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10. EFFECT OF INTERNET ADDICTION ON SUBJECTIVE WELL-BEING AMONG ADOLESCENTS

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Abstract:

The present study aims to find out the effect of internet addiction on subjective wellbeing of adolescents studying in and around Mysuru city. A total of 720 adolescents were included in the present study, having equal number of male and female students studying in 10, 11 and 12th standards. They were administered Internet addiction scale (Young, 1998) and satisfaction with life scale (Diener et al, 1995). Two-way ANOVA was employed to find out the effect of internet addiction on subjectivewellbeing, including select demographic variables-school type, area and gender. Results revealed that Internet addiction did not have significant influence over the subjective wellbeing scores. Adolescents studying in government schools had highest subjective wellbeing scores and adolescents studying in unaided schools had least wellbeing scores. Adolescents from rural area had higher subjective wellbeing scores compared to adolescents from urban area. Gender did not have significant influence over subjective wellbeing of the adolescents.

Introduction

Our everyday life is essentially wrapped up by Information and Communication technology (ICT); it can progress the quality of life and contribute to the educational, social and economic development of the nation (Radhamani,2015).The utilization of technology, particularly the internet can enhance access to learning opportunities, provides additional positive impacts on communication and some other related areas of human existence. There are innumerable benefits related with Internet use which include access to needed information, worldwide access to news and events, and interpersonal communication through email. However, in addition to the phenomenal growth of the Internet and its use, there has been an increasing concern worldwide regarding the risks related with over-use of internet (Buchholz, 2009).

Internet addiction defined as a lack of ability to control the use of the Internet, causing psychological, social, family, school as well as work impairment (Davis, 2001; Young & Rogers, 1998).Internet addiction is a psychological disorder with obvious symptoms. The symptoms are related to any sort of addiction: loss of relationships or job, withdrawal and important time consumption. Along with various problems arisen from using the internet, the most significant one is internet addiction (Radhamani,2015).A psychological dependence

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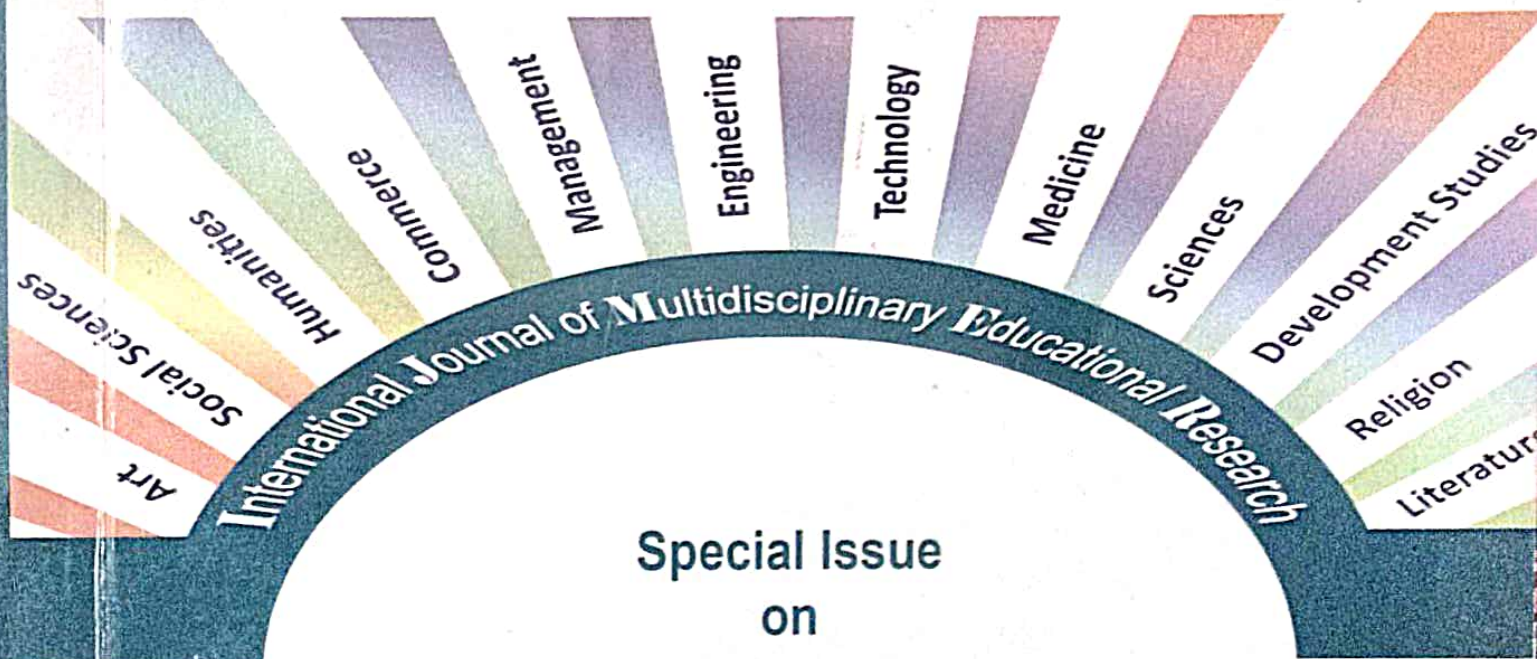
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RELATIONSHIP BETWEEN INTERNET ADDICTION AND WELL-BEING AMONG RURAL ADOLESCENTS

