

## HOME ENVIRONMENT AND INTERNET ADDICTION AMONG ADOLESCENTS

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### **Abstract**

Internet is not only limited to computers but also includes millions of people who are connected to each other through the internet. On the one hand, it helps people to communicate with each other but on the other hand, it harms people and makes them dependent. Excessive use of the Internet has given a form of addiction called internet addiction. Internet addiction among adolescence has become a global health problem. Many internet addiction risk factors are related to parents and the home environment. The aim of the present study is to find relationship between home environment and Internet addiction among adolescents. A representative sample consisted of 200 adolescents (100 male and 100 female) between 13 to 18 years of age. Home environment inventory developed by Dr. Karuna Shankar Mishra and Internet addiction scale developed by Young were used to collect data. The results indicated a significant negative correlation ( $r = -0.23$ ,  $p < .05$ ) between home environment and internet addiction of male adolescents and ( $r = -0.27$ ,  $p < .01$ ) of female adolescents. On the basis of total scores of adolescents negative significant correlation ( $r = -0.24$ ,  $p < .01$ ) was found. It means more the value of home environment lesser will be the value of internet addiction. In other words, chances of having internet addiction will be less in better home environment. It is suggested that the relationship between different aspects of the home environment and internet addiction can be analyzed to find more accurate results.

### **Keywords**

Home environment, internet addiction, adolescents, computer

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### **Justification of the Title**

Internet is not only limited to computers but also includes millions of people who are connected to each other through the internet. On the one hand, it helps people to communicate with each other but on the other hand, it harms people and makes them dependent. Excessive use of the Internet has given a form of addiction called internet addiction. Internet addiction among adolescence has become a global health problem. Excessive internet uses by the adolescents leads to depression and adverse mental health, which affects their academic performance, adjustment and behavior within the society. Many internet addiction risk factors are related to parents and the family environment. Home environment is a foundation stone of the personality and future of adolescents. Family is a protective factor in preventing adolescents from taking part in problematic and hazardous behavior. The latest edition of the Diagnostic and statistical manual of mental disorder DSM- V actually includes internet addiction as a disorder that needs further studies and research. So this study is an attempt to find out the relationship between home environment and internet addiction of adolescence so the results could be helpful for making the useful Strategies of controlling the internet-addicted behavior of adolescence.

### **Introduction**

Online access is a crucial element of our children's education and a vital aspect of the modern world. Furthermore, it is a highly entertaining and educational medium. These same characteristics make it an appealing retreat for many children. In an online chat room, they can be anyone, or they can play thrilling and demanding games against others from all over the world. They can enter a another world with the click of a mouse, where the challenges they perceive in their real lives are no longer there, and all the things they aspire to be, do, or experience are possible. The internet, like drug and alcohol addiction, provides a mechanism for children and teenagers to escape painful sensations or difficult situations. They forego sleep in order to spend time online, and they isolate themselves from family and friends in order to escape into online environment that they have constructed and molded. Children with a lack of rewarding or caring interactions, as well as inadequate social and coping skills, are more likely to engage in improper or excessive online behavior. They turn to invisible strangers in online chat rooms for the attention and camaraderie they lack in their real-life because they feel alone, alienated, and may have difficulty making new friends. They may come from homes where there are serious problems, or they may be bullied or have difficulty socializing in school and extracurricular activities, so they use the internet to cope with their problems. No doubt, the internet has made life easier for people by making information more accessible to everybody

and allowing people to communicate with people all over the world. However, It has resulted in people spending far too much time in front of their computers, making them the center of their life. Internet addiction is defined as compulsive online behaviors that disrupt regular everyday life and cause stress in social relationships. (Young). If a child Stays online much longer than intended to originally, Sneaks online when you or other adults aren't watching, Lies about the amount of time spent on the Internet, Stays up all night to be on the Web, Disobeys rules set in relation to Internet time limits he/she may be developing an addiction to being online. It causes emotional problems like aggressive behavior, mood swings, stress, depression, etc.

It's currently listed as a disease in the current version of the Diagnostic and Statistical Manual of Mental Health (DSM-V) that needs more research. With the Internet's increasing popularity, teenagers may develop an uncontrollable need to use it, and these cravings may lead to adolescence becoming obsessed with it, forcing them to use it at all hours of the day and night, regardless of the risk of negative consequences. When people who are addicted to the internet are anxious, unhappy, or lonely, they use it to stay grounded and avoid emotions of guilt, anxiety, and depression.

A child's first teacher is his or her parents. The family and home environment of a child have a significant impact on his or her language and literacy development as well as scholastic achievements. A home is a place where you can live or find refuge and comfort. It is usually a space where a person or a family can rest and store personal belongings. The term "home environment" refers to factors of people's daily life that affect their living situations. The home environment includes emotional warmth demonstrated by parents while engaging with their children, provision of stimulating and learning experiences in the home, and physical surroundings, such as playground safety and cleanliness.

