A Study of the Effect of Internet Addiction with Adjustment and Emotional Intelligence among Students of Higher Education

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Abstract
Education is the greatest asset for every human being. It is the backbone of the overall development of individual as well as nation. In the ancient period education took place simply through oral lectures, dialogues, reading books, use of chalks and black board. Internet addiction is a latest technological problem all over the world. It has been associated generally with younger generations particularly with college students. Many students are using the internet not only for their academic purposes but also for chatting, e-mail, downloading songs and music. Addiction of using internet by the youth results poor in personal, family, academic, financial, and occupational that are characteristic of other addictions. In previous studies found that male students are more internet addicted than female students and under graduate student more internet addicted than post-graduate student.

Keywords: Internet addiction, mental health, emotional intelligence

Introduction

Education is the greatest asset for every human being. It is the backbone of the overall development of individual as well as nation. In the ancient period education took place simply through oral lectures, dialogues, reading books, use of chalks and black board. Moreover traditional system of education is based on a teacher-centered education. But in the modern society, technology brought greater improvements in the education system because technology plays an important role in student-centered education. With the help of technology, students can progress at their own pace and can become an active participant to receive information.

Technology offers an opportunity to the students to accommodate different learning styles and motivate them to self-improvement and self-learning. The internet is a global system of interconnected computer networks that use the standard internet protocol suite to link several billion devices worldwide. It was established in the early 1960s by the U.S. Department of Defense (Schneider, Evans, & Pinard, 2006), primarily for military purposes. It is an efficient tool in eliminating human geographical limitations. It is globally applied by all lifestyles because of its attractive nature. Internet has become the most dominant tool throughout the world. Almost half of world's population is getting benefit from internet. It provides us with a huge collection of numerous searches and various resources. It not only provides information but also has a lot more to offer such as E mail, online chatting, different services, E-Governances, entertainment etc.

Even though internet has many advantages, it has its own limitations. The influence of internet cannot be ignored in our student's lives. On one side internet provides more positive impacts on students' lives, but on the other side this technology can get through some users particularly students, to the point that interferes with normal living, progressing into an addiction. Therefore, it becomes essential for us to be aware of the impact of internet addiction on student's behavior, their psychological well-being and development.

Internet is the best friend to many people because it gives everything in which they are interested in. Some people use the internet in a constructive way and the others are not. Some users spend more time on the internet and are unable to control it. Excessive use of internet causes internet addiction and changes the nature and behavior of the people. The term "Internet addiction", coined by Goldberg, was originally used to describe the negative effects of excessive internet use on personal lives. It is similar to substance abuse, such as chemical addiction. These addicts can suffer physically or emotionally from such dependency (Goldberg, 1995). Internet addiction is also called online addiction, cyberspace addiction, internet addiction disorder, net addiction, pathological internet use and high internet dependency (Davis, Flett, & Besser, 2002; Hur, 2006) [11]. "Internet addiction is an explanation for uncontrollable, damaging use of this technology and it is a warning sign that a person is having difficulty controlling his or her internet use" (Beard, 2002) [2].

Internet Addiction among College Students

Internet addiction is a latest technological problem all over the world. It has been associated generally with younger generations particularly with college students. They are the vulnerable group for problematic internet use. Scherer (1997) [20] found that 73% of college students accessed the internet at least once a day and spent approximately 8.1 hours a week online. Many students are using the internet not only for their academic purposes but also for chatting, e-mail, downloading songs and music.

Effect of Internet Addiction

Internet addiction results in personal, family, academic, financial, and occupational problems that are characteristic of other addictions. Impairments of real life relationships are disrupted as a result of excessive use of the Internet. Individuals suffering from Internet addiction spend more time in solitary seclusion, spend less time with real people in their lives, and are often viewed as socially awkward.

Arguments may result due to the volume of time spent on-line. Those suffering from Internet addiction may attempt to conceal the amount of time spent on-line, which results in distrust and the disturbance of quality in once stable relationships.

Some suffering from Internet addiction may create on-line personas or profiles where they are able to alter their identities and pretend to be someone other than himself or herself. Those at highest risk for creation of a secret life are those who suffer from low self-esteem feelings of inadequacy, and fear of disapproval. Such negative self-concepts lead to clinical problems of depression and anxiety 30/10/21.

Many persons who attempt to quit their Internet use experience withdrawal including: anger, depression, relief, mood swings, anxiety, fear, irritability, sadness, loneliness, boredom, restlessness, procrastination, and upset stomach. Being addicted to the Internet can also cause physical discomfort or medical problems such as: Carpal Tunnel Syndrome, dry eyes, backaches, severe headaches, eating irregularities, (such as skipping meals), failure to attend to personal hygiene, and sleep disturbance.

Adjustment

The term adjustment refers to the extent to which an individual's personality functions effectively in the world of people. It refers to the harmonious relationship between the person and the environment. In other words, it is the relationship that comes among the organisms, the environment and the personality. A well-adjusted personality is well prepared to play the roles which are expected of the status assigned to him within given environment. His needs will be satisfied in accordance with the social needs. Psychologists have interpreted adjustment from two important points of view.

