INTERNET ADDICTION AND EMOTIONAL INTELLIGENCE: AN EXPLORATION AMONG UNIVERSITY'S STUDENTS

Ravi Kant
Associate Professor
Department of Teacher Education,
School of Education, Central University of South Bihar, Gaya, India.
(edu.ravikant@gmail.com)

Abstract
Internet addiction is emerging as a psychological disorder which is influencing the every aspect of human personality including emotional intelligence. The present research is a descriptive and correlation study in which the relationship between emotional intelligence and the tendency to internet addiction is investigated. Based on the findings and results of this study, it can be concluded that entire sample had high level of emotional intelligence and a moderate level of internet addiction. In case of PG and Education's students this addiction found negatively correlated with emotional intelligence. In case of Law students this relationship was positive but on other hand in their counterpart (Education) this relationship was found negative in all most sub category. None of these relationships was found significant at any level of significance.

Key word- Internet addiction, Emotional intelligence, University students

1.0 Introduction

Internet now becomes the life line of daily human life. Almost for every need and desire everyone is using internet. Internet is an attractive and useful tool for the youngster because it is fulfilling the all needs of them either they are academic or personal. Due to the handy and user-friendly highly sophisticated devices now it is very easy to access internet from anywhere and anytime. Overuse or over browsing on internet leads to its addiction. Ivan Goldberg, a psychiatrist in New York, first coined the term "Internet addiction" in 1996 at the American Psychology Congress. Very soon this word attracts the attention of the intellectuals.

The Internet World Stats website [1] reported that the India' Internet Usage Statistics is 560,000,000Internet users up to June, 2019, which amounts to 40.9% of the population and 24.3% of total population of Asia. Internet addiction is a broad term and covers a wide range of behaviors and impulse control problems related to the excessive use of Internet [2]. The common element is that the individual disrupts their daily routine and is a psycho-suppressive factor for his environment. Further, Extensive Internet use has serious consequences to various aspects of human personality. There are many risks that threating the young minds concerning Internet abuse, who are still under an sensitive developmental stage and they have not completed their ideology regarding real life. Although the controversy over whether or not internet addiction According to Dogan [3], earlier there was a dilemma up to 2000 whether internet addiction is an addiction or not. But nowadays it is widely considered as a psychological problem and studies are made for its treatment. Bayraktutan [4] in his investigation, pointed that time spent on the internet alone is not regarded as a sign of addiction; the purpose of the internet access is also of great importance. What and why users are on internet is also important for the addiction. In different studies it was found that person addicted towards internet browse on games site, chatting sites and pornographically material. On other hand person who are not internet addicted access to the informative sites for their knowledge and better communication [5] [6] [7] [8] [9]. Some studies found that internet addiction is also developing because the need of becoming social. [4] [11] [12]. The need for socialization triggers the risk of internet addiction and encourages the individuals to become involved in a virtual world

by moving them away from the society within [12]. Some investigators found that internet addiction is not a disease but is it a psychological and behavioral disorder [13]. On other hand some investigator considered internet addiction claimed that cognitive component is responsible for the development of internet addiction [14] [15].

Samiari [16] stated that Emotional intelligence is a kind of emotional processing that involves evaluating the emotions of oneself and others, appropriate emotional expressions, and proper regulation, in order to improve the flow of life. The concept of emotional intelligence is a multifactor domain of a set of social skills and competencies that affects one's ability to recognize emotional understanding and management, problem solving, and adaptation, and effectively adapt the person to the needs and pressures and challenges of life [17]. Emotional Intelligence can be considered as the ability to validly reason about emotions and to use emotions and emotional knowledge to augment our thoughts [18]. Now internet is providing a platform for showing our emotions.

Some researchers found the negative effect of internet addiction on the students. Non-heavy users had an educational outcomes and learning than heavy users. The data suggested students who spend a significant amount of time online experience academic and learning difficulties [19]. Young cited in [19] suggested that excessive time spent on internet is adversely affected the student's educational activities i.e. homework, assignments, and also a healthy sleep

There is a debate on Internet addiction whether internet addition is creating hurdles in the socialization of the students or it is facilitating it. Many researchers found that internet is making the children isolate. Reaching to the real world by children is badly affected by internet or internet addiction. They are not interested in making real life relationship with others. The main argument is that the Internet will cut users off from genuine social relationships and ultimately lead to impoverished participation in social life [20] [21] [22].

