
A Study on Internet Addiction and Emotional Intelligence Among College Students

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ABSTRACT

Internet is a widely used global communication system. It enables people around the world to communicate each other, search or browse information. It makes our works easier and faster. Even though it has many advantages, it also has numerous disadvantages. Internet Addiction is most common among youngsters, teenagers which results in some psychological problems like stress, anxiety, aggression, depression, suicidal thoughts. Internet Addiction is a result of overuse of online games, social medias and other online applications. Nowadays, youngsters are addicted to internet which results in negative consequences like cyber bullying, sexual solicitation, cybercrime and hacking. People at adolescent age and younger adults overuse internet and gets addicted to it which is a major drawback. It affects people's daily chores and makes them post ponding their works. So, the internet should be used only in necessary times and it should not be overused. Emotional Intelligence is an ability of a person to control their emotions. It also known as emotional quotient. It enables us to understand, manage our emotions in positive ways in orders to get relieved from stress and related problems. Emotional Intelligence helps us to build relationships and forms new peer groups. The person with low emotional Intelligence can result in autism or alexithymia, that is it results in consequences of mental health. The aim of this study is to examine the relationship between Internet Addiction and Emotional Intelligence. This study was conducted among 100 Students (50 male and 50 female) of Hindusthan College of Arts and Science, Coimbatore. The questionnaire used in this study was Internet Addiction Scale (Young, 1998) which contains 20 items and Emotional Intelligence Scale (Schutte, Malouff and Bhullar, 2009) which contains

33 items. The sampling method was convenience sampling method. The statistical analysis was used in this study is Pearson correlation and chi-square test. The SPSS (21.0 version) was used for Statistical Analysis. The result of the study is, the Internet addiction is negatively correlated with Emotional Intelligence. The correlation value, $r = -0.201$ shows that negative correlation, the relationship between Internet addiction and Emotional Intelligence is weak. The chi-square value, $P = 0.010$ which shows that there is a statistically significant difference between male and female on the level of internet addiction. Through this study we can conclude that, if the level of Internet Addiction increases, the Emotional Intelligence decreases. There is a gender differences exist, comparatively the males have severe internet addiction than females.

Keywords: Internet, Internet Addiction, Emotional Intelligence, College Students, Young adults.

INTRODUCTION

INTERNET

Internet is a widely used global communication system. It can be used as private, public, academic, business and government network. It has no restrictions that only selected person should use. The tradition way of communication like radio, television, newspaper, letters are now converted into e-mails, books, online music, online shopping, online food ordering, digital newspaper.

INTERNET ADDICTION

Internet Addiction is due to overuse of internet. It results in post ponding daily chores, works etc. Young adults are at higher risk of developing internet addiction, these affects their academic progress, it also results in loss of sleep as they chat, plays online games, uses social medias in late nights. Overuse of internet changes the behavior of the person. It includes poor academic performance, aggressive behavior, depression, anxiety etc. Nowadays, youngsters are addicted to internet which results in negative consequences like cyber bullying, sexual solicitation, cybercrime, cyberstalking and hacking. People at adolescent age and younger adults overuse internet and gets addicted to it which is a major drawback. It affects people's

daily chores and makes them post ponding their works. So, the internet should be used only in necessary times and it should not be overused.

EMOTIONAL INTELLIGENCE

Emotional Intelligence in the sense, it is an ability of a person to handle their emotions, understand manage, use, perceived their emotions, behavior, thinking, feelings. Emotional Intelligence is an ability of a person to control their emotions. Emotional Intelligence helps us to build relationships and forms new peer groups. Daniel Goleman (1995) defined "Emotional Intelligence as the array of skills and characteristics that drive leadership performance".

METHODOLOGY

OBJECTIVES OF THE STUDY:

1. To find the level of Internet Addiction among selected sample.
2. To find the level of Emotional Intelligence among selected sample.
3. To find the difference between depression and anxiety among selected sample.
4. To find the relationship between Internet Addiction and Emotional Intelligence.