The aim of the present study is to know about the relationship between home environment and internet addiction among adolescents. The family is a foundation stone of every person's personality and behavior it has been shown that the family is a protective factor in preventing adolescence from taking part in problematic and hazardous behavior. Family with high level of conflict are likely to have a low level of family involvement resulting in inadequate parental monitoring this, in turn, leads to problematic behavior research it has shown that internet addiction has an adverse effect on long-term internet users. so the question arises that what are the different reasons for being online for a long time duration of time as a family is the most prominent Institute of any individuals family so it is important to know the relationship between internet addiction and home environment.

**Ko C.H, Yen, Yen, Lin &Yang (2007)**, found that dysfunctional families are one of the important reasons for internet addiction.

**(Beard, 2008) (Yen, Ko, Yen, Wu & Yang,2007), (Young,2009)** found that family conflict and poor communication within the family are more prone to using the internet for a longer time to avoid the conflict and getting support. But **(Park 2011)** examined the effects of the home environment on internet use and dependence of children and adolescents. The sample consisted of 1002 parents-child pairs (children from the age range 10-15 and their mother). Findings demonstrated that the child's age, media exposure, and parental mediation were not important factors in determining internet use and reliance. The amount of time a child spends online, how adept the child is in using the internet, active parental mediation, and the type of interaction the child has with his or her parents can all contribute to a child's internet reliance. Children who participated in outdoor activities with their parents were less likely to be addicted to the internet.

#### **Objective**

- 1- To find out the relationship between home environment and internet addiction among male adolescence.
- 2- To find out the relationship between home environment and internet addiction among female adolescence.
- 3- To find out the relationship between home environment and internet addiction among adolescents

#### **Hypothesis**

On the basis of the review of literature following hypotheses are formed

- 1- There will be a significant negative relationship between home environment and internet addiction among male adolescents..
- 2- There will be a significant negative relationship between home environment and internet addiction among female adolescents.
- 3- There will be a significant negative relationship between home environment and internet addiction among adolescents.

#### **Sample**

The present study comprised of 200 adolescents (100 male and 100 female) in the age range of 13 to 18 years selected from intermediate schools of the Meerut region.

#### **Inclusion Criteria**

1. Adolescents from nuclear families were included in the sample.
2. Adolescents from the middle-income group were included in the sample.

#### **Tools**

Keeping in view the main objective of the study, the following tools were used for data collection

1. Internet addiction scale developed by Young
2. Home environment inventory developed by Dr. Karuna Shankar Mishra

**Statistical Analysis**

On the basis of the formulated hypotheses, the data were analyzed by using the mean, S.D and Pearson’s formula for correlation.

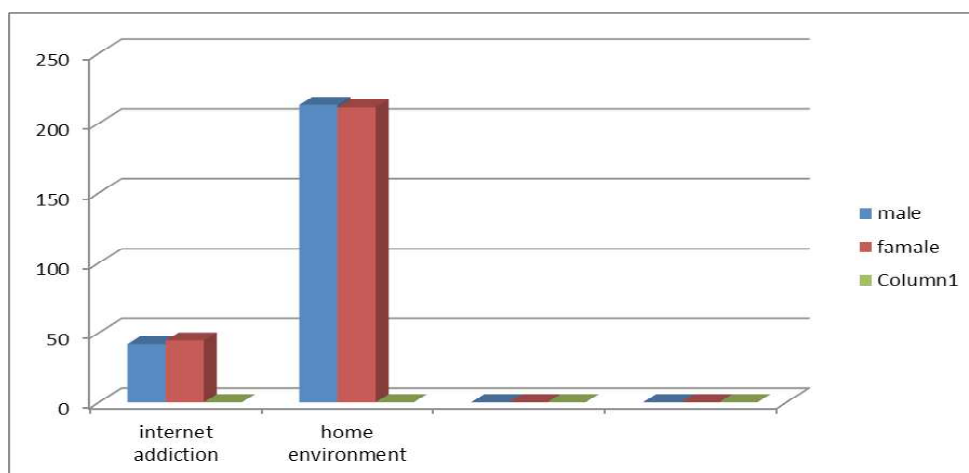
**Results**

**Table -1 Showing Mean and SD of Home Environment and Internet Addiction Among male and female Adolescents**

	Male adolescents		Female adolescents		Mean difference
	mean	SD	mean	SD	
Internet addiction	41.77	24.99	44.43	25.37	2.66
Home environment	213.05	39.14	211.24	32.71	1.81
N=100			N=100		

Table no -1 shows the mean and Standard deviation for internet addiction and home environment of the total number of male and female adolescents. The mean and standard deviation for internet addiction among male and female adolescents were 41.77 and 24.99, 44.43 and 25.37 respectively. The mean difference was 2.66. The mean and standard scores for the home environment of male and female adolescents were 213.05 and 39.14, 211.24 and 32.71 respectively. The mean difference was 1.81

