INTERACTION FOR FACULTY ON PERCEPTION OF REALITY OF MENTAL HEALTH GENERATED THROUGH INTERNET ADDICTION

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ABSTRACT

Numerous studies have shown that the rate of internet addiction is significantly impacted by the introduction of new technologies. For instance, research indicated that students at various institutions use various forms of media, such as television, computers, and the internet, on a daily average for 6.5 hours. The number of hours spent online has increased as a result of the development of new technology like smartphones, tablets, and iPhones. The younger generation is the one who uses this technology excessively. There are several opportunities in the areas of communication, information, and entertainment thanks to the reliability of new technologies like computers, tablets, and the internet. Unfortunately, abuse of these substances results in addiction. Humans fulfill their psychological requirements for meaning, worth, effectiveness, and self-worth by engaging in various social groupings and upholding meaningful social connections. The excessive usage of gadgets and technologies that are connected to the internet is referred to as internet addiction. It is obvious that individuals use the Internet frequently and that it has negative effects on them. Internet users must deal with both the positive and negative effects of it. Additionally, the Internet offers a unique method of communication with its own set of guidelines. Additionally, it has an own language and standards. Internet users all across the world are impacted significantly by these elements of the Internet. Internet addiction is another name for problematic internet usage.

KEY WORDS: Internet Addiction, Usage, Mental Health, Social Connections.

INTRODUCTION

Nowadays, technology is really important. Nowadays, technology is used to complete almost all forms of labor. Everyone is dependent on technology in the modern world since many tasks, such as online shopping, payments, and bill paying, cannot be accomplished without it. The rapid advancement of technology has affected humankind's daily lives as well. We learn about new technologies every day in a variety of areas of our lives, such as office work, the market, academics, medicine, etc.

The digital revolution of today has produced a wide range of tools and resources. We have access to a wide range of information thanks to it. It has fundamentally altered the way we communicate, think, pay our bills, transfer money, watch TV, and maintain our safety. It has produced a wide variety of multipurpose gadgets, including smart phones, tablets, and automobiles. Therefore, it can be claimed that the digital revolution has made life easier, quicker, and better for people. Additionally, it has facilitated news organizations' global information dissemination.

With the aid of this new technology and new instruments, many kinds of information are being exchanged on social media. Social media has grown to be a significant and significant medium for the exchange of information and personal opinion. This platform affects people's daily lives in a variety of ways. Given how intriguing it sounds, it makes one curious about the potential of this kind of technology.

For instance, a mobile user has the ability to access both an online and an offline dictionary to better comprehend the meaning of a term. If you experience issues with any of your tasks, such as work in business, marketing, medicine, or academia, download apps and use a search engine such as Google Chrome, Internet Explorer, or another one. Several autonomous metro trains are currently on the roads, and robots are frequently seen in locations like homes, factories, and other settings. These instances alert us to how quickly human life is changing and how technology plays a part in it.

One must carefully consider ordinary life of regular people in the past in order to comprehend the extent of change in our lives brought on by the technological revolution. In the past, we would write letters to communicate with one another. These letters would be mailed and would arrive at their destination after a few days. However, with the aid of the internet, it is now possible to send a massage with just a mouse click. Only because of the current state of technology's rapid advancement is it simpler. The development of new technology has resulted in the creation of numerous programs, like Twitter, Facebook, WhatsApp, Skype, and others that allow audio messaging.

Prior to a few years ago, we had to wait in line to pay bills, make deposits, and file income tax and other taxes. However, with the aid of your cell phone and the internet, today, all tasks involving money, such as paying bills and making deposits, take just a few seconds. Everything is available for purchase online. Since all banks have released their own UPI-based apps, including BHIM, and since Apple Pay, Google Pay, and Paytm have all launched their own services, there is no need for cash in this situation either. Here, it's important to remember that e-reader technology has made reading simpler. Electronic reading devices like the Kindle and Nook could

only offer millions of books and other reading materials because of the Internet. The best feature of these devices is that they take up no room in a house or office. It is simple to use while traveling by bus, train, or on vacation.

Technology has also made a lot of security technologies and apps available, which are enabling us to live longer and in a safer environment. Numerous technological advancements have been made recently; for instance, IOT devices are frequently used by elderly people and people with impairments. Other crucial technologies include those for detection, sensing, CCTV cameras, wireless devices, etc. These kinds of technology are beneficial for people's safety and wellbeing. For instance, the Haryana government just released the Durga Shakti app for women's protection, which can immediately locate a lady in need.

