Internet Over usage And Psychological Well-being Among Young Adult Women

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***Abstract*- Young adulthood is a period of development and healthy women are the cornerstone of healthy society. Technology fulfils many human needs but it's over usage is a risk. Being addictive to technology has its effects on psychological and physical well-being of an individual. For a brighter and healthier future, it is essential to ensure the well-being of young adult women. The study was conducted to find out the relationship between Internet addiction and Psychological well-being among young adult women between ages of 20 and 24 years. The research design used is an ex post facto design. 60 women (Post graduate) students from professional and non-professional disciplines (30 in each group), using internet (at least for past six months) are included in the study. Young's internet addiction scale and Riff's psychological well-being scale are used to measure internet addiction and Psychological well-being respectively. Statistical analysis such as independent t' test, correlation coefficient and regression analysis were done and results reveal that professional young adult women significantly differed in Psychological well-being than non-professional young adult women. Negative correlation exists between Internet addiction and Psychological wellbeing. Demographic variables did not significantly predict Internet addiction.**

Key words: **Young adulthood, wellbeing**

INTRODUCTION

Young adulthood, a period of development comprise of health improving and impairing lifestyles. They become more independent, explore different life possibilities, come across career decisions and life decisions during this phase. Healthy women are the cornerstone of healthy society. Factors favoring psychological well-being in men are stronger in adolescence than women but women improve their well-being from adolescence to young adulthood.(1) Advancing technology has made internet usage as an integral part of life which is developing into a major factor affecting the psychological well-being of general population especially the youth. For a brighter and healthier future, it is essential to ensure the well-being of young adult women.

Generally internet is used for education, entertainment, social networking and information sharing.(2) However, the uncontrolled and excessive use by some individuals result in internet addiction. Internet users between 18 and 24 years old are more at risk of developing internet addiction than older adults.(3) Internet addiction is an impulse-control disorder that does not involve an intoxicant(4).

It is predicted that Internet addiction will become a serious health related problem in the near future (Andreassen et al.,2012 ; Herrera et al., 2010; Teke,2011). Psychological well-being enables a person to approach other people and situations with confidence and optimism. For the enormous amount of transition they undergo, maintaining optimal level of well-being can be a protective factor for the young adults.

The aim of the present study is to measure internet overuse and Psychological well-being, their relationship and the demographic factors that predispose Internet addiction among young adult women.

METHODOLOGY

OBJECTIVES:

1. To measure the level of Internet addiction and Psychological well-being among young adult women.
2. To study the predictors of Internet addiction among young adult women.
3. To find the relationship between Internet addiction and Psychological well-being among young adult women.

HYPOTHESIS

1. There will be no significant difference on Internet addiction and Psychological well-being among young adult women with regard to discipline.
2. There will be no significant difference on Internet addiction and Psychological well-being among young adult women with regard to birth status.
3. There will be no significant difference on Internet addiction and Psychological well-being among young adult women with regard to family type.
4. There will be no significant difference on Internet addiction and Psychological well-being among young adult women with regard to working status of mother.
5. There will be no significant difference on Internet addiction and Psychological well-being among young adult women with regard to purpose in use of internet.

6. There will be no significant relationship between Internet addiction and Psychological well-being among young adult women.
7. Demographic variables will not predict the internet addiction among young adult women.

Design and sample:
Ex post facto design was used. A total of 60 women (30 from professional and 30 from non-professional discipline) using internet for at least past six months were selected through purposive sampling method. The students, were explained about the nature and purpose of the study and they were asked to choose the option which they felt applicable to them.

Tools used:
The data were collected with details like the age, family type, working status of mother and purpose of using internet were collected.
Internet Addiction Test (IAT):
Developed by Dr. Kimberly Young, consists of 20 items, with a five-point Likert scale. It is highly reliable and valid scale.(5)Cronbach's alpha was 0.889. Total internet addiction scores range from 0 to 100; the higher the scores, higher is the dependence on the internet.
Ryff's scale of Psychological well-being (PWB):
The 42-item version of the Ryff's psychological well-being scale with 6 dimensions has20 items positively worded and 22 were negatively worded which were reverse scored and high values indicate higher well-being. The students were asked to indicate the degree to which they agreed or disagreed with the statement, 1(strongly disagree) to 6 (strongly agree).The Cronbach's alpha coefficient for this scale is 0.817, indicating good internal consistency.

