

Study on Internet Addiction and their impacts among higher educational students in Raipur & Bilaspur District of Chhattisgarh

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Abstract - With increasing interest of literacy among people, the advent of internet being easily available to everywhere. With online access, problem related to Internet addiction among users increased phenomenally in recent years. According to the Internet World Stats, the internet users has grown from 5,00,000 to 4.2 billion from 1989 to March 2019 indicating an upward trend in the number of digitally literate people. Today the world population is estimated to have reached 7.6 billion but just 51.7% of the use Internet declared by World Population Clock. The growth rate has increased 976.4% from 2000-2017. In Indian scenario, The IWS population is ranked 2nd among the highest number 560 million users till April 2019 subsequent to China. The aim of this study is to examine the level of addiction, impacts, prevalence and associated factors among state capital Raipur and Bilaspur Districts based Universities and Institutes of Chhattisgarh State. Out of 107 different professionals 59 (55.14%) were males and 48 (44.85%) were females. Mean age of the subject was 23.76 (SD 3.02). The Young's LAT tool was employed to identify level of internet addiction among users. In all 107 IATs mean score turned out to be 64.77 ($p = .137$). Out of total, 17 (15.88%) respondents were found severe addicted, while 71 (66.35%) respondents were found moderate or possible addicts and 19 (17.75%) were mild or average users. Out of 107, no single user was found completely safe or addiction free. Out of total 52 (48.59%) users were found spending >5 hours daily on internet. 78 (76.23%) respondents often check their smart phones first, after getting up in the morning. 12 (11.20%) of the respondents developed criminal or anti-social behavior like pornography and cheating. 71 (66.38%) respondents believed the rumors and were found involved in spreading mal-information over social media. On

these facts, further I stand also through light with on risk of addiction, preventive strategies and safeguard measures.

Keywords: Internet Addiction, Abuse, Criminal or Anti-social behavior, Chhattisgarh.

INTRODUCTION

The Internet is the largest and most resourceful foundation of information in the world today. The internet is a large computer network linking together millions of smaller computers at numerous sites in various countries. The internet is a global community-one with a very active life and it can be conceived as a rich, multi-layered complex ever-changing text for information dissemination and a medium for collaborative interaction between individuals and computers without regards for geographical limitation of space. In the decades of 1960s the computer network project developed with the aim of research, education and defense. And the same decade the project has reached a new aspect including all activities such as education, social communication, research, politics, entertainment and trade which concern all people. And from starting to 21st century till now the proved the Internet is the fastest developing electric technology in the world history ever (Musch, 2000; Hecht, 2001; Alkan & Canbay, 2011). The idiom internet was first introduced in 1982, while became more pervasive in the mid 90's decades.

More than twenty years pass out the Internet addiction phrase firstly used by Dr. Ivan Goldberg in the year of 1995 has recently become a observable fact which is tried to be described with dissimilar

names such as 'online addiction', 'cyber disorder', 'net addiction', 'internet addiction', 'pathologic internet use' and 'internet addiction disorder' (Eichenberg&Ott, 1999). There aren't any homogeneous and standard metaphors for IA disorder (Chou, Condron&Belland, 2005) but its fundamental symptoms can be described as not proficient to limit internet use, that means we can't bound that uses minimum or maximally. To continue or excessive use of internet prevent the stamina for increasing values and down through social or scholastic damage along with feel deep anxiety, loneliness, depression etc. when users of the internet usage is restricted or limited (Öztürk et al., 2007).

Since its conception in 1973, the Internet has grown at an outstanding rate. Emerging studies have reported Internet addiction as an alarming public health concern with the rapid growth of Internet users worldwide in the 2000s (Block, 2008). In Asia, the prevalence in adolescents was reported to be 13.8% in Taiwan (Yang & Tung, 2007), 10.7% in South Korea (Park, Kim, & Cho, 2008), 6.7% in Hong Kong (Fu et al., 2010), and 2.4% in China (Cao & Su, 2007). In Europe, a recent nationwide study in 11 countries reported a prevalence of pathological Internet users ranging from 11.8% in Israel to 1.2% in Italy (Durkee et al., 2012). To our knowledge, similar statistics have yet to be reported in India.