Youth today rely entirely on technology for the majority of their tasks. Our work habits have also been impacted by technology. Additionally, the technology has expanded the possibilities for business, production, and marketing. The discussion has made clear that technology affects human lives in both positive and negative ways. Today, the Internet of Things is the focus of every internet user (IOT). We used to spend a lot of time with our family and loved ones back in the day, but now days we are busy and involved in a variety of internet-based activities. Social media platforms exist now to offer us immediate connectivity and fun.

It is crucial to remember that while technology offers many conveniences, health-related issues like internet or technology addiction are sacrificed in the process. There is no doubt that technology has altered both the teaching and learning processes as well as the way knowledge is transmitted. For instance, there are numerous approaches and tactics available on our cell phone or laptop if we do not understand a particular issue. Today, we use technology to access online courses, webinars, practice exams, and other instructional materials. There are many tutorial classes and resources on the internet that may be accessed for free.

INTERNET ADDICTION

Obsessive-compulsive disorder (OCD), impulse control disorder (ICD), pathological internet use, compulsive computer use, problematic computer use, internet reliance, and even Internetomania are some of the titles given to internet addiction. Internet addiction is seen as a behavioral addiction by the National Institute on Drug Abuse. Internet addiction is a general phrase that refers to a wide range of behavior and impulse control issues. Internet addiction is a sickness that affects people who find the repetitive existence on a computer keyboard more exciting. Internet addiction is described by the American Psychological Association as "a manner of using the internet that delivers functional problems together with an interior unpleasant state within a two-month period." It's noteworthy to note that the first individual to use the term "internet addiction disorder" in public

intended it to be a joke. Ivan Goldberg, a psychiatrist, made a satirical entry about internet addiction on psycom.net in 1995.

One of the most contentious issues in the modern world is the use and misuse of the Internet, and only a select few people are aware of the fine line between the two. Many people use the internet excessively, and some even sleep with their smartphones. This kind of disorder affects a large number of people. The primary cause of a new illness known as cyber addiction is excessive Internet use. Addicts prioritize their online relationships and decrease their personal relationships. The term "internet addiction" was initially proposed by Ivan Goldberg in 1995. On the foundation of the DSM-IV-R, he was sketching a representation of the disease known as "internet addiction." Kimberley Young utilized the same strategy once more in 1996 at an American Psychological Association meeting in Toronto. She is credited as being the first to study "internet addiction." She used the concepts of compulsive gambling to define the "online addiction."

Many helpful tools and information are being made available to everyone thanks to the advent of the internet. The internet has opened many commercial and financial prospects. It has made it possible for all kinds of items to be sold and bought online. Online friendships, social interactions, and other activities have all benefited from the internet's large social platform. Making friends, participating in online activities, receiving emotional and social support, and learning about various cultures are all made possible by the internet.

In contrast to these advantages, the internet has also brought up a number of problems for the global populace. Numerous studies have revealed that the negative effects of Internet use are felt by many people. The internet also offers potentially dangerous material, such as instructions for making bombs. We are aware that there are some people who are misled by the wealth of false material on the Internet.

Additionally, note that "problematic internet use can be found in any age, social, educational, and economic spectrum" and that some internet users create false identities and otherwise misrepresent themselves. The term "internet addiction" and "computer junkies" are used to describe the excessive use of the Internet. Internet addiction may also be referred to as problematic internet use. The term "internet addiction" refers to a combination of problematic online use, impulse control issues specific to internet users, and other unfavorable effects of Internet usage.

RESEARCH METHODOLOGY

Any type of research begins with a great deal of curiosity and inquiries about a certain topic or group of phenomena. This section explains in detail how the research was conducted, including the population that was taken into account, the sampling techniques used, the methods used to test the independent variables, and the methods used to collect the research's data. The procedure of gathering data and using standardized tools to analyze the results in this study.

DATA COLLECTION OF THE STUDY

This section lists the numerous organizations where the study was conducted and the guidelines under which it was approved. The responders for this study will be 700 subjects, Through the use of the testing inventories, the group was chosen at random.

The current study's objective was to compare internet addiction and mental health among students in the different colleges. The following test tools were taken into consideration for this purpose with their respective manuals' descriptions of their objectivity, reliability, and validity. In this study, two (02) inventories were used. The Internet Addiction Test, which was employed in this study, was created by Kimbal Young and translated and standardized into the region's language by Mittal Vekariya.

The questionnaire for mental health was created by D.J. Bhatt and Gita R. Gida and utilized in this study to gather data. Thus, 700 subjects who were chosen at random from various institutions and neighborhoods in the Visakhapatnam District will serve as the study's respondents. The whole sample consists of 700 subjects.

