

## A Study of Internet use among the School Students of Bhopal City

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### **Abstract**

*Technology is dynamic in nature. The digital world has witnessed an enormous change in the use of technology. Internet technology has not only made life in the society easy but is also been cursed for bringing troubles in human life. The excessive use of internet has posed various problems in children. A study was conducted to know the usage of internet and its impact on the school students of Bhopal City. A sample of 100 school students was taken studying in classes 6, 7 and 8<sup>th</sup> of various C.B.S.E and I.C.S.E. board schools. The interview schedule was prepared and standardized. The parents of the children were interviewed for this purpose. The study revealed the positive and the negative effects of using the internet by the children.*

**Keywords:** Internet use, School Students

### **Introduction**

In the 21st century the society is observing a big change in the education system due to the usage of internet for educational purpose. The child is allowed to explore the treasure of knowledge himself under the guidance of teachers and parents. The child is equipped with the latest knowledge in the various subjects taught in the school. A new trend is started among the parents to provide the latest technology to the children for making their career bright and shiny. Parents want their children to stay one step further from the teachers. The demands of the society, school, parents and children are leading to the increase in the use of internet. Parents are giving freedom to their children at young age to use internet to improve the performance and excel in the field of study. Now days, all the school work is based on use of internet. The students use it .for the completion of home assignments, project

work, preparing notes, online tutorials, enriching knowledge, etc. But on the contrary, the students are using internet not only for educational purpose but also for online gaming, social networking, online shopping, pornography, etc. So with the positive outcomes, there are some negative outcomes of using internet.

History of the Internet in India started with launch of services by [VSNL](#) on 15 August 1995<sup>[1]</sup>. The total number of internet users in India have increased in manifolds; in the year 2000 there were 56 Lakhs just 0.5% penetration of the total population, in 2015 there were 35 crores that is 27% of the population and it is expected to be 46 crores in the year 2016<sup>[2]</sup>.

Nalwa & Anand (2003) conducted the research study in India showed that dependent group found to delay work when time spent online and they lost sleep due to late-night online habit. Some of the respondents accepted that without internet their life would be boring. The dependent group spent more hours on the internet comparatively to the non-dependent group. On the loneliness amount, dependent group scored higher than the non-dependent group. (Singh ,D.,2014).

Wanajack ,K. (2011)conducted the study on the sample 952 students of Thai Secondary School students in Chiang Mai, Thailand, in order to assess the prevalence of Internet. It was found that 96.3% as normal users whereas 3.7% of Thai students are addictive users. The male students are addictive users more than female students. The negative impact of Internet use on student's life includes: school problems, physical health problems and mental health problems.

Yadav, P. (2013) conducted the study in six English medium schools on the sample of 620 students in Ahmedabad. They also found a strong positive relationship between internet addiction and depression. They asserted that the students of high school who were suffering from anxiety and depression should be screened internet addict. (Singh ,D.2014)

K. Deepika (2015 )*has studied the* internet addiction and academic achievement among 11th grade students in Chennai, Tamil Nadu, India. The study reveals that the number of student having internet addiction is low; but around 32% students out of 60% fall in average internet users.

Mami, S. & Hatami-Zad, A. (2014). The present study was done in order to investigate the relationship between internet addiction and social skills & high school students' achievements. So, higher the scores

for internet addiction, the lower the social skills and educational achievement. Moreover, there was no significant difference between boys and girls with regard to internet addiction.

According to the survey by USA journal issued in 1997, 86 percent of teachers believed that using internet has caused students to neglect performing their tasks (Chih – Hung, 2006). Hilts (2008) found out that those addicted to internet suffer from its negative effects on their academic performance. Moreover, Lin and Tsai (2002), Usman and colleagues (2014) and Jiang (2014) have shown the negative relationship between academic performance and addiction to internet, but Shoara (2009) and Farahmand (2008) found in their researches that addiction to internet does not show a significant relationship with individuals' seclusion, decreasing social skills, academic inhibition, and academic achievement (Shahram Mami,2014).

### **Objectives**

1. To find out the extent of internet use.
2. To identify the positive effects of using the internet.
3. To identify the negative effects of using the internet.

### **Need of the Study**

As per the article published in the Hindustan Times, Bhopal (Tomar ,S. 2016 ) parents and psychologists had shown their concern on the incident in which 11 year old boy committed suicide in Bhopal, after his mother scolded him for his obsession with his Smartphone as he was ignoring his studies. Behavioural addictions should not be ignored because of the lack of the material. The fourth and the last edition of Diagnostic and Statistical Manual of Mental Disorders, ( DSM-4-TR) introduced the internet addiction as set of “ Impulse Control Disorders not specified as another kind” and the same disorder in the next edition of 2011 has been classified under the same category. Internet addiction is defined as, “an individual’s inability to control his or her use of the internet, which eventually causes psychological, social, school and work difficulties in a person’s life.” (Chao and Hsiao, 2000) . About 54% of Internet addicts have a background of depression and 34% of them have a background of anxiety (Moedfar, Getabi, & Gannjee, 2007).

