



PERCEIVED INFLUENCE OF INTERNET USE ON EMOTIONAL MATURITY AND GENERAL WELL-BEING AMONG STUDENTS

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ABSTRACT

Introduction: Internet is in so the foremost outstanding innovation within the field of communication another within the history of world. It is a mix of most advanced technologies until these days. But most advanced technologies typically have a dark facet additionally rather like atomic energy and pesticides. The influences of the web probably vary across the total landscape of human endeavour, raising deeply vital issues-technological, social, political, legal, economic, environmental and cultural. Though net has its own blessings and downsides by exploitation it, however it's dramatically dynamical the means individuals live, work, communicate, recreate and participate publicly life all over the world.

Material & Method: The main objective of the study was to assess Perceived influence of Internet Use on Emotional Maturity and General Well Being among students in SGT University, Gurugram, NCR. The data collection procedure was carried out in month of July 2018. The samples were taken from SGT University students. Samples consist of 200 students. The tools consist of demographic variables which were to collect personal information, Emotional Maturity Scale which was to assess level of emotional instability, emotional regression, social maladjustment, personality disintegration and lack of independence of students & General Well-being Scale which was to assess level of physical well-being, emotional well-being, social well-being and school well-being. At the time of data collection scholars introduced herself/himself and explained the purpose of the study, clarified queries.

Results: The study results shows that students of Perceived Influence of Internet Use on Emotional Maturity level have 56% high emotional maturity, 44% Average emotional maturity and it also shows that 0.5% serious well-being, 26% Distress Well-being, 68% stress problem well-being, 3% Marginal well-being, 2% low positive well-being & 0.5% positive well-being in General Well Being of students.

Mean score of students regarding Perceived Influence of Internet Use on General well being was 59.95 ± 7.37 and Emotional Maturity was 139.8 ± 12.03 among students. Perceived Influence of Internet Use on General Well-being was significantly association with academic stream 0.001 at $p < 0.05$ level. No association was found between perceived of Internet Use on General Well-being and other demographic variables like age in years, gender and frequency of internet access. Perceived Influence of Internet Use on Emotional maturity was significantly association with academic stream 0.001 at $p < 0.05$ level. No association was found between perceived of Internet Use on Emotional maturity and other demographic variables.

KEYWORDS : Internet, technologies, perceived influence, Emotional Maturity, General Well Being

INTRODUCTION:

Young students are used a variety of Internet applications such as instant messaging, chat rooms and blogs to connect with their colleagues and to explore typical issues such as sexuality, identity and partner selection. A majority of students (58%) do not think uploading photos or other personal information on social networking sites that is highly unsafe. Nearly half of young students (47%) are not worried about others using their personal information in ways they do not want. About (49%) are unconcerned posting personal information online might negatively affect in their personal life. Internet represents so much potential for India. The number of internet users in India is to be reached 500 million by June 2018 by the Internet and Mobile Association of India (IAMAI). About 481 million of Internet users were reached by December 2017, an increase of 11.34% over December 2016. In India there were 281 Million daily Internet users, out of which 182.9 million or 62% access internet daily in urban area, as compared to only 98 million users or 53%, in rural India. There are expected 143 million Female internet users overall, which is approximately 30% of Total Internet users.

By Internet World Stats said that Internet User as anyone currently in capacity to use the Internet. In their opinion, there are only two requirements for a person to be considered an Internet User must have available access to an Internet connection point, and must have the basic knowledge required to use web technology.

Emotional Maturity is the degree to which the person has realized his potentials for richness of living and has developed his capacity to

enjoy things, to relate himself to others, to love and to laugh, his capacity for whole heartedness.

General Well-Being is a state of being or doing well in life. General well-being as a create to the harmonious functioning of the physical as well as psychological aspects of the personality, giving satisfaction to the self and benefit to the society.

METHODOLOGY:

Descriptive research design

Research setting:

Students of SGT University, Gurugram

Population of the study:

The population of the study comprised of students aged between 18-21.

Criteria for sample selection:

INCLUSION CRITERIA

1. Students in the age group of 18-21
2. Students who are willing to participate in the study.

EXCLUSIVE CRITERIA

1. Students who are not willing to participate in the study.
2. Students who are not regular in college.

Method of Data collection

Sampling technique: Convenience sampling was used to select the sample for the study.

