

Effect of Internet Addiction on Life Skills of Secondary School Students

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ABSTRACT

ABSTRACT: Internet is very useful and crucial part of present era. It has many pros and cons. One of its cons is internet addiction. Life skills are also the base of social life. If anyone wants to adjust efficiently in society, then should be having rich life skills. Although Internet addiction affect at all stages of life but more in adolescence. So investigator chooses this topic for paper. A sample of 100 students was taken from secondary schools of rohtak city. Internet addiction test by Dr. Kimberly young and Life skill assessment scale by A. Radhakrishnan Nair, R. Subasree, Sunitha Ranjan were used for data collection. This study concluded that **20** students from the entire sample have **low** level of internet addiction, **44** students have **high** level of internet addiction and **36** students are those who are using internet in **medium** way. The study also revealed that only **4** are having **high** level of life skills, **44** students are having **low** level of life skills, **15** students of secondary students lying on **average** level of life skills. Result of this study depicted that there is **highly negative** correlation between the **internet addiction** and **life skills** of secondary school students it means the use of internet highly affects the life skills of secondary school students. Workshops, seminars, motivational talk should be organized to help the students to use internet in proper way.

KEYWORDS: Internet Addiction, Life Skills, Secondary school students.

I. INTRODUCTION

Internet: The Internet is system of interconnected computer networks which use the set of Internet protocols to connect devices around the world. It can be term as an international network of networks which consist networks of companies and governments by using wide range of electronic wireless networks like ENT optical network technologies. In the present era, the Internet has become essential to live, work and communicate easily with people in the room next door or on the other side of the world. Some important services provided by the Internet have become useful, such as e-mail, E-commerce, communication education, having much wider and unlimited access to information found on the Internet. It also offers benefits in the form of a digital table and offer many services. Some of them are education, game, social media, and health information etc.

Internet Addiction: The term "Internet addiction" was proposed by Dr. Iven Goldberg. It is described as an impulse control disorder, which does not involve the use of an intoxicating drug that is very similar to pathological gambling.

Effects of Internet Addiction : There are some **positive effects** of internet addiction like expanded knowledge base, ease of communication, relationships etc and **negative effects** like anxiety sadness, depression, unable to keep schedules, sleep deprivation, social isolation, dishonesty, lying, mood changes etc.

Life Skills: Life Skills are our abilities for adaptive and positive behavior that enables human beings to effectively cope with the demands and challenges of life. The subject varies considerably depending on the social norms and expectations of the community, but the skills that contribute to well-being and motivate individuals to become active and productive members of their communities are considered as life skills.

Importance of Life Skills : This contributes to the development of social skills and problem solving, which helps the adolescent to form his own identity. Adolescence is able to distinguish between listening and worth listening. It also helps adolescents to successfully move from childhood to adulthood by developing healthy social and emotional skills. It promotes the development of positive self-esteem and teaches how to control anger. These skills help in delays the appearance of alcohol, tobacco, etc.

Types of life skills : There are a number of life skills but investigator uses only ten out of them i.e. critical thinking skills, Problem solving skills, decision making skills, interpersonal skills, effective communication, empathy, communication skill, coping with stress, coping with emotions, self awareness, which are lend by WHO.

Internet Addiction and Secondary school students: Internet access and its use among high school students have grown exponentially in recent decades. It has also been reported that the main purpose for which teenagers use the Internet in education, despite that various activities such as games, shopping and music downloads also done. As a social context, the Internet allows many communication features such as e-mail, instant messaging, chat and blogs to allow teens to participate and create their own environment.

Need of the study: The study is justified because if investigators want to study the concept of Internet addiction of high school students, so they should know the effects on the life skills of students. We will also know what students think about them, where they are before their own understanding, what their opinion is about themselves. If we know their problems, we can help them a lot in the school system. We can also give advice to parents and teachers. Internet addiction and the life skills of both concepts are interdependent, such as the excessive use of Internet can affects in many way the life skills of the students. Students improve their life skills affected by excessive Internet use. They must be clearly informed of the positive and negative effects of the Internet. They should also be aware of the time constraints associated with using the Internet.

Statement of the problem : “To study the effect of Internet addiction on life skills of secondary school students”

Objective of the study:

- To assess the level of internet addiction of secondary school students
- To assess the level of life skills of secondary school students.
- To study the relationship of internet addiction and life skills of secondary school students.

Hypothesis of the study:

- There is no significant relationship between internet addiction and life skills of secondary school students.

Research Methodology, Population and Sample: In the given study descriptive survey method was used for the given study. Students studying in secondary school constituted the target population of the present study. A sample of 100 students were selected for this private and government schools were selected out of the list of schools of rohtak by random sampling techniques 50 students from each school were taken as subject of sample

Tools Used In the Study:

- Internet addiction test by Dr. Kimberly young.
- Life skill assessment scale by A. Radhakrishnan Nair ,R. Subasree, Sunitha Ranjan.

II. RESULT AND INTERPRETATION:

Objective 1: To assess the level of internet addiction of secondary school students : The result of the study revealed that 20 students from the entire sample have low level of internet addiction, 44 students have high level of internet addiction and 36 students are those who are using internet in medium way.

Objective 2: To assess the level of life skills among the secondary school students. The result depicted that 4 Students out of 100 are having very high level of life skills, 6 are having high level, 44 students are having very low level of life skills, 31 having low level, and 15 students of secondary students lying on average level of life skills.

Objective 3: To find out the relationship of internet addiction and life skills of secondary school students.

Table – 1

Group	Number	Mean	Correlation value	Level of significance	Remarks
Internet addiction	100	47.92	-0.9855	2.58 at level of 0.01	Highly negative correlation
Life skill	100	48.02			

Interpretation: It is depicted from the table that relationship between internet addiction and life skills is significant. So the hypothesis “**There exist no significant relationship between internet addiction and life skill of secondary school students**,” is **rejected**. There is highly negative correlation between internet addiction and life skills of secondary school students which means if internet addiction increases then life skills decreases and vice versa.

III. CONCLUSIONS:

This study concluded that **20** students from the entire sample have **low** level of internet addiction, **44** students have **high** level of internet addiction and **36** students are those who are using internet in **medium** way. The study also revealed that only **4** are having **high** level of life skills, **44** students are having **low** level of life skills, **15** students of secondary students lying on **average** level of life skills. Result of this study depicted that there is **highly negative** correlation between the **internet addiction** and **life skills** of secondary school students it means the use of internet highly affects the life skills of secondary school students. A proper understanding for the use of internet is to be given to the students. Workshops, seminars, motivational talk should be organized to help the students to use internet in proper way. There is a tremendous scope for the teachers and parents to work towards preventing negative consequences of internet addiction as well as helping the victims overcome their unpleasant experience. Parents and teachers effort in the line of helping the student’s internet addiction could go a long way in building better citizens of tomorrow.

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