

Impacts of Internet Addiction among higher educational students in Bilaspur district of Chhattisgarh (India)

*¹Ramesh Kumar Sahu^{ORCID}, ²Diwakar Singh Rajput & ³Amit Kumar

¹PhD Research Scholar, Department of Criminology and Forensic Science, Dr. Harisingh Gour Vishwavidyalaya, Sagar, MP (India) 470 003.

²Professor and former Head, Department of Sociology & Social Work, Dr. Harisingh Gour Vishwavidyalaya, Sagar, MP (India) 470 003.

³MA Criminology, Department of Criminology and Forensic Science, Dr. Harisingh Gour Vishwavidyalaya, Sagar, MP (India) 470 003.

Abstract

The concept of IA refers to the unwarranted use of internet which in turn causes a variety of problems in personage, social and professional aspects. According to the Internet World Stats, the internet users has grown from 5,00,000 to 4.83 billion from 1989 to June 2020 demonstrating an upward leaning in the number of digitally literate populace. In Indian scenario, Telecom Regulatory Authority of India (TRAI) is ranked 2nd among the highest number 718 million users till June 2020 subsequent to the China. The aim of this research is to examine the level of addiction, impacts, prevalence and associated factors among higher educational students in Bilaspur districts-based Universities of Chhattisgarh (India). Out of 310 different socio-economic background professionals 142 (45.8%) HES were males and 168 (54.2%) were females. Mean age the subject was 21.46 (SD 2.41). The data was collected by "Personal Information Form included internet usage overview", Young's "Internet Addiction Test" and "Impact Scale of Internet Addiction". The results of the research shows that the level of internet addiction amongst users LATs mean score turned out to be 66.40. Out of total, 75 (24.19%) respondents were found Severe Addicted, while 178 (57.41%) were Moderate or Possible Addicts and 55 (17.74%) were Mild or Average users. Out of 937, only 02 (0.64%) users were found Completely Safe or Addiction Free. The results of males with compared to females; of those spending times; social media friends; purpose; Smartphone's usage; Antisocial behavior; tendencies; Psychological; Physical; Academic impacts have been found to be significantly. On these facts, further I stand also through light with on risk of addiction, preventive strategies and safeguard measures.

Keywords: Internet Addiction, Abuse, Anti-social behavior, ISLA, Chhattisgarh

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*Author's Correspondence

 Ramesh Kumar Sahu

 PhD Research Scholar, Department of Criminology and Forensic Science, Dr. Harisingh Gour Vishwavidyalaya, Sagar, MP (India) 470 003

 kumar.ramesh0[at]yahoo.com

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Introduction

Internet is an all-inclusive information source that is without doubt reached via PC and speedy databases by every person. In the decades of 1960s, the computer system assignment developed with the aim of defense & military purpose by the US Army and the same decade the project has reached a new phase including all activities such as politics, research, social communication, education, entertainment & trade which disquiet all people. The idiom internet was first introduced in 1982, while became more pervasive in the mid 90's decades and from starting to 21st century till now the proved the Internet is the sprightly developing electric mechanization in the earth history ever (Musch, 2000; Hecht, 2001; Alkan & Canbay, 2011). Nowadays Internet is the leading and most ingenious establishment of information in the world. The internet is a huge network linking collectively billions of smaller computers at plentiful sites in diverse countries.

More than twenty years pass out the Internet addiction phrase firstly used by Dr. Ivan Goldberg in the year of 1995 has freshly become a observable fact which is tried to be narrated with dissimilar tags such as 'online addiction', 'cyber disorder', 'net addiction', 'internet addiction', 'pathologic internet use' and 'internet addiction disorder' (Eichenberg & Ott, 1999). There aren't any homogeneous and usual metaphors for IA chaos (Chou, Condron & Belland, 2005) but its fundamental indication can describe as not proficient to perimeter internet use, that means we can't bound that uses minimum or maximally. To continue or excessive use of internet prevent the stamina for increasing values and down through social or scholastic damage along with feel deep anxiety, loneliness, depression etc. when users of the internet usage is restricted or limited (Öztürk et al., 2007). According to a number of researches, it is indicated that generally the age group 13-19 use internet to play games, listen to tune and make new contacts (Ata, Akpınar & Kelleci, 2011). Rising internet use of newcomers day by day and getting all kinds of details in an easy to uncontrolled and unrestrained way have led to many unenthusiastic results (Karaman & Kurtoglu, 2009).

