

# A Survey on Internet Addiction

Miss. Prajakta .S.Gogate<sup>1</sup>, Miss. Prabha.M.Dhuri<sup>2</sup>

<sup>1</sup>MSc Student, Information Technology, Sant Rawool Maharaj Mahavidyalaya, Kudal,

<sup>2</sup>Assistant- professor(Guide), Information Technology, Sant Rawool Maharaj Mahavidyalaya, Kudal

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**Abstract** - The Internet has revolutionized several aspects of our day to day lives. It affected the manner we have a tendency to do our daily work conjointly however we have a tendency to pay our free time. The utilization of web in our standard of living ranges from sending an email to customer to use web applications as utility.

The net could be a communication system that has brought a wealth of information to our fingertips and arranged it for our use. The net could be a structured, organized system. The Internet has come a long way since the Nineteen Sixties.

As excessive use of internet causes social and health problems. Internet addiction is fashionable style of addiction. One amongst vital issues which are caused due to excessive Internet use is Internet Addiction. Many peoples use internet more than formal use and lose control in particular situation. It is a fact that many of peoples spend their precious time on Internet without knowing its negative impact. The purpose of our survey is to investigate impact of internet on peoples and study their internet usage.

An internet survey was conducted. The form was sent to responders by exploitation email. The form was sent to thirty peoples by sampling technique. The respondent are allowed to respond the questions as per their convenience. Responders are given time of fifteen days to finish the form.

**Keywords:** Internet, Internet addiction, Addiction, Internet usage

## 1. INTRODUCTION

The internet is extremely straightforward to use. The net is brining world closer. Everything has its own benefits and downsides. The net isn't exception there to. Web allow us to urge info from international community. It offers us chance to urge recreation, mailing, on-line searching, banking services etc.

As like everything internet has its own disadvantages. The excessive use of web will cause web addiction. Web Addiction could be a mental condition characterized by excessive use of web, sometimes to the impairment of the utilization. The net addiction is usually called Compulsive Internet Use (CIU), Problematic Internet Use (PIU). The internet addiction will have an effect on person's emotional behavior, attitude and discipline.

Simply because you pay tons of your time on online searching or observance internet series doesn't mean that you just area unit full of web addiction. The matter arrives once this activities cause hurt to your daily routine. Depression, Anxiety, Isolation, No sense of your time, Vision issues, Weight gain or loss, Neck pain, Mood swings, Headaches ,Insomnia area unit some physical and emotional symptoms of Internet Addiction.

During this review we gathered data of web use of different people groups. We gathered data about different parts of Internet Usage. The data about overview is determined straightaway.

## 2. Surveys

We conducted a survey to look at usage of web and connected behavioral patterns on peoples. A questioner was send to thirty peoples by email. We exploit a random technique to succeed in at responders. We send samples a mail require to be part of survey. Some of queries which are asked in survey are given below

What is your gender?

What is your age group?

What is your current profile?

What do you prefer? Do you have smartphone or device with internet accessibility?

Do you think you can survive without your phone?

On a daily basis, about how much time you spend on suing the internet?

Do you feel uncomfortable when internet connectivity loses?

Do you feel comfortable in the virtual world than real world?

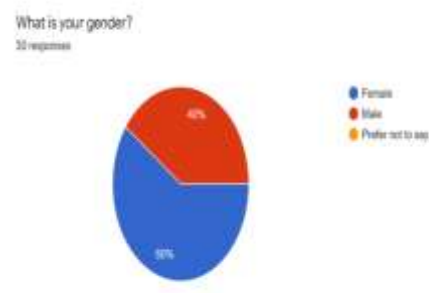
Have you ever experience a change in your schedule due to this?

Are you comfortable communicating with real-world people?

### 2.1 Findings in Survey

We get thirty responses for given questioner. From every question we get information about individual's attitude towards internet. You can observe finding that we got from survey below. The question and its result is explained shortly. Also if there is any dependency between variables, then it is stated shortly.

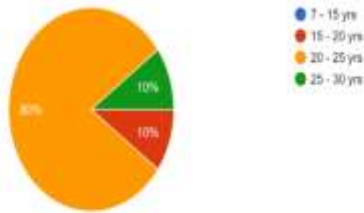
What is your gender?



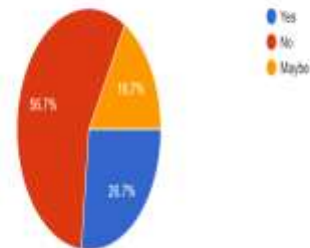
Forty percent of responders are male whereas sixty percent responders are female

What is your age group?

