



Title: “Internet use & Internet gaming disorder among secondary school students”

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Introduction

Internet addiction is a significant area of research in this day and age. Addiction means compulsive physiological need for and use of a habit forming substance, characterized by tolerance and symptoms upon withdrawal of said; compulsive use of a substance known by user to be physically, psychologically or socially harmful. Internet addiction is described by Young’s as non essential computer/Internet usage in terms of non business or non academic use over a 6 months period.

Similarly, Smartphone is a mobile phone that has function of the computer which has facility to use apps and the internet. Internet Gaming Disorder or IGD as per DSM-5 refers to the “persistent and recurrent use of internet to engage in games, often with other players, leading to clinically significant impairment or distress as indicated by five (or more) of the criteria in a 12-month period.”

Smartphone, being revolutionary devices, have reduced the gap between family and friends.

Smartphone have increasingly influenced the daily lives of individuals. During the last decade, the expansion of the internet has been at an exponential rate and with this has given rise to the problem of excessive Smartphone use, internet addiction and gaming disorder(which include both online and offline gaming).With the advent of Smartphone, gaming and internet use is not only restricted to personal computers, but also to a movable device in the form of Smartphone .For this purpose, internet and Smartphone have become an integral part of academic and recreational tools for youth.

Gaming has emerged as an alternative form of seeking pleasure and escaping from the real world into the virtual world; away from worries, responsibilities and routine stresses. However, due to low cost and easy availability of technology, it has taken a form of addiction and some people have suffered physical and mental health issues due to this.

Addiction is characterised by excessive and inappropriate use of Smartphone by way of using the internet and engaging in gaming online/offline. The internet is an essential aspect of an average human daily life, and is utilized for many purpose such as for conducting online transactions, streaming online content, exercise, watching media for entertainment as well as educational purpose via online classes. However, individuals often do not use the internet in a responsible manner and tend to exceed normal use. Excessive use of the internet ca lead to internet addiction, although the boundaries from where it is termed as ”addiction” are still unclear, since there is lack of generalizable data on this. Research should be conducted to determine the prevalence of different types of internet addiction, such as gaming addiction, and to investigate effective interventions for each type of addiction.

Literature Review

The literature review for excessive/problematic smartphone use and addiction is shown in the table below.

Country	Population studied	Age	Instruments	Methods of data collection	Results	Limitations
Switzerland	1519 students	15 to 19	Short version of the smartphone addiction scale for adolescent	Convenience sampling	Smartphone addiction was found to be 69.9%	Limited generalizability due to convenience sample being used.
Korea	1824	14 to 16	Smartphone addiction proneness scale	Stratified multistage clustering	31% prevalence of smartphone addiction	Only one region study.
Tamil Nadu	415	13 to 15	Mobile phone dependence questionnaire	Convenience sampling	33.5 to 39.6% were smartphone addicts	Social economic status not assessed.
Uttar Pradesh	400 students	10 to 19	Pubbing predictors and consequences scales	Random sampling	Excessive use of smartphone to be 49.3%	Online collection of data may limit the generalizability of data.
Mumbai	415	13 to 15	Mobile phone dependence questionnaire	Convenience sampling	33.5 to 39.6% were smartphone addicts	Socio economic status not assessed.

NEED OF THE STUDY:

A large number of studies have been conducted globally among the adult population for the purpose of studying internet use. The present study was conducted on adolescents to know the prevalence and extent of internet use and internet gaming disorder in this population. The study is a preliminary step towards understanding the extent of internet use and gaming disorder among adolescents.

Research Methodology

Design: A cross sectional study.

Sample: Secondary school students agreed between 12 to 18

Sample Size: N=100 (M=50,F=50)

Data Collection by Semi structured preforms (which includes informed consent)& scales through paper & pencil method. Informed consent after signing will be retrieved first to ensure anonymity.

Tools

- 1) Socio-demographic preform
- 2) Internet Addiction Test(Young)
- 3) Gaming addition scale
- 4) Patient Health Questionnaire -9

Statistics test: ANOVA, t-test, Multiple linear regression

Result and Discussion::

Prevalence of Internet use is 35% and Internet gaming disorder 20% respectively. Out of the 12 participants in internet gaming disorder group males are predominant (n=15). Internet gaming disorder group had high internet use, whereas majority of the sample had high internet use but no online gaming.

Conclusion: It's important for universities to recognize the widespread use of the internet among students and offer resources to help them navigate online platforms safely and effectively.

Keywords: Secondary school students, Internet use,Internet gaming disorder

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