But on the counter, some reseraches explored that internet has a potential ot enhance the social life of anyone. Internet is providing the several platform where anyone cadn established relationship with others, They can comminciate with others without any hesitation on the social media platform provided by the internet. [23] [24] [25]..

This investigation is an effort to find out the relationship between internet addiction and emotional intelligence among students of Indian university.

1.1 Objectives

1. To study the level of Internet Addiction and Emotional Intelligence of University's students.

2. To study the relationship between Internet Addiction and Emotional Intelligence on the basis of gender, locality, level of course and School of study.

1.2 Hypotheses

1. There will be no significance relationship between Internet Addiction and Emotional Intelligence of students on the basis of gender.

2. There will be no significance relationship between Internet Addiction and Emotional Intelligence of students on the basis of residential locality.

3. There will be no significance relationship between Internet Addiction and Emotional Intelligence of students on the basis of level of course pursuing.

2.0 Methodology

2.1 Research Method

In the execution of the present study, descriptive survey method of research was employed. This method has been the most popular and the most widely used research method in social sciences.

2.2 Population & Sample

All students of UG & PG of studying under School of Education and School of Law & Governance of Central University of South Bihar, Gaya constituted population. More than 500 students are studying in both schools at different level of courses. A representative random sample was drawn from both schools by selecting 100 students from both schools. Hence sample was consisting 200 students.

2.3 Tools Used

1. Internet Addiction Test: This scale was developed by Dr. Kimberley S. Young (1998). It consist 20 items related to Internet usage. Each of the item has five alternate answers (multiple choice) graded on five point scale on the usage dimension. All the items of this Internet addiction test are matter of Internet-behavior in daily life.

2. Emotional Intelligence Test: The instrument 'Developing Emotional Intelligence' by Weisinger was used to measure the emotional intelligence of the respondents. The instrument measures emotional intelligence. This instrument was used because studies had substantiated this instrument using executive data. In the first study, a confirmatory factor analysis-on data gathered from a sample of 466 executives supported the factor structure of Weisinger's five dimensions Emotional Intelligence Model with factor reliabilities from .72 to .80.

3.0 Results

The main objective of the study is to find out the level of Internet Addiction and emotional intelligence and their relationship among University's students. This study is planned and carried out to test the assumptions and tentative well defined hypotheses which may be accepted or rejected.

Table 1

Level of Internet Addiction & Emotional Intelligence (overall sample)

Group	N	Internet Addiction	Level of addiction	Emotional Intelligence	Level of E.I.
Male	117	37.82	Rarely	107.40	High
Female	83	31.49	Not applicable	107.79	High
Rural	66	36.66	Not applicable	110.86	High
Urban	134	34.47	Not applicable	105.94	High
UG	156	36.11	Not	107.64	High

Group	N				
			applicable		
PG	44	31.95	Not applicable	107.27	High
Education	100	37.25	Rarely	111.62	High
Law	100	33.15	Not applicable	103.61	High

According to Table 1 it is clear that all groups of students have a low level of internet addiction except Male group of total sample and all students of Education stream had internet addiction of rarely category, it means they are not addicted but close to become addictive.
In case of emotional intelligence all groups showed high level of emotional intelligence.

Table 2
Relationship between Internet Addiction & Emotional Intelligence (overall sample)

Group	N	Internet Addiction	Emotional Intelligence	r value	Significance at 0.01
Male	117	37.82	107.40	0.19	N.S.
Female	83	31.49	107.79	0.12	N.S.
Rural	66	36.66	110.86	0.10	N.S.
Urban	134	34.47	105.94	0.18	N.S.
UG	156	36.11	107.64	0.19	N.S.
PG	44	31.95	107.27	-0.02	N.S.
Education	100	37.25	111.62	-0.07	N.S.
Law	100	33.15	103.61	0.27	N.S.

Table 2 is showing the relationship between internet addiction and emotional intelligence of the whole sample. Male students had a positive relationship between internet addiction and emotional intelligence. Female group, rural group, urban group, UG group and Law group of students showed a positive relationship between internet addiction and emotional intelligence but this relationship in not significant in any case. But in case of PG students and Education's students relationship between internet addiction and emotional intelligence is negative, however this relationship is not significant at any level.