Sample size: 200

Variables in the Study:

Two types of variables were worked upon in the present study. Demographic and Criterion variables. The demographic and criterion variables applicable to the present study are discussed below:

Demographic Variables:

- Residential Background, Gender, Academic Stream and Frequency of Internet Access

CRITERION VARIABLES:

- Emotional Maturity and General Well-being scale
- Measuring Instruments:**
- As per the requirement of the study, the following tools were employed:
- Emotional Maturity Scale:** Emotional Maturity Scale is constructed and standardized by Singh and Bhargava (1990). The scale comprised of 48 items and is based on five major areas of emotional maturity i.e. emotional instability, emotional regression, social maladjustment, personality disintegration and lack of independence. The highest the score on the scale is greater the degree of the emotional immaturity and vice-versa. It is a self-reporting five point scale. Items of the scale are in question form demanding information for each in any of the five options- 'very much', 'much', 'undecided', 'probably', 'never'.
- General Well-being Scale:** General Well-being Scale (GWBS) is constructed and standardised by investigator and supervisor (Kalia and Deswal, 2011). The scale consisted of 55 items represented in four sub-scales: physical well-being, emotional well-being, social well-being and school well-being. It is a self-reported five point scale included positive and negative items ranging from 'strongly disagree', 'disagree', 'undecided', 'agree', and 'strongly agree'.

RESULTS:

- The students in the age group of 18-19 years were 60%. 21-22 were 40% Academic stream in students of Ayurveda were 20%, Nursing was 40%, physiotherapy was 20%, and pharmacy was 20%. Gender in male were 40%, Female were 60%. Frequency of Internet access were 1hr/day 15%, 2hr/day 40%, 3hr/day 25%, 4hr/day 10% and any other specify 10% (Fig. 1).
- The study results shows that students of Perceived Influence of Internet Use on Emotional Maturity level have 56% high emotional maturity, 44% Average emotional maturity and it also shows that 0.5% serious well-being, 26% Distress Well-being, 68% stress problem of well-being, 3% Marginal well-being, 2% low positive well-being & 0.5% positive well-being in General Well Being of students.
- Mean score of students regarding Perceived Influence of Internet Use on General well being was 59.95±7.37 and Emotional Maturity was 139.8±12.03 among students.
- Perceived Influence of Internet Use on General Well-being was significantly association with academic stream 0.001 at p< 0.05 level. No association was found between perceived of Internet Use on General Well-being and other demographic variables like age in years, gender and frequency of internet access. Perceived Influence of Internet Use on Emotional maturity was significantly association with academic stream 0.001 at p< 0.05 level. No association was found between perceived of Internet Use on Emotional maturity and other demographic variables.

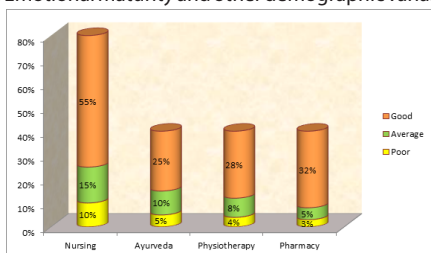


Fig: 2 Percentage distribution of Perceived Influence of Internet Use on General Well-being according to academic stream.

Fig. 2 shows that in academic stream 10% were poor, 15% were average and 55% were good perceived Influence of Internet Use on General Well-being, in Ayurveda stream 5% poor, 10% average and 25% good perceived Influence of Internet Use on General Well-being, in physiotherapy 4% poor, 8% average and 28% good perceived Influence of Internet Use on General Well-being and 3% poor, 5% average and 32% in pharmacy stream of Perceived Influence of Internet Use on General Well-being.

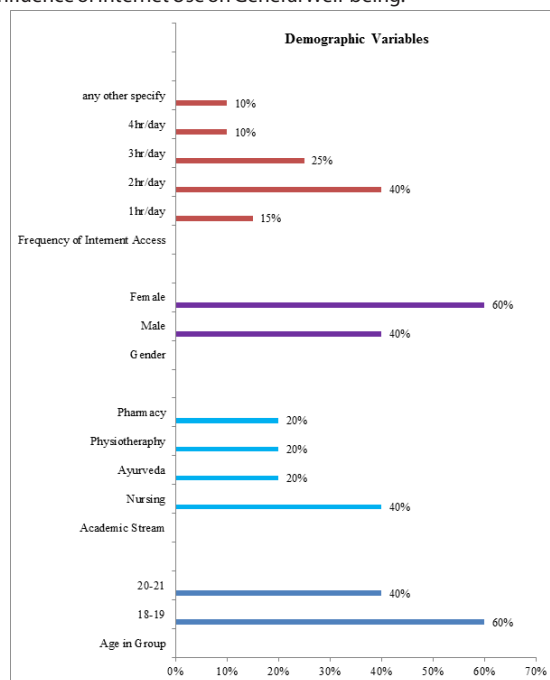


Fig 1: Bar diagram showing percentage distribution of sample of demographic characteristic.

