

A Study to Assess Depression, Anxiety, Loneliness and Internet Addiction among College Students Using Internet in Selected College, Chennai

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Abstract

A study to assess depression, anxiety, loneliness and internet addiction among college students using internet in selected colleges, Chennai. Majority of the participants were males, were 20 years old, residing in urban community, used their mobile for internet services, used internet first time in the school, spent more than 4 hrs/day on internet, spend Rs. 300/- per month and use the internet for study, online purchase,whats app & face book, you tube. Majority of the participants had mild level of internet addiction. Equal number of participants had mild, borderline and moderate level of depression (16.3% each). Minority of them reported extreme depression. Majority of the participants had mild anxiety and minority had severe anxiety. Majority of the participants had mild level of loneliness and minority had moderate level of loneliness. Source of internet, browsing duration/day and amount spent for the internet are significantly associated with internet addiction. Browsing duration/day is significantly associated with depression.

Keywords: Depression, anxiety, loneliness, internet addiction.

Introduction

Internet is an exciting new medium that is evolved as an essential part of everyday humans life all over the developing state, country and world. It has opened a domain to social interactivity with the promise increasing efficiency and worldwide understanding. Though device primarily facilitates research, information seeking interpersonal communication and business interaction, for some internet users its has become the central focus for their lives and a temptation that is hard to resist.

There has been an uncontrolled growth in the use of internet not only in India but also worldwide. Internet has become the most essential part of our daily life. ⁽¹⁾ It is being used extensively throughout the world, especially among adolescents and youth. It has become a problematic use and also associated with various psychological and physical symptoms. Internet is used for education, entertainment, social networking and information sharing.⁽²⁾

Statement of the Problem: Assessment of depression, anxiety, loneliness and internet addiction among college students using internet in selected colleges, Chennai

Objectives:

- To assess depression, anxiety, loneliness and internet addiction among college students using internet in selected colleges in Chennai.

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- To associate depression, anxiety, loneliness and internet addiction among college students using internet with their demographic variables.

Materials and Method

Research Approach: A descriptive approach was considered appropriate for the study.

Research Design: The research design chosen for the study was non experimental descriptive research design.

Research Setting: The study was conducted in a private university, Chennai.

Population: The population of the present study includes adolescents age about 18 to 22 years were studying in vels university.

Sample: Third year students of Electrical and Computer Engineering (ECE) and Electrical and Electronics Engineering (EEE).

Sample Size: Sample size was calculated using the formula $n = 4pq/d^2$ ($p = 82.47\%$). The sample size was 98.

Sampling Technique: Convenient sampling technique will be used.

Sampling Criteria:

Inclusion Criteria:

- Samples between the age group of 18 to 22 years.
- Willing to participate in the study.
- Able to understand and speak Tamil or English.
- Available at the time of data collection.

Study Instruments: Demographic data, Beck's Depression Inventory, Generalized Anxiety Disorder Assessment, Original Internet Addiction Test(IAT) and Revised UCLA Loneliness Scale.

Data Collection Procedure: The investigators questionnaires to the sample. The sample were instructed to fill the data. Each sample will take 30 minutes for completion of their data.

Findings: Majority of the participants were males (66.3%), age 20 years old (51.0%), residing in urban community (87.8%), used their mobile for internet services (71.4%), used internet first time in the school (39.8%), spent more than 4 hrs/day on internet (59.2%),

spend Rs. 300/- per month (40.8%) and use the internet for study, online purchase, whats app & face book, you tube (42.9%).

Majority of the participants had mild level of internet addiction (43.9%) and 36.7% had moderate level of internet addiction. Majority of the participants did not have depression (33.7%). Equal number of participants had mild, borderline and moderate level of depression (16.3% each). 13.3% reported severe depression and 4.2% extreme depression. Majority of the participants had mild anxiety (37.8%). 31.6% had no anxiety. 28.6% had moderate anxiety and 2% had severe anxiety. Majority of the participants had mild level of loneliness (75.5%) and minority had moderate level of loneliness (4.1%). Source of internet, browsing duration/day and amount spent for the internet are significantly associated with internet addiction ($p=.031, .005, .017$ respectively). Browsing duration/day is significantly associated with depression ($p=.023$).

Discussion

Majority of the participants had internet addiction, had depression, anxiety and loneliness. Similar findings were reported in the earlier studies.^{3,4,5,6}

Conclusion

Internet is a useful media which has to be used with caution as it can lead to be an addiction.

Conflict of Interest: Nil

Source of Funding: Self

Ethical Clearance: Chettinad Academy of Research and Education, Institutional Human Ethics Committee on 04-02-2019.

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