



A STUDY OF MENTAL HEALTH OF SENIOR SECONDARY STUDENTS IN REFERENCE OF INTERNET USEGE

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Abstract: This study focused on how internet usage impacts mental health. This study focused on how Internet usage impacts mental health of senior secondary students. This is a quantitative associated study that employs a survey method. This study collect data using a ready-made tool questionnaire (122 items) related to mental health, battery and a self-made questionnaire (20 items) related to Internet usage. This study sample consist of 200 senior secondary students, 100 from government school and 100 from private school, of which 50 from each type school were male and 50 were female, of Meerut City. The period of research data collection was in november 2023. The hypothesis was tested with the help of mean T -test and correlation. Data analysis reveals that there is no significant difference between the mental health of high and low Internet users studying in senior secondary school. There are many significant reasons behind it. According to this study, students of both government and private school belongs to similar environment, i.e., they are studying in the similar type of school; coming from similar background and having similar genetic structure.

Index Terms – Mental Health, Internet Usage, senior secondary students.

I. INTRODUCTION

The internet is an enormous network of interconnected networks all around the world. People may share their experiences, thoughts, opinions, and difficulties in this emerging world of internet connection. People strive to assert control in order to receive quick answers and responses from friends and strangers alike. The Internet has grown in significance because it includes the world's largest source of knowledge and allows individuals to gain an engaging technology to immediately communicate with one another (**More and Nalawade, 2012**). The Internet, in particular for young people, is becoming increasingly crucial to practically everyone too. Technology is always evolving.

The internet has a benefit for education. Many schools and colleges/universities faculties utilise this as a learning tool. It is a wonderful method that is regularly used by both instructors and pupils. There are several books, magazines, tale books, references, online support centres, and study materials available on the Internet. It facilitates learning by offering a variety of simple learning approaches. We may easily browse many websites and gain unlimited knowledge about our requirements or topics. It is essential to remember that in order to achieve mastery in education, the World wide web has become a valuable resource (**Dogruer et al., 2011**) The Internet's quick inventions, advancements, easy accessibility, user acceptance, updated current contents, and numerous applications are expanding its popularity and adoration among people (**Saini, 2019**). The Internet is now used in almost every aspect of a person's life, from business to social networking. Senior secondary students use Internet much for social media and less for educational purposes. Searching material on Internet takes time to get accurate information and in between if notification came, the student gets distracted from their goal, in this case, they spent more time on unnecessary Internet usage. Moreover, excess involvement with the Internet by the student is reducing the time available for recreational activities, physical activities and socialization activities (**Saini, 2019**).

MENTAL HEALTH

Mental well-being is affected when some work is done on a continuous basis due to lack of sleep, improper diet, unhealthy social relationships, etc. When we do some work for longer hours or on a daily basis, it can affect our mental health. Mental well-being is often regarded as a desirable trait, which shows that the individual does not have any identified mental health issues. This concept of mental health stresses emotional well-being, the ability to live a full and creative life, and the adaptability to life's natural difficulties (**Suchak and R, 2018**).

Mental Health can be maintained by getting regular exercise, putting relaxation and sleep foremost on a daily basis, attempting meditation, learning how to deal with life's difficulties, keeping in contact with family and friends, keeping a pleasant attitude in life and many more activities.

ELEMENTS OR DIMENSIONS OF MENTAL HEALTH



SENIOR SECONDARY STUDENTS AND MENTAL HEALTH

The senior secondary students nowadays have come of age with information and communication technology that play an important role in their lives. Access to information, communication, social networks, entertainment, and online commerce are all generally good advantages of usage (**Kostic and Panic, 2017**). When students are looking for information on themes like homework, social events, their interests and hobbies, or topics like health and sexuality, they may find it online (**Bezinovic et al., 2015**).

NEED OF THE STUDY.

