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Internet Addiction: A Comparative Study Among Children in the State of Madhya Pradesh and Chhattisgarh

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Abstract
Background: The Internet is the leading and most resourceful foundation of information in the world today. Internet has become a part of many peoples, mostly young in everyday routine. There has been an explosive growth in the use of internet not only in India, but also worldwide in the last decade. Currently internet has become an important tool for education, entertainment and communication. Increased internet usage may lead to point of addiction, adverseintellectual, habituation, mental complications, corporal disturbance and social effects.India now has the world's second-largest internet user population, with approximately, 460 million Internet users in 2017.This paper explores the research on how children and youth of depend on all type of gaining the knowledge and communication ininternet and then become addicts. **Aim:** The aim was study to find out the internet addiction among children in the state of Madhya Pradesh and Chhattisgarh, India. **Method:** A comparative study was conducted among children (n=70) of two district between Sagar (Madhya Pradesh) and Surajpur (Chhattisgarh), India, to assess the pattern of internet usage. Researcher have employed semi-structured interview schedule to collect primary data it's includes like socio-economic profiles of the respondent with Young's Internet Addiction Test Scale (IAT) and their age between 7-18 years old.The study time duration of January – May 2015 and data was analyzed using SPSS version 21.0. **Result:**Out of 70 participants 50% of the both districts. 42 (60%) were Males and 28 (40%) Females. Majority of 42 (60%) were 15-<18 years old and 67 (97.5%) were students. 8 (21%) of the respondents were spent their time on internet in cyber cafe for 3-4 hours per day.In this study, 25 (37.9%) Father, 9 (13.2%) Mother, 28 (57%) Brothers and 5 (29.4%) Sisters of the respondents were using internet. According to Young's 20-item scale were 9 (12.85%) respondents (score >79) severe addicts of internet, and most important these all are belonging from Sagar. 39 (55.72%) respondents as moderate (score 50-79) and 22 (31.43%) respondents were mild and safe (score <49).
Keywords: interned addiction, internet usage, adverse effects, internet addiction disorder

INTRODUCTION

The Internet is the largest and most resourcefulfoundation of information in the world today. It has become a part of many peoples, mostly young in everyday routine activities such as for reading, homework, project work and recreation purposes etc., computer as become extreme importance to be able to draw information and communicate as an active member of the international internet community.The computer network project developed with the aim of research to discovered new thingsespecially education and most important Defense in 1960s has recently reached a new aspect including all activities in world level, such as research, education, social communication, politics, entertainment and trade which concern all people. It is the fastest developing electric technology in the world history (Musch, 2000; Hecht, 2001; Alken & Canbay, 2011).

Since its conception in 1973, the Internet has grown at an outstanding rate. Emerging studies have reported Internet addiction as an alarming public health concern with the rapid growth of Internet users worldwide in the 2000s (Block, 2008). In Asia, the prevalence in adolescents was reported to be 13.8% in Taiwan (Yang & Tung, 2007), 10.7% in South Korea (Park, Kim, & Cho, 2008), 6.7% in Hong Kong (Fu et al., 2010), and 2.4% in China (Cao & Su, 2007). In Europe, a recent nationwide study in 11 countries reported a prevalence of pathological Internet users ranging from 11.8% in Israel to 1.2% in Italy (Durkee et al., 2012). To our knowledge, similar statistics have yet to be reported in India.

Internet has become a medium of multidimensional importance such that people are using it excessively result in addiction. The concept of internet addiction refers to the excessive use of internet which in turn causes various problems to individual and society such as neurological complications, psychological disturbance, professional and social aspects such as abuse, exploitation, and criminal behavior. Internet addiction term firstly used by Goldberg in 1995 has recently become a phenomenon which is tried to be described with different names such as 'net addiction', 'internet addiction', 'online addiction', 'internet addiction disorder', 'pathologic internet use' and 'cyber disorder' (Eichenberg&Ott, 1999). There aren't any standardized descriptions for 'internet disorder' (Chou, Condron&Belland, 2005) but its basic symptoms can be described as not able to limit

internet use, to continue using internet in spite of social or academic damage and to feel deep anxiety when their internet use is limited (Öztürk et al., 2007).