POPULATION

Data from both primary and secondary sources would be gathered. Individuals and internet use would be considered primary sources, whereas articles from presented papers, scholarly journals, and web pages from the internet would be considered secondary sources. The information gathered, presented, and compared in order to derive conclusions about the importance and priority of both these studies. Also revealed are the causes of addiction. In the study, statistical methods like ratios, percentages, arithmetic averages, trends, etc., wherever necessary, are to be employed for meaningful analysis and for producing accurate suggestions based on the findings. The study's conclusions will be supported with tables and graphs.

PERSONAL DATA SHEET

The researcher has created a personal data sheet for this study in order to gather certain personal data, such as the type of faculty, area, how frequently people use the internet, age, income, and if they have part-time jobs or not.

INTERNET ADDICTION TEST

The Kimbal Young Internet Addiction Test was created. Use Mittal Vekariya's adaptation of this test for this study. There are 20 items total, and they assess mild, moderate, and severe internet addiction. This scale was based on the Likert five-point scale. The results of this test were divided into four categories: normal users (score 20), mild internet addicts (scoring 20–49), moderate addicts (score 50–79), and severe addicts (score >79). As a result, the norms established by Kimbal Young in the original scale are quite obvious. The Internet Addiction Test has a maximum score of 100 and a minimum score of 20. This test has a high degree of validity, reliability, and realism.

RESULTS AND DATA ANALYSIS

The standard for mental effectiveness is: Mental well-being and cognitive performance are tightly related. Efficiency refers to using our abilities for observation, imagination, learning, thinking, and decision-making effectively as well as to the ongoing improvement of mental processes to a greater level of effectiveness. It is clear that mental health and mental efficiency are directly related, just as physical health and physical efficiency are. An emotionally disturbed individual cannot watch, think, or learn as efficiently as a sick child can play or study.

Control and fusion of mind and behavior: Control and integration of ideas and behavior are traits of excellent mental health. People with low mental health are unable to control or integrate their ideas. Effective control is a sign of a sound mind and a positive outlook on life. Obsession, fixed beliefs, phobias, and other symptoms are hence likely to emerge in the absence of such control.

Integration of reasons and management of tension and annoyance: People with sound mental health are able to combine their motivations and manage problems. Serious disputes may arise from a failure to integrate motives. Only someone with a good mental state can effectively combine the motivations, manage disputes, and control dissatisfaction. Positive, healthy emotions and feelings include: Positive thinking is a sign of mental health, whereas negative thinking disturbs mental stability. Negative emotions of any kind, such as jealously,

insecurity, inferiority, and guilt, indicate an emotional disturbance and might result in mental disease. Positive emotions of every kind, such as love, belonging, and security, support mental wellness.

Peace of mind refers to mental and emotional serenity. It is stress-free and worry-free. When someone has peace of mind, they experience quietness, happiness, and independence. Therefore, all forms of happy feelings are indications of a calm mind.

a sample from the 3x2x2 research design has been chosen here. Consequently, it might display the distribution of several samples as follows:

THE PERCENTAGE WISE DISTRIBUTION FOR SEX VARIABLES

700 samples will participate in the study as respondents, of whom 350 will be female students and 350 will be male students. These dejections came from several colleges.