**The graphical representation of mean of Internet Addiction and Home environment of adolescents**



**Table-2 shows correlation between home environment and internet addiction among adolescents.**

Male	Female	Total
-.23*	-.27**	-.24**
N=100	N=100	N=200 (100 male+ 100 female)

The table shows that there is significant negative correlation ( $r = -0.23$ ,  $p < .05$ ) between home environment and internet addiction of male adolescents and a significant negative correlation ( $r = -0.27$ ,  $p < .01$ ) between home environment and internet addiction of female adolescents. On the basis of total scores of adolescents negative significant correlation ( $r = -0.24$ ,  $p < .01$ ) was found. It means more the value of home environment lesser will be the values of internet addiction. In other words, chances of having internet addiction will be less in better home environment.

### Discussion

The aim of the present study was to know relationship between home environment and internet addiction among adolescents. For this purpose, a sample of 200 students was taken from various schools in the Meerut region. Internet addiction scale developed by Young and home environment inventory developed by Dr. Karuna Shankar Mishra were used for data collection and the Pearson correlation method was used to find out the results. The family is the foundation stone of every person's personality and behavior. If the home environment is better then there are very few chances of being prone to internet addiction.

**Ko C.H, Yen, Yen, Lin & Yang (2007)**, found that dysfunctional families are one of the important reasons for internet addiction. **(Beard, 2008) (Yen, Ko, Yen, Wu & Yang, 2007), (Young, 2009)** found that family conflict and poor communication within the family are more prone to using the internet for a longer time to avoid the conflict and getting support. **(Gupta and Singh, 2019)** examined the effect of family climate on internet addiction among college students of Bhatinda district and found a negative significant correlation ( $r = .284$ ,  $p < .01$ ) between family climate and internet addiction. **(Bhagat and Sehgal 2011)** examined the internet addiction in relation to parental bonding on 200 students and found a significant correlation of internet addiction with parental bonding. **Faltynkova, Blinka, Sevcikova and Husrova 2020** examined the relationship between Excessive Internet Use (EIU) in adolescents and their family environment on the sample of 2547 participants (51% boys) aged 13–15. Multiple-step linear regression revealed that higher parental care and parental monitoring predicted lower excessive internet use, while higher parental overprotection and lower socioeconomic status predicted higher excessive internet use.

Researches also support that Internet addiction has a negative effect on the home environment. With the growth of the Internet over the last two decades the number of Internet users and individuals experiencing problems as they have lost control over their Internet use and experienced negative issues in their daily lives such as problems at work or school, has risen extensively (**Brand et al. 2014**). Internet addiction and family stress as it relates to symptoms, cause and effect. And conclude that internet addiction is a source of conflict and stress in the family. Persistent stress will make a family unhappy and their stress levels increase. Persistent conflicts will cause a family to break up and not find happiness. Parents should pay attention to their children regarding the problem of Internet addiction because early prevention can save them from happening. The role of each family member can also help to save the family from the constant stress of internet addiction. (**Mustafa, Rose, and Ishak, 2019**)

The above discussion reflects that the home environment is an important variable in the development of internet addiction. Internet addiction is increasing day by day with the spread of the internet and mobile, so it is important to provide a cooperative home environment and have a good parent-child relationship to handle the emerging problem of internet addiction. Therefore appropriate steps should be taken to create a better home environment

### **Conclusion and Suggestions**

In the end, it can be concluded that internet addiction is harmful to the overall growth of an individual. So necessary steps should be taken and appropriate strategies should be planned to control the problem. On the basis of the results obtained, it can be concluded that

1. There is significant negative correlation between home environment and internet addiction among male adolescents so the hypothesis that there will be a significant negative relationship between home environment and internet addiction among male adolescents is rejected.
2. There is significant negative correlation between home environment and internet addiction among female adolescents so the hypothesis that there will be a significant negative relationship between home environment and internet addiction among female adolescents is rejected.
3. There is significant negative correlation between home environment and internet addiction among adolescents so the hypothesis that there will be a significant negative relationship between home environment and internet addiction among adolescents is rejected.

It is suggested that this study is focused on adolescents only. But now a day, kids are also prone to the internet uses. During the time of covid-19 use of the internet and digital devices were increased and children used to spend more than half of their day on digital devices, as a result, they spent less time with their family. So various problem related to their behavior has been developed. New studies can be done of the sample of other age group. It is suggested that the relationship between different aspects of the home environment and internet addiction can be analyzed to find more accurate results. Data can be compared on the basis of other factor also.

#### **The implication of the study**

The research supports the existence of a strong link between home environment and internet addiction. These findings imply that a stable bond to parents and a good home environment are important factors in the development of internet addiction. Furthermore, the findings are significant for parents and mental health experts because they highlight the critical role of the home environment and parent-child interaction in the development of this new condition, which, if not managed properly, might become a major problem.

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