Internet access and usage in the world has been proliferating year by year, with approximately 1 billion users in 2005, 2 billion in 2011, 3 billion in 2015 and 4 billion in 2018 (Internet World Stats, 2018), indicating an upward trend in the number of digitally literate people. Such a rapid growth has been interacted with people's needs and motivation. In today the world population was estimated to have reached 7.7 billion as of March 2019 declared by Internet World Stats but just 56.3% (4,346,561,853 billion) of the use Internet worldwide. The growth rate was increase 1,104% since 2000-2019. After the more established addictions like drug and alcohol, the internet is relatively new concept as well as micro research was done as a addiction on the world

platform. According to the same Internet World Stats, the world population has India is ranked 2nd among the highest number of 560,000, 000 million users till 31st March 2019) approximately 40.91% of Indian population internet users subsequent to China and their growth rate was increase 11,110% since 2000-2019.

Previously the number of internet users in India is reached to 500 million in June 2018 said a report by the Internet and Mobile Association of India (IAMAI) and Kantar IMRB. The number of Internet users stood at 481 million in December 2017, an increase of 11.34% over December 2016 said the report titled, "Internet in India 2017." Urban India with an estimated population of 455 million already has 295 million using the internet. Rural India, with an estimated population of 918 million as per 2011 census, has only 186 million internet users leaving out potential 732 million users in rural India. "Given that total Urban Population is much lower than total rural population, the Urban-Rural Digital divide is actually more acute than what the penetration numbers portray. The report also finds that an estimated 281 Million daily Internet users, out of which 182.9 million or 62% access internet daily in urban area, as compared to only 98 million users or 53%, in rural India. There are estimated 143 million Female internet users overall, which is approximately 30% of Total Internet users. "While Digital India is paving its way in rural India, the underlining digital gender gap still persists. Digital literacy is therefore a key to ensure everyone stays informed, engaged and safe online," it added.

So, in this area is broad for deep research to study the consequences and treatment ideas of impact of internet addiction. This present study examined how students especially new generation of the world depended upon all type of gaining the knowledge and communication in internet and then become addicts.

Figure 01: World Internet users by regions in March, 2019
(Source: Internet World Stats)

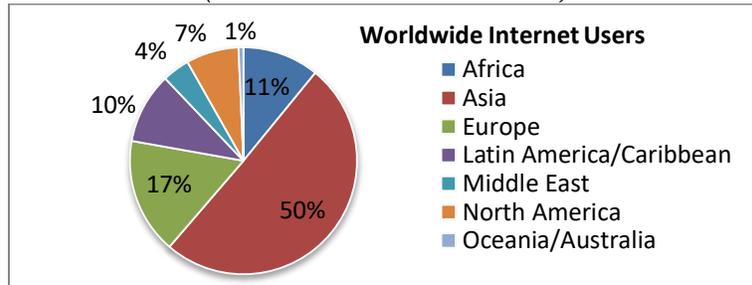


Figure 02: World Internet Growth Rates in March, 2019
(Source: Internet World Stats and Internet Live Stats)

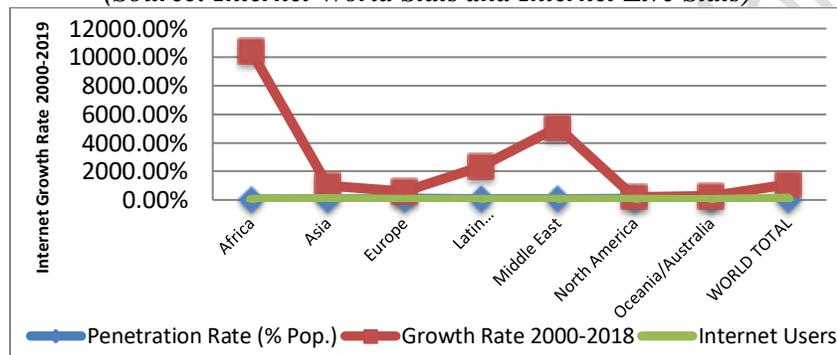
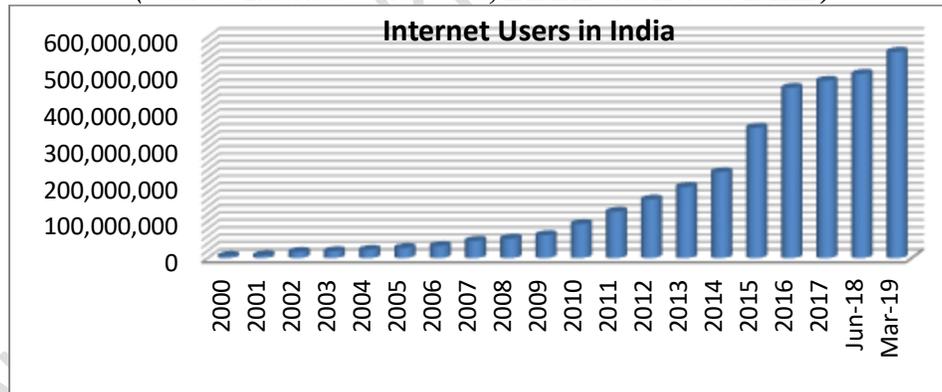


