

A Study to Assess Level of Knowledge Regarding the Internet Addiction and its Impact on Psychosocial Health Among Adolescents at Selected School, Kuppam

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ABSTRACT

Background: Adolescence is a crucial stage of physical, psychological, emotional, and social development. In the modern digital era, the internet has become an integral part of daily life, providing adolescents with opportunities for education, communication, entertainment, and access to information. However, excessive and uncontrolled use of the internet has emerged as a growing concern, leading to internet addiction and its associated psychosocial consequences. Internet addiction is characterized by excessive preoccupation with internet use, loss of control over online activities, and continued use despite negative effects on daily functioning. Excessive internet use among adolescents has been linked to various psychosocial problems such as stress, anxiety, depression, social isolation, sleep disturbances, reduced self-esteem, poor interpersonal relationships, and decreased academic performance. Studies have indicated that inadequate knowledge regarding the risks of internet addiction and its psychosocial impact contributes to unhealthy internet usage patterns among adolescents. Early identification and awareness of the harmful effects of excessive internet use are essential for promoting healthy online behavior and preventing long-term psychological and social consequences. Improving knowledge regarding internet addiction and its psychosocial impact can help adolescents develop responsible internet usage habits and enhance their overall well-being. Educational interventions play a significant role in increasing awareness and encouraging positive behavioral changes among adolescents. Providing appropriate information regarding the causes, signs and symptoms, consequences, preventive measures, and management of internet addiction can empower adolescents to make informed decisions regarding their internet use. Considering the growing concern regarding excessive internet use among adolescents and the need to assess their level of awareness, the present study aims to assess the knowledge regarding internet addiction and its psychosocial impact among adolescents in a selected school at Kuppam, Chittoor District, Andhra Pradesh. The findings of the study are expected to contribute to adolescent health promotion, increase awareness regarding responsible internet use, and support the development of educational strategies to prevent internet addiction and its psychosocial consequences.

Methods : The main study was conducted from 21.02.2026 to 25.02.2026. The total study sample consists

ted of 60 adolescents studying in the selected school at Kuppam, Chittoor District, Andhra Pradesh, selected by using a non-probability purposive sampling technique. The study participants were approached in their school setting, and data were collected using a structured knowledge questionnaire regarding internet addiction and its psychosocial impact. The questionnaire was administered to assess the existing level of knowledge among adolescents. The collected data were organized, analyzed, and interpreted using appropriate descriptive and inferential statistical methods to determine the level of knowledge and its association with selected demographic variables.

Results: In regard to age, the majority 55 (91.67%) of the adolescents belonged to the age group of 17 years, while 5 (8.33%) belonged to the age group of 16 years. In regard to sex, the majority 33 (55.00%) were females. In regard to grade level, the majority 55 (91.67%) were studying in 12th grade. In regard to place of residence, the majority 35 (58.33%) belonged to rural areas. In regard to type of school, all 60 (100.00%) adolescents were studying in private schools. In regard to family income, the majority 25 (41.67%) belonged to the ₹25,000–30,000 income group. In regard to type of family, the majority 30 (50.00%) belonged to joint families. In regard to type of gadgets used, the majority 51 (85.00%) used smartphones. In regard to average daily internet use time, the majority 29 (48.33%) used the internet for 1–3 hours per day. In regard to type of site used, the majority 22 (36.67%) accessed Instagram. The knowledge assessment regarding internet addiction and its psychosocial impact revealed that 24 (40.00%) of the adolescents had adequate knowledge, 20 (33.33%) had moderate knowledge, and 16 (26.67%) had inadequate knowledge. The study findings also revealed a statistically significant association between the level of knowledge and selected demographic variables such as sex ($p < 0.019$) and type of site used ($p < 0.047$). No statistically significant association was found between the level of knowledge and age, grade level, place of residence, family income, type of family, type of gadgets used, average daily internet use time, occupation of parent, and number of siblings. Overall, the study findings revealed that knowledge regarding internet addiction and its psychosocial impact among adolescents was not adequate. A considerable proportion of adolescents had moderate and inadequate knowledge regarding internet addiction and its psychosocial consequences. The findings also highlighted the need for educational programmes and awareness activities to improve adolescents' understanding of internet addiction, its harmful effects, and preventive measures.