Since its formation in 1973, internet has developed at an exceptional rate. Up-and-coming studies have reported IA as disquieting community health concern with the rapid expansion of Internet users globally in the 2000s (Block, 2008). In Asia continent, the frequency in young people was revealed to be 13.8% in Taiwan (Yang & Tung, 2007), in South Korea's 10.7% (Park, Kim, & Cho, 2008), in Hong Kong's 6.7% (Fu et al., 2010), and in China, just 2.4% (Cao & Su, 2007). In European continent, a countrywide study in 11 countries disclosed an occurrence of pathological Internet users in Israel arraying from 11.8% to 1.2% in Italy (Durkee et al., 2012). It is possible to point out both the positive & negative effects of internet on society and humanity (Çalık & Çınar, 2009; Khasawneh & Al-Awidi, 2008; Kelleci, 2008; Weiner, 1996). IA can be said one of these unenthusiastic effects (Chou, Condron & Belland, 2005).

To our awareness, similar data have yet to be reported in the country of India. The studies investigated in various nations have resulted in noteworthy data by which this addiction can be considered as a public intimidation along with numerous idiosyncratic cases that truthfully show the amount of seriousness this trouble deserves (Malviya, 2014). The NIMHANS, Bangalore bares that 73% of teen-agers have psychiatric pain, and that children in the age group of 13-17 are typically addicted to Facebook. Compared to adults people; the young have troubles related to depression because of that keens (Ören & Gençdoğan, 2007). Internet usage & access in the world has been escalating year by year, with just about 1 billion users in 2005, 2 billion in 2011, 3 billion in 2015, 4 billion in 2018 and 5 billion in 2020 signifying an upward lean in the number of digitally literate populace. Such a speedy development has been interacted with people's requirements and enthusiasm. In today the world inhabitants was projected to have reached 7.7 billion as of June 2020 affirmed by Internet World Stats but presently 62.0% (4,833,521,806 billion) of the people make use of Internet worldwide. The growth velocity was boost 1,239% since 2000-2020. After the more conventional addictions like alcohol & drug, the internet is comparatively new conception as well as micro research was done as an addiction on the world platform. According to the TRAI, 2020 the population is ranked 2nd among the highest number 718 million users till June 2020 subsequent to China, approximately 52.10% of Indian population are internet users and their growth rate increases with 11,110% since 2000-2020.

In this day and age, Internet access has been elevated to a position of basic needs, right after food, shelter, and clothing. As a user of the internet usage is rising swiftly every year and IA is becoming a seriousness dilemma among not only the single user, it's for whole generations. Internet Addicted persons result there are suffering in all from the main aspect of everyday life in the situation such as individual, psychological, school, relationship, family interaction, work, and of course scholastic performance. There are two major research survey shown that, how the addiction level is increasing day by day especially in Asian continents, this is the alarming signs to prevent future. Firstly, in survey carried out by IPSOS (2018), 18,180 people were quizzed across 23 countries, to gauge their public attitudes towards technology. In the study, more than two-thirds of the people said they couldn't imagine life without Internet. In fact, India had the highest proportion of people at 82 percent, that's higher even than the UK with 78 percent, China's 77 percent, 73 percent in the US

and 62 percent of Japanese. Second one, the survey on 'Worst Internet Habits' commissioned by Telenor Group (2015), shown that 65 per cent of Indians admit to being 'Internet addicts', 33 per cent of Indians also hate excessive selfie takers and 40% users Spreading rumors. The Telenor Group conducted Internet behavioral survey in four well internet connected South-East Asian countries across India, Thailand, Singapore and Malaysia.

Nowadays, access of free internet over the country for children and youths after come lowest cost cellular data in the world by JIO telecom and many state governments of India like Chhattisgarh, Madhya Pradesh, Uttar Pradesh etc. launched the free laptop and Smartphone's distributions scheme. In the era, the internet is extremely constructive and helpful for consumer to find knowledge for their contemporary and elaborated effort. Nonetheless, at the present moment internet is not only the employ in expedition of details but being use to fills users' spare time and freedom as well. So, this occurrence continues exclusive of any resolution IA will turn into a very severe and offensive nature to all users as well as generation. So, in this research studies to investigate the causes and effects and also will explain the negative consequences of the IA is the core thing to start so that showing need and significance of the study. Moreover, these researches also vital to let the internet users who are understand to be careful of from addiction such as mentor and parents. Meanwhile this research, awareness will be spread the target group to deal with this trouble so that can try to manage theirs in 21st century generation.