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Abstract

The present study aims to find out the effect of internet addiction on psychological and subjective wellbeing of adolescents studying in rural areas near Mysuru city. A total of 360 adolescents were included in the present study, having equal number of male and female students studying in 10, 11 and 12th standards. They were administered Internet addiction scale (Young, 1998), Psychological wellbeing scale (Ryff, 1989) and Satisfaction with life scale (Diener et al, 1985). For data analysis, Pearson's product moment correlations were applied to find out the relation between components of psychological and subjective wellbeing with internet addiction. Stepwise multiple regression analysis was also applied to find out the major predictors of internet addiction by components of psychological and subjective wellbeing. Results revealed that Most of the components of psychological wellbeing were negatively influenced by internet addiction including total psychological wellbeing scores. No significant relationship between subjective wellbeing and internet addiction was observed. Only 2 variables emerged as the major predictors of internet addiction, they were environmental mastery and self-acceptance.

Introduction

Nowadays people cannot imagine of a world without Information and communication technology. The use of technology, particularly the internet can enhance access to learning opportunities, provides additional positive impacts on communication and some other related areas of human existence. Now the use of internet and its outcomes has been considered a controversial issue. At one end it is a most important and useful need of modern man while at the other end people are sickly addicted to it. Researches revealed that the regular utilization of internet caused a lot of psychological and mental disorders like anxiety, depression, stress and obsessive compulsive disorder (Azher, 2014). There are innumerable benefits related with Internet use which include access to needed information, worldwide access to news and events, and interpersonal communication through email. However, in addition to the phenomenal growth of the Internet and its use, there has been an increasing concern worldwide regarding the risks related with over-use of internet (Buchholz, 2009). In these days in rural area students are abundantly used the internet. It effects on wellbeing of the rural students.

Concept of internet addiction

The Internet is a massive, computer-linked network system used worldwide to access and transmit information, either by personal or business computer users and it is also used for communication, research, entertainment, education and business transactions (Kraut, et al., 1998; Schneider, et al., 2006).

Internet addiction is a psychological disorder with obvious symptoms. The symptoms are related to any sort of addiction: loss of relationships or job, withdrawal and important time consumption. Along with various problems arisen from using the internet, the most significant one is internet addiction (Radhamani, 2015).

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ASSESSMENT OF SLEEP QUALITY BETWEEN STUDENTS PURSUING PHARMACY AND NON-PROFESSIONAL COURSES: A COMPARATIVE STUDY

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Abstract

Present study attempted compare and find out extent of sleep quality among students pursuing pharmacy and non-professional courses. The sample consisted of 275 students studying in cities of Mysore, Mandya and Bengaluru pursuing pharmacy and non-professional courses, age between 17-24 years. The students answered Pittsburgh Sleep Quality Index (PSQI-1989) scale which measured global sleep quality. Chi-square tests were applied to find out the differences between frequencies of levels of sleep quality and Cramer's V was applied to find out the association between demographic factors and sleep quality. Results revealed that an alarming 57.5% of the selected students in the present study had poor sleep quality. Students pursuing non-professional courses had better sleep quality than students pursuing pharmacy courses. Other factors such as domicile and place of residence did not have a significant influence over sleep quality of the students.

Keywords: Sleep quality, pharmacy, non-professional students.

Introduction

In the recent years there have been many studies and researches which have been focused on sleep quality from different parts around the world. Sleep can be defined as a naturally recurring state of mind and body, regarded as an altered consciousness, relatively inhibited sensory activity both physically and physiologically, inhibition of nearly all voluntary muscles, and reduced interactions with the environment. Sleep is one of the most important part of an individual's daily routine. While on an average an individual spends about one-third of their life sleeping. The importance of quality sleep and sufficient sleep at the right time is as critical as to survival as food and water. Without sleep one cannot form or maintain the pathways in his/her brain that helps them learn and create new memories, and it is harder to concentrate and react to a given circumstance quickly ("*Brain Basics: Understanding Sleep*", 2017). Normal healthy sleep is defined by sufficient time, good quality, appropriate timing and regularity, with the absence of sleep disturbances and disorders (Watson et al, 2015).

The advent of college life comes with many new stressful experiences, with increased freedom, self-responsibility, disorganized lifestyle, variable schedules, repeated deadlines, dormitory living, and social and academic obligations. In order to be able to keep up with these challenges, students neglect sleep by spending the time on late night study sessions, project completion, socialising, accessing internet, and other various activities. In public health domain, quality of sleep acquires a major position. Though enough knowledge on sleep and sleep quality is wide spread, today we are finding many sleep related disorders especially in adolescents and adults.