

Effect of Internet Addiction after Pandemic
COVID 19 on Mental Health of College Students

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***Abstract**

*Mental health (MH) is "psychological status of one who is working on a satisfactory level of emotional and behavioural adjustment;" psychological stability encompasses our physical, psychological and social welfare. In the current scenario of COVID Pandemic, Internet has become an unavoidable part of everyone's life especially of students. This research is aimed to know the effect of internet addiction after pandemic COVID-19 on Mental Health Of College Students. A thorough study is done of related literature to the internet addiction and mental health. For the current study a sample of 300 college students from Sirsa, Fatehabad and Hisar is taken. It includes 150 boys and 150 girls such that 75 boys from government colleges, 75 boys from private colleges, 75 girls from government colleges, 75 girls from private colleges. Information was collected through the questionnaires, **Internet Addiction Test (IAT)** by Dr. Kimberly Young and **Health Inventory (MHI)** by Jagdish and Srivastava. Descriptive research techniques applied to analyse the data. After analysis, it is found that private and male college students have been observed low in health that is mental as than their counterpart female as well as private college students. It may be said that online addiction has some impact on emotional health of college students. The findings of the current study further revealed the substantial negative relationship among mental health & internet addiction of students. To conclude, this particular exploration argued that Internet addiction contains an immediate influence on mental health of students. Thus, the current findings grow our comprehension on the association among mental health & internet addiction of college students.*

Keywords: Internet Addiction, Mental Health, College Students.

INTRODUCTION

The growing demands of globalization have given rise to a lot of challenges in education especially on the quality of education. Learning is a purposefully constructed process aiming at cultivating the healthy and harmonious development of a person as productive, effective and well-adjusted individual in the culture. It guzzles moral as well as moral attributes within the individuals and the instruction of theirs, thusly, helps in the making of a good culture which bears a profound after standing of standards and also the reasoning of living. Education cultivates us into older people, and also helps make us able to prepare our future and also grab the correct choices. It's concerned with actually growing man in ever growing society since it teaches us the right conduct and good manners. Thus education, in sense that is real, is humanizing humanity and also in order to generate life progressive, cultured & civilized.

Learning is an organized process through which an individual acquires expertise, sound attitude, skill & experience. Learning is the primary means to answer all of the cultural, professional and personal issues of the individuals. Proper and good education plays a good part in shaping our professional and future career. Learning will be the illumination as it plays highly substantial part in the lives of people by empowering them with assorted abilities, competencies, skills, modes of innovative expression & thinking and also paving the way for getting better the worth of life. It helps in preservation, sustenance & enrichment of culture. India being a developing country of the world, has occupied the position after the category of the third world nations, so very obviously the typical characteristics that it possesses anxiety, stress, frustration, poverty, unemployment and high population growth. Education is the key factor in promoting and sustaining economic growth and technological development. It's the procedure by which society deliberately transmits its accumulated expertise, values, abilities from one generation to the next through institution.

Education is the greatest legacy that parents are able to give to the children of theirs. The advancement of the nation begins from the family members. When the household succeeds in coaching and impacting values that are good in the children of theirs, the nation becomes

a much better place to reside. It's often believed that the grounds for any true advancement must commence with the advancement of human resource. Proper training may be the demonstration of such dreams to efficiently and effectively create a strong and sound

economy. However, doing work in training is exciting but extremely challenging, particularly when young adults are in the photo. The effect that a professor contains on a teen's growth and well-being is profound, and because of this the job of the professor usually stretches beyond the standard classroom. This is able to be challenging for some teachers, especially when dealing with mental health conditions that youth might be experiencing. Whether the nation will experience the external and internal challenges successfully will determine the caliber of the citizen's existence. Tomorrow education is going to be the most powerful instrument to meet up with the challenges. To be significant it shouldn't only aim at mental growth and the physical of the person, but additionally take into consideration the requirements and the aspiration amount of youth within the society.