TABLE 1: Association between Perceived Influence of Internet Use on Emotional maturity with demographic variables

Variables	n	Poor	Average	Good	Test	P-Value
Age in Year						
18-19	120	15	45	60	Fisher Exact	0.08
20-21	80	16	25	39		
Academic Stream						
Nursing	80	10	10	60	Chi-Square	0.000011*
Ayurveda	40	5	15	25		
Physiotherapy	40	4	16	20		
Pharmacy	40	3	25	12		
Gender						
Male	80	10	25	45		
Female	120	10	35	75	Fisher Exact	0.543
Frequency Of Internet Access						
1hr/day	30	8	12	10		
2hr/day	80	15	25	40	Chi-Square	0.88
3hr/day	50	10	15	25		
4hr/day	20	4	8	8		
Other specify	20	3	7	10		

NS- not significant
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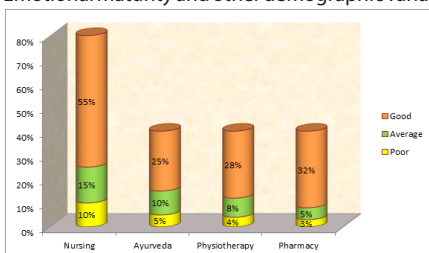


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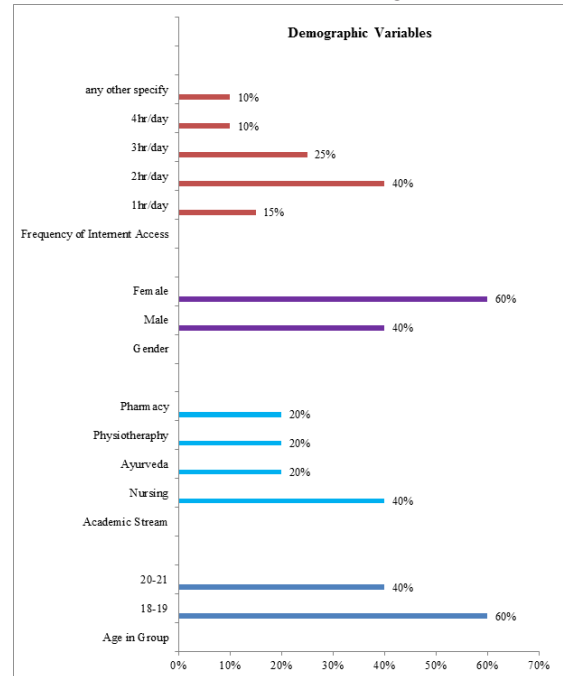


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Table 1 depicts that Perceived Influence of Internet Use on Emotional maturity was significantly association with academic stream 0.001at $p < 0.05$ level. No association was found between perceived of Internet Use on Emotional maturity and other demographic variables.

DISCUSSION:

In this study, we have analyzed the level of Perceived Influence of Internet Use on Emotional maturity and General Well-being among students of SGT University, Gurugram, NCR. Perceived Influence of Internet Use on Emotional Maturity level was 56% high emotional maturity, 44% Average emotional maturity and it also shows that 0.5% serious well-being, 26% Distress Well-being, 68% stress problem of well-being, 3% Marginal well-being, 2% low positive well-being & 0.5% positive well-being in General Well Being of students.

Mean score of students regarding Perceived Influence of Internet Use on General well being was 59.95 ± 7.37 and Emotional Maturity was 139.8 ± 12.03 among students is supported by Visala A, Rawat V (2016) who conducted Role of Self-Concept and Emotional Maturity in Excessive Internet Usage. The result shows that The Low Level of Internet Usage among Individuals and the Mean and SD of Emotional Instability 25.08 ± 7.01 , Moderate Level 29.18 ± 7.85 & High Level 33.75 ± 6.07

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