TABLE: 1- THE PERCENTAGE WISE DISTRIBUTION FOR SEX VARIABLES

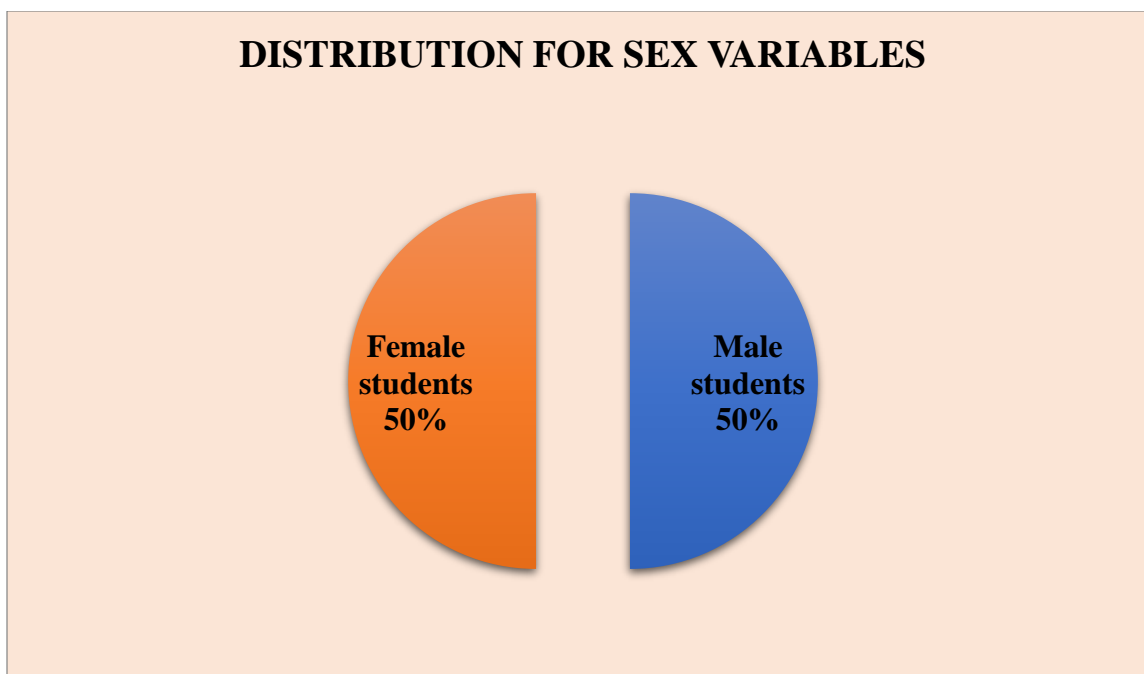| No.	Variables(sex)	N	Percentage
1	Male students	350	50.00%
2	Female students	350	50.00%
3	Total	**700**	**100%**

DISTRIBUTION FOR SEX VARIABLES

FIGURE: 1-THE PERCENTAGE WISE DISTRIBUTION FOR SEX VARIABLES

700 samples will participate in the study as respondents, of whom 350 will be female students and 350 will be male students. In the current study, 50% of the sampled students were male and 50% were female.

Hypothesis: HO- There is no significance difference of Perception of reality a part of MentalHealth based on Interaction for types of faculty and Area variables.

TABLE: 2-INTERACTION F FOR TYPES OF FACULTY AND AREA VARIABLES ON PERCEPTION OF REALITY A PART OFMENTAL HEALTH

Variables	A1 (Arts students)	A2 (Commerce students)	A3 (Science students)	F	Sig.
C1 (Rural)	18.19	19.22	19.43		
C2 (Urban)	18.72	19.51	18.28	7.92	0.01

Significance levels df2 =0.05=3.00 / 0.01=4.63

TABLE:3- TABLE FOR INTERACTION OF TYPES OF FACULTY AND AREA VARIABLES ON PERCEPTION OFREALITY TYPES MENTAL HEALTH

Sr.N0.	Pairs	Mean Diff.	Significance
1	A1C1 vs. A1C2	0.54	N.S.
2	A1C1 vs. A2C1	1.03	0.01
3	A1C1 vs. A2C2	1.32	0.01
4	A1C1 vs.A3C1	1.25	0.01
5	A1C1 vs.A3C2	0.10	N.S.
6	A1C2 vs. A2C1	0.49	N.S.
7	A1C2 vs. A2C2	0.78	0.05
8	A1C2 vs. A3C1	0.71	0.05
9	A1C2 vs.A3C2	0.44	N.S.
10	A2C1 vs.A2C2	0.30	N.S.
11	A2C1 vs.A3C1	0.22	N.S.
12	A2C1 vs.A3C2	0.93	0.01
13	A2C2 vs.A3C1	0.09	N.S.
14	A2C2 vs.A3C2	1.24	0.01
15	A3C1 vs.A3C2	1.14	0.01