In the present scenario Education is shifted from traditional classroom to digital classroom. In this, education is no longer just “knowing”, but requires us to focus on the development of soft skills, communications, creative thinking and flexibility. The use of internet for education has undoubtedly revolutionized the landscape of traditional education sector. **Sharna (2019)** showed in his study “for education purposes internet is widely used to gather information and to do research or add to the knowledge of various subjects”. Internet plays a vital role in education. Today it has become more important as well as powerful tool in the world which is preferred by everyone. But using internet on continuous basis or for long hours can affect our mental health. **Calpbini and Arslan (2019)** concluded in their study that “schools must raise awareness among adolescence about the use of technology and how it might impact their mental health”. Good mental health of adolescence is as important as their good physical health. It is needed for healthy teenage development, strong relationships and resilience. **Lee (2021)** concluded in his study that “good mental health is an essential part of healthy adolescence development, it helps to build positive social, emotional, thinking and communication skills and behaviours”. Mental health of adolescence can get affected by excessive smartphone, computer and tablet use. Students must draw the boundaries for internet use. **Naeinian.et.al (2017)** shows in his study that

“use of internet increases the degree of anxiety, depression, low self-confidence, low creative thinking and stress of the students. Parents should pay more attention toward student because an uninhabited use of internet might induce some psychological disorder.

By above discussion, researcher had found some solutions of these problems. For this purpose, researcher focused on this sensitive issue and work on it to give best ideas to overcome previously discussed parameter, that is why researcher has selected this following problem.

Objectives

1. To compare the mental health of high and low male internet users studying in Government Senior Secondary Schools.
2. To compare the mental health of high and low female internet users studying in Government Senior Secondary Schools.
3. To compare the mental health of high and low male internet users studying in private Senior Secondary Schools.
4. To compare the mental health of high and low female internet users studying in private Senior Secondary Schools.

Hypothesis

1. There will be no significant difference between the mental health of high and low male internet users studying in government Senior Secondary Schools.
2. There will be no significant difference between mental health of high and low female internet users studying in government Senior Secondary Schools.
3. There will be no significant difference between the mental health of high and low male internet users studying in private Senior Secondary Schools.
4. There will be no significant difference between mental health of high and low female internet users studying in private Senior Secondary Schools.

II. RESEARCH METHODOLOGY

2.1 Population and Sample

Population of this study has been defined as the students of senior secondary schools of private and government sector of Meerut city in Uttar Pradesh and Simple random sampling method was used for selecting male and female students. The study sample consisted of 200 students; 5 Government and 5 private schools were selected by Random Sampling Method. 10 male and 10 female students, hence 100-100 students were selected from both type of school.

2.2 Data and Sources of Data

For this study Primary data has been collected. Self-made questionnaire and Ready- made tool was used for collecting data.

2.3 Research tool for data collection

The ready- made tool of Mental Health Battery by Arun Kumar and Alpana Sen Gupta was used for data collection and researcher had developed a questionnaire of Internet Usage consisting of 20 items to collect data.

2.4 Research Design

Research design that is used in this study is the static group comparison design to proceed further this study.

2.5 Statistical Techniques Used in the Study: -

Mean: The term "mean" refers to the well-known arithmetic mean. The series' mean is the product of the sum of the values divided by the total number of values.

Standard Deviation: It is a fundamental measure of variability or diversity in statistics and probability theory.

It indicates the degree of variation or dispersion from the mean.

T- test: It is a statistical test used to compare the mean of two groups of data.

$$t = \frac{M_1 - M_2}{\sqrt{\frac{\sigma_1^2}{N_1} + \frac{\sigma_2^2}{N_2}}}$$

2.6 Method

The study was conducted in various private and government schools of Meerut city of Uttar Pradesh, India. The sample size of the study was 200 senior secondary students. The survey questionnaire was designed to gather information on the internet usage and a ready-made questionnaire of Mental Health Battery to check the mental health of the student's using internet. The data collected from the survey was analyzed using analytical statistics.

2.7 DELIMITATIONS OF THE STUDY: -

1. The study will be delimited to the students studying in Senior Secondary Schools of 11th class.
2. The study will be limited to the students of Meerut city.

2.8 Theoretical Framework

Singh and Barmola (2015) conducted study on Internet Addiction Performance of School Students/Adolescents. The sample for the investigation consisted of 120 school students/adolescents (60 males and 60 females), age ranging 14 to 16 years randomly selected from English medium schools at Rishikesh & Haridwar (Uttarakhand) respectively. The research of the study shows that the student who were in the severe and profound group of internet addiction were found to have detrimental effects on both- on their academic performance and mental health in comparison to the students who were addicted to the internet usage moderately.