Figure 03: Internet Users in India
(Source: Internet World Stats, IAMA and Kantar IMRB)



IMPACTS AND CAUSES OF INTERNET ADDICTION

In the past decades the number of internet users has increased dramatically. It is evident that the combination of socio-psychological factors consequent from inter-relationships between the personage, family unit, relative, neighbors and friend circle groups can contribute to internet addiction and most essential the internet-related factors such as

longer usage point in time, easier access and greater internet skills can lead to internet addiction (Lee *et al.*, 2001).

Maressa Orzack, director of the Computer Addiction Study at Harvard University's McLean Hospital, while interview to the leading magazine in the world namely Forbes. He opined about the internet addition among the youth population were reported that between 5% and 10% of Web surfers suffer some

form of Web dependency (Lea, 2005). A researcher and senior director of the Information Technology and CTY Online expressed her view on an occasion in the Johns Hopkins University Centre for Talented Youth argues at a large university in New York, the dropout rate among freshmen newcomers rose dramatically as their investment in computers and Internet access increased, and the administrators learned that 43% of the dropouts were staying up all night on the Internet. (Wallace 2001). In a study done in Iran, severe internet addicts used it for nonessential uses like film, music, cartoon, computer games, social sites and chat rooms, but normal users use it for news, events, educational, and universal sites. Furthermore, internet addicts use internet in a drift manner and in private places (Sunwoo K., 2002). In India, use of internet is enormous, especially in the young population (Goel D., 2012). There are some impacts of internet addiction which involved the become addict least to severely.

Crime or Anti-Social Behaviour

There has been much alarm about Internet addiction in the past decade. Claims of Internet-related crimes such as homicides, suicides, and child neglect have received widespread media attention across the globe (“Chinese Gamer Sentenced to Life,” 2005; Spain & Vega, 2005). Many claim that they are or know someone who is addicted to the Internet. 15 percent of university students in the United States and Europe and 26 percent of Australian students claim they

know someone is addicted to the Internet (Anderson, 1999; Wang, 2001). Almost 10 percent of adult Internet users in a large online study self-identified as Internet addicts (Cooper, Morahan-Martin, Mathy, & Maheu, 2002), while 31 percent of MySpace users (Vanden Boogart, 2006) and 42 percent of online gamers (Yee, 2002) say they are addicted to those Internet applications. In Germany, a camp was established to help children who were addicted to the Internet (Moore, 2003). It is tempting to dismiss these claims as media hype, but clinicians also have reported Internet-related problems and have set up clinics specifically to treat these problems in many countries. In recent years, governments in Asia have established clinics and intervened to reduce Internet use. The first Chinese clinic for Internet addiction in Beijing has expanded from 40 to 300 inpatient beds, and new clinics are being established in other Chinese cities (Griffiths, 2005; Lin-Liu, 2006). The South Korean government established the Korean Center for Internet Addiction Prevention and Counseling “to correct the Internet misuse and to help Internet addicts” (International Telecommunication Union, 2003) and plans to increase the number of treatment centers for Internet addicts from 40 to 100 by 2010 (“South Korea Plans More Centres to Treat Internet Addiction,” 2005). Research on specific IAs has found similar factors. **Below here are the activities of per second on the internet according to Internet World Stats in April 2019.**

Figure 04: What happened on Internet in per second

TIME CLOCK OF THE INTENET USERS IN THE WORLD “Per Seconds”	
910	INSTAGRAM Photos uploaded
1,519	TUMBLER Photos
3,767	SKYPE Calls
8,460	TWEETs
71,325	GB of Internet Traffic
73,936	GOOGLE Search
78,417	YOUTUBE Videos viewed
2,791,480	E-Mail Sent
@Copyright: Miniwatts Marketing Group 2018	
http://www.internetlivestats.com/one-second/#email-band 20.04.2019 13:27PM	