Table 3
Relationship between Internet Addiction & Emotional Intelligence of students of School of Education

Group	N	Internet Addiction	Emotional Intelligence	r value	Significance at 0.01

Male	55	39.25	108.87	-0.03	N.S.
Female	45	34.80	114.75	-0.07	N.S.
Rural	44	39.02	114.75	-0.25	N.S.
Urban	56	35.85	108.98	0.05	N.S.
UG	66	39.80	112.87	-0.07	N.S.
PG	34	32.29	108.82	-0.16	N.S.

Glimpses of Table 3 it can be observed clearly that only in case of Urban students relationship between internet addiction and emotional intelligence is positive. In all other cases this relationship is negative. So it can be concluded that students studying under school of education has a negative impact of internet addiction on their emotional intelligence. One reason behind this relationship may be that they are using internet without awareness of its negative impact.

Table 4
Relationship between Internet Addiction & Emotional Intelligence of students of School of Law & Governance

Group	N	Internet Addiction	Emotional Intelligence	r value	Significance at 0.01
Male	62	36.56	106.09	0.32	N.S.
Female	38	27.57	99.55	0.15	N.S.
Rural	22	31.95	103.09	0.44	N.S.
Urban	78	33.48	103.75	0.22	N.S.
UG	90	33.41	103.81	0.26	N.S.
PG	10	30.80	106.80	0.41	N.S.

With the help of Table 4, it is clear that Law students have positive relationship with their internet addiction and emotional intelligence. No category is showing negative relationship. Again the found relationship is not significant in any case at any level of significance.

Discussions

Results of this study revealed that there is a significant difference in Internet Addiction of male and female students. [26] Also find same result in his study. Research of [27] supports this research finding that most of the youth and students are using Internet for their different needs. In this research it explored that every category of students had high level of emotional intelligence. In several category of sample Internet addiction is negatively correlated with emotional intelligence but this relationship was non-significant. Several researches like [17] [28] [29] [30] etc. are consistent with the findings of present research. Students of School of Education in each category showed a negative relationship between their Internet addiction and Emotional Intelligence. Similar results appeared in the study of Parker, where the Internet Addiction Scale negatively correlated with the Emotional Quotient Inventory Youth Version (EQ-i YV) [31].

It is clear by this research and others researches that Internet Addiction is a growing problem, not only students, but also for the younger generations. Because of the high exposure and easy access to Internet adolescents are becoming soft target of its negative effects. Due to this addiction their emotional behavior is also suffering. They are becoming more and more isolation from social contacts.

References

[1] World Internet stats Report 2019. Retrieved from https://www.internetworldstats.com/stats3.htm#asia

[2] Piperopoulos, G.,. Dependencies and deviations: Gambling, alcoholism, drug addiction, mental disorders, crime. Athens: Self-publishing, 2002 [in Greek].

[3] Doğan, A., İnternet Bağımlılığı Yaygınlığı, Yüksek Lisans Tezi, Dokuz Eylül Üniversitesi Eğitim Bilimleri Enstitüsü, İzmir. 2013

[4] Bayraktutan, F., Aile İçi İlişkiler Açısından İnternet Kullanımı. Yayınlanmamış Yüksek Lisans Tezi, İstanbul Üniversitesi, Sosyal Bilimler Enstitüsü, Sosyal Yapı - Sosyal Değişime Bilim Dalı, İstanbul. 2005

[5] Kim, S., Kim, R., A study of ınternet addiction: Status, causes, and remedies - focusing on the alienation factor. International Journal of Human Ecology, 2002, 3(1), 1-19.

[6] Murali, V., George, S., Lost online: An overview of ınternet addiction. Advances in Psychiatric Treatment, 2007, 13(1), 24-30.

[7] Tvedt, H., Internet use and related factors among fifth-graders. Unpublished Master's Thesis. Umeå University, Department of Psychology. 2007

[8] Chen, K., Chen, I., Paul, H., Explaining online bahavioral differences: An ınternet dependency perspective. The Journal of Computer Information Systems, 2001, 41(3), 59.