Mental health (MH) is "psychological status of one who is working on a satisfactory level of emotional and behavioural adjustment;" psychological stability encompasses our physical, psychological and social welfare. The psychological state of someone who has an appropriate degree of physical and behavioural adjustment has an effect on our feeling, thinking and acting. It is characterized as a state of health in which everyone recognizes their own potential, has the capacity and ability to cope with the stresses of normal life and to work productively and fruitfully. In most countries, and especially in low and middle income countries, mental health services are badly lacking both human and financial. Most of the available health services are currently being devoted to the specialized care and treatment of persons with psychiatric disorders. The promotion of MH includes multi-sectorial intervention, with the involvement of a variety of government agencies and NGOs. Focus should be focused on improving MH over the course of life, ensuring a safe start to life and preventing adult mental illness as well as age.

WHO defined MH as "A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". The WHO emphasizes MH" is not just the absence of mental disorder".

Ten years ago, the only persons who spent much of their leisure time on a computer were

paid to the technology industry members. However, today, the web surfing is a passion for social and market, which can be used to shop or go to films. As the Internet has been a big part of life, some MH professionals have found that a lot of people accessing the Internet

compellingly and uncontrolledly do so. Unemployment mother Sandra Hacker is reportedly spending more than 12 hours a day on the Web in one severe (1997) clinical case isolated from her three young and neglected children. These compulsive Internet use trends have been called 'Internet Sufferance' for better or worse because of its superficial resemblance to traditional addictions like smoking, alcohol and gambling. In particular, psychologists Kimberly Young and David Greenfield have advocated Internet Addiction as a disease in its present form. Nevertheless, the real nature of internet dependency is not yet known at this point.

In a genuine addiction, a person relies on a specific kind of stimulation so that the constant provision of this stimulation is his life's sole and centralized focus. By his attempts to remain motivated, he is increasingly neglecting his responsibilities at work, his relationships and eventually even his health. In certain cases of dependency, such as alcohol addiction or heroin dependence, there is a condition called tolerance in which further reinforcement is required to achieve the same pleasurable effect. There may also be associated phenomena, withdrawal, in which the addicted person depends on their stimulating source and experience dramatic disagreements when he goes away.

Mental health professionals are divided as to whether the internet is real or not. No one denies that certain people compulsively use the Internet, even to the degree that it impacts their ability to work and to work socially. The problem is whether people will become addicted to the Internet or to the stimuli and knowledge given on the web. The debate over the Internet dependency specifically concerns whether people are addicted to their own network, or to the stimulation they get over the net. Some psychologists don't believe in Internet addiction, but in the pleasure given by the Internet. But in the current situations of pandemic COVID-19, internet has become a necessity and compulsory for higher studies, which a student has to attend causing addiction latterly due to over use of internet. COVID-19 means Coronavirus disease 2019. COVID-19 name was given by the WHO on 11th February, 2020 to the disease originated by the novel coronavirus SARS-CoV-2. Firstly, it occurred in Wuhan (China) in late 2019 and then spread worldwide and proved a pandemic

worldwide.

REVIEW OF LITERATURE

Bao (2020) concludes, In consideration of the incredibly broad spectrum of online education, contingency measures are required to resolve future issues such as the online education network traffic congestion question in advance. Moreover, considering that the online "migration" instruction has been swiftly adopted since the COVID-19 epidemic, students' anxiety of being engaged directly and efficiently in on-line learning needs to be alleviated in different ways.

Guessoumet. al. (2020) shows that youth are fragile and require treatment from clinicians and changes to healthcare services to allow help for mental wellbeing given the lockdown. The COVID-19 pandemic may contribute to intensified psychological conditions such as post-traumatic stress, depression , anxiety and signs of grievance. The rise in intra-family aggression is linked to home containment. There needs to be a review of the relation between lockout and the consequences of overuse of the Web and social networking. Person, family and social insecurity, adult and family cognitive capability of young people are variables related to mental wellbeing of teenagers in periods of crisis. Mental health work in teenage cycles of pandemics is required if such a pandemic will persist or replicate itself.

Naciriet. al. (2020) shows that high college curriculum confronts unprecedented obstacles. This study illustrates the role of mobile learning in promoting student-centered learning as a remote teaching strategic. The usage of mobile apps helps you to study anywhere, everywhere and anywhere. Mobile learning during COVID-19 is an inevitable alternative.