Figure 01: World Internet Growth Rates in June 2020
(Source: Internet World Stats and Internet Live Stats)

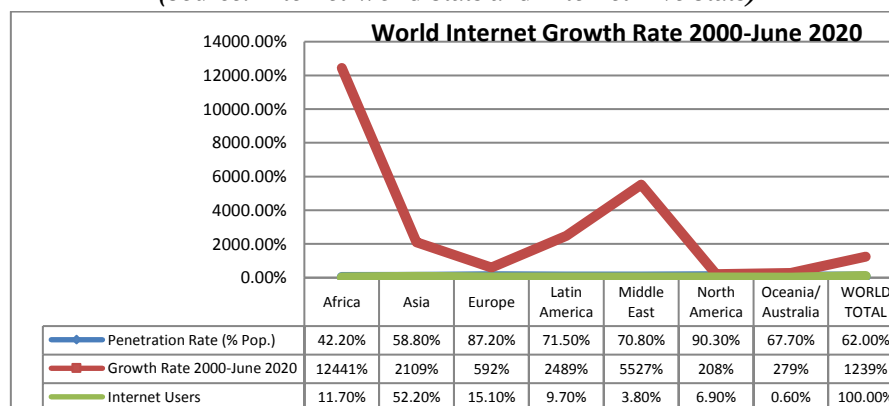
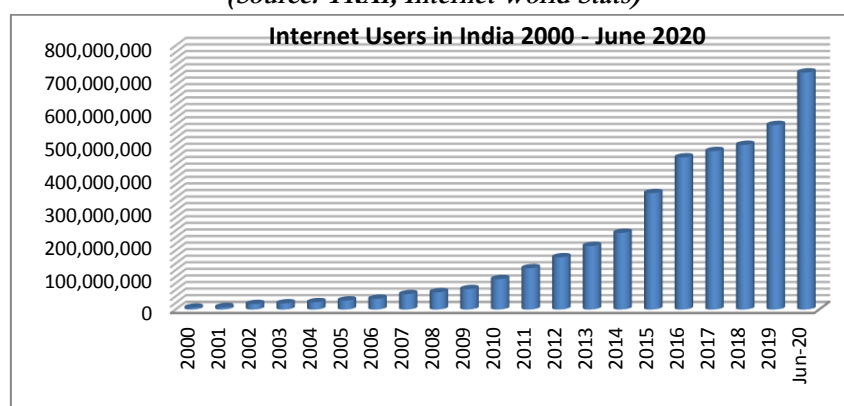


Figure 02: Internet Users in India
(Source: TRAI, Internet World Stats)



Aim of the study

The goal of the study is concluding the affiliation between internet addiction & their impacts in requisites of age, gender, profession, and moment spent on internet and purpose etc... Within the capacity of that aim, the subsequent questions are tried to be solved:

- To find out the level and status of IA.

- To analyze the impact of IA on anxiety, depression, anti-social behavior, academic performance and associated factors.

Materials And Methods

Sample and Sampling

The study group consisted of 310 higher educational students of UG, PG, PhDs grades from 03 esteemed Universities and Institute of different socio-economic backgrounds in Bilaspur District of the Chhattisgarh State, who have given permission and who were using internet for more than two hour a day. The purposive sampling and the descriptive design method with questionnaire model were in use to accumulate samples for the present research. To make these data's more legislature of target populace the researcher went through proper channel on selecting respondents who were willing to take part in the study. Table 01 shows the features of individuals attending in the study.