Statistical analysis:
Independent' t' test was done to find the significant difference on Internet addiction and well-being with regard to demographic variables. Pearson's product moment correlation was done to find out the relationship between Internet addiction and well-being. Regression analysis was done to find out the predictors of Internet addiction.

Results and Discussion:
Table- 1 Shows the Mean, Standard deviation, t' value and level of significance on Internet addiction and Psychological well-being among young adult women of professional and non-professional discipline
P<0.01

Variable	Discipline	N	Mean	Standard Deviation	t value	df	P value
Internet Addiction	Professional	30	65.06	9.95	0.359	58	0.721
	Non-professional	30	64.20	8.70			
Well-being	Professional	30	151.50	22.42	3.545	58	0.001
	Non-professional	30	169.26	15.81			

Table-2 Shows the Mean, Standard Deviation, 't' value and level of significance on internet addiction and psychological well-being among young adult women with regard to birth status.

Variable	Birth status single child	N	Mean	Standard Deviation	t value	df	P value
Internet Addiction	Yes	32	64.90	8.013	0.237	58	0.814
	No	28	64.32	10.69			
Well-being	Yes	32	159.15	21.26	0.475	58	0.636
	No	28	161.78	21.47			

NS Not Significant

Table-3 Shows the Mean, Standard Deviation, 't' value and level of significance on internet addiction and psychological well-being among young adult women with regard to Family type

Variable	Family type	N	Mean	Standard Deviation	t value	df	P value
Internet Addiction	Nuclear	38	65.23	8.72	0.630	58	0.532
	Joint	22	63.59	10.29			
Well-being	Nuclear	38	157.52	21.26	1.322	58	0.194
	Joint	22	165.31	21.47			

NS Not Significant

Table-4 Shows the Mean, Standard Deviation, 't' value and level of significance on internet addiction and psychological well-being among young adult women with regard to working status of mother

Variable	Working status of mother	N	M	Standard Deviation	t value	df	P value
Internet Addiction	Working	35	64.42	10.55	0.213	58	0.832
	Not working	25	64.92	7.34			
Well-being	Working	35	159.91	22.25	0.204	58	0.839
	Not working	25	161.04	20.13			

NS Not Significant

Table-5 Shows the Mean, Standard Deviation, 't' value and level of significance on internet addiction and psychological well-being among young adult women with regard to the purpose of internet usage.

Variable	Purpose	N	Mean	Standard Deviation	t value	df	P value
Internet Addiction	For education	23	64.17	8.71	0.308	58	0.759
	Others	37	64.91	9.72			
Well-being	For education	23	163.47	22.49	1.869	58	0.398
	Others	37	158.45	20.47			

NS Not Significant

Table-6 Shows the relationship between internet addiction and psychological well-being among young adult women.

Variable	N	Correlation coefficient	P value
Internet addiction Well-being	60	-0.520	0.000
	60		

P< 0.01

Table-7Modal summary

Variable	R	R Square	Adjusted R Square	Standard Error of the estimate
1	0.200	0.040	-0.069	9.59492

a. Predictors: (Constant), purpose, birth status, working, family type

Table-8Analysis of variance (ANOVA)

Variable	Sum of Squares	df	Mean Square	F	p value
Regression	202.626	6	33.771	0.367	0.897
Residual	4879.307	53	92.062		
Total	5081.933	59			

a. Dependent Variable: internet
b. Predictors: (Constant), purpose, birth status, working, family type

Table-9 Coefficients

Variable	B	Std. Error	Beta	t value	P value
Constant	61.092	9.542		6.402	.000
Birth	-588	2.579	-.032	-.228	.821
Family	-436	2.802	-.023	-.155	.877
Working	217	2.616	.012	.083	.934
Purpose	1.007	2.691	.053	.374	.710

a. Dependent Variable: internet

DISCUSSION:

InTable-1 independent t' test conductedto compare Internet addiction and Psychological well-being among young adult women of professional and non-professional discipline shows significant difference in the scores of psychological well-beingbetweenprofessional(M=151.50,SD=22.42) and non-professional(M=169.26,SD=15.81) students(t=3.545,p=.001) and no significant difference in Internet addiction between professional and non-professional. The results suggest that non-professional students have better psychological well-being than professional students.Hence theproposed hypothesis 1 is partially accepted. One study.

