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Abstract

Background: ,Q WKH SRVWPRGHUQ HUD WKH RQOLQH HQYLURQPHQW KDV EHFRPH D ,QWHUQHW LWVHOI LV D KDUPOHVV WRRO EXW LQFRUUHFW XVDJH RI QHW PLJKW F VRFLDO UHODWLRQV KLSV

Objective: 7KH SUHVHQW VWXG\ DLPV WR DVVHV WKH FRUUHODWLRQ EHWZHHQ DIIHF PHGLFDO VWXGHQWV XVLQJ WKH <RXQJ\ ,QWHUQHW \$GGLFWLRQ 7HVW DQG DIIHFV

Methods: 7KLV FURVV VHFWRU VWXG\ LQYROYHG VXEMHFWV \HDUV RI DJ WKH \UVW \HDU XQGHUJUDGXDWPHGLFDO VWXGHQW SRSXODWLRQ & RUUHODWLR SRVLWLYH QHJDWLYH DIIHFW VFRUHV ZDV FDOFXODWHG XVLQJ WKH 3H DUVRQ\ V FR

Results: \$ VLJQL\ FDQWO\ SRVLWLYH FRUUHODWLRQ ZDV IRXQG EHWZHHQ WKH LQW DIIHFW VFRUHV \$ SRVLWLYH FRUUHODWLRQ ZDV DOVR IRXQG EHWZHHQ WKH GDLOV

Conclusion: 2XU VWXG\ GHPRQVUDWHG D VWURQJ FRUUHODWLRQ EHWZHHQ QHJDWLY WKH UROH RI DIIHFW LQ EHKDYLRUDO DGGLFWLRQV 7KLV FRUUHODWLRQ FDQ EH LQWHUQHW DGGLFWLRQ

Keywords: Internet addiction; Negative affect; Addiction; Medical students be directed to generalized internet use or the potentially addictive activities

Introduction

Internet is a new tool evolving into an essential part of everyday life all over the world, especially in college students who demonstrate overindulgence with the internet. In spite of the widely perceived merits of this tool, psychologists and educators are increasingly pointing out the negative impacts of its use relating to a wide range of physical and psychological problems [1-3]. India is no exception to this global trend of excessive internet use. Few studies have explored problematic internet use in Indian context. It is therefore worthwhile investigating the factors that predispose to problematic internet use among college students in the Indian context.

The term "addiction" has generally been associated with substance use. However, with internet access becoming widespread, problematic internet use is increasingly being reported, it has been suggested that excessive internet use could represent addictive behavior with mental health implications [4-6]. An internet addict may typically spend 40–80 hours weekly online [7]. Researchers point that the Internet addiction may be seen in both sexes at earlier ages than other addictions [7]. Prevalence statistics of Internet addiction among adolescents vary widely from 2% [8] to 20% [9] across cultures and societies. Internet addiction is typically characterized by psychomotor agitation, anxiety, craving, loss of control, impairment of function, reduced decision-making ability which might lead to negative impact on academic performance [10]. A series of problems resulting from the misuse of Internet accompanying the excessive use of Internet is a primary attention of researchers all over the world. In fact prior to the publication of the latest DSM-5, there had been some debate as to whether internet addiction should be included as an independent entity. The DSM-5 has included "Internet Gaming Disorder"- a subtype of internet addiction, in section 3 as an area that needed future research before being included in future editions of the DSM [11]. Also, it has been debated whether research should

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Young designed the Internet Addiction Test, a widely-used 20-item instrument that has demonstrated good reliability, to screen for Internet addiction [19-21]. The PANAS (positive affect and negative affect schedule) questionnaire has been widely used to assess mood [22,23]. It comprises two mood scales; one that measures positive affect and the other which measures negative affect [23]. The PANAS can show relations between positive and negative affect with both personality states and traits [22,23]. In the present study the participants were given a battery of psychological tests namely young internet addiction test and the PANAS questionnaire to assess the correlation between affect and internet addiction. The present study takes into consideration the state and trait aspect of personality in relation to internet addiction. This study was therefore conducted with the aim of finding out the possible correlation between positive or negative affect and internet addiction in a sample population of undergraduate medical students. This could be a first step in a sample population of undergraduate medical students.

predictive value of positive and negative affect in internet addiction treatment programs for alcoholism and drug abuse have in a sample population of undergraduate medical students, who were patients a mix of treatment approaches. A promising new represent a sample conforming to high internet use. In this study, we strategy involves matching patients to interventions specific to found that there was a strong positive correlation between negative affect their needs. In this same manner, matching which types of Internet a affect scores and internet addiction test scores. Also, we found that addiction respond best to which treatment can increase treatment the mean negative affect score of the addictive internet users was effectiveness and such treatment matching is likely to increase long- significantly higher than that of the non-addictive internet users. term recovery. By studying the association of internet usage and its Internet users reported having difficulties with academic work, effects on human behavior, we can formulate interventions like having physical and mental health problems, and having problems setting boundaries and detecting early warning signs of underlying in their relationship. This is in accordance with previous studies psychopathology at the earliest.

which have demonstrated a positive and highly significant correlation between the internet addiction scores and negative affect [26,27].

There is ample cross-sectional evidence that negative emotionality is the major obstacle that was encountered in this research study related to substance use-related problems in adolescence [28,29]. It was the difficulty in persuading invited students to actually participate supports the reward-deficiency hypothesis which suggests that those who are not participating in the study activities. The amount of time required, confusion or who achieve less satisfaction from natural rewards turn to substance use suspicion as to the nature of the study, learning schedule might have to seek an enhanced stimulation of reward pathway [30]. Internet use has been contributed to the decreased participation. However, further provides immediate gratification with minimal delay, mimicking the gratification provided by alcohol or drugs. A high negative affect score, in a large sample. studies are needed to explore the basis of affect and internet addiction may be reflective of a low self-esteem. Self-esteem in the formative years is crucial to the development of personality. Low self-esteem in a large sample.

References
Abundant research from personality psychology underlines this and shows that self-directedness (being associated with high self-esteem and the ability to handle one's own life) is negatively correlated with Internet addiction and represents a better predictor for Internet addiction than neuroticism (being linked to emotional instability and negative affect). Low self-directedness is a better predictor for problematic internet [32]. Individuals may resort to the internet as a way of escaping their negative emotions and finding an alternate virtual world in which they are not threatened or challenged

Further, our study also demonstrated a strong correlation between the number of hours of internet use per day and the negative affect score. This can be explained by the fact that individuals with a greater negative affect score resort to the internet in order to change their unpleasant temperament status, to reduce the unbearable anxiety [33]. Repeated use of the internet and spending a considerable amount of time online may be a means of reducing the anxiety that characterizes withdrawal. The Internet acts as a potent and persistent reward experience, resulting in frequent use and dependence, analogous to substance use. This increases the risk of the negative consequences that characterize addiction.

Conclusion

Our study demonstrated a strong correlation between negative affect and internet addiction suggesting the role of affect in internet addiction. Follow up studies to monitor both the negative affect score and the addiction score are recommended, in order to gain more insight with respect to the progression of addiction. Based on the preliminary observations we suggest promoting healthy and safe use of the Internet is vital. Further, educational programs motivating the addicted group about safe Internet use, harm minimization, prevention programs, and the integration of training workshops specializing in internet addiction must be activated and encouraged to address this problem. Education must proceed using the most up to date and appropriate technology available, the dangers of these technologies must be recognized, studied, examined, and interventions developed to maximize the utility of these technologies while minimizing the potential harm to the individual as well as society. Traditionally,

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