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Relationship Between Internet Addiction and Self Esteem on Youth Development: Implication of Social Work Practice

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ABSTRACT:

One among the most popular crucial technologies in our everyday lives is internet. After the outbreak of the COVID-19 pandemic, the situation has changed. There has been an upsurge in the internet users worldwide, with youth being the most affected. Background of this, researcher undertook this study for better understanding of the impact of self-esteem and Internet addiction on youth development. This was a quantitative study that involved 240 students in Degree standard. The data was collected using a mailed questionnaire that included demographic information, a standardized test called the Internet Addiction Test (IAT), and a standardized scale called the Rosenberg self-esteem measure. SPSS was used to examine the data collected. According to the results of this survey, 111 (46.25 percent) people are normal users, 89 (37.1 percent) have mild internet addiction, 39 (16.25 percent) have moderate internet addiction, and one (0.4 percent) has severe internet addiction. According to the self-esteem scoring, 19 people (7.92%) have low self-esteem, 172 people (71.66%) have moderate self-esteem, and 49 people (20.42%) have high self-esteem. The internet has both good and bad effects on the development of youth self-esteem and suggestions given based on the social work practice and education to improve their self-esteem.

Keywords: Internet addiction, self-esteem, youth development, Social work practice

INTRODUCTION:

The application of current technologies is a typical occurrence in today's environment. In today's society, the internet plays a important role in everyone's day-to-day life, and the number

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of internet users has increased significantly, particularly among young people. The world's youth are a prominent group. In 2021, there will be approximately 1.2 billion Young people between age group of 15 and 25 make up 16% of the worldwide population (United Nations, 2022). India has the highest rates of youth population, with 231 million young people, or 22 percent of the country's population, as of January 11, 2021. (Indian express, January 11, 2021).

One of the most popular crucial instruments in our everyday lives is the internet. It has drastically altered people's communication scenarios and lifestyles. Following of Covid-19, internet usage shifted dramatically; it became required for everyone in the world for their jobs, education, and enjoyment, among other things. As a result of this shift, the internet was becoming increasingly addictive to young people. In 2021, 71% of the world's population youth will have internet accessibility (International Telecommunication Union, 2021). According to Statista's "Pattern of internet usage among youth in India," the age group 18-25 years, or 86 percent of India's youth, use the internet via mobile phones, laptops, and computers (Statista, 19th July 2021). Although the internet has number of advantages in terms of worldwide communication, its misuse or overuse can have a variety of detrimental implications, including changes in their behaviour, mood, and attitude, failed to keep track of how much time you spend on the internet, health issues, and academic consequences, as well as a negative consequence on their self-esteem. Let's look at the definitions of Internet addiction and self-esteem to gain a better grasp of the study.

When a person has an obsessive urge to spend a substantial amount of time on the Internet, this is known as Internet addiction. other aspects of their lives (such as relationships, employment, or health) are permitted to suffer.

Self-esteem is a generic term that describes how you perceive yourself, including your strengths and weaknesses. Think positively about yourself and believe that you are deserving of people's respect if you have a healthy sense of self-esteem. When your self-esteem is low, you don't value your own thoughts and opinions. This research allows us to better understand how young people use the internet, and impact of negative and positive thoughts on their self-esteem.

RATIONALE OF THE STUDY:

According to India's telecommunication ministry, internet usage has increased since then, by 13% the statewide lockdown imposed during the outbreak of Covid-19 (March 22, 2022). There is a difference in internet usage among everyone, especially adolescents, prior to and following emergence of Covid 19, and it has considerably impacted their behaviour while engaged in online activities. Prior to covid, the young people had their classes in person, they could spend time with their peer groups, their neighbors, and they could even participate in various physical activities. They got the chance to interact with the public and may be able to think of something fresh and innovative ideas as a result. It became a problem after the pandemic for everyone to stay at home, which became one of the main reasons for everyone to make use of the internet for watching videos, entertainment, work, classes, online shopping, and so on. However, the youth population was disproportionately affected because they had no other physical activities and their classes were also in online mode, and there was no other way to keep themselves occupied. As a result of the widespread utilizing the internet for purposes such as social networking, web series, online gaming, and so on, it has both beneficial and negative consequences. It also has an impact on young people's self-esteem. The goal of this study is to determine the relationship between self-esteem and internet addiction in the young population, as well as how this influences their growth.

