

Exploring Determinants Of Internet Addiction Among Adolescent Facebook Users: A Comprehensive Study.

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Abstract

Introduction: The study introduces the emerging phenomenon of Internet addiction among teenagers, drawing parallels with substance dependencies. It emphasizes the consequential academic, social, and occupational ramifications associated with this trend.

Objectives: The study aims to thoroughly examine and identify instances of Internet addiction prevalent among teenagers. The objective is to provide valuable insights into the patterns and implications of excessive Internet use among adolescents.

Methods: The research employs meticulously crafted offline questionnaires tailored for school-going students. A substantial cohort of 660 participants from various educational institutions is enlisted, utilizing a cross-sectional research methodology. Data collection involves personally administered questionnaires to probe the intricate dimensions of Internet addiction.

Results: The study's exclusive focus on adolescents reveals insightful findings, highlighting a prevalent pattern of moderate Internet usage, with a specific emphasis on the widely popular social media platform, Facebook.

Conclusions: By adopting a comprehensive approach, the research significantly contributes to understanding Internet addiction within the context of adolescent behaviour. The insights garnered hold pivotal implications for educators, parents, and mental health professionals, providing valuable knowledge to formulate effective strategies in addressing and mitigating potential adverse effects associated with excessive Internet use among teenagers. The nuanced comprehension of this contemporary societal concern fosters a more informed and proactive stance toward cultivating a healthier digital landscape for the younger generation.

Keywords: Addiction, Adolescent, Questionnaire, SNS, Social Media, Teenager.

1. Introduction

Internet usage has increased significantly since the 1990s, making it one of the most significant challenges. Researchers are working harder to ascertain the impacts of high Internet usage, especially among young people, as the phenomenon of extended Internet browsing spreads [1]. Certain internet users have developed an addiction to the internet in a similar manner to how they developed addictions to drugs, alcohol, gambling, etc. This has several detrimental effects on the younger generation [2]. This resulted in poor work performance, academic failure, and even family strife and divorce. Not only that, but excessive Internet use also has an impact on behavioural, psychological, physical, and job issues in addition to interpersonal issues. Over the past 20 years, there has been a significant shift in how we live and work due to developments in the communication and technology sectors [3]. Internet access was previously limited to computers in homes, offices, libraries, colleges, and internet cafés. However, with the advent of mobile phones, users may now access the Internet from anywhere. The advancement of technology has made it possible for cell phones to access the Internet [4]. There are an estimated 7.9 billion individuals on the planet at this time. There are 5.25 billion users worldwide that regularly access the internet. Approximately 66 percent of people worldwide use the internet for a variety of activities, according to the research [5]. This represents a significant percentage of the user base globally. As depicted in Figure 1. A significant portion of the population uses the internet.

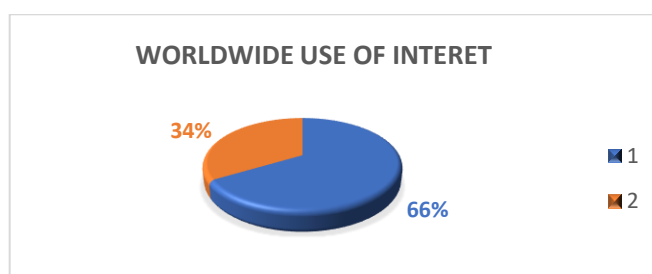


Figure 1: Worldwide internet users.

A. The usage of the internet

A variety of web applications are being offered for customers as internet usage grows in popularity. It affects practically every aspect of life, including business, medicine, agriculture, industry, and education. The use of the internet on smartphones is now possible thanks to technological advancements. This is the main cause of internet addiction. In the young. Numerous advantages and disadvantages of internet use for users were found by researchers, particularly in the field of education. It is risky for society when school-age and college-aged individuals use excessive amounts of technology since it could affect future generations. These days, social media platforms are incredibly popular.

B. Social media websites

Because there are so many social networking sites on the internet, individuals can select the one that best suits their needs. Many social media platforms, including Facebook, Instagram, Twitter, Yelp, Myspace, YouTube, WhatsApp, Facebook Messenger, TikTok, Telegram, Snapchat, Pinterest, and many more. These websites facilitate online sharing of papers, media, thoughts, and comments. Facebook is the most popular social networking site, according to data from the Statista website. As seen in Figure 2, the most popular social networks worldwide were ranked by the number of monthly active users in millions as of January 2022. This website is used by more than 2.9 million people. For this reason, we have chosen to investigate Facebook's effects on teenagers.