Dahiya S (2020) conducted the study on Effect of Internet addiction on personality and mental health analysis of students enrolled in professional and non-professional courses. The study findings indicate that the degree of internet addiction affects just the three personality traits of neuroticism, extraversion, and agreeableness; it has no effect on the other two personality traits of openness to new experiences and conscientiousness. Students enrolling in both professional and non-professional courses were shown to have different mental health conditions depending on how severe their internet addiction was.

Kaur (2020) conducted the study on A Study of Happiness in Relation to Mental Health and Internet Usage Amongst Adolescent Students. The study findings indicate that the mental health of teenage students may be improved, and by utilising the internet wisely, adolescent students' happiness can be increased. Therefore, issues with mental health should be discovered and resolved before they threaten the happiness of young students. Moreover, there is a need to check the usage of Internet for the adolescent students. Guidance should be provided to the adolescent students regarding its proper usage.

Thom, Bickham and Rich (2018) conducted the study on Internet use, Depression and Anxiety in a Healthy Adolescent Population: prospectus cohort study. The findings of this study shows that there is no relationship between Internet use patterns and depression in adolescents, whereas Internet use may mitigate anxiety in adolescents with higher level of baseline anxiety.

Data Interpretation

- **O1** To compare the mental health of high and low male internet users studying in Government Senior Secondary Schools.
- **Ho 1:** There will be no significant difference between the mental health of high and low male internet users studying in government Senior Secondary Schools.

Table 1

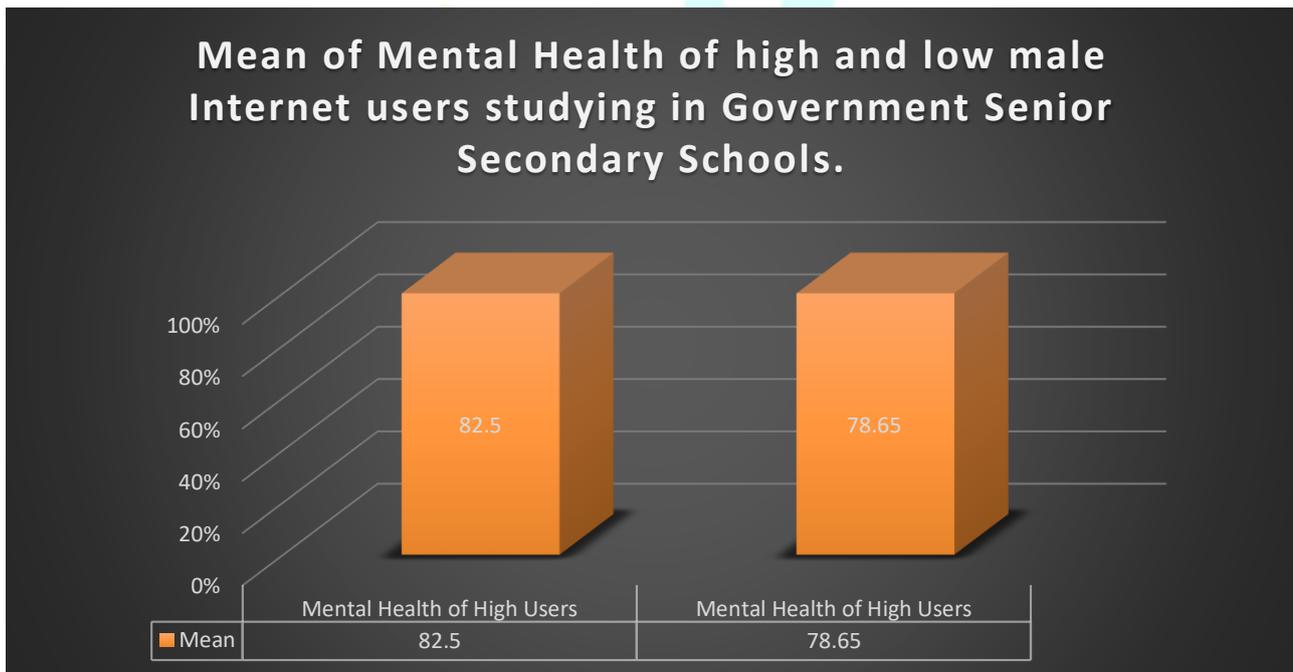
Sl No.	Internet users	Number (N)	Mean	Standard Deviation	Standard Error of Deviation	T-Test	Result
1	High Users	24	82.5	10.67	3.24	1.18	No Significance difference
2	Low Users	26	78.65	12.25			

df=48

level of significance at 0.05- 2.01

Calculated Value is less than tabular value so we will accept the null hypothesis at 0.05

Table 1 reveals that high and low male Internet Users have similar Mental Health, as the difference in mean value of these two groups i.e., 82.5 and 78.65 is very less. The calculated T-value 1.18 is less than tabular value i.e. 2.01 at 0.05 significant level. Hence the mean difference between Mental Health of both two groups is insignificant. Therefore, null hypothesis that there is no significant difference between the mental health of high and low male internet users studying in government Senior Secondary Schools is accepted.



