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**A COMPARATIVE STUDY OF MENTAL HEALTH OF AMONG
INTERNET ADDICTED AND NON-ADDICTED ADOLESCENTS**

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ABSTRACT

Adolescence is the too much sensitive age of life. Mental Health is a vital component of any healthy human life. Internet uses sometimes converts into addiction for adolescent. In the present study researcher selected 120 adolescents selected (30 male internet adolescents, 30 female internet addicted adolescent, 30 male non-internet adolescents, 30 female non-internet addicted adolescent) by purposive sampling technique. Researcher has used Internet Addiction Test by Dr. Kimberly Young was used; and for assess mental health, Mental Health Battery (2013 and revised in 2017) developed by A. K. Singh and Alpana Sen Gupta for collect the data. The result shows that the there is significant difference in mental health level in internet addicted and non-addicted adolescents.



Introduction

Internet use, especially social media has dramatically changed the way adolescents communicate, socialize, make and maintain friendships. While there are benefits to live in a digital world, there are also risks involved. Nowadays most of the adolescent's lack skills of social development and they spend the majority of their free time in interacting via their screens. They are also lost in a world of unrealistic comparisons and cyberbullying, which creates feelings of shame and unworthiness. A study reported an increase in major depressive episodes from 8.7% in 2005 to 11.3% in 2014 in adolescents and from 8.8% to 9.6% in young adults. One report by the Royal Society for Public Health in the UK surveyed 1500 adolescents, to determine the effects of social media use on mental health issues such as anxiety, depression, self-esteem, and self-image. Their findings show that YouTube had the most positive impact, while Instagram, Facebook, Twitter, and Snapchat all had negative effects on mental health. Internet Addiction Disorder (IAD) is generally defined as an uncontrollable desire to use the Internet, leading to acute nervousness and aggression in the event of deprivation and progressive deterioration of social life. IAD is becoming a common mental health problem in adolescents. Worldwide, the prevalence of IAD in adolescents may vary from 1.98% to 35.8%.

Mental health is a concept that affords to a human individual emotional and psychological well-being mental health is about how we think feel and behave. Merruan Webster defined mental health as "A state of emotional and psychological wellbeing in which an individual is able to use his or her cognitive and emotional capability, function in society and meet the ordinary demands of everyday life."

Mental illness is thus basically regarded as no difference from all other physical diseases. The only difference is this view between mental and physical diseases is that the former, affecting the brain, manifest by mean of mental problems such skin, liver, etc. manifest it self by mean of symptoms referable to those part of the body. These are two fundamental errors in this firstly what central system symptoms would correspond to a skin eruption or a fracture? It would not be some emotion or complex behavior. It would rather be blindness or paralysis



of some part of body. A disease of the brain, analogous to a disease of the skin or bone is a neurological defeat and not a problem in living.

Mental health problem can affect anyone, regardless of age, race, gender or social background without care and treatment. Mental health problems can have serious affect, on the individual and those around him or her, every year more than 25,0000 people are admitted to psychiatric hospital and over 4,000 people commit suicide particular mental health problems are also more common in certain people.

Park, Min Hee ; Jeon, Hae Ok (2013) conducted study on relationships between Health Behavior, Mental Health and Internet Addiction by Gender Differences among Korean Adolescents. With aim to compare the health behavior, mental health and internet addiction by gender differences among Korean adolescents and to examine relevance's between health behavior, mental health and internet addiction. The subjects were 73,238 Korean adolescents (male: 38,391, female: 34,847) who were recruited through national web-based survey. The data were derived from the Sixth Korea Youth Risk Behaviour Web- based Survey 2010 in South Korea. Results: There were significant differences in health behaviour, mental health and internet addiction. By gender differences. Prevalence of internet addiction was male: 3.9%, female: 1.9% in this study. As the result of multiple logistic regressions, the risk of internet addiction was increased in the case of smoking experience, substance experience, subjective health status, feeling of stress, depression experience, suicidal ideation, feeling of happiness, and sufficiency of sleeps in both male and female. So it was concluded that to decrease internet addiction prevalence, it is necessary to detect and manage the influencing risk factors of internet addiction such as health behaviour and mental health. And the health-promotion intervention to improve the internet addiction of adolescents should be planed and provided considering such differences by gender differences.

Nayanika Singh , K. C. Barmola (2015) researched on Internet Addiction, Mental Health and Academic Performance of School Students Adolescents. Study aimed with every student desires to perform well in schooling whether it is academic performance or others. Students' performance gets distorted by many factors like overburden, difficulty of subject



etc. Information technology has put another kind of burden on students. It is interesting on one hand while distracting on the other hand. This is mainly use of internet among adolescents due increasing literacy of computer and its uses in day today life. Observing present scenario the current study is aimed to find out the effect of internet addiction on mental health and academic performance of students. The sample consisted of 100 high school students, age ranging, 14 to 16 years drawn randomly from English medium schools of Rishikesh & Haridwar (Uttarakhand). Results: Findings of the present study revealed that there was a significant effect of internet addiction on academic performance and mental health of students/adolescents. Results further indicated that the students who were in the severe and profound groups of internet addiction were found to have detrimental effects on both in their academic performance and mental health rather than the students who were addicted to the internet usage moderately.