The world population was estimated to have reached 7.6 billion as of December 2017 declared by World Population Clock but just 51.7% of the use Internet. The growth rate was increase 976.4% since 2000-2017. Internet addiction is relatively new concept as well as micro research was done on it than more established addictions like as drug and alcohol abuse. According to Internet World Stat, the world population has India is ranked 2nd among the highest number (462, 124, 989 billion users till 31st December 2017) approximately 34.1% of Indian population internet users subsequent to China.So, in this area is broad for deep research to study the consequences and treatment ideas of effects of internet addiction. This present study examined how children specially, new generation of the world depended upon all type of gaining the knowledge and communication in internet and then become addicts.

The United Nation Convention on the Rights of the Child draws attention to four sets of rights for every child, which is The Right to Survival, The Right to Protection, The Right to Development and The Right to Participation. According to the Convention, the Right to Participation accords the child access to appropriate information and freedom of thought and expression, conscience, and religion. The aim here is to see that the children are able to develop their own set of values and principles and those they have the opportunity to express themselves and their opinions. In the present situation the new generation are exercising their fundamental right of freedom of expression through social media any individual can give expression to his or her thoughts and ideas through websites, tweets, mobile phones etc. of information technologies this pave the way to children in long time to accommodate in the internet's without knowing of the health consequences this acts leads them internet addiction.

There were about 46 million active internet users at present time in India in 2017 when compared to 5 million in 2000, as reported by internet and mobile association of India. The number of internet users in India has grown five-fold since 2005. Mobile Internet usage is growing at the rate of nearly 85% per annum, with nearly 75% of non-voice usage being devoted to entertainment, where video and music streaming are major growth activities (Chandra G. et. al., 2012).

Internet addiction means using internet in an uncontrolled way which in turn causes individual, social and professional problems (Şahin, 2011; Şahin & Korkmaz, 2011). Similar to pathological gambling, Internet addiction was conceptualized as an impulse-control problem that is not caused by mania, hypomania (Shapira, Goldsmith, Keck, Khosla, & McElroy, 2000; Shapira et al., 2003), or intoxication (Young, 1996, 1998).

Firstly, one of the most extensive an empirical study on Internet Addiction conducted by Kimberly S. Young of the University of Pittsburgh at Bradford in 1996. In her study, she revealed concrete evidence supporting the Internet Addiction claim. However, help for web addicts are available and explore the behavioral problems of misuse of the Internet using the term "Internet addiction" Based on the DSM-IV-TR (American Psychiatric Association, 2000) criteria for pathological gambling, diagnostic criteria for Internet addiction were proposed as (1) preoccupation with the Internet; (2) need to spend increasing amounts of time online; (3) repeated but unsuccessful attempts to reduce Internet use; (4) suffering withdrawal symptoms from reduction of Internet use; (5) time management problems; (6) environmental distress from school, family, work, and friends; (7) deception of Internet time; and (8) mood modification through Internet use (Young, 1996).

The understanding that the internet use can be a disorder is still in its initial stages in India. There are limited numbers of studies estimating how common the issue of internet addiction is in India (Nalwa K et al. 2003). In a study carried out by Yadav et al. among high school students in Ahmadabad India, there was a strong positive correlation between internet addiction and depression, anxiety and stress. Since 2007 certain educational institutions like IITs, leading Universities have been restricting campus internet usage during night hours because of reports of some suicides being linked to the presumed anti-social behavior that excessive internet promotes (Swaminath G., 2008). Recent reports indicated that some online users were becoming addicted to the Internet in much that same way that others became addicted to drugs or alcohol, which resulted in academic, social, and occupational impairment (Goldberg I., 1996).

Maressa Orzack, director of the Computer Addiction Study at Harvard University's McLean Hospital, while interview to the leading magazine in the world namely Forbes. He opined about the internet addition among the youth population were reported that between 5% and 10% of Web surfers suffer some form of Web dependency (Lea, 2005).

A researcher and senior director of the Information Technology and CTY Online expressed her view on an occasion in the Johns Hopkins University Centre for Talented Youth argues at a large university in New York, the dropout rate among freshmen newcomers rose dramatically as their investment in computers and Internet access increased, and the administrators learned that 43% of the dropouts were staying up all night on the Internet. (Wallace 2001).