- **O2:** To compare the mental health of high and low female internet users studying in Government Senior Secondary Schools.
- **Ho2:** There will be no significant difference between mental health of high and low female internet users studying in government Senior Secondary Schools.

Table 2

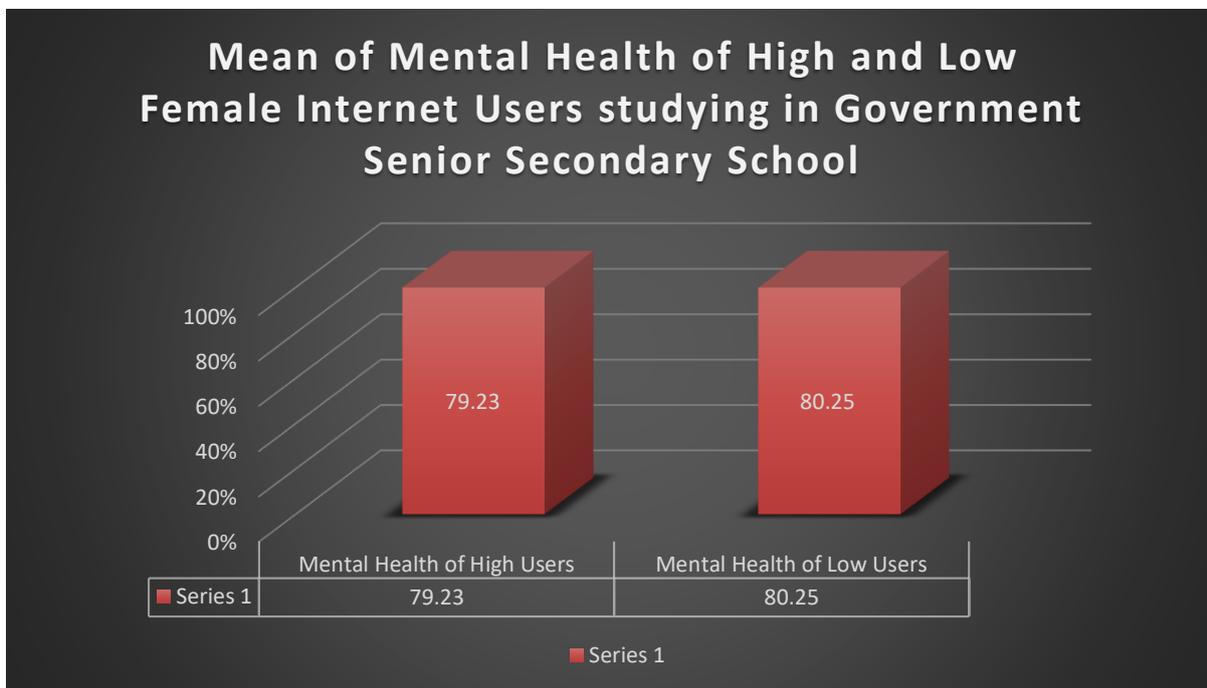
Sl No.	Variable	Number (N)	Mean	Standard Deviation	Standard Error of Deviation	T-Test	Result
1	High Users	26	79.23	12.07	3.26	0.31	No Significance difference
2	Low Users	24	80.25	11.05			

df = 48

level of significance at 0.05- 2.01

Calculated Value is less than tabular value so we will accept the null hypothesis at 0.05

Table 2 reveals that high and low male Internet Users have similar Mental Health, as the difference in mean value of these two groups i.e., 79.23 and 80.25 is very less. The calculated T-value 0.31 is less than tabular value i.e. 2.01 at 0.05 significant level. Hence the mean difference between Mental Health of both two groups is insignificant. Therefore, null hypothesis that there is no significant difference between the mental health of high and low female internet users studying in government Senior Secondary Schools is accepted.