The use of internet is the need of the present generation. The internet facility should help in making the life of the students easy but what an agony it's leading to aggression, anxiety, suicidal tendency, physical, social and work related problems. So, there are series of questions which need to be answered to throw light on the prevalent condition.

### Method

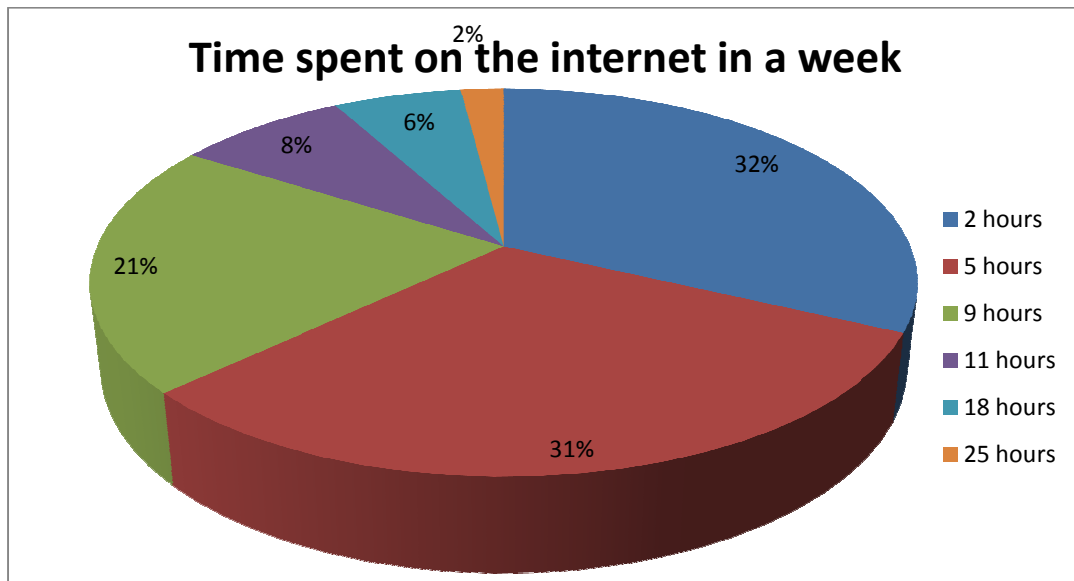
The descriptive method of research was used and 100 school students studying in classes 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> of various C.B.S.E and I.C.S.E. board schools in Bhopal city were selected by random sampling method. The interview schedule was prepared and standardized. For conducting the study, the parents of the selected students were interviewed. The responses were recorded for the data analysis.

### Result and Discussion

The parents have responded the questions related to the usage of the internet by their children who are studying in 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> standard. The use of internet is done in the presence of parents and rarely sometimes in the absence of parents or without under their supervision. All the children have internet access at home. Some of them have their personal Smart Phones.

### Time spent by the students on the Internet

% of Students	No. of hours in a week
32%	2 hrs
31%	5 hrs
21%	9 hrs
8%	11 hrs
6%	18 hrs
2%	25 hrs