Yang-Sook Yoo ,Hee Cho and Kyeong-Sook Cha (2014) investigated Associations between overuse of the internet and mental health in adolescents This study examined the factors influencing internet addiction levels and mental health in a nationally-representative sample of 74,980 Korean middle- and high-school students who completed the 2010 Korea Youth Risk Behavior Web-Based Survey. The prevalence rates of potential internet addiction and internet addiction were 14.8% and 3%, respectively. The odds ratios for potential internet addiction were higher in both boys and girls who reported suicidal ideation, depressive mood, moderate or higher subjective stress, moderate or more happiness, or ever having engaged in problematic substance use. Adolescents at high risk for internet addiction had poor mental health outcomes. The findings indicate the need for measures to prevent and manage internet addiction in adolescents that consider the severity of factors related to internet addiction.

Objectives of the Study

- To study and compare internet addicted and internet non-addicted adolescents with regards to their mental health.
- To study and compare internet addicted and internet non-addicted male adolescents with regards to their mental health.



- To study and compare internet addicted and internet non-addicted female adolescents with regards to their mental health.

Hypotheses of the Study

- There is no significant difference between internet addicted and internet non-addicted adolescents with regards to their mental health.
- There is no significant difference between male adolescents with internet addicted and male adolescents with internet non-addicted with regards to their mental health.
- There is no significant difference between female adolescents with internet addicted and female adolescents with internet non-addicted with regards to their mental health.

Research Method

Descriptive research method has been used.

Sample and Sampling

In the present research sample comprised of 120 adolescents (Internet addicted and Non-Addicted) as total sample were equally categories according to their Gender (60 male and 60 female). Total sample were selected randomly from Patan District of Gujarat state.

Research Tools

For the measures of internet addiction, Internet Addiction Test by Dr. Kimberly Young was used; and for assess mental health, Mental Health Battery (2013 and revised in 2017) developed by A. K. Singh and Alpana Sen Gupta.

Statistical Techniques

Data were analyzed by following statistical techniques:

- Mean and Standard Deviation (S.D.)
- t-test for significance of difference between means



Results and Interpretation

In order to find out the significance of differences in mean emotional intelligence scores of corporate employees students' t-test was computed. The detail has been presented in table - A.

Table - A: Differences in Mean score of mental health of internet addicted and non-addicted adolescents.

Adolescents	N	Mean	SD	t- Value	Level of Sign.
Internet addicted	60	72.53	06.13	8.306**	0.01
Internet Non-addicted	60	80.33	05.19		

** Significant at 0.01 level of significance

It is indicted from table - A; that the mean mental health scores of internet addicted and internet non-addicted adolescents; mean score of internet addicted adolescent is 72.53 and non-internet adolescents is 80.33 with corresponding SD are 6.13 and 5.19 respectively. The calculated t-value 8.306 is significant at 0.01 level of significance with df/118. It means that the adolescents with internet addiction and adolescents with internet non-addiction are differs significantly on their mental health. Further, adolescents with Internet non-addicted have good mental health in compare to adolescents with internet addicted. So, null Hypothesis is rejected as there is significant difference in mean score of mental health of internet addicted and internet non-addicted adolescents.

Table - B: Differences in Mean score of mental health of internet addicted and non-addicted male adolescents.

Adolescents	N	Mean	SD	t- Value	Level of Sign.
Male Internet addicted	30	71.60	04.36	6.382**	0.01
Male Internet Non-addicted	30	79.93	05.74		

** Significant at 0.01 level of significance



It is indicted from table - B; that the mean mental health scores of internet addicted and internet non-addicted male adolescents; mean score of internet addicted male adolescent is 71.60 and non-internet male adolescents is 79.93 with corresponding SD are 4.36 and 5.74 respectively. The calculated t-value 6.382 is significant at 0.01 level of significance with df/58. It means that the male adolescents with internet addiction and male adolescents with internet non-addiction are differs significantly on their mental health. Further, male adolescents with Internet non-addicted have good mental health in compare to male adolescents with internet addicted. So, null Hypothesis is rejected as there is significant difference in mean score of mental health of internet addicted and internet non-addicted male adolescents.

Table - C: Differences in Mean score of mental health of internet addicted and non-addicted Female adolescents.

Adolescents	N	Mean	SD	t- Value	Level of Sign.
Female Internet addicted	30	72.59	06.58	5.019**	0.01
Female Internet Non-addicted	30	77.64	06.14		

** Significant at 0.01 level of significance

It is indicted from table - C; that the mean mental health scores of internet addicted and internet non-addicted female adolescents; mean score of internet addicted female adolescent is 72.59 and non-internet female adolescents is 77.64 with corresponding SD are 6.58 and 6.14 respectively. The calculated t-value 5.019 is significant at 0.01 level of significance with df/58. It means that the female adolescents with internet addiction and female adolescents with internet non-addiction are differs significantly on their mental health. Further, female adolescents with Internet non-addicted have good mental health in compare to female adolescents with internet addicted. So, null Hypothesis is rejected as there is significant difference in mean score of mental health of internet addicted and internet non-addicted female adolescents.



Finding

- The result shows that the internet addicted and internet non-addicted adolescents differs significantly on their mental health. Further, internet non-addicted adolescents are mentally healthy than the internet addicted adolescents.
- The result shows that the internet addicted and internet non-addicted male adolescents differs significantly on their mental health. Further, internet non-addicted male adolescents are mentally healthy than the internet addicted male adolescents.
- The result shows that the internet addicted and internet non-addicted female adolescents differs significantly on their mental health. Further, internet non-addicted female adolescents are mentally healthy than the internet addicted female adolescents.



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