Table 01 shows the features of individuals attending in the study

Higher Educational students	Complete Safe (n=02)	Average users (n=55)	Possible addicts (n=178)	Severe addicts (n=75)	Total respondents (n=310)	p-value (X ²)
Age						
18-31yrs	02 (0.7)	55 (17.7)	178 (57.4)	75 (24.2)	310 (100)	.005
Sex						
Male	1 (50.0)	37 (67.3)	75 (42.1)	29 (38.7)	142 (45.8)	.211
Female	1 (50.0)	18 (32.7)	103 (57.9)	46 (61.3)	168 (54.2)	
Educational Status						
Arts Stream	0 (0.0)	15 (27.3)	23 (12.9)	21 (28.0)	59 (19.0)	.001
Science Stream	2 (100.0)	12 (21.8)	67 (37.6)	35 (46.7)	116 (37.4)	
Commerce/Management Stream	0 (0.0)	6 (10.9)	22 (12.4)	1 (1.3)	29 (9.4)	
Law professional	0 (0.0)	3 (5.5)	3 (1.7)	2 (2.7)	8 (2.6)	
Medical professional	0 (0.0)	19 (34.5)	56 (31.5)	15 (20.0)	90 (29.0)	
Engineering/Tech professional	0 (0.0)	0 (0.0)	7 (3.9)	1 (1.3)	8 (2.6)	
Universities/Institutes						
Guru Ghasidas Central University, Bilaspur	0 (0.0)	21 (38.2)	69 (38.8)	26 (34.7)	116 (37.4)	.010
Chhattisgarh Institute of Medical Sci., Bilaspur	0 (0.0)	19 (34.5)	56 (31.4)	15 (20.0)	90 (29.0)	
Dr. C.V. Raman University, Bilaspur	2 (100.0)	15 (27.3)	53 (29.8)	34 (45.3)	104 (33.6)	
How often do you use the internet						
Everyday	1 (50.0)	33 (60.0)	89 (50.0)	26 (34.7)	149 (48.1)	.000
More than once a day	0 (0.0)	20 (36.4)	76 (42.7)	41 (54.7)	137 (44.2)	
Once a day	0 (0.0)	1 (1.8)	13 (7.3)	8 (10.6)	22 (7.1)	
Once a week	0 (0.0)	1 (1.8)	0 (0.0)	0 (0.0)	01 (0.3)	
Once a month	1 (50.0)	0 (0.0)	0 (0.0)	0 (0.0)	01 (0.3)	
How many hours per day spend on the internet						
1-2 Hrs	1 (50.0)	6 (10.9)	34 (19.1)	31 (41.4)	72 (23.2)	.165
3-4 Hrs	0 (0.0)	25 (45.5)	58 (32.6)	22 (29.4)	105 (33.9)	
5-6 Hrs	0 (0.0)	7 (12.7)	48 (27.0)	8 (10.6)	63 (20.3)	
7-8 Hrs	0 (0.0)	8 (14.5)	20 (11.2)	8 (10.6)	36 (11.6)	
>8 Hrs	1 (50.0)	9 (16.4)	18 (10.1)	6 (8.0)	34 (11.0)	
Check smartphone first after getting up in the morning						
Always	1 (50.0)	25 (45.5)	70 (39.3)	12 (16.0)	108 (34.8)	.000
Often	0 (0.0)	13 (23.7)	36 (20.2)	12 (16.0)	61 (19.7)	
Sometimes	0 (0.0)	11 (20.0)	45 (25.3)	31 (41.4)	87 (28.1)	
Rarely	0 (0.0)	5 (9.0)	25 (14.0)	10 (13.3)	40 (12.9)	
Never	1 (50.0)	1 (1.8)	2 (1.2)	10 (13.3)	14 (4.5)	
Got ever lessons for stay safe on internet						

Yes	2 (100.0)	31 (56.4)	126 (70.8)	57 (76.0)	216 (69.7)	.082
No	0 (0.0)	24 (43.6)	52 (29.2)	18 (24.0)	94 (30.3)	
How many online friends do you have on social media platforms						
Open ended.....(N=310)	754.89 (Mean)			1810.70 (SD)		.004
How many online friends you met in real world, before you unknown						
Open ended.....(N=310)	10.41 (Mean)			54.49 (SD)		.569
How many times any online friend cheated you on the internet						
Open ended.....(N=310)	3.64 (Mean)			9.75 (SD)		.276

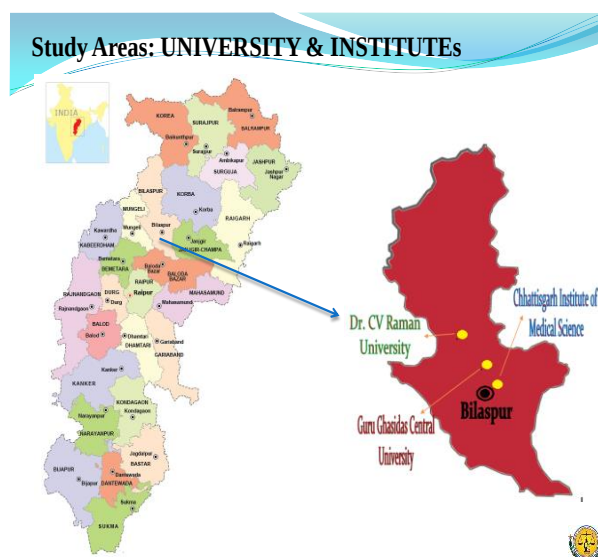


Figure 03. University/Institutes 2D Mapping Area

Data collection & Tool

The primary records was composed by researcher with 'Personal Information Form' included Internet usage overview and "Impact Scale of Internet Addiction" developed by the researcher with permission of the competent authority of Thesis Advisory Committee, to collect information about independent variables of the study and standardized version of 'Internet Addiction Test' scale. It has developed by Dr. Kimberly S. Young in 1998, which was vaguely customized according to present scenario with appropriate language. It contains 3 parts: the demographic aspects included Age, Gender, Educational status, Family Details the qualitative variables incorporating subjective response on the usage of the internet, Impact Scale of Internet Addiction (ISIA) and last one the Young IAT questionnaire.