In a study done in Iran, severe internet addicts used it for nonessential uses like film, music, cartoon, computer games, social sites and chat rooms, but normal users use it for news, events, educational, and universal

sites. Furthermore, internet addicts use internet in a drift manner and in private places (Sunwoo K., 2002). In India, use of internet is enormous, especially in the young population (Goel D., 2012). The aim was study to find out addiction, prevalence and pattern of internet among children in the state of Madhya Pradesh and Chhattisgarh, India.

Objective of the study

The following are the objectives of the present study-

- To find out socio-demographic characteristics of the children.
- To find out the nature and extent of internet addiction among children in both state.

MATERIALS AND METHODS

This study aims to known about to determine prevalence of internet addiction among children communityof the children in Sagar (M.P.) and Surajpur (C.G.). It is a sensitive and controversial subject, which has assumed great importance as it affects many individuals and the society at large. Internet is very useful for user to find information for their current work. However presently internet is not only use for seeking information but being use to fills leisure time as well. If this phenomenon continues without any solution then internet addiction will become very serious and serious.

According to Joeng, internet addiction is significantly and negatively related to students' academic performance (as cited as Young, 2006). Besides that, academic performance of the students is impaired by the addiction to the use of the internet. Therefore, the present study concentrated on tofind out the seriousness of the internet addiction is the main thing to start so that this problem can be solve.

This study also will explain the negative consequences of internet addiction. Besides that these studies also important to let the people who are involve to take care of it such as parents and teacher. Through this study, they may start too aware of this problem so that can try to control teenagers' community.

Sample and Sampling

The sample of the present study were chosen children who have given consent and who were using internet for more than one hour a day were included in this study of the both district of the Sagar (M.P.) & Surajpur (C.G.). Purposive sampling method was employed to collect sampling for the present study. To make these samples more representatives of target population the researcher went on selecting children/students who were willing to participate in the study and this gave a sample size of 70 subjects. Out of 70 samples, 67 respondents were students, two children who are working in the petty shops and one is dropout from school.

The primary data was collected by researcher with help of standardized version of 'Internet Addiction Test' questionnaire. It has developed by Dr. Kimberly S. Young in 1998, which was slightly modified according to present scenario with applicable language. It contains two parts: the demographic aspects included Name, Age, Sex and Family Details the qualitative variables incorporating subjective response on the usage of the internet.

Data collection & Tool

The data of the study was collected with 'Personal Information Form' developed by the researcher to collect information about independent variables of the study, with Young (1998) 'Internet Addiction Scale' to identify levels of internet addiction in children.

Personal Information Form*:* This form developed by the researcher includes questions onchildren demographic features (age, sex, education, religion, community), Individual attending question (existence of PC or Laptop and internet connection at home, go to cyber café, time spent on internet etc.) and their Family members profiling of use on internet.

Internet Addiction Scale:The Internet Addiction Tool scale designed by Kimberly S. Young (1998) to determinefor the assessment of internet and computer addiction levels of the individuals using a standardized questionnaire. It contains 20 items of 5 points Likert Scale.

Data Analysis

The data thus obtained was analyzed and frequency, percentage was used to analyze the data using **Statistical Package for Social Sciences** (SPSS). The results of the analyses have been presented in the form of tables and figures. By and large, simple frequency and percentage were used to explain the results and discussed in the following chapter.

RESULTS AND DISCUSSION

The study group consisted of 70 children of different types of demographic features(age, sex, education,

community, and religion), the existence of internet connection at home and time spent on internet, and the users of family members and socio-economic background in Sagar and Surajpur district of the state of Madhya Pradesh and Chhattisgarh in India.

Table no. 1. Demographic features of Study Group

Children	Sagar(MP)	Surajpur(CG)	N (70)	%
Age				
7 – 10	01	01	02	02.9
11 – 14	12	14	26	37.1
15 - less than 18	22	20	42	60.0
Sex				
Male	12	30	42	60.0
Female	23	05	28	40.0
Education				
Primary	01	02	03	04.3
Middle	09	10	19	27.1
High School	14	16	30	42.9
Higher Secondary	11	07	18	25.7
Religion				
Hindu	27	30	57	81.4
Muslim	06	05	11	15.7
Christian	02	00	02	02.9
Other(Minorities)	00	00	00	00.0
Community				
General	10	18	28	40.0
Other Backward Class	12	15	27	38.5
Schedule Caste	09	01	10	14.3
Schedule Tribes	02	00	02	02.9
Others(Minorities)	03	00	03	04.3
Occupation				
Student	35	32	67	95.7
Labor	00	01	01	1.43
Self employment	00	01	01	1.43
Unemployment	00	01	01	1.43