- **O3:** To compare the mental health of high and low male internet users studying in private Senior Secondary Schools.
- **Ho3:** There will be no significant difference between the mental health of high and low male internet users studying in private Senior Secondary Schools.

Table 3

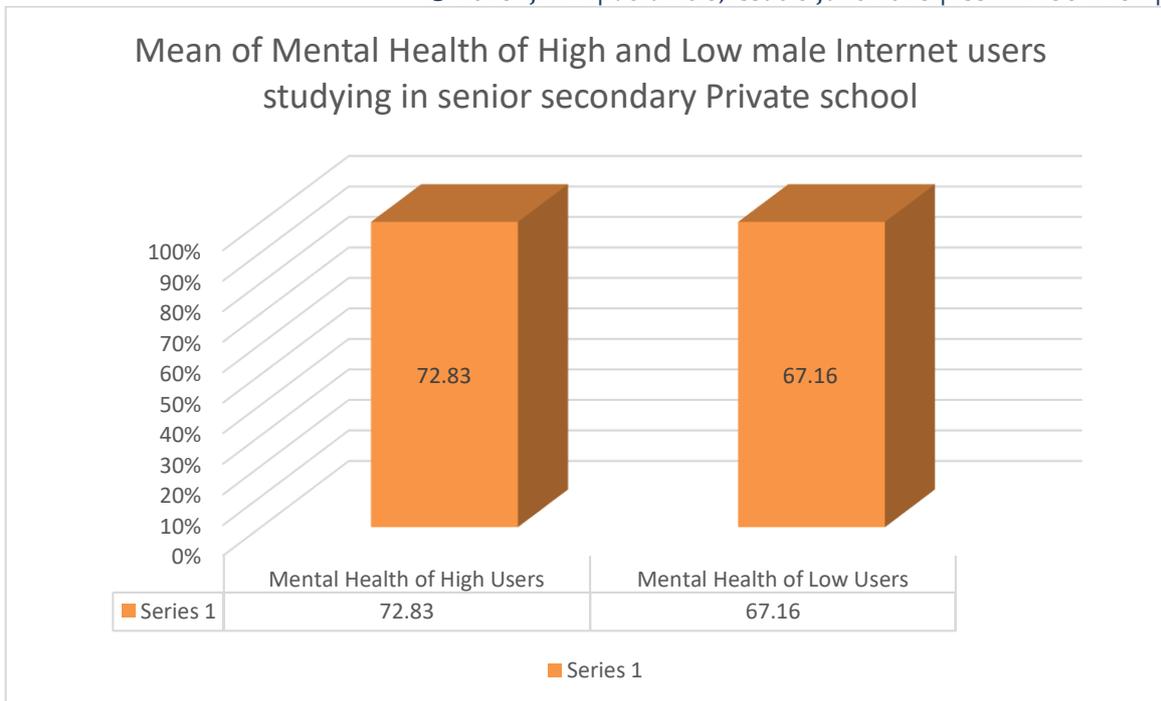
Sl No.	Variable	Number (N)	Mean	Standard Deviation	Standard Error of Deviation	T-Test	Result
1	High Users	27	72.83	12.40	3.12	1.81	No Significance difference
2	Low Users	23	67.16	10.09			

df=48

level of significant at 0.05- 2.01

Calculated Value is less than tabular value so we will accept the null hypothesis at 0.05

Table 3 reveals that high and low male Internet Users have similar Mental Health, as the difference in mean value of these two groups i.e., 72.83 and 67.16 is very less. The calculated T-value 1.18 is less than tabular value i.e., 2.01 at 0.05 significant level. Hence the mean difference between Mental Health of both two groups is insignificant. Therefore, null hypothesis that there is no significant difference between the mental health of high and low male internet users studying in Private Senior Secondary Schools is accepted.



- **O4:** To compare the mental health of high and low female internet users studying in private Senior Secondary Schools.
- **Ho4:** There will be no significant difference between mental health of high and low female internet users studying in private Senior Secondary Schools.

