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# Does Internet Become Life Worst? Study the Consequences of Stress, Anxiety, Depression, and Self-Esteem in Government Primary School Teachers of District, Fatehabad (Haryana)

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**Abstract**

*The Internet is a necessary part of our daily life; it offered everyone a range of innovative and possible options and experiences by opening up a whole new world to us. The internet is a major source of knowledge for a huge number of people who use the internet to gain information all over the world. The main purpose of the present study is to explore the relationship between internet addiction and stress, anxiety, depression and self-esteem among Government Primary School Teacher in District, Fatehabad of Haryana. To achieve the purpose, a total sample of 100 participants (75 Males & 25 females government primary school Teacher) in the age range from 30-45 years from the state of Haryana, India. In the study, the Internet Addiction Test (Young, 1998), DASS-21 (Lovibond & Lovibond, 1995) and Rosenberg Self-Esteem Scale (Rosenberg, M. 1965) were administered on the participants. The data were collected by online Google form & some filling questionnaire due to pandemic Covid-19. The data were computed with the help of the SPSS (25.0), including mean, SD and Pearson's product moment correlation. The outcomes revealed that Stress, anxiety, and depression have been reported to have a positive significant relationship with internet addiction and significantly correlated with low self-esteem in a negative manner.*

**Keywords:** Internet Addiction, Stress, Anxiety, Depression, and Self-Esteem

**Introduction**

A new tool, the Internet, is rapidly transforming people's lives. Our daily lives have become increasingly solely reliant on the Internet and the routines of life cannot be eliminated. Smartphones have become an unavoidable part of everyone's lives, from shopping to studying to keeping in touch with near and dear ones. It is not only adolescents who are becoming more dependent on the internet; it is also adults of all ages, including elderly people (Nalwa & Anand, 2003). As a result, a new and problematic phenomenon known as "Internet addiction" has occurred as a result. The essential problem of internet addiction has long been a major cause for concern in social life (Murali & George, 2007; Shapira et al., 2003; Young, 1998). However, despite all of the positive aspects of it, it has the possibility of becoming a disease in the community or society. Internet addiction is a worldwide issue that impacts huge numbers of people. As a result, there are consequences for personal relationships, academic and financial situations, and other factors that influence our lives (Chou & Hsiao, 2000; Griffiths, 2000; Young, 1998). The Internet has developed into a necessary part of our routine activities in the modern world 58.7 per cent of the world's population has accessed to internet; it is higher than by about 1167

percent over the duration of the last twenty years (Internet World Stats, 2020). Research evidence showed that there has been risen by 14% internet users in India. Approximately, 120 million youth users of internet out of 375 million users had with less median age than 28 years. Researchers agree that internet dependence should be defined as either pathological or too much usage of the Internet. As a result, more researchers and clinicians are analysing internet dependence (Laconi et al., 2014).

Internet addiction includes excessive internet use, troubling use of the internet, flawed use of the internet, pathological internet use, and internet overuse, as well as the more specific “compulsive Internet use” (CIU) and “internet misuse.” According to Kimberley Young, internet addiction is any excessive online behaviour that obstructs a normal lifestyle and causes severe distress to family, friends, and colleagues. On-line dependence and compulsivity have also been classified as internet addiction. An addict’s life is fully dominated by their addiction, no matter what they call it. Internet addicts put the Internet ahead of family, friends, and work in their priorities. Addicts’ lives have become oriented all around the Internet (Young, 2013). Depression, low self-reliance, and obstacles with interpretation and fluency of speech are all associated with a high level of Internet addiction (Nie et al., 2017). It is characterised by too much use or uncontrolled internet-related complex, desires, or behaviours that lead to conflict in the real world (Ndasauka et al., 2019).

Indeed, the manner in which internet addiction and self-esteem, anxiety, depression and stress have been defined and operationalized has varied greatly across studies. The manner in which internet addiction and stress, anxiety, depression relationship is somewhat unclear. This study conducted to investigate the connection between Internet addiction, anxiety, stress, depression, and self-esteem in government primary school teacher of Fatehabad district of Haryana.

**Objectives**

- To examine the relation between internet addiction and stress are associated.
- To examine the relation between internet

addiction and anxiety are associated.