STATEMENT OF PROBLEM

In this day and age, Internet access has been elevated to a position of basic needs, right after food, shelter, and clothing. 11.67 – 19.8% of

adolescents have developed an addiction to internet use. As a user of the internet usage is growing swiftly each year and internet addiction is becoming a seriousness problem among not only the single user,

it's for whole generations. Internet Addicted persons result there are suffering in all from the main aspect of everyday life in the situation such as individual, psychological, school, family interaction, work, scholastic performance and of course relationship. According to the survey by IPSOS carried out in 23 countries which included 18,180 respondents, addiction level is increasing day by day especially in Asia continents, this is the alarming signs to prevent future. Because In the study, more than two-thirds of the people said they couldn't imagine life without Internet. In fact, India had the highest proportion of people, at 82 percent, who said they would be unable to cope without Internet access. There's a reason behind India's insatiable appetite for the Internet. Now the rise of addiction of Internet-connected smartphone sales, especially lowest cost cellular data launched in September 2016 by JIO Telcom, use of internet had been very excessively.

Another one, the survey on 'Worst Internet Habits' commissioned by Telenor Group, shows that 65 per cent of Indians admit to being 'Internet addicts', 33 per cent of Indians also hate excessive selfie takers and 40% users Spreading rumors. So, these are the reason for choosing this topic. There is need of such studied in Indian context as there are negligence and very few research available on the adverse effects of internet addiction. Need of such studies play vital role as addiction into a disorder on excessive use of internet and it is a very important task to determine at which stage of addiction converts into a disorder.

NEED AND SCOPE OF THE STUDY

Nowadays, access of free internet over the country for children and youths after come lowest cost cellular data in the world by JIO telecom and many state governments of India like Chhattisgarh, Madhya Pradesh, Uttar Pradesh etc. launched the free laptop and Smartphone's distributions scheme. In the era, the internet is very constructive and useful for user to find knowledge for their contemporary and elaborated work. However at the present moment internet is not only the use for in expedition of information but being use to fills users leisure time and freedom as well. So, this occurrence continues exclusive of any resolution internet addiction will become a very serious and offensive nature to all

users as well as generation. So in this research studies to investigate the causes and effects and also will explain the negative consequences of the IA is the main thing to start so that showing need and significance of the study. Besides that these researches also important to let the internet users who are understand to take care of from addiction such as parents and mentor. Through this study, awareness will be spread the target group to deal with this problem so that can try to control theirs in 21st century generation.

BASIC ASSUMPTIONS

The following are the assumptions of the researcher.

1. It was assumed that users use the internet all weekdays except weekends.
2. It was assumed that users use the internet for social networking.
3. It was assumed that the Google search is the most used internet service by users.
4. It was assumed that the internet has affected the users positively towards their goal.

OBJECTIVE OF THE STUDY

The following are the objectives of the present study-

- To find out the socio demographic characteristics of the students with nature and extent of Internet Users.
- To determine the various impact of the internet addiction.
- To determine the level of the addiction.

MATERIALS AND METHODS

This study aims to known about to determine prevalence and addiction level of internet addiction with their impacts among higher educational students in the District of Raipur and Bilaspur of Chhattisgarh. It is a sensitive and controversial subject, which has assumed great importance as it affects many individuals and the society at large. Internet is very useful for user to find information for their current work. However presently internet is not only use for seeking information but being use to fills leisure time as well. If this phenomenon continues without any solution then internet addiction will become very serious and serious.

According to Joeng, internet addiction is significantly and negatively related to students' academic performance (as cited as Young, 2006). Besides that, academic performance of the students is impaired by the addiction to the use of the internet. Therefore, the present study concentrated on to find out the seriousness of the internet addiction is the main thing to start so that this problem can be solve. This study also will explain the negative consequences of internet addiction. Besides that these studies also important to let the people who are involve to take care of it such as parents and teacher. Through this study, they may start too aware of this problem so that can try to control student community.

Sample and Sampling

The samples of the present study were chosen from 10 esteemed Universities/Institutes in the Raipur and Bilaspur District of the Chhattisgarh State such as All India Institute of Medical Science (AIIMS); Pt. Ravishankar Shukla University; Hidaytullah National Law University (HNLU); National Institute of Technology (NIT); Amity University; KT Journalism & Mass Communication University; Indira Gandhi Agriculture University; Guru Ghasidas University (GGU); Chhattisgarh Institute of Medical Science (CIMS) and Dr. C.V. Raman University, who have given consent and who were using internet for more than one hour a day were included in this study of the both district in the Chhattisgarh.

