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Relation between level of internet addiction and aggression among adolescents

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Abstract

Due to the technological advancement and availability of smart phones, internet is easily accessible for every individual. Internet has been perceived as a best friend for everyone; hence, amount of time spent on the internet is rapidly increasing. Amongst any other age groups, adolescents are the most vulnerable group to use internet. The effects of excessive use of internet can lead to aggressiveness causing psychosocial behavioral problems. In the light of these perspectives, the present study was undertaken to find the relation between Internet Addiction and Aggression among adolescents. A sample of 200 adolescents between the age group of 13-15 years studying in 8th, 9th and 10th standard from different schools of Hyderabad, Telangana state were selected for the study. The Internet Addiction Test (IAT; Young, 1998) and Aggression Questionnaire (Buss & Perry, 1992) was used to elicit the data. The results revealed that there is a positive significant relation found between level of Internet addiction and dimensions of Physical aggression and Hostility among adolescents. Further, there is no significant relation found between level of Internet addiction and dimensions of Verbal aggression and Anger among adolescents.

Keywords: Internet addiction, aggression, adolescents

Introduction

Adolescents begin spending more time with their peers and less time with their families. Their concept of friendship increasingly focus on intimate exchanges of thoughts and feelings. They seem to communicate with their peers more electronically than face to face. They chat with their friends through instant messaging, texting, social network sites such as Facebook and email (Livingstone, S., & Brake, D. R. 2010) [8]. Internet use has become a vital part of one's life without internet many of them could not imagine their life. The Internet provides multifariousness of possibilities for communication, entertainment, and dealing with every day-life requirements (e.g., making restaurant reservations, searching for information, online gaming, online classes, etc.) (Shwetha, 2017) [11]. Internet Addiction has been called Internet dependency and Internet compulsivity. "Dr. Ivan Goldberg" suggested the term "internet addiction" in 1995 for pathological compulsive internet use. Adolescents with problematic internet use were lonelier, hyperactive and aggressive (Lim *et al.*, 2014) [7]. Mehroof and Griffiths (2010) [8], and others' studies showed that internet addiction was significantly correlated with aggression. Considering the above discussion, the researcher has made a sincere effort to study the "The Association between Internet Addiction and Aggression among Adolescents".

The Objectives of the present study are

1. To assess level of 'Internet addiction' among the adolescents
2. To assess level of 'Aggression' among the adolescents
3. To find out the correlation between obsession and dimensions of Aggression among the respondents.
4. To find out the correlation between neglect and dimensions of Aggression among the respondents
5. To find out the correlation between control disorder and dimensions of Aggression among the respondents

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6. To know the relation between level of Internet addiction and dimensions of Aggression among the adolescents.

Methodology

The present study was conducted in Hyderabad, Telangana state. The sample consist of 200 adolescents including both boys (100) and girls (100) between the age group of 13 to 15 years studying in VIII, IX and X. The random sampling technique was used to draw the sample. The Internet Addiction Test (IAT; Young, 1998) [15] and Aggression Questionnaire (Buss & Perry, 1992) [16] tools were used to collect the data. Due to the Covid -19 pandemic situation and lockdown, data was collected through google form of questionnaire and administer it to the respondents. After the responses was sorted, the data was compiled using the excel sheet. Statistical analysis was done and results are tabulated. Chi-square test was done to know the association.

Results and Discussion

After statistical analysis data was tabulated and presented.

Table 1: Assessment of ‘Level of Internet addiction’ among the Respondents

Internet addiction	Gender		Total (N=200)
	Male (n=100)	Female (n=100)	
Level of internet addiction			
Mild level	12(12%)	16(16%)	28 (14%)
Moderate level	77(77%)	56(56%)	133(66.5%)
Severe	11(11%)	28(28%)	39(19.5%)
Total	100(100%)	100(100%)	200(100%)

Table 1 elucidates the assessment of ‘Level of internet addiction’ among male and female respondents. It was observed that more than one fourth (28%) of female respondents were reported severely addicted to internet. More than half of the female respondents (56%) had reported ‘moderate level of internet addiction’ and least percentage of female respondents (16%) had reported ‘mild level of internet addiction’. Whereas majority of the male respondents (77%) had reported ‘moderate level of internet addiction’. Least percentage of male respondents (12%) had reported ‘mild level of internet addiction’, where as 11% of male respondents were reported ‘severe internet addiction’. Studies on internet addiction had indicated that males possess higher risk of addiction compared to females (Bahrainian & Khazae, 2014; Chien & Cheng, 2006; Çelik, Atak & Basal, 2012; Griffiths, 2000) [1, 3, 2, 8]. This study results are opposite to the present study results.