- To examine the relation between internet addiction and depression are associated.
- To examine the relation between internet addiction and self-esteem are associated.

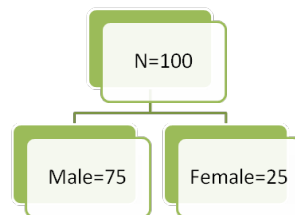
**Hypotheses**

- There shall be significant correlation between internet addition and stress.
- There shall be significant correlation between internet addition and anxiety.
- There shall be significant correlation between internet addition and depression.
- There shall be significant correlation between internet addition and self-esteem.

**Methodology**

**Sample**

The target population of the study was within age group of 30-45 years. The sample of present study comprises of 100 (N=100) both 75males and 25 females government primary school teachers coming from the state of Haryana, India. Only those people who volunteered to take part in the research were considered for the sample to be included.



**Measuring Instruments**

**Internet Addiction Test**

The Internet Addiction Test (IAT) is a self-reported inventory with a total of 20 items designed to evaluate the presence and level of severity of internet addiction among adults Young (1998).The statements on the scale are to be answered as strongly disagree, disagree, can’t say, agree, strongly agree. Internet addiction, excessive use of internet use, or compulsive internet suffering, is one of the most discussed topics because it diminishes overall health. The score of this scale lies from 20 to 100. The score(0 to 30) indicates normal internet use, (31 to 49) mild, (50 to 79) moderate, and (80 to 100) extreme. The higher score shows the internet-addiction severity. The test possesses good psychometric properties with

reliability of 0.90 established by using Cronbach’s alpha coefficient. The experts reported that the scale has good face validity and content validity. Its psychometric properties have been tested inscale in various settings and in different age groups around the world.As a result, it is extremely reliable.

**Depression, Anxiety, Stress Scale-21 (DASS-21)**

It has 21-item self-reported inventories is the Depression, Anxiety, and Stress Scale (DASS). This scale was designed to evaluate three major human emotions: depression, anxiety, and stress, and was developed by Lovibond & Lovibond (1995). Each subscale has seven items, and those items are further split into subscales with the same content. The original 42-item scale was short version into the DASS-21. There are 21 items on the Likert 4-point scale, and the answers mentioned that (a) didn’t apply to me at all, (B) applied to me very much, and (c) most of the time. Hopelessness, devaluing life, self-deprecation, lack of interest, and inertia are measured. The Anxiety Scale assesses autonomic, situational, and subjective anxiety. Nonspecific arousal is a key factor in the stress scale’s ability to detect it. This tool is used to measure a person’s ability to relax, as well as their level of nervousness and irritability. The test possesses good psychometric properties with reliability of 0.90 established by using Cronbach’s alpha coefficient. The experts reported that the scale has good face validity and content validity.

**Self-Esteem**

Item response theory was used to investigate the widely used Rosenberg Self-Esteem Scale. It has 10 statements on a four-point Likert scale. Participants rate each statement. 2-5-6-8-9 is reverse-scored. “Strongly Disagree” gets one point, “Disagree” two, “Agree” three, and “Strongly Agree” four, add up the ten scores continuously score. A higher score reflects higher self-esteem.

**Procedure**

The study’s nature and objective were explained to participants. Using a self-administered survey method based on three internationally recognised and validated questionnaires,the Young Internet Addiction Test, Depression, Anxiety, and Stress Scale-21 (DASS-21) and the Rosenberg Self

EsteemScale were given to all participants in this study. The scores on respective measures were obtained as per the scoring standards and the data obtained was put to statistical analysis and inferences were made.

**Results**

The data obtained from the study was analysed with the help of SPSS (25.0). For the purpose of this study, Pearson’s product moment correlation coefficient of correlation and descriptive statistics (mean and standard deviation) were applied to explore relationships among the variables. The outcomes of the present study are as presented in Table 1 and 2.