NEED OF THE STUDY:

Youth are the most valuable assets of our nation. The youth were experiencing a variety of medical and psychological issues as a result of their excessive internet usage. Nowadays, the youth spend much of their time in social media usage platforms such as Whatsapp, Instagram, and Facebook, as well as online gaming, web series, and other activities that do not assist them enhance their knowledge and abilities. They will be very energetic, realistic, eager, and open-minded between the age group of 15 and 25 years old. They should be capable of think of something a lot of unique and inventive concepts. However, using modern tools, such as the internet, at any time has the potential to negatively impact their creative thoughts and ideas. They are unable to focus on a single aim. As a result, it will have an impact on the nation's progress and also their social development. As a result, it is critical to establish measures for

preventing internet addiction, as well as therapeutic interventions, in order to promote healthy and safe Internet use.

REVIEW OF LITERATURE:

The study "Internet addiction among professional course students from central India" (Sharma et al, 2014) looked at 391 students and found that 224 (57.3%) were normal users, 137 (35.0%) had mild internet addiction, 29 (7.4%) had moderate internet addiction, and 1 (0.3%) had severe internet addiction, there is no discernible difference in the internet. addiction. "Relationship of internet addiction with self-esteem and sadness among university students," according to another study. According to (Bahrainian et al, 2014), Internet addiction affects 40.7 percent of students. A link between depression, self-esteem, and internet addiction has been identified. Depression and self-esteem were revealed to have some ability to predict the variation of Internet addiction using regression analysis. According to a study titled "Relationship between online addiction and self-esteem –cross sectional study" (Liliana, 2017) Internet addiction and self-esteem have a detrimental association, implying that individuals with low self-esteem have more Internet addiction. The negative feelings (sadness, irritation, discomfort, disguise, and dishonest behaviour) experienced by individuals suffering from Internet addiction, as evidenced by the prediction pathways investigated, are more harmful to self-esteem than the Internet addiction itself. Internet addiction appears to decrease with age; nonetheless, hooked users can be found in any age group, indicating that it is an issue that affects all generations, not just the young. This research implies that the psychological natureof a potential new condition with actual symptoms and effects is based on a relationship between poor self-esteem and Internet addiction. The findings of a study titled "Internet addiction among adolescents: the role of self-esteem" (Aydon et al, 2011) discovered that Internet addiction was significantly and negatively linked to general, social, family-home, and overall self-esteem. In addition, social and family-home self-esteem were discovered to be important indicator of Internet addiction. The study, titled "Self-esteem and Adolescent Internet Addiction," looked at "Self-esteem in Relation to Adolescent Internet Addiction" (Gill, 2019) the findings revealed that for the entire sample, adolescent self-esteem was strongly and negatively linked with internet

addiction. In addition, male and female adolescent self-esteem was found to be strongly and negatively connected with internet addiction.

OBJECTIVES:

- ❖ To study the demographic profile of respondents.
- ❖ To analyze the influence of Internet addiction on the self-esteem of the respondent.
- ❖ To give suggestions to develop recommendations for improving the self-esteem based on the findings.

HYPOTHESIS:

- There is no relationship between Age and Internet Addiction of the respondents.
- There is no relationship between Age and Self-esteem of the respondents.
- There is no correlation between Internet Addiction and Self-esteem of the respondents.

RESEARCH METHODOLOGY:

This quantitative study was conducted among students in higher education between ages of 15 and 25. To choose the participants, simple random sampling was utilized and a total of 240 samples were taken. The information was gathered through a mailed questionnaire.

The first section collected age, gender, education, and daily internet usage are examples of demographic data.

The second section was Dr. Kimberly Young's Internet Addiction Scale, which was developed in 1998 and is one of the most reliable scales for evaluating internet addiction. It looks at how people's routines, social life, productivity, sleeping patterns, and mood are affected by their use of the internet. The total IAT score is the sum of the examine assessments for the 20 item responses. Each item is graded on a scale of 0 to 5 on a 5-point scale. The maximum point total is 100. The higher the score is, the higher is the severity of your problem. Total scores ranging from 0 to 30 points are believed to reflect a typical level of Internet usage; 31 to 49 points suggest a mild degree of Internet addiction; 50 to 79 points indicate a moderate level; and 80 to 100 points indicate a severe level of Internet addiction.

The third section included the Rosenberg M, 1965 self-esteem scale, which is among the dependable scales for assessing self-esteem. A ten-item scale that assesses both positive and negative feelings about oneself in order to determine overall self-worth. Items 2, 5, 6, 8, and 9 are scored in reverse order. Give 1 point to "Strongly Disagree," 2 points to "Disagree," 3 points to "Agree," and 4 points to "Strongly Agree." Scores for all 10 items added together. Scores should be kept on a continuous scale. Better scores reflect a higher sense of self-worth.