Purposive sampling method was employed to collect sampling for the present study. To make these samples more representatives of target population the researcher went through proper channel on selecting students who were willing to participate in the study and this gave a sample size of 107 subjects. The primary data was collected by researcher with help of standardized version of 'Internet Addiction Test' questionnaire. It has developed by Dr. Kimberly S. Young in 1998, which was slightly modified according to present scenario with applicable language. It contains five parts: the demographic aspects included Age, Sex, Educational status, Family Details the qualitative variables incorporating subjective response on the usage of the internet, Internet usage overview, Impact of internet addiction and last one the Young IAT questionnaire.

Data collection & Tool

The data of the study was collected with 'Personal Information Form' and "Impact Scale of Internet Addiction" developed by the researcher to collect information about independent variables of the study, with Young (1998) 'Internet Addiction Test Scale' to identify levels of internet addiction in children.

- 1. Personal Information Form:** This form developed by the researcher includes demographic features (age, sex, education, religion etc.), Family details profiling of use on internet and the overview of uses of Internet addiction.
- 2. Impact Scale of Internet Addiction:** This scale also developed by the researcher which included the Criminal or antisocial behavior, Physical impact, Psychological impact, impact upon Society and the last one of Academic performance.
- 3. Internet Addiction Test Scale (Young, 1998):** Scale used to study for check the addiction level on higher educational students of both district in the states. The scale consist 20-items; each item is answered on 5-point Likert scale. In each item, students will be asked to indicate by circling how often you felt or thought a certain way. (Response values: Never = 1, Every Once in a while or Rarely = 2, Sometimes =3, Often = 4, Always = 5). According to this tool, <30 points respondents will be safe completely. 31-49 points takes will be Mild or Average, 50-79 points secures will be Modarate or Possible addicted and >79 points secures that severe or completely addicts of Internet. In Addition to that the researcher translates this questionnaire in Hindi language for better understanding the items because Hindi is the official language of the Chhattisgarh States.

Data Analysis

The data thus obtained was analyzed and frequency, percentage was used to analyze the data using **Statistical Package for Social Sciences (SPSS) 21.0**. The results of the analyses have been presented in the form of tables and figures. By and large, simple frequency, percentage, descriptive and differential

analysis were used to explain the results and discussed in the following chapter.

Statistical Techniques Used:

In the present study the Researcher used the following statistical techniques:

1. Descriptive Analysis (Mean, Standard Deviation)
2. Differential Analysis (t-value, F-ratio)

RESULTS AND INTERPRETATION OF THE DATA

The study group consisted of 107 higher educational students of different streams and different types of demographic features (age, sex, education, category, religion etc.), the time spent on internet, family profiles, online friends, internet impacts, regulations and socio-economic background in Raipur and Bilaspur District of the state of Chhattisgarh in India.

Table 01: showed respectively the Personal profiles of the respondents

Personal profiles		N	Mean	Std. Deviation	SE Mean	Df	F	Sig.
AGE		107	23.7664	3.02062	.29201	106	2.930	.090
SEX	Male	59	1.4486	.49969	.04831	106	1.555	.055
	Female	48						

With regard to the above table of demographic features of study group of the respondents reveals that out of 107 samples the maximum number of age group of 23-27yearsold 63 (58.87%) and their Mean

Age of 23.76 (SD 3.02), but sex wise the majority of Male respondents 59 (55%) and Female were 48 (45%). (Table 01)

Table 02: showed respectively the educational status of the respondents

Personal profiles		N	Mean	Std. Deviation
EDUCATIONAL STATUS	Arts Stream	13	4.6262	2.42052
	Science Stream	18		
	Commerce/Management Stream	8		
	Law professional	9		
	Medical professional	18		
	Journalism professional	8		
	Engineering/Tech professional	19		
	Others professional	17		

In this study, the educational status of the respondents in both districts majority in Engineering/Technology professionals were 19 (17.75%) other than significant number of Medical and Science professionals both were 18 (16.82%) and

the least number were Journalism and Commerce/Management professional of 8 (7.47%) belonging from the 10 esteemed Universities/Institutes of the Chhattisgarh State. (Table 02)

