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## **Self-concept and Autonomy Correlates to Internet Addiction among College Youth**

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*The main objective of this study was to find out if there is any difference between self-concept and autonomy with Internet Addiction among college youth in Bihar. The sample consisted of 100 youth selected from Gaya district. For this purpose, Personal Data Sheet (PDS), Internet Addiction Test (1998), and Mental Health Battery (2008) were used. For the data analysis, ttest was used. It is concluded that there is a significant difference between internet users and internet addicts in relation to self-concept and autonomy among college youth.*

### **INTRODUCTION:**

Internet is used for the interaction purpose, to gather the knowledge and information of all over the world. Internet use, now-a-days become very necessary for the day-to-day life. It is used to connect with our friends all over the world and to search the information. Internet can be used for academic and professional purposes too. However, now-a-days, people especially youngsters are misusing the Internet that can leads to the Internet addiction. Internet Addiction (IA) is defined as the condition or situation in which he/she is unable to control their Internet use. IA can be worsened to the distress, depression, functional impairment of daily activities (Shapira, Goldsmith, Keck, Khosla, & McElroy, 2000). It can occur due to excessive use of internet for online or offline gaming, chatting, cyber-sex, shopping, or social networking.

There are different scientific disciplines that can be used in different angles to study an interdisciplinary phenomenon, i.e., Internet addiction disorder; namely, medicine, computer science, sociology, law, ethics, and psychology. The aim of this study was to determine the association of psychiatric symptoms with Internet addiction while controlling for the effects of age, gender, marital status, and education level. The finding that comes out during study is that psychiatric symptoms, especially obsessive-compulsive disorder symptoms, are associated with high levels of Internet Addiction.

There are many studies regarding the Internet Addiction (IA) or Problematic Internet Use (PIU). They are related to Internet addiction (Young, 1998);

Compulsive internet use (Greenfield, 1999); Internet abuse (Morahan-Martin, 2005, 2008); pathological internet use (Davis, 2001; Young & Rogers, 1998); genetic risk and psychosocial elements (Shaffer et al. 2004; LaRose, Lin, & Eastin, 2003), etc. However, Hahn et al. (2017) have studied about the role of genetics in the internet addiction. They have selected 784 individuals (age range 17-60 years). Among them 528 were twins and 256 were non-twin siblings. They used German version of Young's (1998b) Internet Addiction Test (IAT) questionnaire and character dimension Self-Directedness of Cloninger et al. (1993) Temperament and Character Inventory (TCI) comprising 44-items. Through overlapping genetic pathways, self-directedness accounted for 20% to 65% of the genetic diversity in particular IA characteristics. They found that each and every scale results were higher for male participants than that of females. They found that for the quantification of genetic and environmental parts of Internet addiction, age is an important factor.

Self-concept is the term that defines the peoples' behaviour, unique characteristics, the way of their thinking, evaluating, and identifying themselves. According to Baumeister (1999), the self-concept is defined as, "The individual's belief about himself or herself, including the person's attributes and who and what the self is." However, 2 aspects were suggested by Lewis (1990), namely, the existential self and the categorical self. According to Carl Rogers, a humanist psychologist, there are 3 parts of self-concept, namely, ideal/actual self, selfimage, and self-esteem.

Autonomy is the term that defines the individual's independent/self-decisionmaking process. It is important for the motivation, well-being, and mental health. An individual feels psychologically free, control, and able to make choices when they have autonomy. It enables people to have a sense of power and control over their own fate, as opposed to believing that other factors dictate their actions. According to self-determination theory (SDT), autonomy empowers people to take control of their own lives.

Chi et al. (2020) have selected 2056 seventh grade students (1112 were boys and 944 were girls, mean aged 12.44 years) from 10 administrative districts of

Shenzhen, China. They used Chinese version of Young's self-rating Diagnostic Questionnaire of Internet Addiction (IA), comprising 10 items; Chinese Family Assessment Instrument (CFAI) for the assessment of family functioning; and SD. Using Young's IA, they found 15.3% of the participants having internet addiction, however, more than 30% of the adolescents concurred that they exceeded their expectations (32%) from their online time. Although, 20% of them said that they had kept their internet use a secret from social workers, teachers, family, and other people. More over 20% of teenagers said that they had made "multiple unsuccessful attempts" (22.3%) to limit, cut back, or quit using the internet. Boys were found to be more prone towards internet addiction. Although, they did not find any correlation between parents' education level, family structure, family income, and mutuality. Additionally, they did not find any correlation between age and number of siblings. However, they found that lack of parents support and affection can affect the Internet addiction of adolescents.

