Level of Internet Addiction Among University Students

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Abstract—The main purpose of this study is to identify the level of internet addiction among university students. A self-administered questionnaire which consisted of demographic respondent and Internet Addiction Test (IAT) was employed. A total of 304 University students of Universiti Sultan Zainal Abidin (UniSZA) have participated in this study. The data was analyzed using descriptive data. Descriptive data were reported as frequency and percentage to show the level internet addiction by UniSZA students. The result shows that the level of internet addiction among students of UniSZA is moderate and tend to be high. The paper concludes by giving suggestions the university should block all social network to enhance student participation in the class to policy makers and gives a future recommendation on the research area.

Keywords—Internet Addiction, Level of Internet Addiction, University Students, IAT

I. INTRODUCTION

Internet infusion has increased dramatically over the last few years due to the widespread growth in technology and internet creation [1]. The internet world is a borderless world, and the use of the internet is also being integrated as part of our daily lives among people especially early adolescents and adults [2]. The internet is now accessible faster in home, school, libraries, universities and internet cafés [3]. Laptops and smartphones with wireless internet software also become one of the tools to access the internet more faster and easier [4]. The Internet is an essential tool for people in this era of information technology and internet addiction is problematic to internet users, which forms a compulsive behavior affecting ordinary life [5]. There are various advantages of using the internet such as helping users to complete the homework, but the internet also brings a lot of adverse effects when the internet is abused and causes internet addiction [6]. Internet addiction is the same as an addiction to gambling, drugs, and alcohol [7][24]–[25].

The term internet addiction is just a joke in 1996 by Dr. Ivan Goldberg in online research, he discusses and noted that support groups should assist an internet addiction group. However, his "humorous joke" has attracted an extraordinary impression from people who show serious concerns about his definition of internet addiction as they take jokes as a serious explanation of the issues they face. He also realized that internet addicted person needed proper assistance [8]. In the same year, internet addiction is also presented by Dr. Kimberly Young as a new clinical disorder at the 27th annual meeting of the Association of Psychology 104 in United States, Toronto, Canada and used as a model definition of pathological gambling addiction of the Internet. Eight simple items diagnostic questionnaires are designed as a tool to inspect the changing criteria for pathological gambling [7].

II. LITERATURE REVIEW

Internet addiction or web abused will be included in the book entitled Diagnostic and Statistical Manual of Mental Disorders [9]. In other words, internet addiction has been written in the category of disorders of the soul. Internet addiction is also similar to other habits such as suffering from addiction or continued interest in better software, faster machine, and other, logging off that is out of the world of the internet will cause pain and severe discomfort and negative social relationships, because internet users prefer to associate with intangible thing on the internet [21]–[23]. Based on the above, journals can be deduced that internet addiction is the use of internet addictive the abnormal inflammatory that characterized the inability of the individual to control the time using the internet and [10] feel cyberspace is more interesting than real-life and disrupted social relationships.

According to Lance Dodes in his book entitled "The Heart of Addiction" [11], there are two types of addiction, namely physical addiction as addicted to alcohol or cocaine addiction and non-physical such as addicted to online games or the Internet. Excessive internet use addiction called for addiction internet or internet addiction. Some experts give different views of reference in defining internet addiction, namely excessive internet use may cause excessive psychological problems. This means that some people find it difficult to do without the internet and the internet is his life. Internet addiction is very risky for the development of a persons life and the journey is still long. Internet addiction is a condition where an individual feels that a virtual world in computer screen more interesting than real life every day [12]. The definition of internet addiction is also an addictive behavior, including the interaction between man and machine without the use of drugs [13].

Internet addiction was defined by anxiety with the use of the internet, repetitive thoughts about limiting and controlling the use of the internet, failure to control the desire of access to the internet and continuous use of the internet [26]–[29]. Despite the impairments at various levels of functionality, spending gradually increases periods on the internet, seeking use of the...
internet in the case of inability to access, and uncontrolled desire to the internet [14]. The heavy use of the internet creates disturbance in daily life, mishandling of routine matters, and mismanagement of work [15]. This situation is defined as Internet addiction disorder [15].

2.1 Levels of Internet Addiction

Internet addiction can be found at any age and in any social condition, but most of the research major attention focuses on adolescent because adolescent seems to be a critical period of addiction vulnerability [16]. Many experts define internet addiction, but some expert-defined internet addiction in determining matches [30]–[32]. Young argues that internet addiction is one thing syndrome is characterized by enormous spending time using the internet and cannot control its use while online. Internet users divided into two groups, namely Non-Dependent (normal internet users) and Dependent (internet addiction user). Non-Dependent uses the internet as a way to get the information and maintain the relationship that has been formed through electronic communication. Group a Non-Dependent use the internet between 4 and 5 hours a week and Dependent uses the internet in the form of two-way communication to meet, socialize and exchange ideas with new people known via the internet between 20 to 80 hours a week [7].

