

An Investigation on the Connection Between Internet Use and Social Exclusion Among Indian Students

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Abstract

This essay focuses on how information and communication technology (ICT) has an impact on young people's behaviour. People who use the internet more often, or who are otherwise hooked to it, are reportedly more likely to experience social isolation. ICT and social behaviour were the two elements that were tested, and 500 students from the University of Rajasthan were chosen at random to participate in the study. Russell's 1996 UCLA Loneliness Scale and Young's 1998 Internet Addiction Scale were used to collect the data. The findings showed that 13.2 percent of students are web addicts, and further findings revealed substantial differences between various user groups. The addicted population is more isolated than other populations.

Keywords: Internet, adolescent, psychology and behaviour, youth Internet usage governance

Introduction

Internet use and other media have a greater impact on human existence in the ICT era. Even while there are positive effects of these new technologies on the lifestyle of school-age children and adolescents, such as improved communication and self-improvement, the overuse or improper use of the internet may cause harm and be isolating to the young people. Some online communication tools, such as chat rooms, give users the impression that they are close to one another like family members even though they may be online from different cities or even different countries. On the other hand, this leads to unstable relationships and the creation of an unreal world by teenagers and young adults. There is a need for cultural and educational therapy even if this is not an intractable issue (Javidian and others, 2005).

The impacts and repercussions of ICT on human conduct have been studied for almost ten years using a variety of methods. This research looks for a link between internet use and social isolation among university students and offers some suggestions for improved ICT use to mitigate any negative effects.

Internet mail, instant messaging, chat rooms, weblogs, and online games are all forms of social

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interaction that individuals use to communicate with one another nowadays. More than 4 million individuals use social networks on the internet every day. Reports, however, show that internet communication is only at a low level. The primary flaw with online communication may be that it relies mostly on text and does not use face-to-face connection including hearing and feeling (see Saied and others, 2005).

Does the social impact of the internet have a beneficial or detrimental influence on society?, ask Kiesler and others in 2000. relates to the kind of internet use and the losses individuals experience while utilising the internet. You may be an anonymous user while you are online, which is one of the key characteristics of the internet that has made it appealing. On the internet, individuals could speak their minds without being afraid, and during an online interaction, anybody may alter themselves to be more appealing to the other party. Teenagers may more readily reconstitute their identities online than they can in the real world. The adoption of many and various online identities has led to internet addiction in recent months. According to several research, social connection through the internet is far weaker than face-to-face interaction and, over time, this leads to an increase in loneliness among users (Shojaiee and others, 2008). Other research that produced comparable findings have confirmed this conclusion (Kraut and others, 1998; Sanders and others, 2000).

According to Ghasemi and colleagues' study from 2007, which looked at internet addiction, social isolation, and self-esteem in Iranian secondary school students, the prevalence of internet addiction among Iranian students is up to 8.3 percent. Additionally, students who are addicted to the internet feel more alone and have lower self-esteem than average users.

Methodology

Participants

A survey investigation utilising standard measures was conducted to learn more about the connection between student social isolation and internet use, particularly ICT. The whole graduate and undergraduate student body of Rajasthan University. 500 students were chosen at random from the institution.

Instruments

The Young scale for Internet addiction (Young, K.S. 1998): For testing this feature (internet addiction), several questionnaires and scales have been developed for over a decade. We chose the Young scale in this study to measure internet addiction since the study showed that this instrument had a higher level of validity and reliability. According to Yoo and his colleagues (2004) and Kim and et al (2006), this scale in Korea has a mean value of =0.9. Ghasemi and coworkers (2007) stated that this tool's validity in Iran was equal to.88. Our analysis found that, among 500 college students, =.82. There are 20 elements on this scale. The range of the grades is 0 to 100. According to Young (K.S. 1998), a rating of 0 to 39 denotes a typical user, a grade of 40 to 69 an alcoholic, and a grade of 70 to

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100 an addict.

Russell, 1996's UCLA Loneliness Scale This instrument is more well-known than others and comes close to becoming a standard scale in this area (Hartshorne, 1993). Its claimed validity in this research is .80. This scale has 20 questions and is based on self-reporting and a likert scale with four possible responses. The range of grades is 20 to 80, and higher ratings indicate a person is more alone (Russell, 1996).

Data Analysis

The three questions this research set out to answer were as follows: Is there a significant difference in social isolation across the three types of internet users—regular users, heavy users, and addicted users? 2- Are there any differences in how ICI is used by students with various majors? 3. Are there any differences in social isolation between males and girls? ANOVA and the T test for independent groups were the statistical approaches used to analyse the data.

Results

After selecting a sample of 500 people (168 men and 332 women), we gave them questionnaires, and they responded.

Source of change	N	Percent	Mean	SD
Group1 (normal users)	278	55.6	45.26	4.212
Group2 (at risk users)	156	31.2	46.31	4.001
Group3 (addicted users)	66	13.2	53.36	5.131
Total	500	100	48.31	4.330

As you can see in table number 1, this sample had a 13.2 percent spread of online addiction, and 31.2 percent of students were at risk for developing internet addiction. This table also includes the mean for groups that are socially isolated. The following stage was doing a variance analysis to compare the social isolation levels of the three user groups. Looking at table number 2, the ANOVA result reveals that there is a significant difference regarding Social Isolation between the three user groups ($F=6.817$, $df=(2)$, (497), $P0.001$).

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Source of Change	Sum of Square	df	Mean Square	F	p
Between Groups	249.792	2	124.896	6.817	0.001
Within Groups	9105.856	497	18.322		
Total	9355.648	499			

In the next stage, the average of the groups compared using the Scheffe Test, pay attention to the significant difference between the groups. At the significant level of P.001, the results show that there is a difference between groups 2 and 3 (at risk users and addicted internet users) and between groups 1 and 3 (normal users and addicted internet users). Regarding Iranian high school pupils, Ghasemi and colleagues (2007) revealed the same findings as Sanders and colleagues (2000) had made. The key finding of this study is that, even though no appreciable differences between at-risk users and addicted internet users were found, at-risk users are still likely to increase their use of ICT if they are unable to manage their online time and are not made aware of the suffering that results from ICT use.

As you can see in table number 3, the mean score of social isolation of female and male were compared but no significant difference were observed either ($t(498) = -1.11, p0.05$). In this study, the extent of using the internet between different majors was tested, and there was no meaningful difference observed between students of vary majors.

Conclusion

According to the study, there will be an increase in the utilization of the internet, online blogs, ICT, and other internet applications. These types of applications have a significant impact on the advancement of knowledge, the improvement of quality of life, and the promotion of global connections. However, alongside these benefits, there are also drawbacks. Direct face-to-face interactions with family members and society cannot be substituted by online communication without resulting in physical and psychological harm. Several negative effects have been observed, including internet addiction, feelings of loneliness, decreased self-esteem, indulgence in unrealistic fantasies, and an upsurge in anti-social behaviors.

The findings of this study align with previous research on internet addiction and social isolation. For instance, it has been found that as many as 13.2% of Indian children are addicted to the internet. Therefore, this is an area that requires more attention. It is recommended that in addition to

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encouraging young individuals to utilize the internet for self-improvement, they should also be educated on time management skills, self-regulation while using the internet, and adapting their lives to this new technology. If used appropriately, the internet can be beneficial. Moreover, parents should indirectly supervise their children's internet usage, sometimes by sitting with them and engaging in conversations about it. Meaningful discussions and positive relationships between parents and children can significantly help prevent internet misuse. Additionally, the social support provided by family members plays a crucial role in deterring teenagers from prioritizing online social interactions over family relationships. Parents should encourage their children to choose the latter.

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