2011) conducted a study to *investigate the relationship between internet addiction, anxiety and stress.* The sample of this study was 300 university students enrolled in various undergraduate programs at Sakkara University, Turkey. Students were between the age of 17-24 years out of which 96 students were male and 204 were female students. The online cognition scale was used for measuring internet addiction. Depression, anxiety, stress, was measured by Turkish version of DASS (The Depression anxiety stress scale). In this study Pearson's correlation coefficient and structured equation modeling was used to measure the relationship between internet addictions, anxiety and stress. The conclusion of the study was that internet addiction affects depression, anxiety, and stress directly.

Sahin (2011) The aim of this study was to determine internet addiction levels of internet users from all age groups. The study was survey model. The study consisted of a total of 596 people from all age groups "Personal Information Form" and "Internet Addiction Scale" were used for the data collection. Arithmetic mean, standard deviation, independent sampling and t-test, ANNOVA and ISD tests were performed on collected data. The findings of the study revealed that the individuals had low levels of internet addiction both in sub scales according to the age group. The scale contained 19 items and 3 factors. The first factor is "Loss of control- LC", the second factor is "Tolerance Development" and third factor is "Negative Consequences for social relationship-NCSR". The result of this study was that internet addiction levels of males were found to be higher than those of females.

Anand(2012) The objective of this study was to investigate the level of internet addiction in Indian School children. Semi structured questionnaire subjects and setting was design of the study. After scoring the Davis Online Recognition Scale (DORS). 18 dependents and 21 non dependents were selected. The study was made on adolescents (13-17 years). A 36 item self-report inventory of internet comprehension and UCLA Loneliness Scale (20 item self-reported inventory of loneliness measured on a 4-point scale). The report of the study was that there were significant emotional and behavioural differences emerged between dependents and non-dependents. This study suggested that excessive internet use affects the user's behaviours and ability to function. Strategies should be developed and implemented to address pathological internet usage.

Winkler (2012) This study was a survey of *Internet addiction- A summary of research and practice.* The United States and Europe have indicated alarming prevalence rate between 1.5 and 8.2. The aim of this investigation was to give a brief overview of research on IAD and consideration from a practical perspective based on a year of daily work with client suffering from Internet Addiction. Furthermore, with this paper, they intended to bring in practical experience in the debate about the eventual inclusion of IAD in the next version of the diagnostic and statistical manual of mental disorder.

Yadav (2013) conducted a study on *Internet addiction and its correlation among high school students.* It was an effort to study Internet Addiction among school students of class 11 and 12 and to find its correlation with socio educational characteristics. 621 students were considered for the investigation. Young's IAT tests and 21 item depression anxiety and stress scale were used to measure correlation between Internet Addiction and psychological variables. There was a strong positive correlation between Internet Addiction and depression, anxiety and stress.

Summary of review

Work on internet addiction with respect to various variables has been done by different researchers. The study by Yadav (2013) on Internet addiction and its correlation among high school students shows strong positive correlation between Internet Addiction and depression, anxiety and stress. Copeland (2011) reflected a positive and negative effect of social networking sites on adolescents. Anand (2012) observed that excessive internet use affects the user's behaviours and ability to function. Strategies should be developed and implemented to address pathological internet usage. A significant effect of intelligence, personality and parental care have been found on self-confidence of adolescents by Thukral (2006), Hamelata (2008) and Mascroop(2010). Sahin(2011) The aim of this study was to determine internet addiction levels of internet users from all age groups. His study reflects positive relation between between age and level of internet addiction among male and female users. Schohn (2001) and Praachi (1971) reported a positive relationship of high self-confidence with social, emotional, educational, home and others area of adjustment.

Conclusion

As evident from above summary, Internet Addiction is becoming a serious problem for all age groups especially professionals and students. It is leading to depression, anxiety and stress. Social Networking sites are multiplying the problem as it is affecting the perception of world in user's mind. According to us the worst affected section of society is going to be the students, who are termed as future of a nation. It is because of long period of exposure they are going to get because of their young age. The self-confidence can be considered as the base on which structure of a strong personality is built. The literature survey shows that studies which bring out clearly the relationship between internet addiction and level of self-confidence among students are very few and hence we are going to take up this study. We are going to focus our study on senior secondary school students. This survey has helped us to frame theoretical concepts related to the problems undertaken for study. By theoretical

concepts we mean the tools and techniques to be used for collection, analysis and interpretation of data.

