

Internet as Need or Addiction Amongst Pakistani Youth; Exploring The Use Of Internet At University Level Students

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Abstract:

A collection of different interconnected small or large networks is called an Internet. It is a speedy high way that connects multiple regions. Each region can have one or more than one networks. Internet has become more influential tool to minimize the communication gap all over the world. Internet service providers (ISPs) are providing cheap, fast and good communication services. Technology is playing important role in the growth of Internet users. The easy and cheap availability of computers, laptops, mobiles and Internet services may cause Internet addiction. Internet addiction refers to extreme use of Internet which seems unmanageable in routine life matters,

health, attitude, and relationships. Too much use of Internet affects the students spiritually, emotionally, morally and educationally. We have investigated the relationship between problems and measures of Internet addiction among 1000 university level students in the current study. Data was collected through questionnaires filled individually by every student. Results indicate that a large number of students waste their time on chatting and visiting useless sites. Moreover, interpersonal, academic and health problems were found. The reasons of positive and negative impacts of Internet addiction are also found. Survey shows that a number of students are unaware to use the Internet properly. It has been observed that the male students are

more addicted to Internet than female students.

Keywords: University Students; Internet Addiction; Attitude; Internet Usage

INTRODUCTION

Internet is a global computer network system that connects millions of people at a time. An Internet is a combination of several networks that are interconnected by bridges and/or routers. It uses advanced technologies standards and protocols. Throughout the world, Internet is responsible for hosting and delivering services. Transferring of gigantic Internet services is creating confidence for service providers and has caused growth of Internet in all sectors. The key elements of Internet are hosts, network, LAN, WAN and routers. Hosts which are also called end systems include mainframes, servers, workstations and PCs. These hosts mostly use Internet connected through the local area network (LAN) or wide area network (WAN). These two or more networks are connected directly or indirectly to a router. On the Internet, a host sends data to another host anywhere and data breaks into the sequence of packets, called IP data grams or IP packets. Each packet has unique numeric address which is called IP address. The

Advanced Research Projects Agency

Network (ARPANET) created the history of computer network. In 1960s, United States, Department of Defense (DOD) gave birth to the Internet . All the countries throughout the world almost use Internet in every field of life. This amazing communication system came into being in 1969 . Since the mid 1990s, Internet has become very important due to its easy accessibility. In a study conducted in 2007 by Norton, it was concluded that approximately one fourth of the world's resident's use the services of the internet . The Internet has grown up to be one of the most admired media for communication. This media have been utilized excessively by young people and teenagers to communicate with each other. The weighty use of the Internet produces negative effects in all areas and causes problematic Internet use

The study shows the impacts of Internet addiction at university level students. Aggressive use of Internet can cause disturbance of social life (relationship with family, friends, colleagues and neighbors), health (headache, backbone and eye side issues), attitude (mood, anxiety and depression) and study (classes, exams, quizzes, assignments and grades). Internet addiction affects behavior, emotions,

personality and ethics. Balanced use of Internet can produce good and healthy results. This paper is formalized in the following sections: Literature review is discussed in section II. Internet addiction is described in section III. Advantages and Disadvantages of Internet are described in section IV. Section V has objectives of the study. In section VI method, procedure, research instrument and data analysis is given. Results, findings, conclusion and recommendations are given in section VII. Section VIII has references.

Literature Review

Internet is heavily used communication tool throughout the world. It accommodates the users to provide access of thousands multiple web sites as well as audio and video communication. It was concluded that teenagers from sixteen to eighteen years old are more Internet users, while the percentage of male students is higher. Most of the students waste their time on Internet by visiting useless or irrelevant sites . When we see the situation of depression, loneliness, sensitivity, sickness, and personality problems, then we can say that excessive Internet users exists . In Singapore, 84% of 10-14 years aged, 64% of 15-59 years aged, 21% of 60 or more aged persons use

internet. Out of the percentages given above 96% use Internet applications, 89% use the web for information taking, and 61% of the individuals use the Internet for enjoyment . Furthermore, it is defined that the level of Internet addiction (LIA) of male students is higher who spend more than eight hours on the Internet and the efficiency of students of relevant department is also affected . Moreover, it is claimed that the meaning of term Internet addiction is very wide; it covers multiple types of behaviors. It is further categorized into five subtypes as: (1)- cyber sexual addiction: in which addicts usually involves in adult websites. “*Cyber sex, Cyber porn and pornography*” are the terms use for online sexual addiction, (2)- cyber relationship addiction: In which addicts usually involves seriously in online relationships, (3)- net compulsion addiction: In which addicts usually involve habitual, consistent and uncontrollable online activities such as gambling, shopping, trading, bidding and auction, (4)- information overload addiction: In which addicts usually involve in searching or visiting different websites, data and material, (5)- computer addiction: In which addicts usually involve in computer game playing . Internet is an essential part of daily

life. Internet is considered a much reliable source of communication, so people are becoming more dependent on it day by day. As dependency increases, the problems associated with excessive use of the Internet also goes up . Internet addiction causes depression, anxiety, and stress . Educators and psychologists are well aware about the negative impacts of physical and psychological problems. Users who are Internet addicts experience academic, relational, economic, occupational and physical problems. Extreme use of Internet increases psychological problems like depression and loneliness. Addicted Internet users are more depressed than non addicted Internet users . Internet is a significant instrument for youth in this modern life at schools, colleges and universities. It is observed that Internet addiction exists in every group of age. The ratio of Internet addiction is greater in youth at 15-20 years old. The percentage (21.4% of 15-20 years, 13.3% of 21-25 years and 17.5% of 26-29 years) shows the Internet addiction among university level students .