In Table-2 independent t' test to compare the scores of Internet addiction and Psychological well-being among young adult women on the basis of birth status shows no significant difference in the scores of Internet addiction of single child(M=64.90,SD=8.013)others(M=64.32,SD=10.69 with(t=0.237) (p=0.814)and Psychological wellbeingofsinglechild(M=159.15,SD=21.16)others(M=161.78,SD=21.47)with(t=0.475,p=.636). The results suggest that there is no difference in the Internet addiction and Psychological well-being on the basis of birth status among young adult women.Birth order may not be associated with mental well-being and psychological distress for men or women(8). Hence the hypothesis 2isaccepted.

InTable-3 independent t' test to compare the scores of Internet addiction and Psychological well-beingamong young adult women on the basis of family type shows no significant difference in the Internet addiction in nuclear family(M=65.23,SD=8.72)joint family(M=63.59,SD=10.29)with(t=0.630,p=0.532) and Psychologicalwell-beingof nuclear family(M=157.52,SD=19.75) joint family(M=165.31,SD=23.19)with(t=0.630,p=0.194).The results suggest that there is no difference in the Internet addiction and Psychological well-being on the basis of family type among young adult women.Hence the hypothesis 3is accepted.

In Table-4 independent t' test to compare the scores of Internet addiction and Psychological well-being among young adult women on the basis of working status of mother shows no significant difference in the Internet addiction in children of working mothers(M=64.92,SD=10.55) non-working mothers(M=64.92,SD=7.34) with(t=0.213,p=0.832) and Psychological well-being of children of working mothers(M=159.91,SD=22.25) non-working mothers(M=161.04,SD=20.13) with(t=0.204,p=0.839). The results suggest that there is no difference in the Internet addiction and Psychological well-being on the basis of working status of the mother.Hence the hypothesis 4is accepted.

In Table-5 the results of independent t' test to compare the scores of Internet addiction and Psychological well-being among young adult women on the basis of purpose of internet usage shows no significant difference in the Internet addiction in education(M=64.17,SD=8.71) others(M=64.91,SD=9.72) with(t=0.308,p=0.759) and Psychological well-being of education(M=163.47,SD=22.49)others(M=158.45,SD=20.47) with(t=1.869,p=0.). The results suggest that there is no difference in the Internet addiction and Psychological well-being on the basis of purpose of internet usage. Hence the hypothesis 5 is accepted.

In Table-6 thecorrelation coefficient between Internet addiction and Psychological well-being among young adult women has a significant negative correlation between the variables. As the Internet addiction increases, Psychological well-being decreases and vice versa.Students use internet to cope with their stress by avoiding cognitive tasks. Research suggests that high levels of internet use can lead to psychological, physical and social health effects. Hence the hypothesis 6 isnot accepted.

In Table-7,8 and 9 multiple regressionwas calculated to predict Internet addiction based on birth status, family type, working status of mother and purpose of internet usage, shows a regression equation ($f(6,53)=0.367$, $p<0.897$) with R^2 of 0.040. Participants predicted Internet addiction is equal to 61.092-588 (birth status)-436 (family type)+217 (working status of mother)+ 1.007 (purpose of internet usage) where birth status coded as, 1= single child, 2= others, family type coded as, 1= nuclear 2= joint, working status of mother coded as,1= working, 2= not working, purpose of internet usage coded as,1= educational, 2= others.The analysis shows that demographic factors did not significantly predict internet addiction in young adult women.Hence hypothesis 7 is accepted.

FINDINGS:

- Significant difference exist between the Psychological wellbeing among professional and non-professional young adult women.
- No Significant difference exist between Internet addiction and Psychological well-being on the basis of birth status, family type, working status of mother, and purpose of internet usage among young adult women.
- Significant negative correlation exist between Internet addiction and Psychological well-being among young adult women.
- Demographic variables did not predict the Internet addiction among young adult women.

LIMITATIONS:

- The sample size is small and only health professionals were included in professional group and hence cannot be generalized.
- The study was limited only to two institutions.
- The study included only postgraduate students.

IMPLICATIONS:

- This study helps to assess Students intermittently with the Internet addiction questionnaire and control addiction.
- The study checks psychological well-being and help to improve psychological well-being among professional students.

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