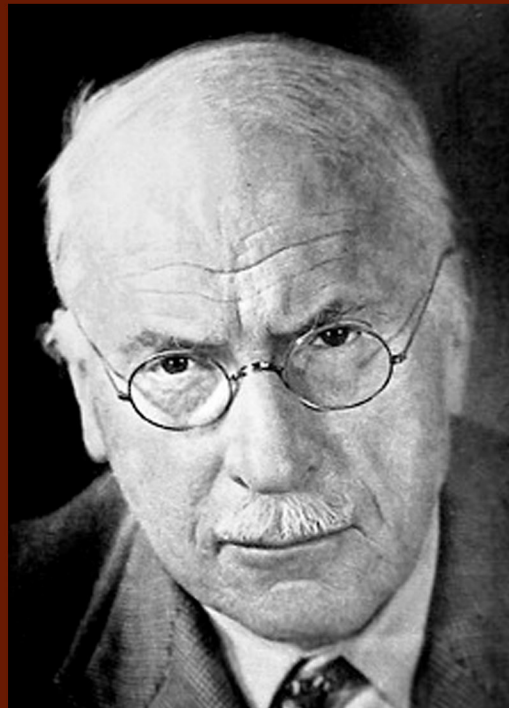Ψ ™

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A Study of Anxiety among Internet Addicts and Non Addicts

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ABSTRACT:

Present research has done to know the effect of Internet Addicts and Non Addicts on Mental Health. For this Total number of sample was 480 in which 240 Internet Addicts from the age group of 13-19, 20-30, and 30- up years. And 240 non Addicts were taken the same age group. For the data collection Comprehensive anxiety test (2006)by Sharma, Bhardwaj and Bhargavwas used for data analysis, 2x2x3 factorial design was used and data were analysis by „F‟ test. Concluded result ANOVA was used. According to the results show that there are significant differences in the Anxiety factor due to age at 0.01 levels. It is seen that the mean of age group-1 (13-19years) is 30.975, age group-2 (20-30years) is 26.656 while the same for age group-3 (31and above) is 24.281. Thus we can say that Anxiety is found to be higher among age group-1 compared to the group-2 and group-3 subjects. In the anxiety it implies that age group-1 effect motivates the individual to cope with day problems better then age group 2 and 3.

Keywords: *Anxiety, Internet Addicts*

Anxiety is distinguished from <u>fear</u>, which is an appropriate cognitive and emotional response to a perceived threat and is related to the specific behaviors of <u>fight-or-flight responses</u>, defensive behavior or escape. Anxiety occurs in situations only perceived as uncontrollable or unavoidable, but not realistically so. David Barlow defines anxiety as "a future-oriented mood state in which one is ready or prepared to attempt to cope with upcoming negative events," and that it is a distinction between future and present dangers which divides anxiety and fear. Another description of anxiety is agony, dread, terror, or even apprehension. In <u>positive psychology</u>, anxiety is described as the mental state that results from a difficult challenge for which the subject has insufficient <u>coping</u> skills.

Fear and anxiety can be differentiated in four domains: (1) duration of emotional experience, (2) temporal focus, (3) specificity of the threat, and (4) motivated direction. Fear is defined as short lived, present focused, geared towards a specific threat, and facilitating escape from threat; while anxiety is defined as long acting, future focused, -

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-broadly focused towards a diffuse threat, and promoting excessive caution while approaching a potential threat and interferes with constructive coping. Symptoms of anxiety can range in number, intensity, and frequency, depending on the person. While almost everyone has experienced anxiety at some point in their lives, most do not develop long-term problems with anxiety.

The behavioral effects of anxiety may include withdrawal from situations which have provoked anxiety in the past. Anxiety can also be experienced in ways which include changes in sleeping patterns, nervous habits, and increased motor tension like foot tapping.

The emotional effects of anxiety may include "feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching (and waiting) for signs (and occurrences) of danger, and, feeling like your mind's gone blank" as well as "nightmares/bad dreams, obsessions about sensations, deja vu, a trapped in your mind feeling, and feeling like everything is scary."

The cognitive effects of anxiety may include thoughts about suspected dangers, such as fear of dying. "You may ... fear that the chest pains are a deadly heart attack or that the shooting pains in your head are the result of a tumor or aneurysm. You feel an intense fear when you think of dying, or you may think of it more often than normal, or can't get it out of your mind."

PROBLEM OF STUDY
The problem of the present study is as under:
"A Study of Anxiety among Internet Addicts and Non Addicts"

OBJECTIVES:
1) To study of Anxiety among internet addict and non - addict.
2) To study of Anxiety among male and female.
3) To study of Anxiety among different types of age.
4) Tostudy of the effect of interaction on Anxiety among Type of people and Gender.
5) Tostudy of the effect of interaction on Anxiety among Type of people and Age.
6) Tostudy of the effect of interaction on Anxiety among Gender and Age.
7) Tostudy of the effect of interaction on Anxiety among Type of people, Gender and Age.

HYPOTHESIS:
1. There is no significant difference between Internet addict and Non addict with regards to Anxiety.
2. There is no significant difference between Males and Females with regards to Anxiety.
3. There is no significant difference between different Age groups with regards to Anxiety.

4. There is no significant interaction effect between Type of people and Gender with regards to Anxiety.
5. There is no significant interaction effect between Type of people and Age with regards to Anxiety.
6. There is no significant interaction effect between Gender and Age with regards to Anxiety.
7. There is no significant interaction effect between Type of people, Gender and Age with regards to Anxiety.

VARIABLES:
The variables of present study are having given in following.