Table 03: showed respectively the Family profiles of the respondents

Family profiles		N	Mean	Std. Deviation
How many hours do your Father use the Internet a day	1-2 hours	107	.8505	.88812
	3-4 hours			
	5-6 hours			
	7-8 hours			
	He doesn't use			
How many hours do your Mother use the Internet a day	1-2 hours	107	.3925	.69712
	3-4 hours			
	5-6 hours			
	7-8 hours			
	She doesn't use			

One of the benchmark with above table of family profile of the respondents reveals that, out of 107 samples the majority of the both Father and Mother responded He/She doesn't use the internet respectively 48 (45%) and 72 (67%). They have a meager difference about using the internet. 34 (32%) Fathers use the internet per day 1-2 hours same as the

35 (33%) Mothers use per day. Here are the high number of Mothers 20 (18.69%) uses the internet approximately 3-4 hours than Fathers about just 15 (14%). And again to Mothers the high number than Fathers about using 5-6 hours per day respectively 12 (11.21%) and 5 (4.67%). (Table 03)

Table 04: showed respectively the Overview uses of Internet Addiction of the respondents

Overview uses of IA	N	Mean	Std. Deviation
How often do you use the internet	Everyday	66	
	More than once a day	39	
	Once a day	2	1.4019
	Once a week	0	.52950
	Once a month	0	
How many hours per day spend on the internet	1-2 hours	16	
	3-4 hours	39	
	5-6 hours	28	1.4486
	7-8 hours	8	.49969
	More than 8 hours	16	
Which purpose do you use the internet mostly	Education & Knowledge	31	
	Chatting (Fb/Wtsp/Insg)	25	
	YouTube watching	19	
	News	7	6.5701
	Entertainment	13	2.32749
	Shopping + Gaming	2	
What is the main way to connect your online friends	Dating + Blogging	1	
	Instant messenger	89	
	SMS	7	
	Email	2	1.3738
	Voice call	8	1.07741
Do you check your smartphone first after getting up in the morning	Video call	1	
	Always	51	
	Often	27	
	Sometimes	18	1.9065
	Rarely	10	1.05090
Have you ever got a lesson on how to stay safe on the internet	Never	1	
	Yes	61	
How many online friends do you have on Social media (Facebook, WhatsApp, Instagram, tinder etc.)	No	46	1.5701
	Open ended....	107	.49739
How many online friends you met in real world, before were unknown	Open ended....	107	678.9065
	Open ended....	107	1096.72934
How many times any online friend cheated you on the internet	Open ended....	107	14.3551
	Open ended....	107	39.05711
	Open ended....	107	.5701
			1.67170

Most important findings on Internet usage overview that above table out of total 107 respondents responded the 55 (51.40%) users were found spending <5 hours daily on internet, while 52 (48.59%) were found spending >5 hours. On this continuation 66 (61.68%) respondents use the internet everyday means lots of time when came to

JIO telecom in India. 31 (29%) respondents use the internet for most purpose of Education and Knowledge, while 25 (23.36%) for Chatting (WhatsApp, Facebook, Instagram etc) and 19 (18%) for YouTube watching. And most important the majority of 78 (76.23%) respondents always/often check their smart phones first after getting up in the

morning and 89 (83%) used the Instant messenger (Facebook, WhatsApp, Instagram, etc) for main source to connect their online friends. On average every respondents have 679 friends on their social

media platforms and Every user met approximately 14.35 persons on average in the real world by face to face, before they were unknown, along with .57 persons cheated them on the internet. (Table 04)

Table 05: showed respectively the Overview uses of Internet Addiction of the respondents

Variable	N	Mean	Std. Deviation	
Impact Scale of Internet Addiction	What kind of Criminal or Anti-social behavior arisen in you after using internet	107	9.2056	3.17935
	What kind of negative Psychological impact arisen in you after using internet	107	9.1308	2.93027
	What kind of Physical impact arisen in you after using internet	107	8.6355	3.00751
	What kind of negative impact upon Society arisen after using internet	107	6.2430	2.91010
	What kind of negative Academic performance arisen in you after using internet	107	5.5421	1.79244

In the context of the Impact Scale of Internet Addiction out of 107 respondents responded into arisen Criminal or Antisocial behavior itself the majority of None 73 (68%), other than just only 12 (11.20%) respondents committed that developed in their criminal or anti-social behavior like pornography and cheating. Same as the majority of negative Psychological impact were 57 (53%) but 30 (28%) of the respondents responded the Stress was biggest psychological impact on their psychology affected. Third one was the significant majority of