Internet Addiction

Internet users are increasing very rapidly. Internet provides services to communicate with each other through any transmission

medium. Internet access is very easy and not much costly and it so it is a major reason of increment in the number of Internet users. Internet addiction is a difficult and vast term so that we cannot find out the exact definition of addict. Generally it is defined that when users involve using the Internet excessively, it is called Internet addiction. Academia and clinicians are still discussing the term Internet addiction, due to lack of evidences, level of consistency, and criteria of medical judgment . Moreover, it has been found that extreme use of Internet which creates disturbance and mismanagement in a user's routine life is called Internet addiction . Furthermore, addiction is defined as a “*brain disease*” that is uncontrollable and needless behavior. Sometimes it creates harmful, dangerous, and critical situation for users . Excessive Internet use can affect students' performance at school, college or university. Studies of these students can be disturbed, public relationships can be upset, and mental condition debilitates . The term “problem Internet use” has defined that is sudden or unexpected operation without thinking about the results. Internet addicts do not bother what is happening around. They are totally cut off from society, neighbors, friends, and relatives. Even they

ignore their family members and important functions like weddings, birthdays, and death ceremonies. It is called social isolation. They always appear miserable, hopeless, and unhappy. Addicts face psychological suffering like mental disability, depression, and abnormal attitude . It is very difficult to find out the actual addict specifically. Internet addiction is a phenomenon in which user can be addicted of gambling, games, shopping, research, and pornography. Some users may be addicted of more than one category . The heavy use of Internet creates disturbance in daily life, mishandling of routine matters, and mismanagement of work. This situation is defined as Internet addiction disorder

There is no country in the world where Internet is not available. Organizations, companies, industries, government sectors, private sectors are becoming dependent on Internet due to its reliability. So it is termed Internet dependency . Online audio or video chatting is a great feature of Internet. Mostly youngsters use this facility and waste their time. These online lovers create romantic and emotional relationships which can affect the youngsters emotionally . It is defined that Internet addiction affects the personal

relationships, gender communications, and all related things . It is also said that addiction may be related in any matter or action . Additionally, it is defined that people are said to be “addicted” to food, smoking, gambling, shopping, work, play, and sex. Moreover, it is concluded that any one can involve himself/herself in addiction because of easy, fast, cheap, and latest technology so much that Internet addiction is a type of technological addiction .

ADVANTAGES AND DISADVANTAGES OF INTERNET.

Internet is a big achievement in this modern world. It has advantages and disadvantages. Internet provides the facility of any type of information. Sending and receiving of messages, electronic mail (E-mail), voice, video and pictures are the best features of Internet . It facilitates businessmen and commoner for E-commerce, E-banking, E-business, E-trading, E-shopping, and E-retailing. Educational institutions provide online admissions and results due to the use of Internet. It also provides online facility of job vacancies, diseases, medicines, and medical problems. Online facility of books, research, course material, journals, research conferences and video lectures are available. Internet also attracts students by providing

online education such as distance learning. Online entertainment, chatting, encyclopedias and newspapers also add to the value of Internet. Disadvantages of Internet can vary from person to person. Wrong information, wastage of time in chatting, hacking and entertainment are major disadvantages of the Internet. Internet provides useless effort in searching social websites and immoral websites. It also affects social, character, moral, and ethical values. Furthermore, both male and female university level students are severely disturbed due to the unnecessary use of Internet.

Objectives Of The Study

The current study investigates to find out the relationships between the problems and measures of Internet addiction. The intensity of Internet addiction amongst male and female students has been discussed. The suggestions are also given to improve the positive use of Internet, positive impacts of Internet addiction amongst University level students.

Method And Procedure

The population in this study is the university level students. We selected a small sample of 1000 students from multiple universities of Pakistan. In this investigation

625 male students and 375 female students were selected for the analysis. Sample was selected randomly to get better and efficient results.

Research Instrument

After reviewing the interrelated and important literature, a questionnaire on a five point Likert scale was developed to collect the data. The questionnaire includes twenty seven questions which have been carefully drafted according to the mental level of university students. Questionnaire is simple and understandable, which has clarity of questions so that students can easily understand and answer.

