

SUMMARY

Technology plays a vital role in the present scenario as the rapid development of technology has touched everyday life of human being. Today's digital revolution with the help of the Internet is one such technological advancement in the field of communication. It provides all types of information at our fingertips and drastically changed the way we think, communicate, pay bills, transfer money, watch T.V., and stay safe. It has created many kinds of multifunctional devices i.e. smart phones, tablets, vehicle etc. So, it can be said that this digital revolution provides an easier, faster, and better life to human being.

The internet has also enabled the existence of platforms such as social media where all types of information being shared with the help of this new technology as well as new tools. As a result, these days, social media has become an important and big platform for sharing information and individual opinion. This shows that the Internet has proven very helpful and important technology for the human beings across the globe.

However, despite the advantages the internet brought to mankind, there are potential drawbacks too. It is very important to understand its pros and cons which helps in understanding it to its core. For instance, it poses a major threat to our privacy, excessive use of it can lead to an addiction, has increased our dependency on technology, and moreover it has encouraged pornography.

All these drawbacks cause serious threat to the physical and mental health of the people all over the world. One of such major consequences is that of internet addiction

which affect the personality and mental health of the people all over the globe. The most affected group from this consequence is youth or college/school going students.

In daily life, the word personality is freely used by everyone with various different meanings. A number of people refer to the physical appearance and other people refer to intellectual traits of human being. Personality can also be described as distinctive patterns and specific characteristics of thinking, emotion and behaviour which determine the style of interaction with the physical and social environment. It is believed that personality characteristics such as experience, acceptance, loyalty, extroversion, harmony, and neurosis affect a wide range of human activities including sexual behaviour, listening to favourite music and rate of using technologies, especially the Internet, by people. The mode and rate of using the Internet by people can reflect their needs, preferences, values, personal motivations, and personality characteristics.

As a number of studies conducted on internet addiction and mental health of users reports that it is mental health which features lack of patience, symptoms of isolation and emotional disturbances and interruption of social relationship. Sign and symptoms of internet addiction disorder are both emotional and physical. Some of the major emotional symptoms of internet addicted people are anxiety, depression, loneliness and mood swings. Physical symptoms of internet addicted people include sudden loss and gain of weight, poor nutrition, eye-sight, insomnia, neck pain, backache and headache). Sadness, feeling down, having loss of interest in daily activities are some of the symptoms of mental health problem due to excessive use of internet. Internet addiction is the major challenge in the world of mental health. The unnecessary and excess use of internet is turning people insensitive towards the society, other living

beings, and other issues. It has taken shape of a serious disease in the postmodern society. It is causing many psychological disorders and personality syndromes to the people who use it in excess across the world.

As we have discussed above the internet is very helpful for students, but the excessive use of internet is dangerous and hazardous for them as its impact is highly dangerous for students` physical and mental health. The excessive use of this technology / internet is also affecting the personality and pattern of life style of the students. Therefore, in order to understand the grave consequences and actual implications of excessive use of the Internet on the mental and physical health of students, one needs to critically examine their life styles and modes of thinking.

So, the present thesis was an attempt to focus on the effect of internet addiction on personality and mental health of the professional and non-professional students, entitled as **“Effect of Internet Addiction on Personality and Mental Health: Analysis of Students Enrolled in Professional and Non-Professional Courses”**

Objectives of the Study

Objective: - 1. To study the effect of internet addiction on personality factors.

- 1.1.** To study the effect of internet addiction on personality factor neuroticism.
- 1.2.** To study the effect of internet addiction on personality factor extraversion.
- 1.3.** To study the effect of internet addiction on personality factor openness.
- 1.4.** To study the effect of internet addiction on personality factor agreeableness.
- 1.5.** To study the effect of internet addiction on personality factor conscientiousness.

Objective: - 2. To study the effect of type of courses on personality factors.

- 2.1. To study the effect of type of courses on personality factor neuroticism.
- 2.2. To study the effect of type of courses on personality factor extraversion.
- 2.3. To study the effect of type of courses on personality factor openness.
- 2.4. To study the effect of type of courses on personality factor agreeableness.
- 2.5. To study the effect of type of courses on personality factor conscientiousness.

Objective: - 3. To study the interactive effect of internet addiction and type of courses on personality factors.