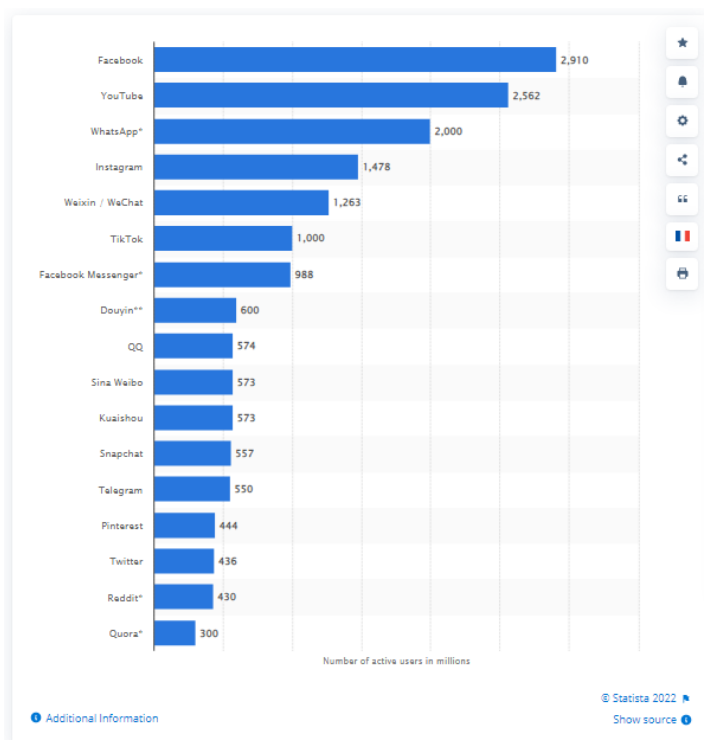


Figure 2: As of January 2022, the most popular social networks in the world were ranked by the number of monthly active users (in millions) [6]

2. Literature Review

Previous studies on Internet addiction concentrated on determining what factors contributed to an individual's propensity to develop an Internet addiction as well as the features of such individuals [7]. Studies show that internet addiction is getting increasingly common, especially among people in college. To address the different risk factors that lead to IA, further research is required [8]. Internet users become addicted to several aspects of using the internet, claims Young (2009) [9]. Since they use the Internet frequently yet do not yet possess a high degree of mental maturity, adolescents are considered to be a potential category of Internet addicts. For many teenagers, the Internet evolved became their primary information resource and haven. The Internet allows people to obtain information and find solutions to a wide range of problems they encounter on a daily basis. Psychologists and educators have long recognized the negative aspects of the Internet, despite its widely acknowledged advantages. Of particular, excessive usage of the Internet can lead to health and psychological problems [10].

The literature review indicates that teenagers are becoming more and more affected by the issue of internet and social media addiction. Therefore, it's critical to research the extent of addiction in this age range. In light of this issue, we focused on adolescent students and carried out a study to determine whether or not schoolchildren were addicted to Facebook

3. Methods

A. Data Collection

The data was gathered through an offline survey that we performed. We concentrate on adolescent kids since they are increasingly dependent on the internet and social media. We personally went to several schools and gave the questionnaires to kids in the eighth, ninth, and tenth grades. This offline survey involves eighth, ninth, and tenth grade students. A total of 660 students from various schools participated in the survey. For better outcomes, we cover both Marathi and English-medium schools. The questionnaires for this survey have been created in a way that will provide information about internet addiction. As was previously said, we aim to reach Facebook users. The questionnaire has 36 items in its original design. We have included the core nine questions in this study to aid in our analysis of schoolchildren's Facebook use. Additional inquiries centre on the various facets of Facebook use, such as its influence on social life and education. The study's chosen questions are displayed in Table 1.

Table 1. Questions included in this study.

Sr. No.	Questions.
1	Do you use Facebook?
2	How much time you spend on Facebook?
3	What is daily Facebook using time in general?
4	Do you enjoy while you are on Facebook?
5	How much time on holiday you spend on Facebook?
6	Do you feel angry when you are not allowed to use Facebook?
7	Do you frequently check your post for friend's remark?
8	If you feel lonely do you prefer use of Facebook?
9	Do you have spent whole night on Facebook?