ANALYSIS:

SIMPLE PERCENTAGE ANALYSIS

Age of the respondents:

Figure: 1 Distribution of Respondents based on their Age
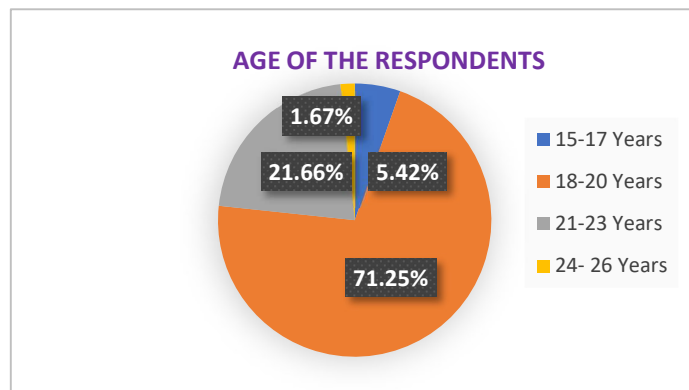
5.42 percent of respondents are between age group of of 15 and 17, 71.25 percent are between age group of of 18 and 20, 21.66 percent are between age group of of 21 and 23, and 1.67 percent are between age group of of 60 and 65, according to Figure 1.

It is concluded that majority of the respondents (71.25) belong to the age group of 18-20 years.
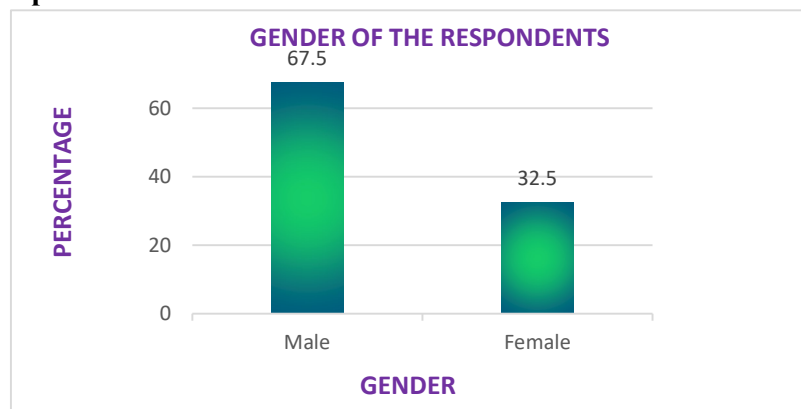
2. Gender of the respondents:

Figure: 2 Distribution of respondents based on their Gender

According to Figure 2 above, 67.5 percent of the respondents are male and 32.5 percent of the respondents are female.

It is concluded that many of the respondents (67.5) are male.

3. **Year of study of the respondents:**

S.No	Year of studying	No.of respondents	Percentage
1	1st year	165	68.75
2	2nd year	55	22.92
3	3rd year	6	2.5
4	4th year	4	1.67
5	5th year	10	4.16
	Total	240	100.0

Table: 1. Distribution of year of study of the respondents

According to Table 1, 68.75 percent of respondents are first-year students, 22.92 percent are second-year students, 2.5 percent are third-year students, 1.67 % are fourth-year students, and 4.16 percent are fifth-year students.

It is concluded that more than half of the respondents (68.75) are 1st year undergraduate students.
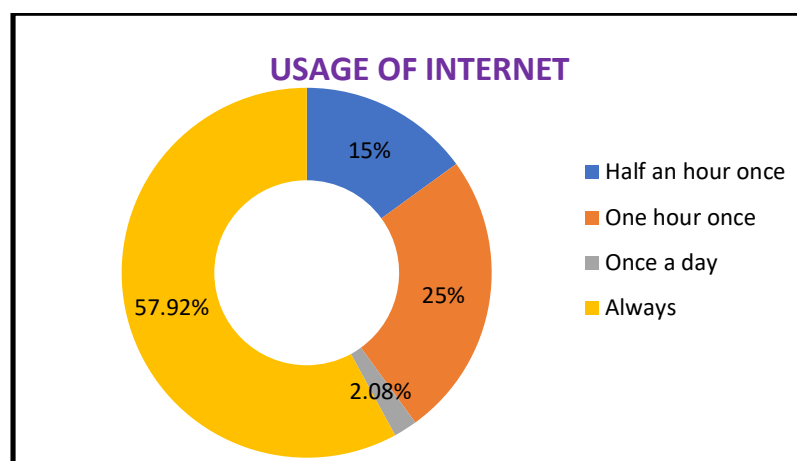
4. **Usage of internet**

Figure: 3 Usage of internet of the respondents

Figure 3 shows that 15% of respondents use the internet for half an hour once a day, 25% of respondents use the internet for an hour once a day, 2.08 percent of respondents use the internet once a day, and 57.92 percent of respondents use the internet all the time.