According to Boring, Langfed and Weld "Adjustment in the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs."

Adjustment as a Process

Adjustment as a process is of major importance for psychologists, teachers and parents. To analyze the process we should study the development of an individual longitudinally from his birth onwards. The child, at the time of his birth is absolutely dependent on others for the satisfaction of his needs, but gradually with age he learns to control his needs. His adjustment largely depends on his interaction with the external environment in which he lives. When the child is born, the world for him is a big buzzing, blooming confusion. He cannot differentiate among the various objects of his environment but as he matures he comes to learn to articulate the details of his environment through the process of sensation, perception, and conception.

Emotional Intelligence

The important of feelings and emotions and their impact on people's lives as a new trend that has recently been in the forefront of people's lives as they try to deal with their environments (Salovey, 2001) [19]. When the consider the literature of intelligence, emotional intelligence is distinct concept. Ideas of social intelligence (Thorndike, 1920) [22] and multiple intelligence theory (Gardner's 2006) [6] are considered to be the root of general concept of emotional intelligence. As the result has new research has experienced a shift in focus from behaviors, ideas and cognitive processes to emotions.

Emotional intelligence (EI) or emotional quotient (EQ) is the capability of individuals to recognize their own, and other people's emotions, to discriminate between different feelings and label them appropriately, to use emotional information to guide thinking and behavior, and to manage and/or adjust emotions to adapt environments or achieve one's goals.

Emotional intelligence can be defined as the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately and to use emotional information to guide thinking and behavior. Emotional intelligence also reflects abilities to join intelligence, empathy and emotions to enhance thought and understanding of interpersonal dynamics.

Various Domains of Emotional Intelligence by Daniel Goleman, Self-awareness, Self-regulation, Self-Motivation, Empathy, Social Skills.

Operational Definition of Key Terms

Internet Addiction: In the present study internet addiction refers to an excessive, over use of internet that causes psychological, social, physical and academic problems in a user's life.

College Students: Students those who are doing undergraduate courses in Arts &
Science and Engineering (academic and professional) colleges and are of age between 19-22 years.

Emotional Intelligence: Refers to the process of dealing with emotions which include appropriate reactions in showing emotions and expressing them.

Adjustment: According to Gates and Jersild (1970), "Adjustment is a continuous process by which a person varies his behavior to produce a more harmonious relationship between himself and environment."

Objective of the Study

1. To study the level of internet addiction in between academic and professional college students.
2. To study the relationship (if any) in between internet addiction and emotional intelligence of college students.
3. To study the relationship (if any) in between internet addiction and adjustment of college students.
4. To study the difference in emotional intelligence of internet addicted male and female college students.
5. To study the difference in adjustment of internet addicted male and female college students.
6. To study the difference in emotional intelligence in between internet addicted academic and professional college students.
7. To study the difference in adjustment in between internet addicted academic and professional college students.

Null Hypothesis of the Study

1. There is no significant difference in any level of internet addiction in between academic and professional students.
2. There is no significant relationship in between internet addiction and emotional intelligence of college students.
3. There is no significant relationship in between internet

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addiction and adjustment of college students.
4. There is no significant difference in emotional intelligence of internet addicted male and female college students.
5. There is no significant difference in adjustment of internet addicted male and female college students.
6. There is no significant difference in emotional intelligence in between internet addicted academic and professional college students.
7. There is no significant difference in adjustment in between internet addicted academic and professional college students.

Need and Significance of the Study
Youth is a very important period in our life since social relations are formed. If youth does not have a proper and desirable social place, his main functions like studying and education will be failed. The internet is becoming increasingly influential for many people. It seems that there is no aspect of life that the internet does not touch.

Now a day's internet has been increasingly used by college students to complete their assignment, research work and communication. Increasing use of internet through mobile, computer is also due to severe competition among different telecom companies. These companies provide free high speed data service to their customers. Free internet use is also provided in university, library, railways station, bus station.

Internet addiction causes different psychological problems like adjustment, emotional intelligence, mental health, anxiety, loneliness etc. Researches on internet addiction on these psychological disorders have been carried out in western countries. Very few researches have been carried for effect of internet on emotional intelligence, adjustment among college student in India.

According to Orzak's opinion (1999) [17], the internet addiction is been aroused when it can produce problems such as occupational, educational, social, family, psychological, financial and physiological problems for an individual and creates significant emotional and behavioral changes as well.

In this present study the researcher wants to create awareness about dangerous effect of internet addiction on adjustment, emotional intelligence, etc. of the people. The attempt is also made to study the differences between internet addicted and non-internet addicted academic and professional college students in terms of adjustment, emotional intelligence. The researcher assumes that the findings of this study also encourage the development of treatment program for people with internet addiction by finding the factors leading a person to develop internet addiction.

Reviews of Related Work
The results of Suresh Kumar & Sayadevi (2009) [21] indicates that among the 100 Indian students 70% of the sample could be classified as average internet users, 27% as problem over-users and 3% as pathologically addicted to the internet. The type of student's internet usage was chatting (42%), e-mailing (30%), Academic work (13%), Cybersex (5%), Gaming (3%) and other applications (7%).