Shadzi et al. (2020) examine Problematic Internet Use (PIU) expected low quality of sleep through indirect means of mental health intervention ($P < 0.001$) problems. Depressive symptoms, anxiety were associated with poor sleep quality Stress ($P < .001$); however, there were statistically no clear routes from stress and anxiety to low sleepiness ($P > 0.05$). The findings on the connections between PIU extend our previous knowledge; Sleep disorders and problems of MH by unveiling symptom key role in depression.

Toquero (2020) conclude that worldwide higher education is plagued by a pandemic of COVID-19, which has influenced the introduction of social distancing of thousands of

college closures in a relatively limited span of time. In its planning, implementation and assessment system, education institutions in particular in the Philippines face huge challenges. However, it is clear that the global pandemic has given the nation opportunity to

modernize its system of education and concentrate on new technology. In order to enhance the evidence-based approach, higher education organizations will take advantage of the ability to offer quality mental-health care, and to render the program sensitive to evolving times.

Ali et al. (2019) examined the linkages between IA, anxiety, despair and stress. The occurrence of net addiction be discovered to be 34 percent amongst greater College students. The check outmentioned the existence of lose hope, nervousness as well as 14 percent pressure among college students. The online cognition score had a strong correlation between anxiety, despair and stress and high efficiency. It can easily be conclude that web dependancy occurs within the college students and its widespread connection with anxiety, despair & stress.

Jerome (2019) tested the context of increasing prevalence of mental health demanding situations determined amongst college youth inside the Philippines. Results advocated that involvement in faculty companies become correlated to despair tiers, widespread superb have an effect on and life pleasure. Social experiences with college groups have developed into relationships with first-rate lifestyles. All intellectual healthsubcales were correlated with first-class of existence a number of the scholar respondents.

JUSTIFICATION OF THE STUDY

Internet is regarded as the effective development of the century that makes all of the things possible in every fashion. It has become a gateway of info, communication, entertainment and commerce for everyone. It helps the users to enjoy brand new concepts, enter into systems that are complex, and develop innovative intellectual connections. Various kinds of people with many different ethnicities, backgrounds, public standing is utilizing the internet on a daily basis. We are able to have several discussions with the people from various countries in time that is real. It's incredible to believe that we are able to also open someone via webcam from hundreds or maybe thousands far away with one click. Internet access among youngsters continues to grow exponentially over the past ten years. Pre youngsters

and younger kids also use the web to a huge extent. In this current scenario of COVID pandemic, this has become an essential part of students' life.

Education, economics, politics as well as community areas are significantly affected by the web. Despite the benefits of its, internet addiction may adversely influence the student's life such as for instance on the mental health of theirs. The widely held research established the most apparent result of internet dependency is despair. An individual that spends more hours on internet going away from offline community interaction which results in isolation & very meagre associations with family & friends. As an outcome, they have a tendency to become more depressed. Earlier investigations claimed that implications of despair are intense drowsiness, loss of electricity & attentiveness complexity that could result in thoughts of hopelessness, behavioural modifications, damage of control, college disaster, social segregation & increased family conflict.

Thus due to these conflicts, additional researches are required to explore the association among these variables brightly. Therefore the investigator purposed to take up the present investigation i.e. "Effect of Internet Addiction after pandemic COVID-19 on Mental Health of College Students" most specially in Haryana where most researchers are yet to show interest in the construct.

OBJECTIVE OF THE STUDY

The main objective of the present study is to examine the effect of internet addition after pandemic COVID-19 on mental health of College Students. To achieve this broad objective the following sub-objectives have been identified:

1. To assess the level of Internet Addiction among College Students after pandemic COVID-19.
2. To assess the level of Mental Health among College Students after pandemic COVID-19.
3. To study the Relationship between Internet Addiction and Mental Health of College Students after pandemic COVID-19.

FORMULATION OF HYPOTHESES

The following hypothesis is formulated by the point of view of results of the literature

reviewed:

H1 = There is no significant difference between the level of Internet Addiction among college Students after pandemic COVID-19.

H2 = There is no significant difference between the level of Mental Health among college Students after pandemic COVID-19.