Data Analysis

To evaluate the data, responses of the students have converted to numerical scale according to the description; Agreed = 5, Strongly Agreed = 4, Undecided = 3, Disagreed = 2, and Strongly Disagreed = 1. The data was evaluated by using percentage and standard deviation. A single table was generated for overall analysis. The analysis of each question gives a common representation of the existence of the level of Internet addiction amongst university students.

Results

Questions in the questionnaire have been analyzed individually. It is difficult to explain all those results separately in 27 tables. So a consolidated result of the

analysis of Internet addiction amongst University level students is given in a single table. In given table the figures in the parenthesis represent the percentage.

Table 1. Showing the results of Internet use at university level students (n=1000)

| Table 1. Showing the results of Internet use at university level students (n=1000) Sr. | Statemens | 5 | 4 | 3 | 2 | 1 | SD |
|--|--|------------|------------|------------|------------|------------|-------|
| 01 | Do the use of Internet give you pleasure? | 217 (21.7) | 423 (42.3) | 154 (15.4) | 109 (10.9) | 97 (9.7) | 0.107 |
| 02 | Do you feel dissatisfaction when Internet is not available? | 181 (18.1) | 124 (12.4) | 109 (10.9) | 155 (15.5) | 431 (43.1) | 0.107 |
| 03 | Do you use Internet to complete your assignments, home work, and lectures? | 215 (21.5) | 397 (39.7) | 194 (19.4) | 105 (10.5) | 89 (8.9) | 0.107 |
| 04 | Do you like to use Internet alone? | 132 (13.2) | 702 (70.2) | 47 (4.7) | 76 (7.6) | 43 (4.3) | 0.115 |
| 05 | Do you use Internet for Entertainment? | 170 (17.0) | 300 (30.0) | 107 (10.7) | 210 (21.0) | 213 (21.3) | 0.100 |
| 06 | Do you use messengers, chat rooms and face book? | 234 (23.4) | 399 (39.9) | 69 (6.9) | 139 (13.9) | 159 (15.9) | 0.104 |

| | | | | | | | |
|----|--|------------|------------|------------|------------|------------|-------|
| 07 | Do you forget your hunger, sleep, work and studies when you engage on Internet? | 241 (24.1) | 174 (17.4) | 58 (5.8) | 277 (27.7) | 250 (25.0) | 0.100 |
| 08 | Does your social life and daily routine affect due to the excessive use of Internet? | 195 (19.5) | 191 (19.1) | 123 (12.3) | 294 (29.4) | 197 (19.7) | 0.100 |
| 09 | Do you remain restless and lazy due to excessive use of Internet? | 252 (25.2) | 233 (23.3) | 77 (7.7) | 215 (21.5) | 223 (22.3) | 0.100 |
| 10 | Do you want to see or download porn sites? | 121 (12.1) | 115 (11.5) | 258 (25.8) | 217 (21.7) | 289 (28.9) | 0.104 |

Findings.

Findings which have been concluded on the basis of current analysis are showing different levels of intensity of Internet addiction. It shows that most of the students feel pleasure when they use Internet and some students feel dissatisfaction when Internet is not available. Most of the students use Internet for their studies like assignments, home work, and lectures. Majority of the students who are involved in using Internet heavily are very conscious and touchy. They do not like to use Internet

with friends or any family member. Maximum students claim that they do not forget their hunger, sleep, work, and studies when they are engaged on Internet. It is normally observed that the use of porn sites is very high in students, but they claim that they do not want to see or download porn sites mostly. It is also claimed and disagreed by majority of the students that they do not neglect their social life, daily routine, and student life due to excessive use of Internet. Approximately one third of the total students agree that they remain restless, lazy, and

impatient when they use Internet for long hours. One third of the students use Internet for their satisfaction, chatting, and entertainment. Moreover, the use of social sites is very large so maximum of the students use messengers, chat rooms, and face book.

Additional Findings

On the basis of current analysis we have concluded some additional findings. Most of university students waste their time on Internet. Male students are more Internet addicts than female students. More than 70% students want to make associations and friendships through Internet. Only one third of students want to use Internet with their friends. Only a few students use Internet for research, reading books, journals and news papers. Almost 30% of the students are Internet addicts. They use Internet 40-50 hours weekly. More than 50% students want to use Internet at night while they are at their home. More than 50% students use Internet less than eight hours daily. Most of the addicts suffer from serious mental, psycho, health, study, and social problems. Departments related to science and technologies found more addicts.

Conclusion

We conclude that students remained sleepless, continue restlessness that may cause depression, sickness, weakness, and due to excessive use of Internet. In extreme cases, students use cigarettes and tea for longer use of Internet that may cause headache, backbone, and eye problems. Relationship is also affected such as parent-child, teacher-student, and close friends. Students involved in Internet addiction can ignore important activities and events. Online relationships create lot of problems. Most of the addicts suffer from academic hrdles like: study decline, missed assignments & quizzes, short attendance, late comer, low grade & exam failure. Online entertainment like games, movies, dramas, tournaments, and porn sites affect the students.

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