It is concluded that more than half of the respondents (57.92) are using internet always in a day.

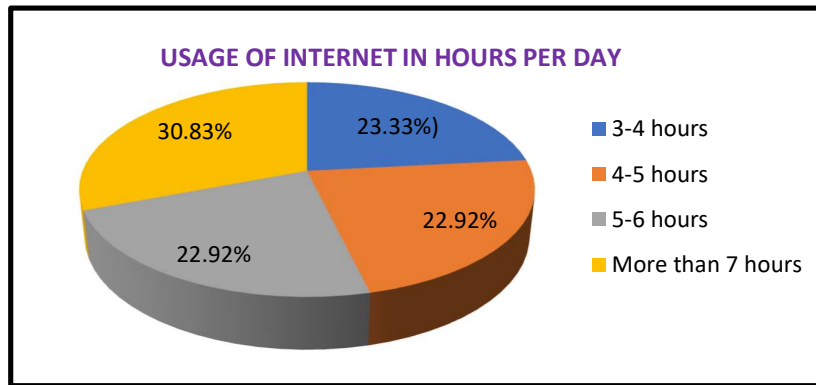**5. Usage of internet by the respondents in hours per day:**

Figure: 4 Usage of internet by the respondents in hours per day

Figure 4 shows that 23.33 percent of respondents use the internet 3-4 hours per day, 22.92 percent use the internet 4-5 hours per day, 22.92 percent use the internet 5-6 hours per day, and 30.83 percent use the internet more than 7 hours per day.

According to the results, one-third of the respondents (30.83) spend more than 7 hours every day on the internet. According to a report published in The Free Press publication on March 15, 2022, Indian teenagers spend 8 hours each day on the Internet.

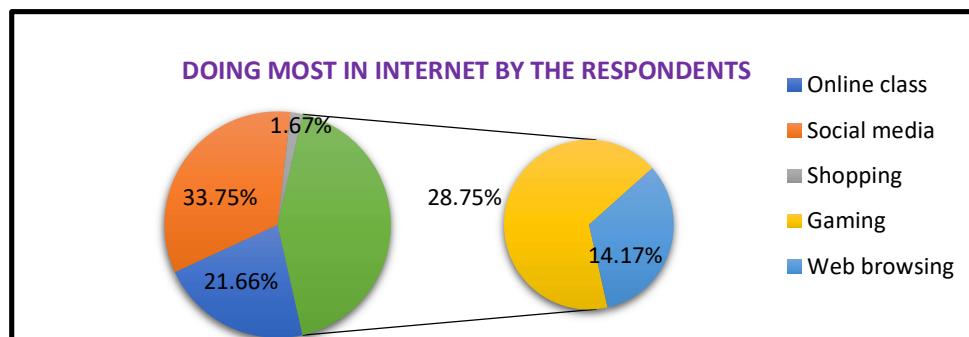**6. Doing most in internet by the respondents:**

Figure: 5 Doing most in internet by the respondents

Figure 5 shows that 21.66 percent of respondents use the internet for online classes, 33.75 percent use it for social media, 1.67 percent use it for shopping, 28.75 percent use it for gaming, and 14.17 percent use it for other web browsing.

It is concluded that nearly one third of the respondents (29.58) using internet for social media

Teenagers utilize the internet as a coping method, making them the demographic most susceptible to internet addiction. In addition, social media and online gaming are becoming an increasingly important aspect of adolescent culture in many nations. According to a study by (Fernandes B et al., 2020), teenagers have increased their usage of social media contact in various regions of the world, with many teens saying that they use social media to keep in touch with their peers.

According to a 2018 survey conducted by Hope lab and the Well Being Trust, 93 percent of young people aged 14 to 22 use social media on a daily basis.