With regard to the above table of demographic features of study group of the respondents reveals that the maximum number of age group in both state that 15- less than 18 years but sex wise the majority of female respondents (65.71%) in Surajpur CG. In this study, the education of both state are majority in high school students (42.9%) and most important none of the illiterate. 81.4% of the respondents belonging from the Hindu religion and 40% belonging from general community in India. One of the benchmark of this study the 95.6% of the respondents are currently students on different school on different state and most important the other 3 are works in different scenario like labor, self employment(Table 1).

Table no. 2. Status of the respondents about their personal computer either using internet café

Children	Sagar(MP)	Surajpur(CG)	N (70)	%
Have a PC/Laptop				
Yes	26	16	42	60.0
No	09	19	28	40.0
Do you go to Internet cafe				
Yes	22	16	38	54.2
No	13	19	32	45.7
If yes, how much time spend there in one day on internet cafe				
1-2 hour	17	12	29	76.3
3-4 hours	05	03	08	21.0
5-7 hours	00	01	01	02.7
7< hours	00	00	00	00.0

Respectively the above table of Status of the respondents about their personal computer either using internet café shows that the maximum number of the respondents have PC/Laptop but in the Surajpur respondents haven't PCs number are double digit because it has a under developing newly district of Chhattisgarh. Just 25.7%

respondents haven't PC/Laptops in Sagar but 62.8% goes to Internet Café even after having personal computer or laptops. And 21% of the respondents of both state are spend 3-4 hours in internet in internet café (Table 2).

Table no. 3. How often the family members of the respondent were on online activities

Family Members	N(Overall)	Users	%
Father	66	25	37.9
Mother	68	9	13.2
Brother	49	28	57.1
Sister	17	5	29.4
Grand Father	6	0	00.0
Grand Mother	9	0	00.0
Uncle	2	2	100.0
Aunt	3	1	33..3

Above table its shows that respondent's Family member online activities or using internet have been presented combined with both state. The majority of the out of 70 respondents from using internet were Father, Mother, Brother, Sister and Other family relatives. The significant of the respondents Father 25 (37.87%), 9 (13.23%) Mothers, 28 (57.14%) Brother, and 5 (29.41%) Sisters were frequently using internet. While the majority of Brother 28 (57.14%) use internet also reported (Table 3).

Table no. 4. Internet Addiction Test tool

VARIABLES	Sagar (Madhya Pradesh State)					Surajpur (Chhattisgarh State)					
	Always	Often	Sometimes	Rarely	Never	Always	Often	Sometimes	Rarely	Never	*N(70)*
1. **Do you find that you stay online longer than you intended?**	10	09	`12	03	05	03	09	17	00	06	**70**
2. **Do you neglect household chores to spend more time online?**	01	06	15	08	05	01	05	11	10	08	**70**
3. **Do you prefer the excitement of the internet to intimacy with your partner?**	16	06	11	06	02	11	08	11	01	04	**70**
4. **Do you form new relationships with fellow online users?**	11	06	04	08	06	08	08	08	06	05	**70**
5. **Do others in your life complain to you about the amount of time you spend online?**	06	06	06	04	13	01	06	09	07	12	**70**
6. **Does your work suffer because of the amount of time you spend online? (E.g., postponing things, not meeting deadlines, etc.)**	00	05	11	05	13	01	06	10	06	12	**70**
7. **Do you check your email before something else you need to do?**	02	03	11	09	10	01	05	14	06	09	**70**
8. **Does your job performance or productivity suffer because of the internet?**	01	10	08	04	12	08	05	07	05	10	**70**
9. **Do you become defensive or secretive when anyone asks you**	03	04	10	04	14	03	00	07	01	24	**70**

