



A Comparative Study Of Mental Health Among Male And Female Of Internet Addict Adolescents

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Abstract— The present investigation is to find out the difference in the mental health among the male and female of internet addict adolescents. The sample consists of 60 people out which 30 male and 30 female internet addict adolescents. For this purpose of investigation mental health scale were used. The data collection were analyzed by ‘t’ test to know the main difference between the two groups. The result shows that, there is significant difference in mental health of male and female of internet addict adolescent male and female adolescent at 0.01 level.

I. INTRODUCTION

“Internet use disorder” or Internet addiction is a new area that needs further study by the Diagnostic and Statistical Manual for Mental Disorders (DSM).

Mental health professionals are split as to whether or not Internet addiction is real. No one disputes that some people use the Internet in a compulsive manner even to a point where it interferes with their their ability to function at work and in social relationships. What is disputed is whether people can become addicted to the Internet itself, or rather to the stimulation and information that the web provides. The controversy surrounding Internet Addiction is

precisely whether people become addicted to the net itself, or to the stimulation to be had via the net (such as online gambling, pornography or even simple communication with others via chat and bulletin boards).

Some psychologists do not believe in addition to the Internet itself, but rather in addiction to stimulation that the Internet provides. They suggests that new Internet users often show an initial infatuation with the novelty of the Web, but eventually lose interest and decrease their time spent online back to a normal, healthy amount. Those users who do go on to show compulsive Internet utilization, for the most part become compulsive only with regard to particular types of information to be had online, most often gambling, pornography, chat room or shopping sites. This is not an addiction to the Internet itself, but rather to risk-taking, sex, socializing or shopping. In essence then, the chief addictive characteristic of the Internet is its ability to enable instant and relatively anonymous social stimulation. “Addicted” Internet users are addicted to a favored kind of social stimulation and not to the Internet itself, although it is also true that the Internet has made it vastly easier and more



convenient for someone to develop such a compulsion.

Because the Internet is used by many people as a normal part of their career or education, knowing how to separate excessive from normal use becomes difficult and cannot be accomplished using simple measures such as amount of time spent online in a given period. Most fundamental in differentiating normal from problem Internet use is the experience of compulsion to use the net. Normal users, no matter how heavy their usage, do not need to get online and do not neglect their occupational duties or their relationships with family and friends to get online.

Help for Internet related addiction is available from multiple sources. Anyone concerned about serious problem Internet usage should consider consulting with a local licensed psychologist, social worker or counselor, specifically one with experience treating addictions. Cognitive therapy based approaches are recommendable due to their systematic and direct focus on reducing problem use and preventing relapse, and the strong scientific support for the approach. Marital and or family therapy approaches may be useful as well when an individual's Internet Addiction is affecting their larger family system (such as might be the case when a husband uses Internet-based pornography as his sole sexual outlet, leaving his wife frozen out). More than a few books and self-help resources (such as audio tape sets) are also available for those who want to educate themselves on the problem. Our Internet Addiction Treatment article provides further detail.

II. OBJECTIVE:

To compare the mental health among the male and female of internet addict adolescents.

III. HYPOTHESIS:-

There is significant difference between mental health of male and female of internet addict adolescent.

IV. VARIABLE:-

Independent Variable: -

Internets addict adolescents male and female.

Dependent Variable:-

Score on mental health scale.

V METHODOLOGY:-

Sample:-

In the present study a sample of consists of 60 people out which 30 male and 30 female internet addict adolescents From Junagadh (Gujarat) city. The age range of 14to 16 year.

Tools:-

Mental health inventory:-

Developed by Dr. D.J. Bhatt and G.R. Gida (2006) reliability was found 0.94 through split half method 0.87 through sparmen brown method and validity was 0.63.

Procedure:

The scale of mental health inventory the scale was made of two options. Option was in the "agree" or "disagree". The scale considered 40 sentences the response category has been possible score is40and minimum possible score is 0high score is to be interested as good mental health and low score as poor mental health score as mental health.

VI STATISTICAL ANALYSIS:-

For statistical analysis of data, Mean, SD, and 't' test.



TABLE I.

Compression of Mental health level by utilizing Mean, SD and 't' test

Variable	N	Mean	SD	t
Male	30	38.96	5.17	3.91
female	30	36.24	6.21	

From the above table we can say that mean of mental health score of Internets addict adolescents male was 38.96 and standard deviation was 5.17, mean of mental health of Internets addict adolescents female was 36.24 and standard deviation was 6.21 't' value for the difference between those twens was 3.91 which is significant at 0.01 level. There for the null hypotheses is rejected. There existed a significant difference between among Internets addict adolescents male and female. for regard to the mental health.

VII CONCLUSION:-

There is significant difference between Internets addict adolescents male and female.

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