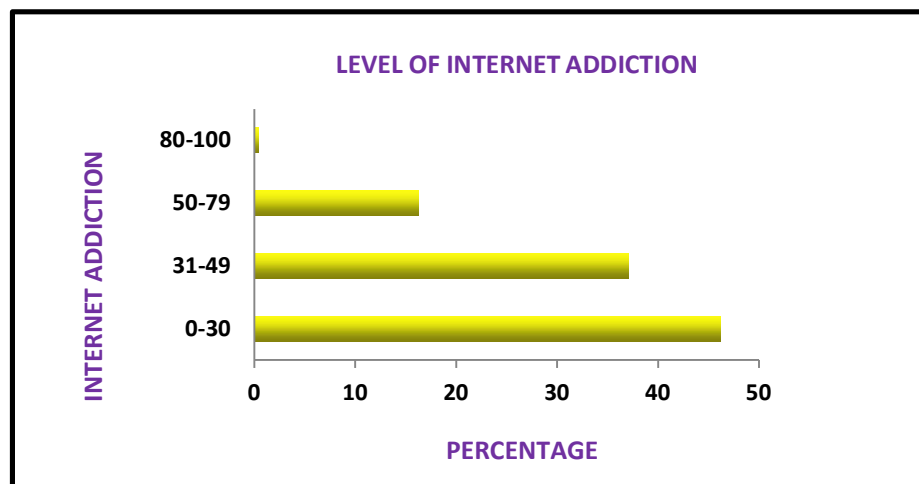## 7. Level of Internet addiction of the respondents:

Figure: 6 Level of internet addiction of the respondents

Figure 6 shows that 46.25 percent of respondents have a normal level of Internet usage, 37.1 percent have a light level of Internet addiction, 16.5 percent have a moderate level of internet addiction, and 0.4 percent have a severe degree of internet addiction.

This is similar to a study (Sharma et al 2014) that looked at 391 students and showed that 224 (57.3%) were normal users, 137 (35.0%) had mild online addiction, 29 (7.4%) had serious internet addiction, and 1 (0.3%) had severe Internet addiction.

8. Level of self esteem of the respondents

Figure: 7 Level of self esteem of the respondents

According to Figure 7, 7.92 percent of respondents have low self-esteem, 71.66 percent have moderate self-esteem, and 20.42 percent have greater self-esteem.

Because the majority of the respondents have a normal level of internet addiction, their self-esteem stays moderate. As a result of their use of the internet, they have both a beneficial and bad impact on the respondents' self-esteem.

Hypothesis:

1. There is no relationship between Age and Internet Addiction level of the respondents.

Table: 2 Cross table for Age and Internet Addiction of the respondents:

Age of the respondents * Internet Addiction Level					
		IAT			
		1	2	3	Total
Age of the respondents	15-17	1	12	0	13
	18-20	42	127	2	171
	21-23	29	22	1	52
	24-26	3	1	0	4
Total		75	162	3	240

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Table 3: Chi square test for the Variable Age and Internet Addiction

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	25.926ᵃ	6	.000
Likelihood Ratio	25.652	6	.000
Linear-by-Linear Association	21.084	1	.000
N of Valid Cases	240		
a. 7 cells (58.3%) have expected count less than 5. The minimum expected count is .05.			

The p-value is less than 0.05 is typically considered to be statistically significant. So the null hypothesis is rejected and the alternate hypothesis accepted.

Finally there is a relationship between Age and the Internet addiction level.

2. There is no relationship between age and Self esteem of the respondents.

Table 4: Age and Self-esteem of the respondents

Age of the respondents * Self esteem					
		Self Esteem			
		1	2	3	Total
Age of the respondents	15-17	0	8	5	13
	18-20	14	118	39	171
	21-23	3	44	5	52
	24-26	2	2	0	4
Total		19	172	49	240

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	18.470ᵃ	6	.005
Likelihood Ratio	15.663	6	.016
Linear-by-Linear Association	8.589	1	.003
N of Valid Cases	240		
a. 6 cells (50.0%) have expected count less than 5. The minimum expected count is .32.			

Table 5: Chi square for Age and self esteem

The p-value is less than 0.05 is typically considered to be statistically significant. So the null hypothesis is rejected and the alternate hypothesis accepted

Finally there is a relationship between Age and the Self esteem.

3. There is no correlation between Internet addiction level and Self esteem of the respondents.

Table: 6 Correlation between Internet Addiction level and Self Esteem

Correlations		IAT	SE
IAT	Pearson Correlation	1	.282**
	Sig. (2-tailed)		.000
	N	240	240
SE	Pearson Correlation	.282**	1
	Sig. (2-tailed)	.000	
	N	240	240
**. Correlation is significant at the 0.01 level (2-tailed).			