Das (2012) conducted a study on net addicted adolescents at risk of mental health. The aim of the study was to see the impact of internet addiction on mental health. The sample comprised 70 adolescents (boys & girls) aged 14-18 years who were internet users. The tools for assessment were Mental Health checklist (Kumar) and Internet Addiction Test (Young). The hypotheses that
1. Internet addiction affects mental health,

2. There is significant difference between Mental Health of Net Addicted and Net Non- Addicted subjects were proved.

It was concluded that internet addicted had poor mental health.

S. John, Michael Raj (2012) [18] in his research specifically focuses on the impact of internet usage on the adjustment of the IT students. 100 internet users identified from the IT Department, Bharathiar University, Coimbatore, Tamil Nadu formed the sample for the study. Their age ranged of 20-24 years of the age. The internet user general questionnaire developed by Pratar Elli and Browne (1999) and Bells Adjustment Inventory developed by Lalita Sharma have been used to collect the relevant data. The data were subjected to one way analysis of variance test. The findings revealed that internet using found to have influencing effect of the level of adjustments of the internet users.

Naranbhai (2013) [16] conducted a study on internet addiction among under graduate and post-graduate students. This study is to evaluate explore the impact of gender and education level in internet addiction. The participants were 160 students in the different colleges and university departments in Rajkot city, Internet Addiction Scale by Young (1998). To examine the impact of gender and educational qualification on internet addiction data were analyzed using F-test. The results demonstrated that male students are more internet addicted than female students and under graduate student more internet addicted than post-graduate student. Azher *et al.* (2014) [1] conducted a study on the prevalence of internet addiction among the male and female students in the University of Sargodha and the relationship between internet fiction and anxiety level of students. There were 300 students, from Masters" classes, as sample, selected through cluster sampling. Internet Addiction Scale (I.A.S) and Beck Anxiety Scale were used as assessment tools for data collection. The data were analyzed using mean, standard deviation, t-test and regression analysis. The results showed that prevalence of internet is more in male students than female students. Regression analysis showed a positive and significant relation between internet addiction and anxiety level among University students.

Dr. Neeta Sharma, Km. Anu (2015) [15] in her study titled as Influence of Internet Addiction on Mental Health and Adjustment of College Students, found that greater use of Internet leads to decrease the mental health and Adjustment level among college students. Hence Internet addiction and mental health and Adjustment are closely related. It can also be stated Internet plays a major role in the psychology of the students.

In a review regarding the relationship between internet addiction with emotional intelligence aver 209 adolescents, age 13-15 years old and 458 youths age 16-18 years, by Parker, Taylor and Laura Wed (2008) concluded that emotional intelligence in each age can be a good prediction of the rate of internet addiction. Emotional intelligence can predict internet addiction of 76% and 56% at the age range of 16-18 years.

Juneja & sethi (2015) [15] found that young adults are more prone to internet addiction and periencing a higher level of anxiety for day to day life schedule especially in girls. Females By nature are more inquisitive and far sighted than males which make them think more on my issue and thus can give rise to anxiety in varied situations. See also found that they score wer in emotional intelligence than females.

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Goswami (2016) [13] found that Excessive use of the Internet has become one of the leading challenges of the modern society and causes both physical and mental impairment. On the s of this review paper we have understand that Internet has become one of the most significant information resources for adolescents, its impact is remarkable. It makes countless disturbances in academic performance; social relationship, emotional wellbeing etc. so we should control the over use of Internet, and try to follow treatment techniques for Internet addiction.

Methodology
The research nature will be in present study is quantitative one. The method adopt followed is Descriptive Survey Method. Descriptive research is known as non-experimental or correlational research, which describes records, analysis and interprets that exists.

Description of the Sample
The well-specified and identifiable group is known as population or universe. The 8TK GC population in the present study will be defined as all students of college students, studying in different college of Allahabad city. Therefore the selection of the sample will be made randomly manner keeping in mind the needs and objectives of the study. The representative sample will be approximately being consisting of 600 (male and female) under graduate's students studying in University of Allahabad. The college will selected by purposive or simple random sampling technique without replacement and each which 5 will be selected using simple random sampling technique and then 100 students will be selected from each faculty.

Description of Tools Used
1. Internet Addiction test (IAT) by young. K. (1998)
2. Adjustment Inventory by Dr. DJ Bhatt (1994)
3. Emotional intelligence inventory by Singh & Bhargava (2012)

Statistical Techniques Used for Data Analysis
The statistical analysis will be used SPSS (Statistical Package for Social Sciences)-Version 15.0 statistical Analysis Software.
The data will be analyzed quantitatively using various statistical techniques like Pearson r, mean, standard deviation, ANOVA, t-test etc. will be used.

Delimitation of the Present Study
1. The researcher selected the sample mainly from capital of city i.e. Allahabad, U.P. India.
2. It is very difficult to cover the entire university therefore only under graduate will be PIS T selected for the present study.
3. Only the academic and professional courses students constitute the sample of the study.
4. The sample size is limited to 400 students.
5. There are different variable which contribute to internet addiction but only emotional intelligence and adjustment are taken in the study.

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