Table 4

Sl No.	Variable	Number (N)	Mean	Standard Deviation	Standard Error of Deviation	T-Test	Result
1	High Users	26	73.46	11.36	3.10	0.49	No Significance difference
2	Low Users	24	75	10.60			

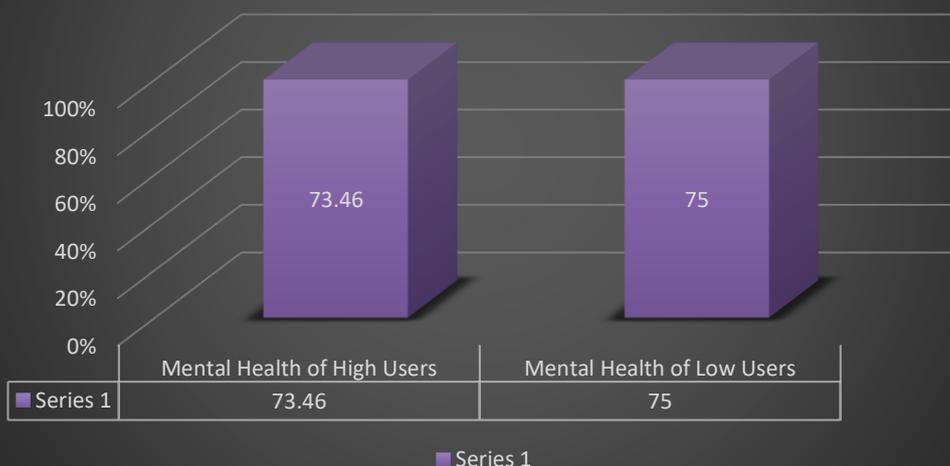
df=48

level of significant at 0.05- 2.01

Calculated Value is less than tabular value so we will accept the null hypothesis at 0.05

Table 4 reveals that high and low male Internet Users have similar Mental Health, as the difference in mean value of these two groups i.e., 73.46 and 75 is very less. The calculated T-value 0.49 is less then tabular value i.e., 2.01 at 0.05 significant level. Hence the mean difference between Mental Health of both two groups is insignificant. Therefore, null hypothesis that there is no significant difference between the mental health of high and low female internet users studying in Private Senior Secondary Schools is accepted.

Mean of Mental Health of High and Low Female Internet Users studying in private senior secondary students



III DISCUSSION

- Based on the results of the statistical analysis of the obtained data, it can be concluded that no significant difference exists in Mental Health of high and low male Internet Users studying in government Senior Secondary Schools; this is because they belong to similar environment i.e they are studying in same type of school coming from similar background and having similar genetic structure.
- The result reveals that no significant difference exists between the mental health of high and low female internet users studying in government senior secondary schools. As all the females studying in government schools are exposed to the same school environment. These students studying in government schools come from similar socio-economic backgrounds, which will combine to have similar effects on mental health. Moreover, all females, being humans of the same gender, will have similar genetic endowments, which will again similarly impact the mental health of females at both high and low levels of Internet usage.
- The result reveals that no significant difference exist between between mental health of high and low male internet users studying in Private Senior Secondary Schools. Due to their comparable socioeconomic origins and attendance at elite schools, these pupils will likely experience similar consequences on their mental health. Additionally, as all males are identically gendered individuals, their genetic make-up will be comparable, which will have a similar effect on their mental health regardless of how much or how little they use the Internet.
- The result reveals that no significant difference exist between between mental health of high and low female internet users studying in Private Senior Secondary Schools. These pupils attend private schools and share a similar socioeconomic background, which together will have a comparable impact on their mental health. The genetic endowments of all females will also be comparable because they are all members of the same gender in humans. This will have an influence on their mental health regardless of whether they use the Internet frequently or infrequently.

Suggestions for Administration and Principal: -

1. The conducive environment should be created in the school environment for further improvement in mental health of the students.
2. To create the environment in a school for in increasing the moral level of students which will have positive impact on mental health.
3. The principal should organise team-building exercises to unite all of the students.
4. To improve the aspect of team effectiveness, instructors should get the proper instructions.

Suggestions for Teachers: -

1. The teacher should assist the students in making adequate adjustment with environment for improvement in mental health.
2. Making contribution in increasing the moral level of student which will positively impact the mental health.
3. Guiding these students towards a disciplined life which will have positive impact on their mental health.
4. Proper guidance and training should be provided to the students for the effective use of Internet.
5. Proper class should be given to improve the reasoning ability of the students.

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