What is your Age group?  
30 responses

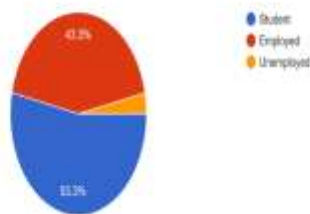


Do you think you can survive without your phone?  
30 responses



What is your current profile?

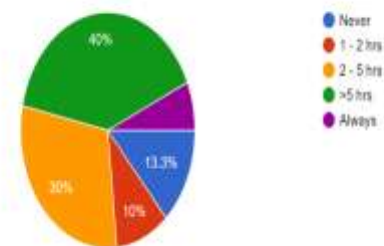
What is your current profile?  
30 responses



Here note that 56.7% of sample cannot survive without phone. It is measure reason behind internet addiction

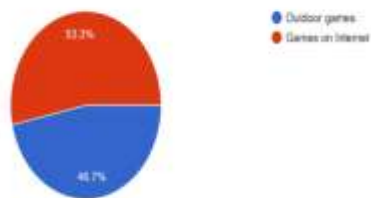
On daily basis, how much time you spend on using internet?

On a daily basis, about how much time you spend on using the internet?  
30 responses



What do you prefer?

What do you prefer?  
30 responses

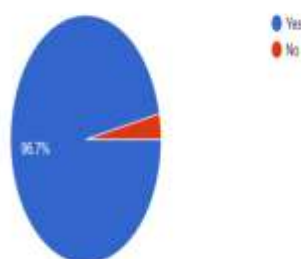


Here it is clearly seen that forty percent of sample spend more than five hours on internet. Thirty percent responders spend two - five hours. Which also can be dangerous. It increases risk of blood pressure in teenagers.

Out of thirty responders fifty three percent responders favour to play Games on web.

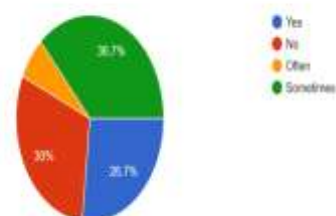
Do you have smartphone or device with internet accessibility?

Do you have Smartphone or device with internet accessibility?  
30 responses



Do you feel uncomfortable when internet connectivity loses?

Do you feel uncomfortable when internet connectivity loses?  
30 responses

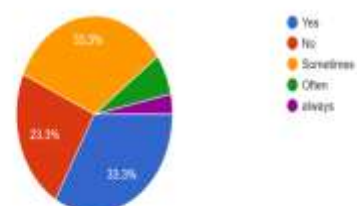


26.7% of sample said that they feel uncomfortable when internet connectivity loses. Also 36.7% said that they sometimes feel comfortable when connection gets down. It may cause Anxiety in peoples.

You can observe here, about ninety seven percent of sample have a device or smartphone with internet connectivity.

Do you feel comfortable in virtual world than real world?

Do you feel comfortable in the virtual world than real world?  
30 responses

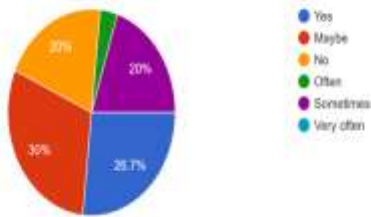


Do you think you can survive without your phone?

Thirty six percent of sample feel comfortable in virtual world than real world. This causes loneliness in peoples. Also it may impact on your school or job performance.

Have you ever experience a change in your schedule due to this?

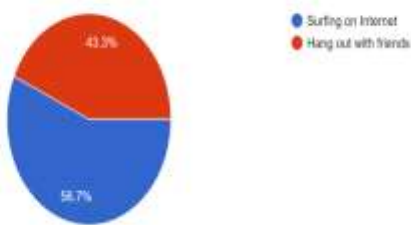
Have you ever experience a change in your schedule due to this?  
30 responses



60% peoples said that they experience change in schedule due to excessive use of internet. This can cause a bad effect in daily activities. It also can force individual to ignore work and spend time on internet.

What do you prefer?

What do you prefer?  
30 responses



56.7% of sample said that they prefer surfing on internet over hang out with friends. It can result in unhealthy lifestyle. Also it may lead to obesity.

### 3. Conclusions

From survey it is clear that you must use internet neatly. If correct treatment is done then this addiction will be cured.

As technology advances, the quantity of individuals who use the internet also increases. If internet not use properly then it became internet addiction. It may cause psychopathy. People also can increase relationship between friends and family by rational use of network. Buying something online is very convenient. But doing anything need moderately. Otherwise it will be bad for peoples.

There are many ways to treat internet addiction. Medications to treat internet addiction, such as antidepressants or anti-anxiety drug may help. Control yourself! Use the internet smart!

### References

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