**Descriptive Data and Inter-Correlations**

**Table1 Outcomes of Descriptive Statistics of Internet Addiction, Stress, Anxiety, Depression and Self-Esteem (N=100)**

Variable	Mean	SD	N
TIA	50.97	22.68	100
Stress	13.78	9.32	100
Anxiety	15.78	7.58	100
Depression	14.26	8.75	100
Self -Esteem	25.43	8.83	100

Table 1. Shows the descriptive statistics related to the variables being studied in the present study on the total sample (N=100). The mean score for the variable of internet addiction (M=50.97; SD=22.68). The mean score for the variable of stress (M=13.78; SD=9.32), anxiety (M=13.78; SD=9.32), depression (M=14.26; SD=8.75), and self-esteem (M=25.43; SD=8.83) respectively.

**Table 2 Outcomes of Correlation Coefficients of Internet Addiction, Stress, Anxiety, Depression and Self-Esteem (N=100)**

Variable	TIA	Stress	Anxiety	Depression	Self-Esteem
TIA	1	.925**	.893**	.929**	-.787**
Stress		1	.864**	.927**	-.727**
Anxiety			1	.895**	-.697**
Depression				1	-.747**
Self -Esteem					1

\*\* Correlation is significant at .01 levels (2-tailed).

Table 2 shows that there are significant positive correlations among internet addiction stress, anxiety, depression and negative correlation with self-esteem. Internet addiction related positively to stress ( $r=.93$ ,  $p<.01$ ), anxiety ( $r=.89$ ,  $p<.01$ ), depression ( $r=.93$ ,  $p<.01$ ) and self-esteem ( $r=-.79$ ,  $p<.01$ ). Mean and SD values are also shown in above table. The findings reflect that govt. primary school teacher who score lower self-esteem have higher Internet addiction scores.

### Discussion

The main objective of the study was to examine the appropriate relationships between internet addiction and stress, anxiety, and depression and self-esteem.

The finding of the present study has also established the significant positive correlation between internet addiction and anxiety, stress and depression and negative correlation between self-esteem. Resulting from this, it can be inferred that higher level of internet addiction, generate higher level of stress, anxiety, and depression. The findings of the present study are in line with the finding of studies that have revealed a significant relationship between depression and compulsive internet use or addiction (Kraut et al., 1998, Kraut et alcohol and drug abuse behaviour., 2002; McKenna, & Bargh, 2000; Nie et al., 2002; Young & Rogers, 1998). The findings of the studies consistent with the findings of the studies found that excessive use of the internet was found to have a positive relationship with anxiety, stress, and depression (Akin, & Iskender, 2011; Yang et al., 2014; Fayazi, & Hasani, 2017; Zhao et al., 2017; Saikia et al., 2019). In addition, there is study that demonstrates the association between addiction and self-esteem, and this research has been documented (Greenberg, Lewis & Dodd, 1999; Sobell, 2007).

In addition to studies on self-esteem and Internet use, there have been studies on youth use of social networking sites and self-esteem. Youth with low self-esteem spend more time on social networking sites, than higher self-esteem people (Ellison, Steinfield & Lampe, 2007; Steinfield, Ellison & Lampe, 2008). Heavy internet use was also reported to be associated to low self-esteem (Naseri et al., 2015). Researchers

have associated unhealthy internet use correlated to depression and anxiety (Wildt et al., 2007; Tsai, & Lin, 2003; Bernardi, & Pallanti, 2009). It also found that Internet addiction is associated to stress, social anxiety, and negative correlated with social class (Feng, Ma, & Zhong, 2019).

### Conclusion

Adolescents and young adults have become addicted to the internet due to the explosive growth of internet users world-wide. The fast expansion of the internet throughout the country has grown our dependency on it for everything from social networking sites to getting information and collections to news. According to the findings of the current study, internet addiction has a directly influence on anxiety, stress, and depression levels in a positive way. People who have a high level of internet addiction are often more sensitive to stress, anxiety, depression and lower self-esteem than other people. Consequently, the current results contribute to our growing understanding of the associations between internet addiction and stress, anxiety, and depression, as well as other mental health conditions. The findings indicate excessive Internet activity during the pandemic. The COVID-19 pandemic has had a significant impact on internet use.

### Limitations

The main limitation of the present study is its sample size. Nonetheless, the results obtained in the current study are supported by previous studies. Though there is need of large sample with different age groups and areas for the generalizability concerns. Further there is need of holistic approach is beneficial to controlling the use of the internet. This strategy can be implemented by involving educators, policymakers, and parents to elaborate on the adverse effects of Internet addiction.

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