BIBLIOGRAPHY

- Alias, M.(2009) The relationship between academic self confidence and cognitive performance among engineering students. Journal of counselling psychology vol. 33 pp. 265-269

- Allen, F.V. (2012) Facebook users has low self-confidence. Retrieved from http://news.yahoo.com/blog/technology-blog/study -finds-facebook-user-low-SelfConfidence-30045452.html#yuhead-search.

- Basvanna, A. (1975) Self Confidence in relation to academic achievements Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3779915/.

- Buch, M.B.Ed. (1972) Survey of research in education. Vol. 1, pp. 308.

- Calik, Y. (2012) Self confidence level of nursing students and factors affecting self-confidence. Retrieved from http:// news. Yahoo.com/technologyblog. Html11/yuheadsearch.

- Chin, F.V. (2010) The association between aggressive behaviour and internet addiction and online activities in adolescents. Retrieved from https://pdfs.semanticscholar.org/b3ac/c41a40cbb4f9a4b8dc8ef89ff135f190aa8c.pdf

- Copeland, L. (2010). The antisocial network retrieved from http://www.slate.com/articles/doubles/2011/01the_antisocial_network.html.

- Dhall, M. (2006) Intelligence and its relationship with self-confidence and academic achievements with secondary school students. A survey from research in education.

- Elise (2010) The use of performance-confidence relationship to signal the presence of alternative conception and inadequate problem-solving skill in mechanics. Retrieved from http://www.ncbi.nlm.nih.gov/pubmed/198764475.

- Garrot, H.E. (1981) Statistics in Psychology and education., Columbia University Press.

- Grover, S. (2010) Pattern of internet use among professionals in India. Journal of industrial psychiatrist. V. 19(2) pp. 94-100.

- Hemlata, A. (2008) Self-confidence, human relationship and academic performance of high secondary boys. Journal of psychological research. Vol. (52) n1 pp. 14-16.

- Iskender (2011) The relationship between internet addiction, anxiety, stress. International journal of learning and development. V2 no. 2 retrieved from http://www.macrothink.org.

- James, A. (2013) Low self-esteem? Trends and prospects in Meta cognition research, pp. 293-326.

- Jing, J. (2009) Intenet addiction and self-injurious behaviour(SIB) in adolescence. Retrieved from http://www.slideshare.net/wansiris/dissertation/12385999

- Mascroop, T. (2010) Self confidence and academic achievement in primary school children : Their relationship and links to parental bond, intelligence, age and gender, trends and prospects in meta cognition research pp. 293-326.

- Marressa, O.S. (2013) The effect of internet on personal lives of people. Retrieved from http:// www. Scribd.com/doc/8986658/1385974.

- Pracchi, S/ (1971) Psycho cultural dimension patterns of reaction to frustration. Retrieved from http:// www. Google.com

- Schohn, M. (2001) Self confidence in college, conceptualization, measurement and behaviour implication. Retrieved from http://asm.sagepub.com/content/213255. Abstracts

- Singh, T. (2008) Effect of meditation on self-confidence of student teacher in relation to gender and religion, Edutrack V 7 N11 pp. 32.

- Thukral, P. (2006) Intelligence as related to self confidence and academic achievements. Retrieved from http:// www.ncbi.nih.gov/pubmed/1947858921.

- Tweed, M. & Inqham, C. (2010) Observed consultation: Confidence and accuracy of assessors. Retrieved from www.live.marshall.edu.

- Winkler, A. (2012) Internet addiction – A brief summary of research and practice. Retrieved from http://www.iaput.org.

- Weinstein (2010) Facebook spesk: Teenager creates secret online languages. Retrieved from www. Telegraph.co.uk.

- Raizada R. (2009) The effect of social networking sites on personal lives of the people. Retrieved from http://www.seribd.com/doc/8069875/1356987s

- Yadav, P. Girish, B. (2013) Internet addiction and its correlation among high school students. An Asian journal of Psychiatry vol. 62 N1 pp. 14-16