Keywords: Internet addiction, Adolescents, Psychosocial impact, Internet usage, Knowledge.

1. INTRODUCTION

Internet addiction is a growing public health concern worldwide. It is characterized by excessive preoccupation with internet use, inability to control online activities, withdrawal symptoms when internet access is restricted, and continued use despite adverse consequences. Adolescents are particularly vulnerable to internet addiction due to their developmental stage, curiosity, peer influence, and need for social acceptance. Excessive internet use has been associated with various psychosocial problems such as anxiety, depression, stress, loneliness, social isolation, sleep disturbances, low self-esteem, poor interpersonal relationships, and reduced academic performance. The rapid expansion of digital technology and social media platforms has significantly increased screen time among adolescents. Online gaming, social networking sites, video streaming platforms, and instant messaging applications have become common components of adolescent life. Studies have reported an increasing prevalence of internet addiction among adolescents, indicating the need for greater awareness regarding its harmful effects and

preventive measures. Despite the growing concern, many adolescents remain unaware of the psychosocial consequences associated with excessive internet use. Knowledge plays a vital role in helping adolescents recognize the signs and symptoms of internet addiction and adopt healthy internet usage habits. Adequate awareness can encourage responsible use of digital technology, improve self-regulation skills, and reduce the risk of developing psychosocial problems. Educational programmes and awareness activities have been shown to improve adolescents' understanding of internet addiction and promote positive behavioral changes. Schools provide an ideal setting for health education and awareness programmes because adolescents spend a significant portion of their time in the school environment. Assessing the level of knowledge regarding internet addiction and its psychosocial impact among adolescents can help identify existing knowledge gaps and provide baseline information for planning appropriate educational interventions. Understanding adolescents' awareness levels is essential for developing strategies to promote mental well-being and responsible internet use. Therefore, considering the increasing use of the internet among adolescents, the growing prevalence of internet addiction, its adverse psychosocial consequences, and the importance of preventive education, there is a need to assess the knowledge regarding internet addiction and its psychosocial impact among adolescents. The findings of the study may help in planning effective awareness programmes and educational interventions aimed at promoting healthy internet usage practices and improving the overall psychosocial well-being of adolescents in the selected school at Kuppam, Chittoor District, Andhra Pradesh.

2. METHODS AND MATERIALS

A quantitative non-experimental descriptive study was conducted among 60 adolescents studying at Vikas Junior College, Kuppam, Chittoor District, A.P., to assess the level of knowledge regarding internet addiction and its impact on psychosocial health among adolescents. The samples were selected by using a non-probability purposive sampling technique. Informed consent was obtained before the study. Knowledge of adolescents was assessed using a structured questionnaire which included demographic variables and questions regarding internet addiction and its impact on psychosocial health.

Objectives of the study were:

1. To assess the level of knowledge regarding internet addiction among adolescents.
2. To examine the impact of internet addiction on psychosocial health among adolescents.
3. To find out the association between the level of knowledge scores regarding internet addiction and its impact on psychosocial health among adolescents with selected socio-demographic variables.

Collected data was entered into MS Excel and analyzed using JAMOVI. Appropriate descriptive and inferential statistical methods were used to obtain the results based on the objectives.

3. RESULTS

The results of the study were presented as Tables and graphs as per the objectives of the study.

Section A : Frequency and percentage distribution of demographic variables

Table - 1 Frequency and percentage distribution of demographic variables regarding internet addiction among adolescents.

(N = 60)

Sl no.	Demographic variables	Frequency (f)	Percentage (%)
1.	Age		
	a)16 years	5	8.33

