

Relationship Between Anxiety and Problematic Internet Use Among Adolescents

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Abstract

The Present study is an attempt to study the degree of association between Anxiety and Problematic internet use among Adolescent. In this study, qualitative analysis was done on the sample by asking them to fill up the questionnaires of Anxiety and Problematic Internet use. A sample consists 100 girls & boys. Statistical Method applied on the data was Pearson's 'product movement' correlation. Anxiety Scale is developed by A.K.P. Sinha and L.N.K. Sinha and Problematic and Risky internet use screening scale. There is a relationship between those who are over & risky use the Internet and those who use the internet in a Productive manner. Because Problematic internet use is one of the most closely relevant variable with anxiety and other related mental health issues. There are many researches who also supported that Problematic internet use causes several mental health problems.

Keywords: Anxiety, Problematic Internet use, Adolescent.

Introduction

Anxiety

Anxiety refers to the unpleasant feeling of fear and apprehension. Anxiety is a wider the term it include many other types of disorders like panic attack, phobia, Generalized anxiety disorder etc. In this study we are trying to know how excessive or unproductive use of Internet increase anxiety in individual. Excessive or problematic internet use is closely related to Generalized Anxiety Disorder (GAD). Which is also known as free floating anxiety which means that if a person worries excessively or unrealistically about the future and is not able to perform there daily life routine successfully and not able to follow normal lifestyle. Then we can say that, that is not a normal type of anxiety and that person needs immediate help otherwise this fear will get very problematic for person. Due to long term feeling of fear and anxiety, some changes can also happen inside our body, like long term release of epinephrine & nor epinephrine. Due to which it will affect people both directly and indirectly in the future.

Problematic Internet use

Problematic internet use or Internet addiction disorder develops or caused by when someone uses internet excessive or poorly. When a person uses the internet unproductively for more then six hours, then it can be said that it has become a matter of concern. It is characterized by poorly controlled preoccupation use of Internet that means even when they are at work, they think that they should go home quickly and turn on the internet.

According to DSM-5 (2008) there are four component which helps us to diagnose Internet addiction disorder.

1. Excessive use of internet- Using the internet so much that you lose track of time.
2. Withdrawal- It internet is not available then symptoms like tension, aggression, and anxiety appear.
3. Tolerance- Not getting bored of using internet and spending more and more time on internet.
4. Adverse consequences- Excessive use of internet leads to poorer outcomes.

Rationale of the study

The aim of this study is to investigate the relationship between problematic internet use and anxiety and comparing these psychological variables in the adolescents. Through this research work. Actual reason behind this topic of my study was explore more in the field of cyber psychology. Desire to know & spread awareness about how over and risky use of internet influence adolescents mental health. This study can help in exploring those highly contributed factors that influence the anxiety level of adolescents.

Objectives

1. To study the degree of association between anxiety and internet among adolescents with high unproductive uses of internet.
2. To study the degree of association between Anxiety and internet among adolescents with low unproductive uses of internet.

Hypotheses

1. There is positive correlation between among adolescents those who uses internet unproductive and problematic with anxiety.
2. There is a negative correlation between among adolescents those who didn't use internet unproductive and problematic with anxiety.

Method

Sample

The sample of this study consists of 100 (girls and boys) adolescents who were divided into two equal groups with 50 participants in each group. The first group consists of adolescents who are uses internet unproductive and problematic and the second group consists of adolescents who are didn't uses internet much unproductive and problematic.

Instruments

1. Anxiety Scale is developed by A.K.P. Sinha and L.N.K. Sinha.
2. Problematic and Risky internet use screening scale.

Data Analysis

Table:-1 Showing the degree of association between the Anxiety and Problematic internet uses among adolescents who are using internet unproductive and problematic.

	R ratio	Correlation	Level
Adolescents	0.78	Positive	High

INFERENCE: There is a high positive correlation between Anxiety and Problematic internet use among Adolescent.

Table:-1 Showing the degree of association between the Anxiety and Problematic internet uses among adolescents who didn't used internet unproductive and problematic.

	R ratio	Correlation	Level
Adolescents	0.28	Positive	Low

INFERENCE: There is a low positive correlation between Anxiety and internet use among Adolescent.

Discussion

The purpose of this study is to find the relationship between anxiety and problematic internet use among adolescents.

In this study we are trying to know how excessive or unproductive use of Internet increase anxiety in individual. Excessive or problematic internet use is closely related to Generalized Anxiety Disorder (GAD). Which is also known as free floating anxiety which means that if a person worries excessively or unrealistically about the future and is not able to perform there daily life routine successfully.

The first research question was to find if there is a relationship between anxiety and internet among adolescents those who uses internet unproductive and problematic. So, Person's Product movement correlation was calculated to find the correlation between anxiety and problematic internet use. The correlation value of r was found to be 0.78 and was interpreted as high positive correlation. That means hypothesis one could be proved.

The second research question focused on finding the relationship between anxiety and internet among adolescents those who didn't used internet unproductive and problematic. Correlation r was calculated to find the correlation between anxiety and internet of adolescents. The correlation value of r was found to 0.23 and was interpreted as a low positive correlation. Thus, hypothesis two could be proved.

Conclusion

To conclude, it was found that there is a high positive correlation between Anxiety and Problematic internet use among adolescents those who uses internet unproductive and problematic. And there is a low positive correlation between Anxiety and internet use among adolescents those who didn't used internet unproductive and problematic. Thus, it can be concluded that there are some highly contributed factors that influence the anxiety level of adolescents.

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