- 1. Personal Information Form:** This form developed by the researcher includes demographic features (age, sex, profession, use of internet, purpose, virtual friends circle, spend timing etc.), Family details profiling of use on internet and the overview of uses of Internet addiction.
- 2. Impact Scale of Internet Addiction (ISIA):** This scale developed by the researcher through proper channel and supervision of the competent authority of Thesis Advisory Committee, which included the Criminal or antisocial behavior, Physical impact, psychological impact, impact upon Society and the last one of Academic performance.
- 3. Internet Addiction Test Scale (Young, 1998):** Scale used for check the level of addiction on higher educational students of both district in the states. The scale consist 20-items; apiece questions is answered on 5-point Likert scale. (Values: Always = 5, Often = 4, Sometimes = 3, Rarely = 2, Never = 1). According to this scale, >80 points secure that severe or completely addicts of Internet, while 50-79 points secures will be Possible addicted, 31-49 points takes will be Average, and <30 points respondents

will be addiction free. In accumulation to that the researcher translates this questionnaire in Hindi language for better understanding the items because Hindi is our executive language of the India as well as Chhattisgarh States.

Data analysis

In order to get answers of the questions mentioned in the study aims section, frequencies, arithmetic mean, standard deviation, range, crosstabs, independent sampling t test, ANOVA, correlations analysis were performed and for the data analysis using the **Statistical Package for Social Sciences (SPSS)** 21.0 version. For significant test, level of $p < .05$ is acknowledged. Additionally, score ranges and frequency level used to figure out of internet addiction are summarized in Table 02.

Table 02. Score ranges for levels of IA, their factors and ISIA

	Variables	Min. Score	Max. Score	Low	Medium	High
Internet Addiction Test	Salience	5.0	25.0	1.0 – 8.33	8.34 – 16.66	16.67 – 25.00
	Excessive Use	5.0	25.0	1.0 – 8.33	8.34 – 16.66	16.67 – 25.00
	Neglect Work	3.0	15.0	1.0 – 5.00	5.01 – 10.00	10.01 – 15.00
	Anticipation	2.0	10.0	1.0 – 3.33	3.34 – 6.66	6.67 – 10.00
	Lack of Control	3.0	15.0	1.0 – 5.00	5.01 – 10.00	10.01 – 15.00
	Neglect Social Life	2.0	10.0	1.0 – 3.33	3.34 – 6.66	6.67 – 10.00
INTERNET ADDICTION		5.0	100.0	1.0 – 33.66	33.67 – 67.32	67.33 – 100.0
ANTISOCIAL BEHAVIOUR		1.0	11.0	1.0 – 3.66	3.67 – 7.33	7.34 – 11.00
PSYCHOLOGICAL IMPACT		1.0	11.0	1.0 – 3.66	3.67 – 7.33	7.34 – 11.00
PHYSICAL IMPACT		1.0	11.0	1.0 – 3.66	3.67 – 7.33	7.34 – 11.00
SOCIAL IMPACT		1.0	9.0	1.0 – 3.00	3.01 – 6.00	6.01 – 9.00
ACADEMIC IMPACT		1.0	7.0	1.0 – 2.33	2.34 – 4.66	4.67 – 7.00

Data Interpretation and Findings of Results

Following the result of analysis were performed to determine whether IA level of higher educational students in the study group illustrate differences in obedience to independent variables or not, they were obtainable and estimated in tables in this chapter.

1. Higher Educational Students' Internet Addiction and their ISIA -

Table 03 summarizes the result related to HES' internet addiction and their impacts level.

Table 03. Higher Educational Students' Internet Addiction and their ISIA

	Factors	N	Min. Score	Max. Score	Mean	SD	Level
Internet Addiction Test	Salience	310	5.0	25.0	16.75	4.47	High
	Excessive Use	310	5.0	25.0	16.31	4.75	Medium
	Neglect Work	310	3.0	15.0	10.21	2.92	High
	Anticipation	310	2.0	10.0	6.03	1.93	Medium
	Lack of Control	310	3.0	15.0	9.32	3.08	Medium
	Neglect Social Life	310	2.0	10.0	7.75	2.38	High
INTERNET ADDICTION		310	20.0	100.0	66.40	16.48	Medium
ANTISOCIAL BEHAVIOUR		310	1.0	11.0	8.69	3.69	High

PSYCHOLOGICAL IMPACT	310	1.0	11.0	8.27	3.54	High
PHYSICAL IMPACT	310	1.0	11.0	7.00	3.46	Medium
SOCIAL IMPACT	310	1.0	9.0	5.80	2.97	High
ACADEMIC IMPACT	310	1.0	7.0	4.55	2.17	Medium

Table 03 shows that *Higher Educational Students' Internet Addiction and their Impact Scales* levels are Medium.