B. Analysis of data

We conducted statistical analysis using the SPSS software platform. SPSS is an acronym for "Statistical Package for the Social Sciences." With the help of this program, survey researchers can perform statistical analysis and extract insightful information from the questionnaire results. In this article, we computed frequencies and percent, which could help understand how schoolchildren use Facebook

4. Results

Regarding the first question, which asked whether or not students use Facebook, we discovered that, according to the observed results, just 36.1% of students are active on Facebook, and 63.9% of students do not use it at all. Table 2 presents this information. Table 3 shows that just 8.8% of students use Facebook for two to five hours each day, and only 5% use it for more than five hours. This information is relevant to our second question. Table 4 illustrates that a maximum of 36.3% of students choose to utilize the Facebook application in the evening. Just 44.9% of students agree that they love using Facebook, and 55.1% say they are not interested in this issue in Table 5. t Table 6 indicates that Facebook is also used moderately during holidays. According to Table 7's Question No. 6, almost 77% of students say they don't become upset when they're forbidden from using Facebook. According to Table 8, 43.2% of students never check the post for comments from friends. Table 9 shows that 52.3% of students never prefer to use Facebook when they are lonely, and Table 10 shows that just 1% of students use Facebook nonstop during the night.

Table 2. Do you use Facebook?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	236	35.8	36.1	36.1
	No	418	63.3	63.9	100.0
	Total	654	99.1	100.0	
Missing	System	6	.9		
Total		660	100.0		

Table 3. How much time you spend on Facebook?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0-2 Hours	273	41.4	86.1	86.1
	2-5 Hours	28	4.2	8.8	95.0
	More than 5 Hours	16	2.4	5.0	100.0
	Total	317	48.0	100.0	
Missing	System	343	52.0		
Total		660	100.0		

Table 4. What is daily Facebook using time in general?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Early Morning	47	7.1	15.4	15.4
	Afternoon	86	13.0	28.1	43.5
	Evening	111	16.8	36.3	79.7
	Late Night	62	9.4	20.3	100.0
	Total	306	46.4	100.0	
Missing	System	354	53.6		
Total		660	100.0		

Table 5. Do you enjoy while you are on Facebook?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	196	29.7	44.9	44.9
	No	241	36.5	55.1	100.0
	Total	437	66.2	100.0	
Missing	System	223	33.8		
Total		660	100.0		

Table 6. How much time on holiday you spend on Facebook?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0-3 hour's	263	39.8	84.8	84.8
	3-6 hours	31	4.7	10.0	94.8
	More than 6 hours	16	2.4	5.2	100.0
	Total	310	47.0	100.0	
Missing	System	350	53.0		
Total		660	100.0		

Table 7. Do you feel angry when you are not allowed to use Facebook?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	329	49.8	77.2	77.2
	Rarely	25	3.8	5.9	83.1
	Sometimes	61	9.2	14.3	97.4
	Often	3	.5	.7	98.1
	Frequently	8	1.2	1.9	100.0
	Total	426	64.5	100.0	
Missing	System	234	35.5		
Total		660	100.0		

Table 8. Do you frequently check your post for friend's remark?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	161	24.4	43.2	43.2
	Rarely	65	9.8	17.4	60.6
	Sometimes	119	18.0	31.9	92.5
	Often	19	2.9	5.1	97.6
	Frequently	9	1.4	2.4	100.0
	Total	373	56.5	100.0	
Missing	System	287	43.5		
Total		660	100.0		

Table 9. If you feel lonely do you prefer use of Facebook?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	193	29.2	52.3	52.3
	Rarely	62	9.4	16.8	69.1
	Sometimes	89	13.5	24.1	93.2
	Often	18	2.7	4.9	98.1
	Frequently	7	1.1	1.9	100.0
	Total	369	55.9	100.0	
Missing	System	291	44.1		
Total		660	100.0		

Table 10. Do you have spent whole night on Facebook?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	206	31.2	52.4	52.4
	Rarely	166	25.2	42.2	94.7
	Sometimes	15	2.3	3.8	98.5
	Often	4	.6	1.0	99.5
	Frequently	2	.3	.5	100.0
	Total	393	59.5	100.0	
Missing	System	267	40.5		
Total		660	100.0		

5. Discussion

We have looked into the prevalence of addiction among schoolchildren because the current situation is centred on excessive internet use and addiction to social media. Teenage students are more likely to use social media and the internet for a variety of purposes, such as sharing, gaming, and information searches. After looking into 660 pupils from various schools, we discovered that internet usage is moderate. According to academic study, 63.9 percent of students do not use Facebook, a prominent social media platform, therefore the indications of addiction have not been shown among youngsters. Nearly 77.2 percent of students say they won't get upset if they aren't allowed to use the social networking site. The Marathwada region of Maharashtra (INDIA) is where this survey was carried out.

In future we will expand our studies for some other social media like WhatsApp. We will analyse the different factors of internet addiction on the students for getting to understand the behavioural changes in the students

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