

The Study of Internet Addiction and Self-esteem Among College Students Across their Gender

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Abstract: Internet addiction is a behavioral pattern characterized by excessive or obsessive online and offline use, that leads to distress and impairment (Young's, 1996). The condition through controversial has attracted increasing attention in popular media and among healthcare professionals. Self-esteem is the degree to which the qualities and characteristics is contained in one's self concept are perceived to be positive (Smith and Mackie, 2007). It reflects a person's physical self-image view of their accomplishment, capabilities, values and perceived success in living up to them as well as the way they respond. According to Rosenberg (1965) 'self-esteem' is one's attitude towards oneself and one's evaluation of one's own thoughts and feelings over all investigations to oneself. High self-esteem indicates a high level of social adjustment (Martin et al. 2014). The present study aimed to investigate about the internet addiction and self-esteem among college students. **METHOD:** The sample of 60 was collected and out of which 30 were male and 30 were female and. Internet addiction questionnaire (Dr. Kimberly S Young (1998)) and Rosenberg self-esteem inventory was used to collect data. The data were analyzed by Mean, Standard deviation, Independent sample t-test, and Pearson's product moment correlation. **RESULT:** The result, says there is no significant difference in the level of internet addiction and self-esteem among college students across their gender. Statistically, there is no significant relationship between internet addiction and self-esteem among college students.

Keywords: Internet addiction, Self-esteem.

1. Introduction

One of the most important features of modern society is the growing impact of online communication tools, especially internet on people. This impact can also be felt on college students because younger generation these days are adopting new digital technologies as quickly as they are being introduced. There are certain factors that increase collage students' tendency towards the internet.

The significant existence of internet has made unease increases in the internet addiction condition. Internet addiction is delineated by repeated, uncontrollable, risky use of the internet. The addiction can be detected when the individual include obsession, withdrawal, lose interest, lack of control and performance deficiency. Internet addiction is a behavioral addiction in which a person becomes addicted or dependent on the use of the internet, and it is now declared as a national health problem. Internet addiction is not yet considered as a mental disorder. The most important thing in success is a person's self-

esteem. Self-esteem can help a person from educational, professional mental activities. In this study, we aim to investigate on the role of internet addiction in self-esteem.

Addiction is a process which leads a person exclude their performance just to stay online. There are people with high and low self-esteem who fall addiction. Internet addiction and self-esteem can also be made by the physical environment of an individual. Many things such as poor school environment, unsatisfied workplace, unhappy life situations can alter person esteem. Global self-esteem refers to the overall aggregated opinion of oneself at any one time, on a scale between negative and positive (Harter, 1993, p. 88qs cited in Kling et al., 1999). Self-esteem becomes more defensive because it is contingent on heavily invested domains. Abraham Maslow included self-esteem in his hierarchy of human needs and he thereby described two forms of 'esteem': the need for respect from other store cognition and success, the need for self-respect in the form of self-love, confidence and attitude. Both internet addiction and self-esteem plays an important role in a successful life and improving on this factor can make their life confident and stronger one.

Definition of key words:

Internet addiction is defined as the behavioral addiction in which a person becomes addicted or dependent on the use of internet and further lose their interests in activities (Young, 1996).

Self-esteem is defined as the general self-worth and affective experience of the self that are linked to the global appraisal (Smith and Mackie, 2007).

2. Literature Review

Agaj (2013) conducted a study on the relationship between Internet addiction and self-esteem among adolescence in Albinia on sample of 140 adolescents aged between 15 to 17 years late to the findings that there exists a negative relationship between Internet addiction and Self-esteem by emphasize in lower the self-esteem higher The Internet addiction. In this study self-esteem relationship was examined with Internet addiction among individuals aged 18 to 40 it is start that the result of study will contribute significantly to personality related research on self-esteem and internet addiction.

Aydin and Sari (2011) conducted a study to examine the role

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of self-esteem on adolescence Internet addiction. The study was conducted on 324 adolescence residing at Torquay. The researchers further emphasize that social self-esteem and home family Self-esteem were found to be significant predictors of Internet addiction.

Nadera, Abdullah, Aisak, Sharir and Kumar (2009) Conducted a study on 580 undergraduate students to study the effect of gender on self-esteem. Their research findings highlighted that gender has significant and positive influence on self-esteem.

Muraly and George (2007) conducted a study to investigate relationship between Internet addiction and self-esteem. Their research findings revealed that individuals with low self-esteem are more Prone to addiction with Internet.

A. Rationale

After reviewing the literature, the researcher found that there Is no studies on the topic among college students across their gender. Therefore, the researcher is trying to do research on this topic.

3. Methodology

A. Problem

Is there any significant difference in internet addiction and self-esteem among college students across their gender. And is there any significant relationship between internet addiction and self-esteem among college students.

B. Objectives

1. To study the internet addiction and self-esteem among college students across their gender.
2. To study the relationship between internet addiction and self-esteem among college students.

C. Variables

Independent variable: Gender

Dependent variable: Internet addiction, Self-esteem.