H3 = There is no significant relationship between Internet Addiction and Mental Health of college Students after pandemic COVID-19.

RESEARCH METHODOLOGY

A method of investigation is determined by the principle and objectives of the issue to be studied. Methodology can make the foremost contribution towards the enrichment of every research. To undertake any research it's essential to design and plan the method and the procedure to be used. In research, you will find many procedures and methods to be applied. Though it's the dynamics of the issue after investigation that determines the adaptation of specific procedure and method. Treatment will help the investigator to get economy in co-ordination and time of efforts. For the current study, descriptive survey technique was used since it's viewed as among the significant strategy in training and it explains the current position of re-search work. It requires interpretation, classification, measurement, comparison, generalization and evaluation. Descriptive survey is definitely the single most widely used and most popular approach in academic studies. It involves research of events with already happened and are associated with condition that is present. The researcher is generally describing the population he's studying. This method offers the possibilities in describing research and interpreting what exist now and is about conditions, belief, practices, relationships, attitudes that provides the trends and the processes which are developing.

SCOPE OF THE STUDY

Public is entire set from which the test is taken. This research will focus on all college students from Sirsa, Fatehabad and Hisar. The study will cover 300 college Students. It's not possible to gather the information of entire population in any study. The study needs to be contented with some people as items that stand for the entire population, normally approached as 'sampling'.

RESULTS AND INTERPRETATION

Objective 1: To assess the level of Internet Addiction among college students after pandemic COVID-19.

Table 1
Mean & S.D. Score of Internet Addiction of college students

Variable	N	Mean	S.D.	Remarks
Internet Addiction	300	39.13	13.21	Mild level of Internet Addiction

According to the table 1, the mean score of internet addiction is (39.13). According to the Internet Addiction Test, the majority of the college students have mild level of internet addiction after pandemic COVID-19.

Objective 2: To assess the level of Mental Health among college students after pandemic COVID-19.

Table 2
Mean & S.D. Score of Mental Health of college students

Variable	N	Mean	S.D.	Remarks
Mental Health	300	159.01	20.83	Mild level of Internet Addiction

According to the table 2, the mean score of mental health is (39.13). According to the Internet Addiction Test, the majority of the college students have average mental health after pandemic COVID-19.

Objective 3: To study the Relationship between Internet Addiction and Mental Health of College Students after pandemic COVID-19.

Table 3
Co-efficient of correlation between Internet Addiction and Mental Health of College Students

Variables	Number	'r'	Level of Significance
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Internet Addiction	300	-0.783	Sig. at 0.01
Mental Health	300		

Table 3 depicts that co-efficient of correlation between Internet addiction and mental health of college students is -0.783 which is negatively significant at 0.01 level of significance. So, the null hypothesis, i.e., 'There is no significant relationship between Internet Addiction and Mental Health of College Students after pandemic COVID-19' is not retained. Hence, there exists a significant and negative correlation between these parameters. It indicates that Internet addiction and mental health of College Students after pandemic COVID-19 is negatively correlated with each other. So it could be concluded that college students have less mental health, if they have more Internet addiction. It can be interpreted that higher the Internet addiction, lower the mental health of college student and vice-versa.

FINDINGS OF THE STUDY

- 1) It was exposed that vast majority of the college students have moderate internet addiction.
- 2) It was exposed that vast majority of the college students have typical amount of mental health.
- 3) A negative significant relationship was observed among mental health & internet addiction of college students. College students have less mental well-being, in case they've a lot more Internet addiction. It may be translated that higher Online addiction, lower the psychological health of college pupil and vice versa.

CONCLUSION

These days, online system is probably the most recent as well as vital human technological innovation that is popular and also its users are increasing. Internet addiction (IA) has been recognized as an innovative disorder. It's a phenomenon which also has its main attractiveness. Therefore, the current study is run to learn the association among mental health & internet addiction of college students. The findings of the current study further revealed the substantial negative relationship among mental health & internet addiction of students. To conclude, this particular exploration argued that Internet addiction contains an immediate influence on mental health of students. Thus, the current findings grow our comprehension on the association among mental health & internet addiction of college

students. Additionally, enhancing mental health amounts of students might also have a preventive feature for Internet addiction.

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