Physical impact on their body, 47 (44%) respondents responded None, while 40 (37.38%) respondents affected on Sleep disturbance. Most important the impact upon society were majority of 71 (66.38%) respondents believed the rumors and were found involved in spreading mal-information over social media and last one the 47 (44%) respondents felt that their academic performance were effected and got distracted from study due to over usage of internet. (Table 05)

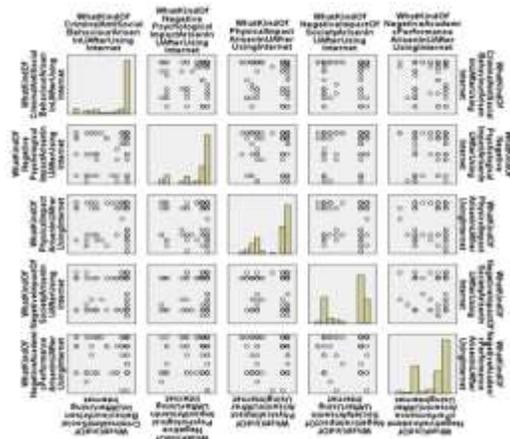
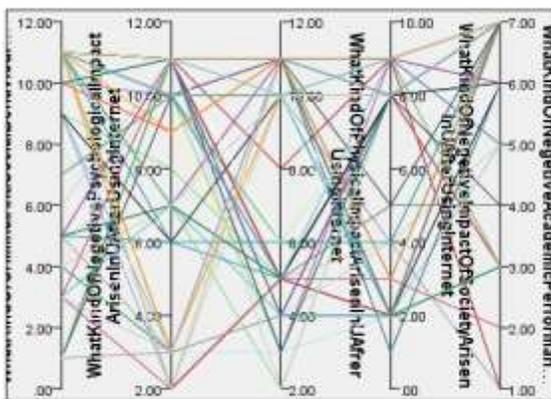
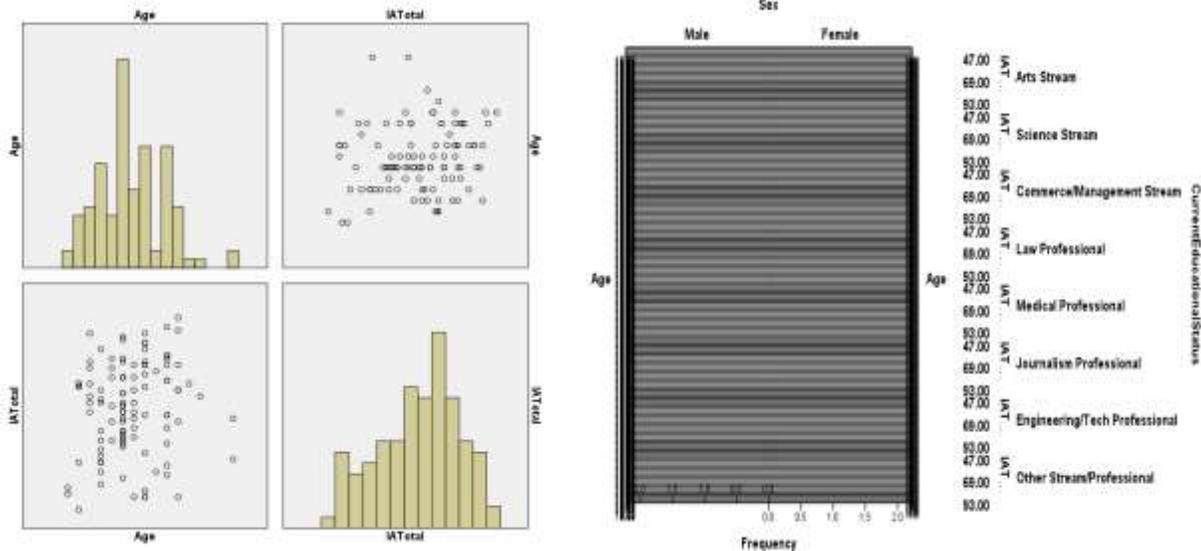


Table 06: showed data the Internet Addiction Test (Young IAT) questionnaire of the respondents

Variable	N	Mean	Std. Deviation	t	Df	F	Sig.
Internet Addiction Test (IAT) Tool	Male	59	61.5763	15.22159			
	Female	48	68.7083	13.06605			
Total	107	64.7757	14.66887	-2.566	105	3.109	.081