[9] Tekdal, A., Çukurova Üniversitesi Bilgisayar Bilimleri Uygulama ve Araştırma Merkezi'ndeki internet laboratuarlarını kullanan öğrencilerin profili ve bazı değişkenler açısından incelenmesi. Yayınlanmamış yüksek lisans tezi, Çukurova Üniversitesi, Sosyal Bilimler Enstitüsü, Bilgisayar ve Öğretim Teknolojileri Eğitimi Anabilim Dalı, Adana. 2005

[10] Esen, B.K., Akran Baskısı ve Algılanan Sosyal Destek Değişkenlerine Göre Ergenlerde İnternet Bağımlılığının Yordanması. 1. İstanbul: Uluslararası Bağımlılık Kongresi, 2007

[11] Grohol, J., Internet Addiction Guide. 1999, Available from: http://psychcentral.com/netaddiction.

[12] Thatcher, A., Goolam, S. (2005), Development and psychometric properties of the problematic internet use questionnaire. South African Journal of Psychology, 35(4), 793-809.

[13] Griffiths, M. D., Sex on the Internet: Observations and implications for sex addiction. *Journal of Sex Research*, 2001, *38*(4), 333-342. https://doi.org/10.1080/00224490109552104

[14] Moreyhen -Martin, J., *Internet abuse: Emerging trends and lingering questions. Psychological aspects of cyberspace: theory, research, applications*. Cambridge: Cambridge University Press. 2008

[15] Caplan, S. E., & High, A. C., Beyond excessive use: The interaction between cognitive and behavioral symptoms of problematic Internet use. *Communication Research Reports*, 2006, *23*(4), 265-271. https://doi.org/10.1080/08824090600962516

[16] Samari, Ali Akbar and Fahimeh Tahmasbi, Study of emotional intelligence and academic achievement among students. "Journal of Principles of Mental Health, 2007, Vol. 9, p. 35

[17] Parker, J. D., Taylor, R. N., Eastabrook, J. M., Schell, S. L., & Wood, L. M., Problem gambling in adolescence: Relationships with internet misuse, gaming abuse and emotional intelligence. Personality and Individual Differences, 2008, 45, 174-180.

[18] Mayer, J. D., Roberts, R. D., & Barsade, S.G.,. Human Abilities: Emotional Intelligence. *Annual Review of Psychology,*2008, *59,* 507-536.

[19] Chen, Y., & Peng, S., University Students' Internet Use and Its Relationships with Academic Performance, Interpersonal Relationships, Psychosocial Adjustment, and Self-Evaluation. *CyberPsychology and Behavior*, 2008, 467-469.

[20] Baruch, Y., The autistic society. *Information & Management, 2001, 38*, 129-136.

[21] Kiesler, S., Siegel, H., & McGuire, T. W., Social psychological aspects of computermediated communication. *American Psychologists,1998, 39*, 1123-1134.

[22] Kraut R1, Patterson M, Lundmark V, Kiesler S, Mukopadhyay T, Scherlis W., A social technology that reduces social involvement and psychological well-being? *American Psychologists, 1998, 53*, 1017-1031.

[23] Parks, M. R., & Floyd, K. Making friends in cyberspace. *Journal of Communication, 1996,46*, 80-97.

[24] Poole, I., *Technologiess of freedom.* Cambridge, MA: Belknap. 1983

[25] Rice, R. E., New Patterns of social structure in an information society. In J. Schement, & L. Lievrouw, *Competing visions, complex realities; social aspects of the information society, 1987,* (pp. 107-120). Norwood, NJ: Alexba.

[26] Omekwu, C. O, Eke, H.N. & Odoh, N.J (2014). The Use of Social Networking Sites among the Undergraduate Students of University of Nigeria, Nsukka. Library Philosophy and Practice (e-journal). Paper 1195. http://digitalcommons.unl.edu/libphilprac/1195

[27] Lin, S, J, Tsai, Chin- chung, Analysis of Attitude Toward computer Network and Internet Addiction of Taiwanese Adolescence, Cyber- psychology & Behavior, 2001, 4(3), 373- 376

[28] Engelberg E1 and Sjöberg L., Internet use, social skills, and adjustment., Cyberpsychol Behav. 2004 Feb;7(1):41-7.

[29] Brian D. Ng and Peter Wiemer-Hastings, Addiction to the Internet and Online Gaming, Cyber Psychology & Behavior, 2005, Vol. 8, No. 2

[30] Lan-hua, L., Li-ping, Z., Zhao-lan, L., Impact of emotional intelligence on internet addiction disorder among students at a college in Weifang, 2010. Preventive Medicine Tribune, 2010-09.

[31] Bar-On, R., & Parker, J. D., The Bar-On EQ-i:YV: technical manual. Toronto: Multi-Health Systems. 2010