Sig. levels for L.S.D. 0.05=0.63/ 0.01=0.83

Table shows that the Interaction F for Faculty Types and Area Variables on Perception of Reality is a component of mental wellness. At 0.01 levels of significance, the F value was 7.92. As a result, the Ho was disregarded, and it could be concluded that there was a significant mean difference between the different types of faculty and region variables and their contribution to the mental health score for perception of reality.
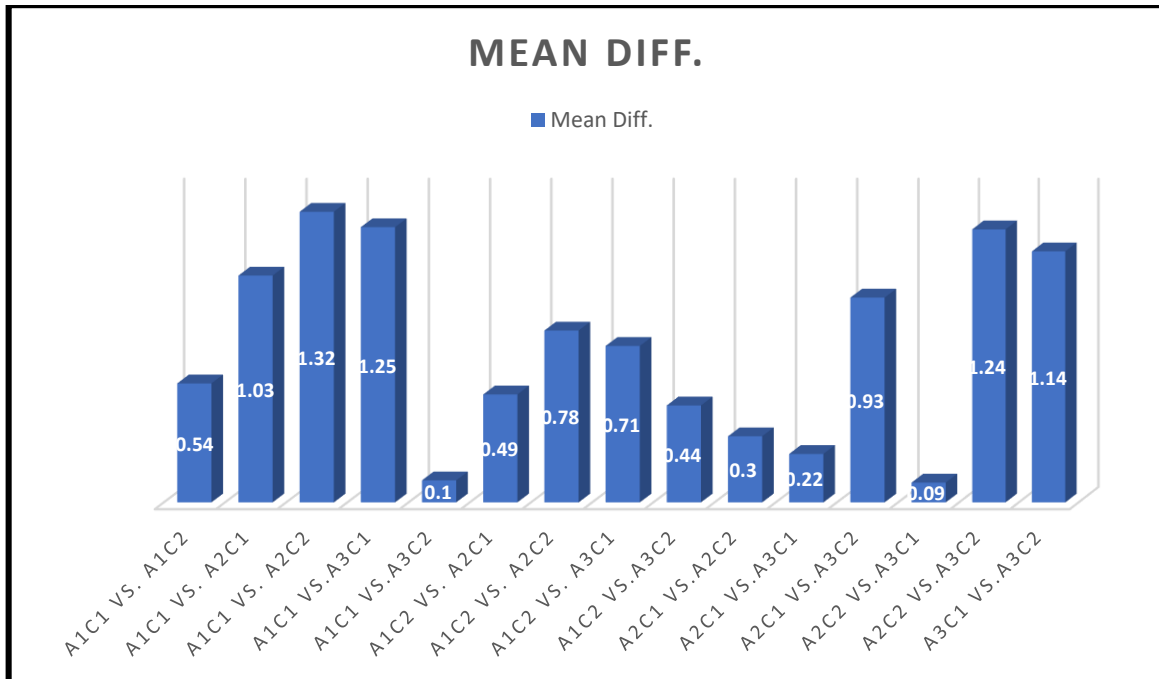
FIGURE:2- TABLE FOR INTERACTION OF TYPES OF FACULTY AND AREA VARIABLES ON PERCEPTION OF REALITY TYPES MENTAL HEALTH

The interaction between the different types of faculty and area factors on the perception of reality as a component of mental health is seen in the table. The outcome highlights the majority of pairwise significance at 0.05 or 0.01 levels. As a result, we may conclude that there was a significant difference. It also said that the biggest mean difference between A1C1 vs. A2C2 (Arts rural students vs. Commerce urban students) was 1.32. The perception of reality as a component of mental health had the lowest mean difference between A2C2vs.A3C1 (Commerce urban students Vs. Science rural students) of 0.09.

CONCLUSION

In the modern sense, the Internet is a massive collection of various network, information, and data exchange capabilities in addition to being a network. With the aid of a certain common protocol and common services, the data and information are utilised. It is executed using a specific command that is managed by servers of particular networks rather than by a single individual. Overall, it can be concluded that people in the early 1960s used some innovative thinking to create the Internet in its current form. They were aware of the advantages of having interconnected computers and the ease with which users could transfer data and information between them.

Communication: The Internet has fundamentally altered how people communicate. Today, the Internet is used for a variety of official and non-official communications. Only with the aid of the Internet are we able to readily interact via video conferencing, text messaging, and sharing our ideas on social networking sites. Being able to communicate with everyone in the world is a priceless gift of modern technology.

Electronic and communication technology today is a vital component of being a person. Over the past few decades, it has been interfering with people's daily lives. The technological revolution has led to tremendous advancements in communication technology, including smartphones and the internet (Roztocki, Soja, & Weistroffer, 2019). However, the internet lowers communication barriers and provides a readily accessible source of practically all forms of information. Both beneficial and negative effects of this technology on human existence are present. The user develops a number of issues relating to their psychophysical health as a result of their excessive use of this device.

RECOMMENDATIONS

1. This study only looked at a few characteristics, such as Internet addiction and mental health, therefore it's possible that other variables will be examined in subsequent studies (e.g., Frustration, Adjustment, Life satisfaction etc.)

2. The only form of data collection used in the current study is the inventory method; no additional techniques, such as the interview method, survey method, analytical method, etc., are used, and as a result, the future study will not produce the positive results we would like.

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