	b) 17 years	55	91.67
2.	Sex		
	a)Male	27	45.00
	b)Female	33	55.00
3.	Grade level		
	a)11 th grade	5	8.33
	b)12 th grade	55	91.67
4.	Place of residence		
	a)Semi urban	4	6.67
	b)Rural	35	58.33
	c)Urban	21	35.00
5.	Type of school		
	a)Private school	60	100.00
	b)Government school	0	0
6.	Family income		
	a)Below 10000	1	1.67
	b)10000-25000	21	35.00
	c)25000-30000	25	41.67
	d)Above 35000	13	21.67
7.	Type of family		
	a)Nuclear family	29	48.33
	b)Joint family	30	50.00
	c)Extended family	1	1.67
8.	Type of gadgets used		
	a)Smart phone	51	85.00
	b)Laptop	5	8.33
	c)Computer	4	6.67
9.	Average daily internet use time		
	a)Less than 1 hour	2	3.33
	b)1-3 hours	29	48.33
	c)3-5 hours	25	41.67
	d)More than 5 hours	4	6.67
10.	Type of site used		
	a)Whatsapp	15	25.00
	b)Instagram	22	36.67
	c)Games	19	31.67
	d)Others	4	6.67
11.	Occupation of parent		
	a)Business	11	18.33
	b)Employee	26	43.33
	c)Farmer	19	31.67
	d)Unemployed	4	6.67

12.	No of siblings		
	a)No sibling	1	1.67
	b)1	20	33.33
	c)2	28	46.67
	d)More than 2	11	18.33

Table-1 Demographic variables show that about 55 (91.67%) of the adolescents were 17 years old and 5 (8.33%) were 16 years old. Majority 33 (55.00%) of the participants were females and 27 (45.00%) were males. Majority 55 (91.67%) of the participants were studying in 12th grade and 5 (8.33%) were studying in 11th grade. About 35 (58.33%) of the adolescents belonged to rural areas, 21 (35.00%) belonged to urban areas and 4 (6.67%) belonged to semi-urban areas. All 60 (100.00%) adolescents were studying in private schools. Regarding family income, majority 25 (41.67%) of the adolescents belonged to the ₹25,000–30,000 income group, 21 (35.00%) belonged to the ₹10,000–25,000 income group, 13 (21.67%) belonged to the above ₹35,000 income group and only 1 (1.67%) belonged to the below ₹10,000 income group. Majority 30 (50.00%) of the adolescents belonged to joint families, 29 (48.33%) belonged to nuclear families and 1 (1.67%) belonged to an extended family. Majority 51 (85.00%) of the adolescents used smartphones, 5 (8.33%) used laptops and 4 (6.67%) used computers. About 29 (48.33%) of the adolescents used the internet for 1–3 hours per day, 25 (41.67%) used it for 3–5 hours per day, 4 (6.67%) used it for more than 5 hours per day and 2 (3.33%) used it for less than 1 hour per day. Majority 22 (36.67%) of the adolescents accessed Instagram, 19 (31.67%) used gaming sites, 15 (25.00%) used WhatsApp and 4 (6.67%) used other sites. About 26 (43.33%) of the participants reported that their parents were employees, 19 (31.67%) reported farming as their parents' occupation, 11 (18.33%) reported business and 4 (6.67%) reported that their parents were unemployed. Regarding the number of siblings, majority 28 (46.67%) of the adolescents had two siblings, 20 (33.33%) had one sibling, 11 (18.33%) had more than two siblings and only 1 (1.67%) had no siblings.

Section B : frequency and percentage distribution of level of knowledge regarding internet addiction among adolescents

Table 2 - frequency and percentage distribution of level of knowledge regarding internet addiction among adolescents

Level of Knowledge	Adequate Knowledge		Moderate Knowledge		Inadequate Knowledge	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
	24	40.00%	20	33.33%	16	26.67%

Table 2 shows that the majority 24 (40.00%) of the adolescents had adequate knowledge regarding internet addiction and its psychosocial impact, followed by 20 (33.33%) who had moderate knowledge and 16 (26.67%) who had inadequate knowledge. The findings reveal that less than half of the adolescents possessed adequate knowledge regarding internet addiction and its psychosocial impact, while a considerable proportion had moderate and inadequate knowledge.