Table 2: Assessment of ‘Level of Aggression’ among the Respondents

Level of aggression	Gender		Total (N=200)
	Male (n=100)	Female (n=100)	
Mild	2(2%)	3(3%)	5(2.5%)
Moderate	84(84%)	50(50%)	134(67%)
Severe	14(14%)	47(47%)	61(30.5%)
Total	100(100%)	100(100%)	200(100%)

It is clear from Table 2 that half of the female respondents (50%) had reported ‘moderate level of aggression’ and nearly half of the female respondents (47%) were reported severe aggression. Only (3%) percentage of female respondents had reported ‘mild level of aggression’. Whereas majority of the male respondents (84%) had reported ‘moderate level of aggression’. Only (2%) percentage of male respondents had reported ‘mild level of aggression’ and 14% of male respondents were reported severe level of aggression. It

shows that more number of boys were reported moderate level of aggression behaviour than girls.

The study conducted by Whitaker & Bushman (2012) [12] is on par with results of present study. The study reported that effects of playing relaxing video games on aggression and prosocial behaviours found that the participants who played relaxing video games, exhibited less aggression and were more helpful than those who played violent and neutral video games.

Table 3: Correlation between Obsession and Dimensions of Aggression among the Respondents

Variables	Obsession			Total	P Value
	Mild	Moderate	Severe		
Physical aggression					
Mild	2(5.9%)	4(5.8%)	5(5.2%)	11(5.5%)	0.077+
Moderate	21(61.8%)	44(63.8%)	43(44.3%)	108(54%)	
Severe	11(32.4%)	21(30.4%)	49(50.5%)	81(40.5%)	
Verbal aggression					
Mild	0(0%)	5(7.2%)	5(5.2%)	10(5%)	0.386
Moderate	22(64.7%)	38(55.1%)	48(49.5%)	108(54%)	
Severe	12(35.3%)	26(37.7%)	44(45.4%)	82(41%)	
Anger					
Mild	0(0%)	2(2.9%)	7(7.2%)	9(4.5%)	0.0043*
Moderate	30(88.2%)	57(82.6%)	64(66%)	151(75.5%)	
Severe	4(11.8%)	10(14.5%)	26(26.8%)	40(20%)	
Hostility					
Mild	4(11.8%)	4(5.8%)	8(8.2%)	16(8%)	0.004**
Moderate	16(47.1%)	47(68.1%)	37(38.1%)	100(50%)	
Severe	14(41.2%)	18(26.1%)	52(53.6%)	84(42%)	

The table 3 shows that correlation between obsession and dimensions of aggression among the respondents. With regard to dimensions of aggression that is physical aggression, verbal aggression, anger and hostility revealed that majority reported ‘moderate level of obsession’. When the dimensions of aggression were compared with the levels of obsession, it was observed that hostility dimension was strongly correlated, whereas, anger dimension was moderately correlated. Adolescents have obsession (always thinking about being online) towards internet. They get irritable when asked to get offline, abandon their responsibilities and stay online for longer periods of time (Polaris Teen Centre, 2017) [14]. The above mentioned study was strongly supported to the results of present study.

Table 4: Correlation between Neglect and Dimensions of Aggression among the Respondents

Variables	Neglect			Total	P Value
	Mild	Moderate	Severe		
Physical aggression					
Mild	2(9.1%)	7(5.5%)	2(4%)	11(5.5%)	0.002**
Moderate	17(77.3%)	73(57%)	18(36%)	108(54%)	
Severe	3(13.6%)	48(37.5%)	30(60%)	81(40.5%)	
Verbal aggression					
Mild	1(4.5%)	7(5.5%)	2(4%)	10(5%)	0.269
Moderate	14(63.6%)	73(57%)	21(42%)	108(54%)	
Severe	7(31.8%)	48(37.5%)	27(54%)	82(41%)	
Anger					
Mild	0(0%)	6(4.7%)	3(6%)	9(4.5%)	0.070+
Moderate	21(95.5%)	98(76.6%)	32(64%)	151(75.5%)	
Severe	1(4.5%)	24(18.8%)	15(30%)	40(20%)	
Hostility					
Mild	4(18.2%)	7(5.5%)	5(10%)	16(8%)	0.003**
Moderate	11(50%)	74(57.8%)	15(30%)	100(50%)	
Severe	7(31.8%)	47(36.7%)	30(60%)	84(42%)	

The table 4 reveals the correlation between neglect and dimensions of aggression among the respondents. With regard to dimensions of aggression that is physical aggression, verbal aggression, anger and hostility revealed that majority of the respondents reported 'moderate level of neglect'. When the dimensions of aggression were compared with the levels of neglect, it was observed that physical aggression and hostility dimensions were strongly correlated.

The study conducted by Choi *et al.*, (2009) [4] revealed that boys' problematic internet use is linked with neglect of activities in their everyday lives. The above mentioned study was strongly supporting to the results of present study.