2. Variance of Analysis (ANOVA) test of Higher Educational Students' Internet Addiction level in terms of sex -

Table 04. Means, Standard deviations, T-test and ANOVA results of the IA levels HES in terms of

	Factors	Gender	N	Mean	SD	Source of Variance	Sum of Squares	df	Mean Square	t	F	p
SEX	Salience	Male	142	15.97	4.81	Between Groups	159.32	1	159.32	65.84	8.12	.005
					Within Groups	6040.54	308	19.61				
		Female	168	17.41	4.07	Total	6199.87	309				
	Excessive Use	Male	142	15.39	5.17	Between Groups	222.62	1	222.62	60.44	10.14	.002
					Within Groups	6756.39	308	21.93				
		Female	168	17.09	4.22	Total	6979.01	309				
	Neglect Work	Male	142	9.64	3.14	Between Groups	87.69	1	87.69	61.52	10.57	.001
					Within Groups	2555.39	308	8.29				
		Female	168	10.70	2.63	Total	2643.08	309				
	Anticipation	Male	142	5.84	2.15	Between Groups	9.50	1	9.50	54.73	2.53	.113
					Within Groups	1155.10	308	3.75				
		Male	168	6.19	1.72	Total	1164.61	309				
	Lack of Control	Male	142	9.21	3.18	Between Groups	3.21	1	3.21	53.17	.336	.563
					Within Groups	2945.22	308	9.56				
		Female	168	9.42	3.00	Total	2948.43	309				
	Neglect Social Life	Male	142	6.90	2.66	Between Groups	189.14	1	189.14	57.15	36.97	.000
					Within Groups	1575.71	308	5.11				
		Female	168	8.47	1.85	Total	1764.85	309				
	INTERNET ADDICTION	Male	142	62.97	18.18	Between Groups	3084.13	1	3084.13	70.94	11.75	.001
					Within Groups	80846.84	308	262.49				
		Female	168	69.30	14.31	Total	83930.97	309				

It can be seen that In the Table 04, females' IA scores (69.30 ± 14.31) are higher than males' internet addiction scores (62.97 ± 18.18). As claimed by to statistical analysis, the differences among males' and females' IA scores are significant ($t(310) = 70.94$; $p < .01$). Considerable differences were institute in terms of factors including salience ($t(310) = 65.84$; $p < .01$), excessive use ($t(310) = 60.44$; $p < .01$), neglect work ($t(310) = 61.52$; $p < .01$), anticipation ($t(310) = 54.73$; $p > .05$), lack of control ($t(310) = 53.17$; $p > .05$), and neglect social life ($t(310) = 57.15$; $p < .01$).

As it can be seen, as higher educational students gender levels are increasing, as well as IA scores. As stated by results of analysis performed to find out whether the observed differences are significant, it was found out that there were significant differences between sub-dimensions of factors including salience ($F(1-310) = 8.12$; $p < .01$), excessive use ($F(1-310) = 10.14$; $p < .01$), neglect work ($F(1-310) = 10.57$; $p < .01$), anticipation ($F(1-310) = 2.53$; $p > .05$), lack of control ($F(1-310) = .336$; $p > .05$), and neglect social life ($F(1-310) = 36.97$; $p < .01$), and total scores of IA ($F(1-310) = 1.75$; $p < .01$). Furthermore, it was pointed out that as higher educational student's internet addiction levels are increasing, their antisocial behavior, psychological, physical, social and academic impact levels are increasing slightly.

3. The relationship between HES internet addiction levels with their associated factors and impacts -

The findings related to the relationship between higher educational student's internet addictions levels with their associated factors and impacts are exposed in the Table 05.

Table 05. Relationship between HES internet addiction levels with their associated factors and impacts.

Variables (N=937)		SL	EU	NW	ANT	LoC	NSL	IAT					
Salience (SL)	Pearson's Correlation (r)	1	.747**	.618**	.602**	.675**	.606**	.882**					
	Significance (2-tailed) (p)		.000	.000	.000	.000	.000	.000					
Excessive Use (EU)	Pearson's Correlation (r)	1		.677**	.636**	.725**	.628**	.913**					
	Significance (2-tailed) (p)			.000	.000	.000	.000	.000					
Neglect Work (NW)	Pearson's Correlation (r)			1	.569**	.661**	.552**	.811**					
	Significance (2-tailed) (p)				.000	.000	.000	.000					
Anticipation (ANT)	Pearson's Correlation (r)				1	.555**	.480**	.739**					
	Significance (2-tailed) (p)					.000	.000	.000					
Lack of Control (LoC)	Pearson's Correlation (r)					1	.539**	.841**					
	Significance (2-tailed) (p)						.000	.000					
Neglect Social Life (NSL)	Pearson's Correlation (r)						1	.746**					
	Significance (2-tailed) (p)							.000					
Internet Addiction Test (IAT)	Pearson's Correlation (r)							1	AB	PyI	PI	SI	AI
	Significance (2-tailed) (p)												
Antisocial Behavior (AB)	Pearson's Correlation (r)							.299**	1				
	Significance (2-tailed) (p)							.000					
Psychological Impact (PyI)	Pearson's Correlation (r)							.324**	.441**	1			
	Significance (2-tailed) (p)							.000	.000				
Physical Impact (PI)	Pearson's Correlation (r)							.298**	.280**	.466**	1		
	Significance (2-tailed) (p)							.000	.000	.000			
Social Impact (SI)	Pearson's Correlation (r)							.238**	.264**	.269**	.478**	1	
	Significance (2-tailed) (p)							.001	.000	.000	.000		
Academic Impact (AI)	Pearson's Correlation (r)							.338**	.272**	.375**	.330**	.287**	1
	Significance (2-tailed) (p)							.000	.000	.000	.000	.000	

