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INTERNET ADDICTION AMONG HIGH SCHOOL STUDENTS IN MADURAI DISTRICT

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Abstract

The Internet is undeniably useful. Everyone, from students to professionals, uses it to gain information. It has also presented a whole new meaning to convenience. People can do numerous things with it without having to work hard to achieve the purpose. For instance, researching on a particular subject used to mean that a student had to go to the library and read a book or two. With the Internet, students only have to search for the topic using a keyword or key phrase and all the answers are right there. The present investigation was designed to measure the internet addiction among high school students in Madurai district. For this purpose a random sample of 340 high school students was constituted with due representation to the select population variables. A research tool-Internet addiction scale among high school students was prepared and standardized by the investigator.

This is highly useful for the policy makers, administrators and practitioners in the field of education. Gender plays a vital role in internet addiction among high school students. Male students have higher addiction on internet than female students. So that, the parents, teachers, friends and educational authorities should undertake appropriate programmes for decreasing the level of internet addiction behaviour among male high school students. It is very useful to enhance the level of academic achievement among male high school students to the maximum level to raise the quality of high school students' education in Madurai district. This may be true to other districts with certain reservations.

Introduction

Internet is an important communication and information sharing tool being used frequently in school, business and social life. Effect of internet on life has been examined in detail in recent years and it was reported that, despite providing convenience to maintain home, school and business lives, internet may cause negative consequences as well. Internet addiction can be described as combination of negative reflections consisting of excessive internet use causing loss of time perception or neglecting basic responsibilities, hostility, deprivation symptoms including tension, tolerance development and lying and social withdrawal. While time spent online can be hugely productive, compulsive Internet use can interfere with daily life, work, and relationships. When you feel more comfortable with your online friends than your real ones, or you can't stop yourself from playing games, gambling, or compulsively checking your smart phone, tablet, or other mobile device, even when it has negative consequences in students life, then you may be using the Internet too much. The Internet provides a constant, ever-changing source of information and entertainment, and can be accessed from most smart phones as well as tablets, laptops, and desktop computers. Email, blogs, social networks, instant messaging, and message boards allow for both public and anonymous communication about any topic. Each person's Internet use is different. You might need to use the Internet extensively for your work, for example, or you might rely heavily on social networking sites to keep in touch with faraway family and friends. Spending a lot of time online only becomes a problem when it absorbs too much of your time, causing you to neglect your relationships, your work, school, or other important things in your life. If you keep repeating compulsive Internet behavior despite the negative consequences in your offline life, then it's time to strike a new balance.

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