- 3.1. To study the interactive effect of internet addiction and type of courses on personality factor neuroticism.
- 3.2. To study the interactive effect of internet addiction and type of courses on personality factor extraversion.
- 3.3. To study the interactive effect of internet addiction and type of courses on personality factor openness.
- 3.4. To study the interactive effect of internet addiction and type of courses on personality factor agreeableness.
- 3.5. To study the interactive effect of internet addiction and type of courses on personality factor conscientiousness.

Objective: 4. To study the effect of internet addiction on mental health.

Objective: - 5. To study the effect of type of courses on mental health.

Objective: - 6 To study the interactive effect of internet addiction and type of courses on mental health.

Hypotheses of the Study

Hypothesis: -1. There will be no significant effect of internet addiction on personality factors.

Hypothesis: -1.1. There will be no significant effect of internet addiction on personality factor neuroticism.

Hypothesis: -1.2. There will be no significant effect of internet addiction on personality factor extraversion.

Hypothesis: -1.3. There will be no significant effect of internet addiction on personality factor openness.

Hypothesis: -1.4. There will be no significant effect of internet addiction on personality factor agreeableness.

Hypothesis: -1.5. There will be no significant effect of internet addiction on personality factor conscientiousness.

Hypothesis: -2. There will be no significant effect of type of courses on personality factors.

Hypothesis: -2.1. There will be no significant effect of type of courses on personality factor neuroticism.

Hypothesis: -2.2. There will be no significant effect of type of courses on personality factor extraversion.

Hypothesis: -2.3. There will be no significant effect of type of courses on personality factor openness.

Hypothesis: -2.4. There will be no significant effect of type of courses on personality factor agreeableness.

Hypothesis: -2.5. There will be no significant effect of type of courses on personality factor conscientiousness.

Hypothesis: -3. There will be no significant interactive effect of internet addiction and type of courses on personality factors.

Hypothesis: -3.1. There will be no significant interactive effect of internet addiction and type of courses on personality factor neuroticism.

Hypothesis: -3.2. There will be no significant interactive effect of internet addiction and type of courses on personality factor extraversion.

Hypothesis: -3.3. There will be no significant interactive effect of internet addiction and type of courses on personality factor openness.

Hypothesis: -3.4. There will be no significant interactive effect of internet addiction and type of courses on personality factor agreeableness.

Hypothesis: -3.5. There will be no significant interactive effect of internet addiction and type of courses on personality factor conscientiousness.

Hypothesis: -4. There will be no significant effect of internet addiction on mental health.

Hypothesis: -5. There will be no significant effect of type of courses on mental health.

Hypothesis: -6. There will be no significant interactive effect of internet addiction and type of courses on mental health.

For data collection, the researcher selected various institutions and universities situated in Haryana state only. Students, both boys and girls enrolled in professional and non-professional courses were selected for present research work. The age group of all students was 18 to 25 years. After the selection of institutions or universities/colleges, the researcher requested to the Head of institutions and concerned departments for data collection.

Before distribution of the tests, the investigator established a rapport with all the participants. Selected sample was administered with self-made Internet Addiction Questionnaire, Positive Mental Health Inventory by Agashe and Helode (2008) and NEO Five Factor Personality Inventory by McCrae and Costa (1989) along with Demographic Information Checklist for Internet Users. The researcher explained all the instructions regarding the questionnaires. After completion of the task, researcher collected all tests/checklist from the participants with warm thanks. He checked each answer booklet for its completion.

The main aim of the present study was to investigate the effects of internet addiction on personality and mental health of students enrolled in professional and non-

professional courses in various institutions/colleges and universities located in Haryana. Researcher found that severity of internet addiction influenced the 3 personality factors i.e. neuroticism, extraversion and agreeableness and does not influenced other 2 personality factors which are openness to experiences and conscientiousness. The severity of internet addiction is found to have influenced the mental health of students enrolled in both professional and non-professional courses.

Educational Implication of the Study

It should be kept in mind that main purpose of educational research is not only to provide new factual information for the sake of increasing stock of available body of knowledge but it is also very important that it should have some practical recommendations and suggestions for the purpose of improvement of education system, its processes, and practices. The outcomes of present research;

- The college/universities can propose a rule and guideline for using the internet in campus, especially on use of Wi-Fi services.
- The institutional administration can create a system that will limit the time students spend on the internet.
- The educational institutes can provide a support system and counselling session particularly for this issue.
- The parents also need to control their children's access to the internet by reducing the budget for broadband expenses and continuous monitoring.

- Students need to be fully aware of the pros and cons of excess internet use on their personality and mental health.
- The institute administration should create the informative and preventive group activities about the proper use of internet and the results of its excess.