**. Correlation is significant at the 0.01 level.

*. Correlation is significant at the 0.05 level.

Table 5 point out the positive significant relationship among the factors of internet addiction; between salience $\pm$ excessive use ($r=.747$; $p<.000$), neglect work ($r=.618$; $p<.000$), anticipation ($r=.602$; $p<.000$), lack of control ($r=.675$; $p<.000$) and neglect social life ($r=.606$; $p<.000$) and total score of IA ($r=.882$; $p<.000$); excessive use $\pm$ neglect work ($r=.677$; $p<.000$), anticipation ($r=.636$; $p<.000$), lack of control ($r=.725$; $p<.000$) and neglect social life ($r=.628$; $p<.000$) and total score of IA ($r=.913$; $p<.000$); neglect work $\pm$ anticipation ($r=.569$; $p<.000$), lack of control ($r=.661$; $p<.000$) and neglect social life ($r=.552$; $p<.000$) and total score of IA ($r=.811$; $p<.000$); anticipation $\pm$ lack of control ($r=.555$; $p<.000$), neglect social life ($r=.480$; $p<.000$) and total score of IA ($r=.739$; $p<.000$); lack of control $\pm$ neglect social life ($r=.539$; $p<.000$) and total score of IA ($r=.841$; $p<.000$) and neglect social life $\pm$ internet addiction scores ($r=.746$; $p<.000$);

Another positive relationship among the different impacts of internet addiction shows the sub-dimension have upshot on each other ($p<.01$), antisocial behavior $\pm$ psychological impact ($r=.441$; $p<.000$), physical impact ($r=.280$; $p<.000$), social impact ($r=.264$; $p<.000$), and academic impact ($r=.272$; $p<.000$) and total score of IA ($r=.299$; $p<.000$); psychological impact $\pm$ physical impact ($r=.466$; $p<.000$), social impact ($r=.269$; $p<.000$), and academic impact ($r=.375$; $p<.000$) and total score of IA ($r=.324$; $p<.000$); physical impact $\pm$ social impact ($r=.478$; $p<.000$), and academic impact ($r=.330$; $p<.000$) and total score of IA ($r=.298$; $p<.000$); social impact $\pm$ academic impact ($r=.287$; $p<.000$) and total score of IA ($r=.228$; $p<.001$) and academic $\pm$ internet addiction scores ($r=.338$; $p<.000$).

Discussion

The current research is an effort to identify with the blueprint of internet use and the pervasiveness of IA in higher educational students in the state of Chhattisgarh. The mean age of the study was 21.46 (SD 2.41) years. In the present study female (69.30, SD 14.31) were more addicts and over users than the males (62.97, SD 18.18). Parallel annotations have been made in numerous other research studies in the precedent. Generally, males are

given more autonomy in our society and have they more frequented access to use the internet network and other things in personal than the female. Yet in a tribal state like Chhattisgarh female were found to have more internets addicted over the user. Further research on Indian adolescents reported the prevalence of moderate or possible internet addicts and severe addicts as 24.8% and 0.7% respectively (Goel et al., 2013). Likewise, Kawabe et al. (2016) in his study among 853 adolescents in Japan determined the prevalence of IA using IAT scale. The present study frequency the level of moderate or possible internet addicts and severe addicts were 178 (57.41%) and 75 (24.19%), respectively.

Studies have also revealed that female 74 (44.0%) predisposed use to internet of >5 hours per day more often than male 58 (40.8%). While male 133 (93.7%) and female 153 (91.1%) were almost identical to be use the internet daily. Studies have also shown that male tend to involved chatting on social media platforms 69 (48.6%) more often than female 80 (47.6%). IA and excessive use were more widespread in PG than UG student, in fact Kwabe et al. (2016) has also revealed that the number of students with IA increases as their grades increase. Likewise, Xin M. et al. (2018) conducted a study with 6468 Chinese adolescents also observed more IA among older grade students. It is possible that, because the master degree is more demanding the access of internet and with the affordability. But in the present study almost 81.0% undergraduate students were mostly addicted the internet, because mostly were the medical, legal, technical, engineering professionals, and that the study group to bear the costs of the internet is much stronger than other UG, PG degrees.