Mei et al. (2016) have selected 1552 adolescents (653 were males and 899 were females; mean aged 15.43 years) from 5 junior-high schools and 5 senior-high schools, Northeast of China. They used Young's Diagnostic Questionnaire for internet addiction (YDQ; Young, 1998); Rosenberg Self-Esteem Scale (RSES; Rosenberg, 1989); Well-being Scale (WBS; Campbell, 1976); Self-Control Scale (SCS; Grasmick et al., 1993) comprising 23-items; SPSS version 19.0; Chisquare tests; and Kruskal-Wallis H-test. Using Chi-square tests, they found that gender, grade, being a single parent, monthly living expenditures, and monthly family income were all positively correlated with the severity of PIU. However, they did not find any correlation between severity in Problematic internet use (PIU) and father's or mother's education levels and being a single child. Although, PIU severity and assessments of self-control, impulsivity, selfcenteredness, and simple tasks were shown to differ significantly. They found that the PIU group had the highest mean scores, which indicates that compared to other groups, problematic Internet users had less self-control. However, they found females to be associated with problematic usage having a lower likelihood than adaptive use, according to multinomial logistic regression models. Additionally, when compared to adaptive users, maladaptive and problematic users were generally less likely to report greater subjective well-being and selfesteem and more likely to report greater scores on impulsivity, self-centeredness, and simple task, with maladaptive and problematic users not demonstrating significant differences in these domains.

Ye et al. (2021) have selected 4677 students from 42 different Universities of

China. They used Physical Activity Rating Scale-3 (PARS-3; Liang and Liu, 1994) comprising 3-items; Internet Addiction Diagnostic Questionnaire (IADQ; Young, 1996); and

Interaction Anxiousness Scale (IAS; Leary, 1983). However, ProcGlimmix in the University Edition of Statistical Analysis System (version SAS Studio 3.6), Poisson regression test, and Binomial logistic regression were also used. They found the positive correlation between social anxiety (SA) and internet addiction (IA). However, using Poisson regression, SA was found to be higher in Internet addicted participants as compared to no Internet addicted one. In addition, physical exercise (PE) was found to be effective among participants having SA. They found that gender was positively correlated with SA and IA. Although, SA was found to be higher among females. However, SA was found to be lower among single child students. They also found that IA is more prevalent among students who are during their academic careers than in those who are just beginning.

#### **OBJECTIVES:**

The main objective of this study was to find out if there is any difference between self-concept and autonomy with Internet Addiction among college youth in Bihar.

#### **HYPOTHESIS:**

1. There will be significant difference between internet users and internet addicts in relation to self-concept among college youth.
2. There will be significant difference between internet users and internet addicts in relation to autonomy among college youth.

#### **METHODOLOGY:**

**a.**

**Sample:** The study would collect data from 100 college youth selected from Gaya district. Their age range would be 16 to 20 years.

**b.**

**Tools:** 1. Personal Data Schedule (PDS): To be prepared by the researcher to gather personal and social information.

2. Internet Addiction Test (1998): Developed by Dr. Kimberly Young (1998) for finding out Internet Addiction among internet users. 3. Mental Health Battery (2008): Developed by A.K. Singh and A.S. Gupta for measuring Autonomy and self-concept of respondents.

#### **PROCEDURE:**

It is clear from the description of the tests that three scales including PDS will be used. So, there would be the requirement of more than one session for the completion of testing. Therefore, testing will be done in two sessions. The purpose of the study will be to explain to the students firstly then to promise that their anonymity would be maintained. The data analysis was done by using t-test.

**RESULTS AND DISCUSSION:**

The obtained results are presented in table given below.

**Table: 1**

Comparison between internet users and internet addicts in relation to self-concept among college youth

Groups	N	Mean	SD	SEM	SED	t-ratio	df	p-value
Internet users	24	8.88	1.10	0.22	0.34	3.32	98	<0.01
Internet addicts	76	10.01	2.41	0.28				

It is obvious from results shown in table 1 that internet users having a mean score of 8.88 and internet addicted having a mean score of 10.01 and the mean difference is significant as the t-ratio is 3.32 which is statistically significant beyond <0.01 of chance factors. Thus, the hypothesis is confirmed. It means that there is a significant difference between internet users and internet addicted in relation to self-concept among the college youth.

In the previous studies performed by Mei et al. (2016) and De-Juanas et al. (2020) also found the significant difference between internet users and internet addicts in relation to self-concept.

**Table: 2**

Comparison between internet users and internet addicts in relation to autonomy among college youth

Groups	N	Mean	SD	SEM	SED	t-ratio	df	p-value
Internet users	24	10.17	2.36	0.49	2.35	7.92	98	<0.01
Internet addicts	76	28.79	19.96	2.30				

It is evident from table 2 that internet users having a mean score of 10.17 and internet addicted having a mean score of 28.79 and the mean difference is significant as the t-ratio is 7.92 which is statistically significant beyond <0.01 of chance factors. Thus, the hypothesis is confirmed. It means that there is a significant difference between internet users and internet addicted in relation to autonomy among the college youth.

In the previous studies performed by De-Juanas et al. (2020) also found the significant difference between internet users and internet addicts in relation to autonomy.

**CONCLUSION:**

It is concluded that

1. There is significant difference between internet users and internet addicts in relation to self-concept among college youth.
2. There is significant difference between internet users and internet addicts in relation to autonomy among college youth.

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