A prior researcher reported that the incidence rate of internet addiction among Taiwanese college students was 5.9% [17]. Wu and Zhu identified 10.6% of Chinese college students are addicted to the Internet [18]. In past research, there are four levels of internet usage identified in IAT which score less than 20 is not internet users, score 21 to 49 is a typical online user and can surf the web a bit too long at certain times, but has control over its use [33]. The next level is the 50 to 69 is users who suffer from occasional or frequent because of the Internet and the need to take into account the full impact of the internet in his life. Level 70 to 100 internet usage is causing significant problems in life and can bring various societal issues [7]. Past research also found out of 100 students, 21 which are 13 male, and 8 female were slightly addicted to the internet. The remaining 79 students were average online users. However, the male were addicted than the females [19].

III. METHOD OF RESEARCH

Descriptive research is a research method that describes the characteristics of the population or phenomenon that is being studied. This methodology focuses more on the “what” of the research subject rather than the “why” of the research subject. The researcher uses quantitative research in descriptive form to explain the research done. The respondents of this study are composed of undergraduates from all faculties in Unisza. Respondents taken is based on sample selection based on simple random sampling. The sample size needed is a total of 300 people. A total of 310 google form has been answered, but only 304 answered google forms were processed in order to obtain the results.

3.1 Assessment tools/ Internet Addiction Test (IAT)

(IAT) is created by Dr. Kimberly Young, a clinical psychologist in 1998 in USA [2]. The researcher has modified IAT test which contains 20 items, namely using Likert Scale points 3 that range is between ‘ never ’, ‘ sometimes ’ and ‘ always/frequently,’ which shows the extent to which the use of the internet affects aspects of users lifes. Researchers have modified and suggests the range of scores that illustrates the use of the internet is scored normally between (0-20), while users who are at a moderate level are scored between (21-40), and use of the internet in the life is a score between (41-60) as the distribution range of scores in the table below.

<table>
<thead>
<tr>
<th>Number Of Scores</th>
<th>Interpretation Of Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-20</td>
<td>Average</td>
</tr>
<tr>
<td>21-40</td>
<td>Moderate</td>
</tr>
<tr>
<td>41-60</td>
<td>High</td>
</tr>
</tbody>
</table>

All data from the questionnaires were analyzed descriptively using the pivot table in google forms to obtain more accurate and systematic findings and presented in the form of frequency and percentage distribution methods and descriptions.

IV. FINDINGS

Table 2: The level of internet addiction among the students of Universiti Sultan Zainal Abidin

<table>
<thead>
<tr>
<th>Marks</th>
<th>Level</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-20</td>
<td>Average</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>21-40</td>
<td>Moderate</td>
<td>205</td>
<td>67%</td>
</tr>
<tr>
<td>41-60</td>
<td>High</td>
<td>99</td>
<td>33%</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>304</td>
<td>100%</td>
</tr>
</tbody>
</table>

Table 2 above shows the frequency and percentage that was used to measure and calculate the level of internet addiction among the students of Universiti Sultan Zainal Abidin. This is to ensure that the level of internet addiction is appropriately regulated. There are three levels of users which are; average users, moderate users and high users of internet addiction. Each level will be assessed based on the overall scores online questionnaire in Internet Addiction Test. Therefore, the results have been analyzed based on three levels of internet addiction. A total of 205 students are moderate users and is the highest percentage that is 67% and followed by the high users with a
The internet has become a very important tool to obtain information and also to share knowledge in a globalized era. The internet plays an important role among young adults. Therefore, this study is intended to identify the level of internet addiction among students of Universiti Sultan Zainal Abidin. Pivot tables and google forms have been used in conducting this study. The highest percentage level of internet addiction among UniSZA students are moderate level which is 67%. Higher level addictive users are the second highest which is 33%, and average users have 0%. UniSZA student’s internet addiction level is moderate and tends to be high. The high level of internet addiction is hazardous and has many outcomes and can affect health and academics. Previous studies also prove that teenagers with internet addiction have bad results for mental health.

VI. CONCLUSION
Since these people usually suffer from the lack of healthy and sufficient relationships and also lack of motivation to find these in real life, they are addicted to the internet as a fascinating alternative [20]. Some features of the internet such as the lack of need to encounter real problems, visual attractions and easy access to several information become addicted.

Based on the study findings, the following recommendations were suggested. Firstly, it would be essential for researchers to include other potential variables such as parenting style, academic performance, and friendship to investigate the internet addiction between different variables, and by adding these variables would also add a new dimension to the current study. Secondly, the university should block all social network sites such as Facebook, Instagram, Twitter, Tinder, and others so as to enhance student participation in the class. Thirdly, students should be monitored by lecturers during learning sessions on the proper use of the internet, and they should be a counseling department with the responsibility of counseling students on appropriate use of the internet. Finally, awareness campaigns and seminars on the dangers of excessive use of the internet should be organized frequently.

REFERENCES