In dependent variable:

Name of the Variables	Nature of the Variables	Level of Variables	Name of the Level
Type of Addicts	Independent Variable	2	Internet Addicts
			Non Addicts
Gender	Independent Variable	2	Males
			Females
Age	Independent Variable	3	13-19 years
			20-30 years
			31- up years

Dependent variable:

Comprehensive anxiety test (2006)
Constructed & standardized by Sharma, Bhardwaj and Bhargav

METHODOLOGY:
Research design:
This research will be adopted 2×2×3 factorial design as well as 1st is type of people (internet addicts and non- addicts)2nd is gender (males and females)3rd is age (13-19, 20-30, 31- up years).

A Study of Anxiety among Internet Addicts and Non Addicts

	A1		A2		Total
	B1	**B2**	**B1**	**B2**	
C1	40	40	40	40	160
C2	40	40	40	40	160
C3	40	40	40	40	160
Total	120	120	120	120	480

A = Addicts
A1 = Internet Addicts
A2 = Non internet addicts
B = Gender
B1 = Male
B2 = Female
C = Age
C1 = 13-19
C2 = 20-30
C3 = 31 and above

SAMPLE

In this study, the sample was divided into 2 groups. The 1st was Experimental Group, in which there were 240 internet addicts (120 males & 120 females) & another group was Control Group, in which there were 240 non addict persons (120 males & 120 females). The selection of age group was 13-19, 20-30 & 31-up years. The group comprised of 480 persons, in which 120 males & females were internet addicts & rest 120 males & females were non addict persons.

TOOL:

The following tools were used in the present study:

Personal Datasheet:
   A Personal data sheet developed by investigator will used to collect information about type of people, gender, and age.
Comprehensive anxiety test (2006)
Constructed & standardized by Sharma, Bhardwaj and Bhargav
   It contains 90 true & false items and the tool measured by using the test and two methods, the One is product moment correlation and another is split-half method for 100 males & females. The reliability is 0.83 by product moment method & 0.94 by split-half method and validity is 0.82.

PROCEDURE:

After establishing report Comprehensive anxiety testwas administered individuals to every subject. All the instruction were strictly following which are been given the manual of test. The responses of inventory have scored as per scoring keys. This has given in the manual of test. The data was categories and arranged in respective table.

STATICALLY ANALYSIS:

The main aim of the present research is to study and compare to Anxiety between internet addict and non-addict person. Scoring was done as per scoring key of the inventory toexamine significantly difference between internet addict and non-addict person. For data analysis ANOVA was used.

RESULTS AND DISCUSSION:

      Table No. 1: Shows the univariate analysis of variance ('F' test) of the Anxiety for the type of people, gender and age at 0.05 level of significant.

Source	Type III Sum of Squares	df	Mean Square	F	Level of Sig.
SSA	621.075	1	621.075	3.385	NS
SSB	192.533	1	192.533	1.049	NS
SSC	3685.254	2	1842.627	10.041	0.01
SSA*B	73.633	1	73.633	0.401	NS
SSA*C	543.488	2	271.744	1.481	NS
SSB*C	538.579	2	269.29	1.467	NS
SSA*B*C	787.529	2	393.765	2.146	NS
Error	85879.5	468	183.503	-	-
Total	450170	480	-	-	-

df1 = 0.05 - 3.85, 0.01 - 6.66
df2 = 0.05 - 3.00, 0.01 - 4.62

DISCUSSION:

As observed from Table No.1 above, the null HO 1 states that there is no significant difference in the Anxiety scale due to Type of People (internet addict and non-addict) is accepted at 0.05 level of significance. This means the difference between the two is statistically non-significant.

The null HO 2 states that there is no significant difference in the Anxiety factor due to gender in the internet addict and non-addict people is accepted at 0.05 level of significance. This means the difference between the two is statistically non-significant.

The null HO 3 states that there is significant difference in the Anxiety factor due to age in the internet addict and non-addict people is rejected at 0.01 level of significant. This shows that there are significant differences in the Anxiety factor due to age. It is seen that the mean of age group-1 (13-19years) is 30.975, age group-2 (20-30years) is 26.656 while the same for age group-3 (31and above) is 24.281. Thus we can say that Anxiety is found to be higher among age group-1 compared to the group-2 and group-3 subjects. In the anxiety it implies that age group-1 effect motivates the individual to cope with day problems better then age group 2 and 3.

The null HO 4 states that there is no significant difference in the Anxiety factor due to type of people and gender is accepted at 0.05 level of significance. This means the difference between the two is statistically non-significant.

The null HO 5 states that there is no significant difference in the Anxiety factor due to type of people and age is accepted at 0.05 level of significance. This means the difference between the two is statistically non-significant.

The null HO 6 states that there is no significant difference in the Anxiety factor due to gender and age is accepted at 0.05 level of significance. This means the difference between the two is statistically non-significant.

The null HO 7 states that there is no significant difference in the Anxiety factor due to type of people, gender and age is accepted at 0.05 level of significance. This means the difference between the two is statistically non-significant.

CONCLUSION:
1. There is no significant difference between Internet addict and Non addict with regards to level of Anxiety.
2. There is no significant difference between Males and Females with regards to level of Anxiety.
3. There is significant difference between different Age groups with regards to level of level of Anxiety.
4. There is no significant interaction effect between Type of people and Gender with regards to level of Anxiety.
5. There is no significant interaction effect between Gender and Age with regards to level of Anxiety.
6. There is no significant interaction effect between Type of people and Age with regards to level of Anxiety.
7. There is no significant interaction effect between Type of people, Gender and Age with regards to level of Anxiety.

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