The place of work was the most favoured area for internet use among addicts, according the research of Goel et al. (2013), because of minor restraint, colleagues, and ease of access to free internet may have been the probable reason for this surveillance. But in the present study has just opposite, 152 (49.03%) of the respondents preferred the personal room, before the home and classrooms. Alcohol consumption and drug abuse were extensively associated with impacts upon IA in the present research. Male also be likely to use further addictive substances uses than female, and it has also been reported in a meta-analysis of IA that a person with a history of dependence to other substances is at higher risk of IA (Douglas AC, 2008). Numerous studies in the earlier period have made parallel remarks where pathological internet use or IA was probably associated with smoking and alcohol (Lee TK, 2016), while blackmailing got the main antisocial behaviour of female as weapon more than male.

This research publicized a well-built optimistic association between IA and their impacts among psychologically. 180 (58.06%) respondents admitted one of the negative psychological impacts like anxiety, depression and stress. With 984 UG respondents in Nepal, Bhandari et al. (2017) parallelly reported the same results. They reported 35.4% of the study sample having poor sleep quality and IA as well. Another study conducted by Orsala et al. (2013) among university students in Turkey, who reported an alarming association between internet addiction and depression. Depression has also been reported with high score in a different year research among Indian adolescents with IA (Goel D., 2013; Ali A., 2019; Saikia AM, 2019). Depression may lead to IA and vice-versa. Such use over an episode of time becomes a tendency and ultimately addiction, as some optimistic emotions like excitement and happiness are felt while being on the internet. When internet aficionado doesn't use the internet, negative emotions flare up and can only be superseded by positive emotions by using internet (Yen J., 2008).

With these huge above impacts, the researchers urged policymakers & parents to note above results and consequences. These findings are decidedly pertinent to current policy development on guiding principle for the safe use of social media networks and calls on browsing industry to more tightly regulate the hours of social media use for users mostly students and youngsters. Families may also "want to replicate on when and where it's ok to be on social media and consider limitations on current generations having smartphone devices in their bedrooms. Only then will the life, mentality and health to our future generation remain good. There are two major research survey of IPSOS and Telenor group also shown that how the addiction level is increasing day by day in Asian continent especially in India; this is the alarming signs to prevent future.

Recommendations

1. Necessitate for broad training programmes structured at regular intervals, so that all categories of users can advance their efficiency in the use of the internet.
2. Solve the difficulty of slow execution of internet operation; the university body should obtain high velocity internet connection with utmost bandwidth.
3. Expenditure of browsing should be reviewed descending so that student's admittance to internet can enhance.
4. Government ought to as a matter of prerequisite improve on the current state of authority in the country.

Conclusion

IA has usually been viewed as a tremendously broad matter with few familiar definitions and little supervision. Researchers are supposed to work to build up a uniform definition of Internet addiction with supporting rationalization. Multi-centric studies are requisite to evaluate the genuine problem and thus take suitable steps to embark upon the growing crisis. The data is pinpointing of IA to be an emerging predicament of the contemporary period. The purpose of this research was to investigate the impact of IA and their level among higher educational students with special reference to Bilaspur District in the State of Chhattisgarh. In this research the respondents sample screened consisted of 310 respondents of which 57.4% and 24.2% were found to be possible and severe internet addicts respectively. This result is very shocking but when has to come JIO telecom in India with the lowest data price over the world on September 2016, lots of users increasing rapidly and they involved approximately 4-5 hours per day. After come that 54.51% of the respondents always/often check their smart phones first after getting up in the morning. On average all respondents have 755 friends on their social media platforms. Every user met approximately 10.41 persons in the real world by face to face, before they were unknown. So, this result was expected unusually. The findings of the study revealed a possible addiction score among students. In this way our objectives and the relationship between IAT and their symptom factors is confirmed.

In addition to that the findings also revealed that the impact of addiction with reference to their gender. In the context of the Impact Scale of Internet Addiction out of 40.32% respondents has developed cheating, drug abuse, pornography etc. antisocial behavior on them, 58.06% admitted that depression, anxiety, stress etc. negative psychological impact. 74.19% of the respondent unswerving mostly affected by headache and sleep disturbance through physical impact, 78.06% respondents believed the rumors and mal-information over social media were the main causes of impact upon society and 66.77% felt that their academic performance were effected and got distracted from study due to over usage of internet. So, these findings of the study there is significant difference in impacts of the IA. In this way another objectives and relationship between IAT and ISIA is confirmed.

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Conflict of interests

There are no conflicts of interest.

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