Table 5: Correlation between Control Disorder and Dimensions of Aggression among the Respondents

Variables	Control disorder			Total	P Value
	Mild	Moderate	Severe		
Physical aggression					
Mild	2(9.5%)	8(5.5%)	1(3%)	11(5.5%)	0.194
Moderate	14(66.7%)	80(54.8%)	14(42.4%)	108(54%)	
Severe	5(23.8%)	58(39.7%)	18(54.5%)	81(40.5%)	
Verbal aggression					
Mild	0(0%)	8(5.5%)	2(6.1%)	10(5%)	0.726
Moderate	13(61.9%)	80(54.8%)	15(45.5%)	108(54%)	
Severe	8(38.1%)	58(39.7%)	16(48.5%)	82(41%)	
Anger					
Mild	0(0%)	7(4.8%)	2(6.1%)	9(4.5%)	0.253
Moderate	19(90.5%)	111(76%)	21(63.6%)	151(75.5%)	
Severe	2(9.5%)	28(19.2%)	10(30.3%)	40(20%)	
Hostility					
Mild	4(19%)	10(6.8%)	2(6.1%)	16(8%)	0.113
Moderate	10(47.6%)	78(53.4%)	12(36.4%)	100(50%)	
Severe	7(33.3%)	58(39.7%)	19(57.6%)	84(42%)	

The table 5 shows the correlation between control disorder and dimensions of aggression among the respondents. With regard to dimensions of aggression that is physical aggression, verbal aggression, anger and hostility revealed that majority of the respondents reported that 'moderate level of control disorder'. When the dimensions of aggression were compared with the levels of control disorder, no significant relation was found between control disorder and dimensions of aggression.

Table 6: Influence of Internet Addiction on Aggression among the Respondents

Variables	Level Of Internet Addiction			Total	P Value
	Mild level	Moderate level	Severe		
Physical aggression					
Mild	2(7.2%)	7(5.3%)	2(5.1%)	11(5.5%)	0.021*
Moderate	17(60.7%)	79(59.4%)	12(30.8%)	108(54%)	
Severe	9(32.1%)	47(35.3%)	25(64.1%)	81(40.5%)	
Verbal aggression					
Mild	1(3.6%)	8(6%)	2(5.1%)	10(5%)	0.370
Moderate	16(57.1%)	75(56.4%)	16(41%)	108(54%)	
Severe	11(39.3%)	50(37.6%)	21(53.8%)	82(41%)	
Anger					
Mild	1(3.6%)	7(5.3%)	2(5.1%)	9(4.5%)	0.223
Moderate	24(85.7%)	102(76.7%)	24(61.5%)	151(75.5%)	
Severe	3(10.7%)	24(18%)	13(33.3%)	40(20%)	
Hostility					
Mild	3(10.7%)	10(7.5%)	3(7.7%)	16(8%)	0.054*
Moderate	14(50%)	75(56.4%)	11(28.2%)	100(50%)	
Severe	11(39.3%)	48(36.1%)	25(64.1%)	84(42%)	
Total (level of Aggression)					
Mild	1(3.5%)	4(3%)	1(2.6%)	5(2.5%)	0.023*
Moderate	22(78.5%)	94(70.7%)	17(43.6%)	134(67%)	
Severe	5(18%)	35(26.3%)	21(53.8%)	61(30.5%)	
Total	28(100%)	133(100%)	39(100%)	200(100%)	

It is observed from the table 6 that the influence of internet addiction on aggressive behaviors among the respondents. With regard to dimensions of aggression that is physical aggression, verbal aggression, anger, hostility and total level of aggression revealed that majority of respondents reported 'moderate level of internet addiction'. When the dimensions of aggression were compared with the levels of internet addiction, it was observed that physical aggression and hostility dimensions shows significant relation with Internet addiction whereas the total level of aggression was also shows moderately significant.

A study conducted by Raja Ahmed Jamil (2017) [10] also supporting to present study. The results revealed that relationship between Internet addiction and Aggression among teenagers showed that internet addiction had a very high significant positive effect on outcome variable aggression. Kitai Kim (2013) [6] reported that Internet overuse is strongly associated with aggression in adolescents.

Conclusion

- The results of the present study revealed that majority of the male and female respondents reported that 'moderate level of internet addiction' and 'moderate level of aggression'.
- Girls reported severe level of internet addiction and aggression compare to boys.
- There is a significant relation found between aggression dimensions as hostility and anger with regard to obsession.
- There is a significant relation found between aggression dimensions as physical aggression and hostility with regard to neglect.
- Results revealed that internet addiction scores have influence on the aggressive behaviors of the respondents. It can be concluded from the present study that the Internet addiction was influence with aggressive behavior among adolescents.

Implications of the study

- The present study may help parents to know the impact of Internet addiction on behaviour of their children.
- It is also helpful for the Psychologist and Special educators to plan the Intervention for children with aggressive behaviour.
- It is also help the Policy makers to give instructions for schools to avoid digital education.

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