D. Hypothesis

The following assumptions are made based on the above objectives. The researcher has formulated two hypotheses and to be tested on a sample of 60 college students.

1. There will be no significant difference in the level of internet addiction among college students across their gender.
2. There will be no significant difference in the level of self-esteem among college students across their gender.
3. There will be no significant relationship between internet addiction and self-esteem among college students.

E. Research design

The research study used quantitative method and this study adopted correlational research design for finding out the relationship between internet addiction and self-esteem among college students. And this study also adopts a between group design to determine is there any differences in the level of internet addiction and self-esteem among college students across their gender.

F. Research Sample

Purposive sampling method was used for this study. The study sample size was of 60 college students at age range from 18-27 different parts of Kerala, out of which 30 were males and 30 were females.

The sample belongs to different gender, religious family type, area of residence.

G. Tools

The following tools were administered to each participant in order to collect the required information.

1. Youngs internet addiction test (Young, 1995).
2. Rosenberg self-esteem scale (Rosenberg, 1965).

H. Sampling criteria

1) Inclusion criteria

1. Those who have given consent for participation.
2. Age limit 18-27.
3. Willing participants through online.
4. Only college students were considered.

2) Exclusion criteria

1. For those who don't have interest to participate.
2. Physically disabled.
3. Those who haven't given consent for participation.

I. Procedure

The purpose of the study was explained to the participants through online and on their willingness. The first step was for participants and the researcher to establish a relationship through social media, after which each participant was made aware of the purpose of the study and the confidentiality of their response individually. Finally, the internet addiction and self-esteem questionnaire were sampled online one by one with the right instructions. The scoring of the evaluation was done and interpreted according to the manual. Participants were not asked to disclose any personal information there.

J. Analysis of data

The collected data were analysed using following statistical test:

1. Mean, standard deviation.
2. Independent sample t-test.
3. Pearson product moment correlation.

K. Ethical issues

- Research was taken only after approval from the department from the research committee.
- Confidentiality of the obtained information was maintained throughout the study.
- Data collected has been used only for research propose.

4. Result

A. Data analysis and interpretation

The table 1 shows that the significant value of internet addiction among college students across their gender is 0.32 which is not significant at 0.05 level of significance, so the first

null hypothesis is accepted. There is no significant difference in the level of internet addiction among college students across their gender. And also the table 1 shows that the significant value of self-esteem among college students across their gender is 0.23 which is not significant at 0.05 level of significance, so the second null hypothesis is accepted. There is no significant difference in the level of self-esteem among college students across their gender.

The mean value of boys on internet addiction is 37.5667 whereas, the mean value of girls is 26.9333 So the boys have the high level of internet addiction compared to girls. Similarly, the mean value of boys on self-esteem is 21.2667 Whereas, the mean value of girls is 23.7000. So the girls have the highest level of self-esteem compared to boys.

Table 1
Mean, standard deviation, significant value on internet addiction and self-esteem

Variables	Gender	N	Mean	Standard Deviation	Sig. 2 (tailed)
Internet addiction	M	30	37.5667	17.92067	0.32
	F	30	26.9333	14.44388	0.32
Self-esteem	M	30	21.2667	4.10998	0.23
	F	30	23.7000	3.94925	0.23

Table 2
Correlation coefficient value between internet addiction and self-esteem

Variables		Internet addiction	Self-esteem
Internet addiction	Pearson correlation	1	.18
	Sig. (2 tailed)		.893
	N	60	60
Self-esteem	Pearson correlation	.18	1
	Sig. (2 tailed)	.893	
	N	60	60

Table 2 shows that, the significant values of correlation between internet addiction and self-esteem is 0.893 which is not significant at 0.05 level of significance. Thus, the third null hypothesis is accepted shows. Thus, there is no significant correlation between self-esteem and internet addiction among college students.

5. Summary and Conclusion

Self-esteem is defined as the general self-worth and effective

experiences of the self that are linked to the global appraisal (Smith and Mackie, 2007). Internet addiction is a behavioral addiction in which a person becomes addicted or dependent on the use of internet and further loss their interest in activities (Young, 1996). The purpose of the study was to determine the role of internet addiction and self-esteem among college students across their gender. The young's internet addiction test of 20 items and self-esteem inventory of 10 items were given to sample through online with proper instruction one after the other. Responses were collected from the participants. For data analysis Pearson's product moment co-efficient of correlation was employed.

A. Major findings

- There is no significant difference in the level of internet addiction among college students across gender.
- There is no significant difference in the level of self-esteem among college students across gender.
- There is no significant difference relation between internet addiction and self-esteem among college students across gender.
- The males have higher levels of internet addiction as compared to female counterparts.
- The females have a higher level of self-esteem as compared to males.

B. Limitations

- The sample size was small.
- Samples were collected only from Kerala state.

C. Implications

The present study indicated that the males have higher levels of internet addiction and low level of self-esteem compared to females. So we can use some intervention programs for them.

D. Scope for further study

- Further study can be done in a large population.
- Qualitative research methods can be done for improving the quality of the paper.

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