The p-value is less than 0.05 is typically considered to be statistically significant. So the null hypothesis is rejected and the alternate hypothesis accepted

So, therefore Internet addiction level and self esteem of the respondents correlate each other and it is **Positive correlation.**

FINDINGS:

A total of 240 out of 252 questionnaires were evaluated, with 12 forms being excluded due to insufficient responses. There were 162 (67.5%) males and 78 (32.5%) girls among the 240 students, with the majority of the respondents being between age group of of 18 and 20. (71.25 percent). The majority of the respondents spend more than 7 hours each day on the internet (30.83 percent of the respondents). The internet addiction test found that 111 (46.25%) of the 240 students were normal users, 89 (37.1%) had mild internet addiction, 39 (16.25%) had moderate internet addiction, and 1 (0.4%) had severe internet addiction. The self esteem scoring revealed that 19 (7.92%) have low level of self esteem, 172 (71.66%) have moderate level of self esteem, 49 (20.42%) have high level of self esteem.

DISCUSSION:

Young's Internet Addiction Test was used to assess youth internet addiction in this study. According to the data, 111 (46.25 percent) are typical users, 89 (37.1 percent) are mildly addicted to the internet, 39 (16.25 percent) are moderately addicted to the internet, and one (0.4 percent) is severely addicted to the internet. So, when the mild, moderate, and severe levels were added together, 129 people (53.75 percent) were addicted to the internet. According to Sharma et al., 42.7 percent of professional students in central India are addicted to the internet (combining mild, moderate and severe). Mavila et al. found that 18.88 percent of undergraduate medical students in Mangalore were addicted to the internet (indicating moderate and severe addiction). In a study of medical students in China, the prevalence of internet addiction disorder was found to be 16.2 percent. Mashaei et al. found that 51.3 percent of students at Rafsanjan University of Medical Sciences in Iran were mildly hooked to the internet, 5.4 percent were moderately affected, and 0.9 percent were severely addicted, while 42.4 percent of students were not addicted to the internet.

The Rosenberg self-esteem scale was used to assess the respondents' self-esteem in this study. According to the results of the survey, 19 people (7.92%) have a low level of self-esteem, 172 people (71.66%) have a moderate level of self-esteem, and 49 people (20.42%) have a high degree of self-esteem. The respondents' self-esteem is gradually effected by social media and gaming. According to Purnama et al study, "Social Media Addiction and the Association with Self-Esteem among Adolescents in Rural Areas of Indonesia" (Purnama et al., 2021), frequent usage of social media has an indirect effect on self-esteem.

SOCIAL WORK INTERVENTION:

Youth are the change agent of the nation but unfortunately they are mislead by the influence of internet. To develop youth or to motivate youth on development of nation building social worker plays an important role. Here the researcher used the methods of social work:

1. Social case work is a primary method of social work, the social worker can identify the problem (physical and mental) of an individual (youth) due to internet usage, proper guidance and therapies will be provided to overcome from the issues. Here we can prefer solution focused brief therapy its aim is to find feasible solution to the problem and implement as soon

as possible for positive intervention. The social worker can also use some models like solution focused brief therapy to find feasible solution to the problem and implement as soon as possible for positive interaction.

2. Social group work is a type of social work that assists individuals in improving their lives by social functioning with group experiences, here the social worker gives group activities for improving their skills (reading books, games) without help of gadgets for keeping them far away from the internet usage. Group discussion about the impact of internet will make them deep understanding about their addiction towards internet and also ask them to express themselves about how they feel without using internet for some hours through this the social worker will analyze the clients and provide some activities related to their answers through which they can cope up with their addiction.

3. Community Organization: Activity based community organization programme can be conducted for the youth to understand more about the effect of over usage of internet. Students' awareness should be raised in order to improve their ability to reduce the occurrence of internet addiction behaviour promoting their healthy growth and to improve their self -esteem.

4. Social work research can be conducted to find out the need of the youth and necessities of youth for development and also improve the well-being of the youth population. Research can be done in the field of mood swing, sleeping disorder and some other causes of internet addiction.

CONCLUSION:

As a result of this research, it was suggested that steps to be done to raise internet knowledge and foster a healthy internet culture. For the development of youth's self-esteem, action must be done to create possibilities for enjoyment, relaxation, and extracurricular activities. It is necessary to raise awareness among the youth in order to improve their ability to decrease the occurrence of internet addiction behaviour while also fostering their healthy development.

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