what you do online?											
10. **Do you block disturbing thoughts about your life with soothing thoughts of the internet?**	00	08	19	06	02	04	10	12	05	04	**70**
11. **Do you find yourself anticipating when you will go online again?**	12	07	05	01	10	06	12	10	03	04	**70**
12. **Do you fear that life without the internet would be boring, empty or joyless?**	14	07	06	00	08	06	05	11	03	10	**70**
13. **Do you snap, yell, or act annoyed if someone bothers you while you are online?**	13	09	04	06	03	09	05	09	05	07	**70**
14. **Do you lose sleep due to late night internet use?**	03	08	08	11	05	01	11	09	04	10	**70**
15. **Do you feel preoccupied with the internet when not online, or fantasize about being online?**	05	06	03	08	13	03	05	18	05	04	**70**
16. **Do you find yourself saying "Just a few more minutes" when online?**	15	09	07	00	04	07	09	09	03	07	**70**
17. **Do you try to cut down on the amount of time you spend online and fail?**	06	03	06	09	11	07	09	09	07	03	**70**
18. **Do you try and hide how long you've been online?**	01	01	03	09	22	02	02	01	07	23	**70**
19. **Do you choose to spend more time online over spending time out with others?**	15	05	11	02	03	04	11	16	01	03	**70**
20. **Do you feel depressed, moody, or nervous when you are not online, and do these feelings go awhile when you go back online?**	14	02	01	18	00	05	10	14	03	03	**70**

The assessment of above the IAT tool table is very important part of this study of both states. This tool was propounded by Dr. Kimberly Young and the researcher took this for research purpose and checks the addiction level in children in these states. In this tool all 20 questions are collectively 100 marks and divided in 5, 4, 3, 2, 1 points of different question wise. After study this tool marks was decoding 4 step assessments. Finally 9 (12.85%) respondents secured 80-100 points that mean they are totally internet addicts according this tool. And most important these all are belonging from Sagar (A smart city). Along with 39 (55.72%) respondents were found (50-79 points) that frequently and occasionally of using social networking sites which is a kind of internet addiction and last 22 (31.43%) respondents secured 1-49 points means these are completely safe and average online users of the internet (Table 4).

Assessments

- **01 – 20 points:** You are absolutely **Complete Safe** about this problem of the Internet.
- **20 - 49 points:** You are an **average or mild** on-line user. You may surf the Web a bit too long at times, but you have control over your usage.
- **50 - 79 points:** You are experiencing **moderate or possible or occasional or frequent** problems because of the Internet. You should consider their full impact on your life.
- **80 - 100 points:** Your Internet usage is **severecausing significant** problems in your life. You should evaluate the impact of the Internet on your life and address the problems directly caused by your Internet usage.

WAY TO CONTROL AND AVOID INTERNET ADDICTION

- **Self-discipline** - suppress distracting websites for a set quantity of time.
- **Attention** - capitalize on focus while shifting between different tasks.
- **Confidence**- hub on particular event for 25 minutes each.
- **Consider** - limit your consideration to a single application at a time.
- **Dedication** - create a distraction-free atmosphere for writing.
- **Asocial**- instantly blocks the social websites that are distracting your focus.
- **Stay focused** - curb the time you spend browsing time-wasting sites.
- **Interval** - remind yourself to take regular breaks to keep your focus pointed.

CONCLUSION

Internet addiction has commonly been viewed as an extremely broad topic with few common definitions and little guidance. Researchers should work to develop a standardized definition of Internet addiction with supporting justification Multi centric studies are required to assess the real problem and thereby take appropriate steps to tackle the growing problem. The data is indicative of Internet addiction to be an emerging problem of the modern era. The finding of the present study results shows that using of the Internet and their addiction on internet among students in the District of Sagar(M.P.) & Surajpur(C.G.).

In China it has been estimated that 33 million Internet Addict out of 632 million Internet Users, Mostly male children. But in India the internet addiction reported that not here more than a million, however the present condition it is an increasing very fast like China, South Korea, USA, Japan, UK and others. In this study the sample screened consisted of 60% males and 40% females of which 12.85% were found to be Internet addicts. The results of comparable study are conducted with 70 respondent less than 18 years old Children of Sagar(M.P.) & Surajpur(C.G.) in 2015.

9 (12.85%) respondents were found (score >79) severe addicts of internet, and most important these all are belonging from Sagar (A smart city). 39 (55.72%) respondents were found as moderate or possible addicts (score 50-79) of using social networking sites which is a kind of internet addictionand 22 (31.43%) respondents were found mild and safe (score <49), they were always neglect their chores to spend time online.

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