



ORIGINAL RESEARCH ARTICLE

A STUDY ON SURVEY OF INTERNET ACTIVITIES AND ITS IMPACT OVER MENTAL HEALTH OF YOUNG STUDENTS

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ABSTRACT

Background – Today internet has become an important tool for education and information and thus it has made a significant place in our daily life. But this concern is often raised whether internet activities have any adverse impact over health. This study is an effort to find out this relation. Objectives – The study was aimed to assess the charm of internet activities among students and its impact over their depressive thoughts and tendency of anger. Material and methods – The survey conducted in randomly selected sample of 598 students among same cultural and social background from the area of Palampur and Baijnath Tehasil nearby R.G.G.P.G. Ayurvedic College, Paprola H.P. These students were selected from class 11 and 12. Result – In this study students have shown a strong affection towards internet activities. There was also found a significant impact of internet activities over their psychological parameters of health. Conclusion – The data of the study indicates the existence of an association between internet activities and psychological health. But still this study needed more research work to explain this association on scientific parameters.

Keywords: Depressive thoughts, anger, internet activities, survey

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INTRODUCTION

The young students often have a great charm towards internet activities. Nowadays a great affection toward internet activities can be seen among the students. They spend most of their time in watching online videos, playing games, listening songs and watching movies. In many cases it has replaced outdoor activities from their life. Every time there activities on internet are not only related to their education and information. The bitter truth is that there are many more materials available on internet on the name of entertainment which is highly objectionable containing violent and filthy issues. Youngster's brain is so flexible that they can easily adopt these things and deviate from their real goals. These contents are affecting the youth mind adversely and also making them prone for behavioral and psychological problems. This study has focused on the same issue. The students were asked questions about their internet activities, depressive thoughts and tendency of anger and obtained data were analysed for study.

In this study young students were selected from class 11th and 12th. According to W.H.O. criteria young is the age group from 10 to 24 years.^[1] In psychiatry under DSM IV criteria depressive thoughts has been mentioned under following groups; Major depressive disorder, Minor depressive disorder, Recurrent

brief depressive disorder, dysthymic disorder, depressive disorder not otherwise specified and Bipolar disorder.^[2] But in this study these depressive disorders have not been evaluated clinically. Rather some of the thoughts which may be associated with the symptoms of depressions (depressive thoughts) have been evaluated by the self-assessment of the students. Anger is an emotion that involves a strong uncomfortable and emotional response to a perceived provocation, hurt or threat. It has also been self-evaluated by the students. Anger and Irritation word are used as synonymously in this article.

AIMS AND OBJECTIVES OF RESEARCH WORK

- To study the tendency of students towards internet activities
- To study the prevalence of anger and depressive thoughts among them.
- To find out the association between internet activities and depressive thoughts, if any.
- To find out the association between internet activities and tendency of anger, if any.

PLAN OF STUDY: A survey was conducted in randomly selected sample of 598 students from same cultural and social background from the area of Palampur and Baijnath Tehasil nearby R.G.G.P.G. Ayurvedic College, Paprola H.P. These students were selected from class 11 and 12 from different

government and private public schools whose details have been tabulated in the paper. They were distributed a questionnaire proforma containing questions related to their interest in Internet activity and their psychological problems like anger and depressions. The questionnaire was presented in both languages i.e. Hindi and English.

QUESTIONNAIRE PROFORMA

Name of Volunteer -
Father's name -
Father's Occupation -
Age -
Gender -
Address with mobile no. -
Class -

School Name -

Day Scholar/Hosteller -

Questionnaire

1. How much average time do you spend on internet activities (whatsapp,facebook,google,youtube etc.) daily.
2. Do you feel sad/hopeless/lack of interest in everything/lonely/inferiority complex?
3. Do you feel angry?

The data collected and compiled from this survey was sorted out & tabulated to obtain results which are presented below-

Table No.1- School wise distribution of students

Sr. no.	School name	No. Of Students
1.	Bhartiya Vidyapeeth, Baijnath	159
2.	Vishuddha Public School, Baijnath	123
3.	Kendriya Vidyalaya, Army Campus, Alhilal	20
4.	Govt. Sr. Sec. School, Averi	177
5.	Govt. Sr. Sec. School, Banuri	119
	Total	598

Table No.2-Sex wise distribution –

Sr. no.	Sex	No. of volunteers	% age
1.	Male	325	54.34
2.	Female	273	45.65

Table No.3- Distribution according to day scholar and hosteller-

Sr. no.		No. of volunteers	% age
1.	Day Scholar	598	100
2.	Hosteller	00	0

Table No.4 - Average time spending on internet activities daily.

Average time daily	No. of students	% of students
0-15 min	182	38.23
15-30 min	97	20.30
½-1 hr	122	25.63
1-2 hr	48	10.08
2-3 hr	11	02.31
>3-4 hr	16	03.36
Not Attempted the question	122	
Total	598	

Table No. 5 Students having own personal mobile/laptop/tablet -

Mobile/Laptop/Tablet	No.	%
Have	293	49.32
Don't have	301	50.67
Not Attempt	04	
Total	598	

Table No. 6 Do you feel sad/hopeless/lack of interest in everything/lonely/inferiority complex?

Depressive thoughts	No.	Fraction	%
Everyday	16	16/591	2.7
Mostly	27	27/591	04.569
Sometimes	364	364/591	61.59
Never	184	184/591	31.13

Not Attempt	07		
Total	598		

Table No.7 Do you feel angry?