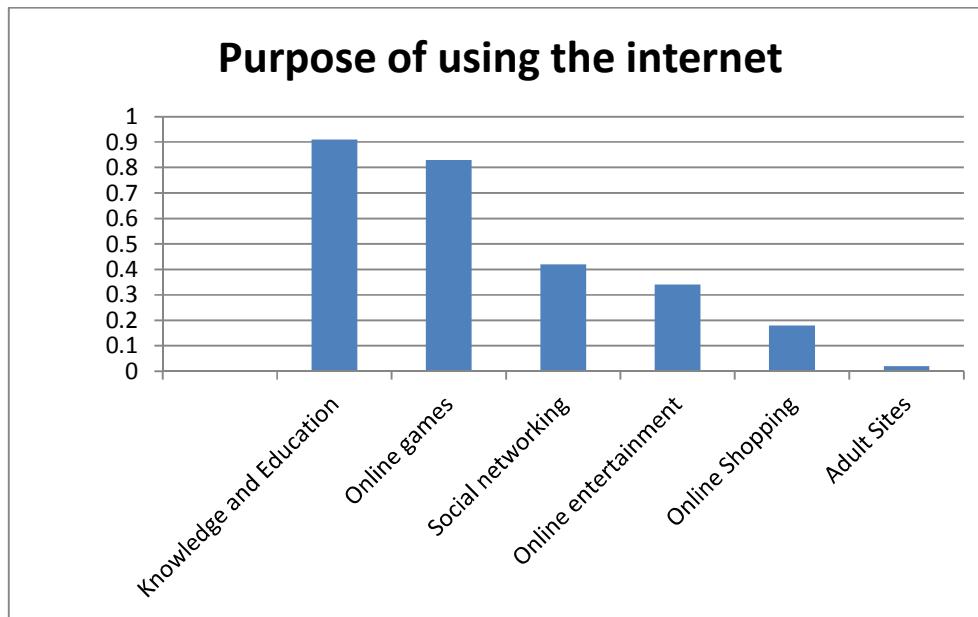


The amount of time spent on the Internet has been shown to be significantly related to Internet Addiction (IA). Some studies indicated that the number of hours spent using the Internet is a significant factor influencing IA. For example, Young (1996) found that Internet addicts spent an average of 39 hours per week online, whereas non-addicts spent five hours per week. Similarly, Chen (2000) reported that, on average, addicts spent 25 hours per week online compared to the nine hours of non-addicts.

Therefore, the 2% students are showing an alarming situation and may become the internet addicts in future if they increase on spending time on internet for non-essential use or entertainment and they are unable to control the use of internet even after knowing it has some negative effects on their life.

#### **Purpose of using the internet**

Purpose of using the internet by the students	% of Usage by the students
Knowledge and Education	91%
Online Games	83%
Social networking	42%
Online entertainment	34%
Online Shopping	18%
Adult sites	2%



### Positive Effects of Internet Usage

On the basis of the responses provided by the parents, the positive effects of using the internet by the students are discussed below:

91 % parents are happy that use of educational apps and websites like wikipedia, dictionary .com , Academicearth.org, etc. help to search essential information to enrich the subject knowledge.

80% parents believe that YouTube videos are helpful in effectively understanding the concepts in Science, Social Science, Computer and Mathematics.

76% parents have created a class group on the WhatsApp with their child's peer group parents to share the important topics taught in the class and in the completion of the school work, sharing of puzzles, riddles and other informative materials. It helps in interacting with the other parents, teachers and the classmates.

28 % parents shared that their children have made their own WhatsApp group and Facebook A/C to communicate and chat with their friends.

17% parents believe that playing mind games like sudoku, chess, etc .on the cell phone and the computer provides a healthy mind exercise.

5% parents are using the online tutorials for their children for learning new foreign languages like Spanish, German, French etc and computer languages like C++, Java etc.

### **Negative Effects of Internet Usage**

Apart from using the internet for educational purpose, some students use it for entertainment and fun. This is leading to the various problems in the student's life which are discussed below:

83% parents complained for the increase in the use of internet for playing online games like Clash of Clans , Angry Birds , Candy Crush Saga, Counter Strike , Criminal Case, Pokemon Go, etc.

42% parents believe that the children's school work is getting affected because of excessive internet use for WhatsApp and Facebook chatting. They are ignoring the everyday practice work.

16 % parents shared that child's performance in the studies have gone down by excessive on line gaming, Utube videos, etc.

24% parents felt that children have stopped taking interest in the outdoor games.

25 % parents believe that while doing the essential work on the internet children get distracted by the unwanted pop ups on the screen and they start browsing non-essential sites.

7% parents observed that while playing online games children are not bothered about eating food. Sometimes they forget to eat food in time.

11% parents shared that the children have forgotten the importance of time management. They use internet for more than the fixed duration. For example: If parents have allowed them to use internet for one hour they use it for extra one hour.

63% parents said that children have started telling lie, they hide the exact time spent on the internet.

27% parents agreed that the excessive internet usage has created a gap in the parent and children relationship.

18 % parents have suffered economic loss due to excessive use of internet data by their children for downloading games.

21 % parents observed that after playing the online violent games children are getting aggressive.

7% parents felt that children enjoy working online and get irritated if get disturbed in between

5% parents noticed that the children level of anxiety is increasing on spending more hours on the internet.

3% parents noticed that the children like to stay alone at home.

16% parents observed that the children prefer to sit alone separately in the corners while using internet on the smart phones.

5% parents informed that the children complained of eyes pain, backache and neck pain after using internet for longer duration i.e. sometimes 4 to 5 hours in a day.

2% parents agreed that their children have tried to access the porn sites.

### **Conclusion**

The result and discussion has depicted both the aspects of the use of the internet. The result of the study is indicating that negative effects have surpassed the positive effects of using the internet. The excessive use of internet is creating a disturbance in the life of the students. On the one side, students are trying to enhance their cognitive skills by using the internet but on the other side students are unknowingly getting into the trap of attraction of the other features available on the internet. The teachers and the parents should be aware about the changes in the behavior of the students and should counsel them. The students should also be told about the harmful effects of internet addiction. Eventually, to live a balanced life a child should devote time for education as well as for other recreational activities on the internet but he/she should have freedom with responsibility.

All over the world researchers are working on this phenomenon. In India, the use of internet is increasing day by day. Similar study can also be conducted in other parts of India to know the prevalence of internet addiction and its impact on the students.



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