HYPOTHESES:

1. There will be significant negative relationship between Internet addiction and Emotional Intelligence among selected college students.
2. There is a significant difference between gender and Internet addiction.
3. There is a significant difference between educational qualification and emotional Intelligence.

SAMPLE:

The sampling method used in this study is convenience sampling method. This study is a quantitative study. It was conducted among 100 students of Hindusthan College of Arts and Science, Coimbatore. 50 males and 50 females were participated. The students with 18-23 years age are selected for this study.

INCLUSION CRITERIA:

1. The college students with the age range 18-23 years are selected.
2. The people arts and science students were included.

EXCLUSION CRITERIA:

1. The students below 18 years and above 23 years are excluded
2. The people other than college students were excluded.

TOOLS:

The questionnaires are used for data collecting process. Internet Addiction scale which was proposed by young in the year 1998 was used. It comprised of 20 items regarding overuse of Internet. This questionnaire contains 5 possible options (1. Not at all, 2. Rarely, occasionally, 4. Often, 5. always). Emotional Intelligence scale which was proposed by schutte, Malouff, Bhullar in the year 2009 was used. It comprised of 33 items. It also contains 5 possible options (1. Strongly agree, 2. agree, 3. neither agree nor disagree, 4. disagree, 5. Strongly disagree).

DATA ANALYSIS:

The data were statistically analyzed using SPSS (21.0 version) software. The results were analyzed using chi - square and Pearson correlation.

RESULT AND DISCUSSIONS

Table 1.1: Shows the influence of gender among college students on the level of internet addiction.

Gender	(66-150) Severe	(47-65) Moderate	(0-46) Mild	Total
Male	8	39	3	50
Female	4	32	14	50
Total	12	71	17	100

CHI-SQUARE TESTS:

	value	df	significance
Pearson chi-square	9.141	2	0.010

The chi - square test was performed in the gender on the level of Internet addiction. From the above table the chi square value is 9.141 and significance level is 0.010 (P=0.05) and this shows there is a significance different in gender on the level of internet addiction. Hence, there will be statistically significant in gender difference on the level of internet addiction.

Table 1.2 Shows the influence of educational qualification among college students on the level of emotional intelligence.

Educational qualifications	(129-165) High	(96-128) Average	(0-95) Low	TOTAL
UG	14	7	51	72
PG	2	6	20	28
Total	16	13	71	100

CHI-SQUARE TESTS:

	Value	df	Significance
Pearson chi-square	4.033	2	0.133

The chi - square test was performed in the educational qualification on the level of emotional intelligence. From the above table the chi square value is 4.033 and significance level is 0.133 (P=0.05) and this shows there is no significance different in educational qualification on the level of emotional intelligence.

Table 1.3: Shows the Pearson Correlation between Internet addiction and Emotional intelligence.

	Mean	Standard deviation	r
Internet addiction	56.01	9.813	-0.201
Emotional intelligence	112.37	17.308	

The mean value and standard deviation of Internet Addiction are 56.01 and 9.813. The mean value and standard deviation of Emotional Intelligence are 112.37 and 17.308. The correlation value is -0.201. This shows that there is a negative correlation between Internet Addiction and Emotional Intelligence. This also shows that it is a weak negative correlation.

CONCLUSION

From this study we can conclude that, there is a negative correlation between Internet Addiction and Emotional Intelligence. If the level of Internet Addiction increases then the level of Emotional Intelligence decreases. So, Internet should be used for necessary reasons only. There is a statistical significant difference in gender on the level of Internet Addiction in the sample. There is a gender differences exist, comparatively the males have severe internet addiction than females. There is no statistical significant difference in educational qualification on the level of emotional intelligence in the sample.

FUTURE IMPLICATIONS

1. Some more variable can be used.
2. People with different age group can be selected.
3. Data can be collected from different places.
4. Sample size can be increased.

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