Feeling angry	No.	Fraction	%
Everyday	22	22/592	03.71
Mostly	71	71/592	11.99
Sometimes	461	461/592	77.87
Never	38	38/592	06.41
Not Attempt	06		
Total	598		

ANALYSIS OF THE DATA:

Positive and Negative cases of depressive thoughts and anger – For the analysis of the data the tendency of depressive thoughts and anger has been classified into two groups viz. positive and negative cases. The students who feel depressed either daily or most of the time have been considered as positive cases of depressive thoughts. Feeling of depressive

thoughts at sometimes of the life can be considered as a part of their normal psychological behavior. Therefore the students who feel depressed at sometimes or never have been considered as negative cases of depressive thoughts. The same definition has also been applied for the tendency of anger.

Table No. 8 : Internet activities vs Depressive thoughts

Average daily internet activities	Positive cases of depressive thoughts	χ^2 value	P value	Result
0-1 hour	6.67%(26/390)	4.07	P<0.005	Significant
>1 hour	13.51%(10/74)			

In the above table the positive cases of depression have been compared on the basis of their internet activities. The group which

have more than 1 hour of internet activity daily have reported 13.51% of positive cases of depression whereas the group with less than

or equal to 1 hour of internet activity have reported only 6.67%. The P value for the

difference is less than 0.005 therefore the difference is significant statistically.

Table No. 9: Internet activities vs tendency of anger

Average daily internet activities	Positive cases of anger	χ^2 value	P value	Result
0-30 min	10.82% (29/268)	6.72	P<0.005	Significant
More than 30 min	19.38% (38/196)			

In the above table positive cases of anger has been compared on the basis of internet activities and the data shown that 19.38% of positive cases of anger have been identified from the group whose average daily internet activity was more than 30 minutes whereas it was only 10.82% in the group with maximum 30 minutes of daily internet activity. The P value for the difference is less than 0.005 therefore the difference is significant statistically.

DISCUSSION:

Internet activities of the students (Table no. 4 & 5) –

The table shows that about 59% (38.23+23.30) students are paying a maximum of 30 minutes daily on internet which can be said justifiable. Since Today internet is an essential tool to update our knowledge and to connect with whole world. The internet provides us useful

data, information and knowledge for personal, social and intellectual development. Therefore positive and productive use of internet by the students can't be said wrong. There are also the students (16%) with more than 1 hour of daily internet activity. This type of indulgence can't be justified. In such cases parents of the students must be enough aware and responsible to handle the situation positively. In table no. 5 we can see that about 50% of students have their own personal cellphone or laptops. If we provide freedom to them we must make them responsible to use their freedom. There are also the students who are paying more than 3-4 hours daily on such activities. The question arises that if they are wasting their time in such a way, how can they manage their study and other academic activities. In such cases the irresponsibility of their parents also appears.

Tendency of depressive thoughts among the students (table no. 5) -

Feeling of sadness, hopelessness and loneliness is a part of our daily emotional variations. It's a growing and learning period of their life which is full of ups and downs. Students easily become hopeless and sad. It is due to physiological and hormonal fluctuations in their body. These all may be counted under the reason for feeling of depressions at sometimes of their life. From table no. 6 we find that 3% of students feels hopeless, loneliness, inferiority complex everyday and 2.5% students feels mostly. This figure is a matter of concern for us. There may be various reasons for such type of problems which must be searched out in each and every case. These types of children need a psychological help and support from their family. They may also need a clinical help.

Tendency of anger among Students -

In this study we have found that about 4% students feel anger everyday and 12% feel it mostly in their life. Again this is an issue of concern. Feeling of aggressiveness or irritation at most of the time can't be accepted as a normal behavior. There would be some factors aggravating such behaviors which must be ruled out. If the tendency of anger among them lies without any reason, they must take clinical assistance. The tendency of feeling

angry at sometimes of their life (78%) may be considered a normal psychological behavior.

Association of Internet activities with Depressive thoughts and anger

Internet activities and psychological problems like depressive thoughts and anger are seemed to be interrelated with each other in this study. It was seen that the prevalence of positive cases of depressive thoughts were about 7% (13.51%-6.67%) higher in the group whose daily internet activity was more than one hour whereas the prevalence of positive cases of anger were about 9% (19.38%-10.82%) higher in the group whose daily internet activity was more than 30 minutes. On the basis of this study it is difficult to say how the internet activities are increasing such problems among students. But some reasons which are very clear may be counted for it.

Internet has affected our lives in many ways. Now we are living more in online world than that of offline. We are establishing our relationships all over the world by social networks but on the other hand we are losing our physical connections and emotional relationships with our family and friends around us. Social networking sites push the youngsters into a world of isolation. They ignore their families and friends in addiction of internet. These things may also increase anger and depression among them.

Excess internet activity disturbs our daily routine life which may also create problems in daily life. Students get distracted from their studies by over use of internet which adversely affects their academic performance. A continuous poor performance may leads to increase anger and irritation.

Today internet has open access to everyone without any age barrier. Many of the contents available on internet are vulgar, violent and highly objectionable that may adversely affect the students' brain. All these factors may be counted for psychological problems like depression or aggressiveness in students. Not only in India but worldwide many teenagers commit suicide due to major depression. Internet has increased such tendencies. Blue whale game is a current example for it. As we are so dependent on internet that even the speed of the internet also disturbs us, we easily get angry with the slow speed of the internet. Everyone post their photos in different networking sites, if anyone comment wrong on the photos it creates a deep anger in the person. Cyber crimes online frauds and fake relationships are also increasing day by day and youngsters are the main victims in such cases. These reasons may also be counted for the above problems.

CONCLUSION:

A significant number of students have reported the problems of depressive thoughts

and anger. This study also found an association between the habit of internet addiction and above mentioned psychological problems. Further study is needed to prove this relation on scientific ground. But on the basis of this study it can be claimed that overuse of internet is affecting the psychological health of the student's adversely.

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