The questionnaire related to the objectives and activities of internet use, the Young's Internet Addiction Test (IAT) tool was employed to identify level of internet addiction among users. In all 107 IATs mean score turned out to be 64.77 (SD 14.66). Out of total, 17 (15.88%) respondents were found

severe addicted, while 71 (66.35%) respondents were found moderate or possible addicts and 19 (17.75%) were mild or average users. Out of 107, no single user was found completely safe or addiction free. (Table 06)



RECOMMENDATIONS

1. There is a need for extensive training programmes organized at regular intervals so that all categories of users can improve their efficiency in the use of the internet.
2. To solve the problem of slow functioning of internet connectivity, the university body should acquire high speed internet connection with maximum bandwidth.
3. The cost of browsing should be reviewed downward so that student's access to internet can increase.
4. Government should as a matter of necessity improve on the present state of power in the country.
5. Printing facility should be provided so that users can get print out of their study materials and other important documents.

DISCUSSION

With these huge above impacts, the researchers urged parents and policymakers to note its results. These findings are highly relevant to current policy development on guidelines for the safe use of social

media and calls on industry to more tightly regulate hours of social media use for users mostly students and youngsters. Families may also "want to reflect on when and where it's ok to be on social media and consider restrictions on teenagers having mobile devices in their bedrooms. Only then will the life, mentality and health to our future generation remain good. According to the App Annie firm, an Indian of internet usage with users on average spends close to 3 hours a day and has 78 apps on their phone, of which they end up using 43 monthly. They mostly used WhatsApp and downloaded Facebook app.

There are two major research survey shown that, how the addiction level is increasing day by day especially in Asian continents, this is the alarming signs to prevent future. Firstly, in survey carried out by IPSOS, 18,180 people were quizzed across 23 countries, to gauge their public attitudes towards technology. In the study, more than two-thirds of the people said they couldn't imagine life without Internet. In fact, India had the highest proportion of people at 82 percent, that's higher even than the UK with 78 percent, China's 77 percent, 73 percent in the US and 62 percent of

Japanese. The rise of Internet-connected smartphone sales, lowest cellular data costs by Reliance JIO Telcom, Idea Cellular, Airtel in history are two important force multipliers. Besides, Indians downloaded over 6.2 billion apps through Google Play in their smartphone in 2016. Second one, the survey on 'Worst Internet Habits' commissioned by Telenor Group, shown that 65 per cent of Indians admit to being 'Internet addicts', 33 per cent of Indians also hate excessive selfie takers and 40% users Spreading rumors. The Telenor Group conducted Internet behavioral survey in four well internet connected South-East Asian countries across India, Thailand, Singapore and Malaysia. The outcome reveals that Asian continent is unified in many aspects; but furthermore illustrates only one of its kind country precise differences. In the past decade, Internet addiction has become a growing concern that has impacted severally.

CONCLUSION

Internet addiction has commonly been viewed as an extremely broad topic with few common definitions and little guidance. Researchers should work to develop a standardized definition of Internet addiction with supporting justification multi centric studies are required to assess the real problem and thereby take appropriate steps to tackle the growing problem. The data is indicative of Internet addiction to be an emerging problem of the modern era. The purpose of this study was to investigate the impact of internet addiction and their level among higher educational students with special reference to the Raipur and Bilaspur District in the State of Chhattisgarh. In this study the sample screened consisted of 59 (55.14%) Males and 48 (44.85%) Females of which 88 (82.24%) were found to be possible or moderate Internet addicts. This result is very shocking but when has to come JIO telecom in India with the lowest data price over the world on September 2016, lots of users increasing rapidly and they involved approximately 4-5 hours per day. After come that 78 (76.23%) of the respondents always/often check their smart phones first after getting up in the morning. On average every respondents have 679 friends on their social media platforms. Every user met approximately 14.35 persons in the real world by face to face, before they

were unknown. So, this result was expected unusually. The findings of the study revealed a possible addiction score among students. In this way our first hypothesis is confirmed.

In addition to that the findings also revealed that the impact of addiction with reference to their gender. In the context of the Impact Scale of Internet Addiction out of 12 (11.20%) respondents has developed criminal or anti-social behavior like pornography and cheating. Sleep disturbance was seen in 40 (37.38%) respondents. 71 (66.38%) respondents believed the rumors and were found involved in spreading mal-information over social media and 47 (44%) felt that their academic performance were effected and got distracted from study due to over usage of internet. So, these findings of the study there is significant difference in impacts of the internet addiction. In this way our second hypothesis is rejected.

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