Section C : Association between level of knowledge scores regarding internet addiction and its impact on psychosocial health problems among adolescents with the selected socio-demographic variables

Table – 3 Association between level of knowledge scores regarding internet addiction and its impact on psychosocial health problems among adolescents with the selected socio-demographic variables

S. no	Demographic variables	Level of knowledge			chi ² value	p value
		Adequate Knowledge	Moderate Knowledge	Inadequate Knowledge		
1.	Age					
	a)16 years	3	1	1	0.9273	0.629
	b)17 years	21	19	15		
2.	Sex					
	a)Male	16	7	4	7.9461	0.019
	b)Female	8	13	12		
3.	Grade level					
	a)11 th grade	2	1	2	0.6545	0.721
	b)12 th grade	22	19	14		
4.	Place of residence					
	a)Semi-urban	1	1	2	5.1107	0.276
	b)Rural	11	13	11		
	c)Urban	12	6	3		
5.	Type of school					
	a)Private school	24	20	16	No significance	
6.	Family income					
	a)Below 10000	0	1	0	7.4890	0.278
	b)10000-25000	6	6	9		
	c)25000-30000	11	10	4		
	d)Above 35000	7	3	3		
7.	Type of family					
	a)Nuclear family	10	11	8	3.7221	0.445
	b)Joint family	14	9	7		
	c)Extended family	0	0	1		
8.	Type of gadgets used					
	a)Smartphone	19	18	14	4.1667	0.384
	b) Laptop	3	0	2		
	c)Computer	2	2	0		
9.	Average daily internet use time					
	a)less than 1 hour	1	0	1	6.0760	0.415
	b)1-3hour	14	9	6		
	c)3-5 hour	7	7	11		

	d)more than 5hrs	2	0	2		
10.	Type of site used					
	a)Whatsapp	4	4	7	12.739	0.047
	b)Instagram	6	12	4		
	c)Games	11	4	4		
	d)Others	3	0	1		
11.	Occupation of parent					
	a)Business	6	3	2	3.99	0.67
	b)Employee	11	10	5		
	c)Farmer	6	6	7		
	d)Unemployed	1	1	2		
12.	Number of siblings					
	a)No siblings	0	1	0	5.87	0.43
	b)1	5	9	6		
	c)2	13	8	7		
	d)More than 2	6	2	3		

Table 3 shows that the association between the level of knowledge regarding internet addiction and its psychosocial impact with selected demographic variables revealed a statistically significant association with sex and type of site used, as the p-values were less than 0.05. This indicates that these variables had a significant influence on the level of knowledge among the participants. However, demographic variables such as age, grade level, place of residence, family income, type of family, type of gadgets used, average daily internet use time, occupation of parent, and number of siblings were not statistically significant, as the p-values were greater than 0.05. This indicates that there was no significant association between the level of knowledge and these selected demographic variables among the participants.

4. DISCUSSION

The present study was conducted to assess the level of knowledge regarding internet addiction and its impact on psychosocial health among adolescents in a selected school at Kuppam. Regarding objective 1, the findings revealed that 24 (40%) adolescents had adequate knowledge, 20 (33.33%) had moderate knowledge, and 16 (26.67%) had inadequate knowledge regarding internet addiction, indicating that a considerable proportion of adolescents require further awareness on the topic. Regarding objective 2, the findings showed that internet addiction had an impact on the psychosocial health of adolescents, affecting various aspects of their psychological and social well-being. Regarding objective 3, a statistically significant association was found between the level of knowledge and selected socio-demographic variables such as sex ($p < 0.019$) and type of site used ($p < 0.047$), whereas no significant association was observed with age, grade level, place of residence, family income, type of family, type of gadgets used, average daily internet use time, occupation of parents, and number of siblings ($p > 0.05$). The findings suggest that sex and the type of site used influenced the knowledge level of the participants, while the remaining socio-demographic variables had no significant association with their knowledge regarding internet addiction and its impact on psychosocial health. The overall findings of the study indicate that adolescents require increased awareness regarding internet addiction and its impact on psychosocial

health, emphasizing the need for appropriate health education to promote healthy internet usage and prevent its adverse effects.

5. CONCLUSION

Overall, the study revealed that adolescents had varying levels of knowledge regarding internet addiction and its impact on psychosocial health. The findings showed that the majority of participants had adequate knowledge, while a considerable proportion had moderate and inadequate knowledge, indicating the need for further awareness regarding the harmful effects of excessive internet use on psychological and social well-being.

The results also demonstrated a statistically significant association between the level of knowledge and selected socio-demographic variables such as sex and type of site used. However, no significant association was found with age, grade level, place of residence, family income, type of family, type of gadgets used, average daily internet use time, occupation of parents, and number of siblings. These findings suggest that knowledge regarding internet addiction varies according to certain demographic characteristics.

The study emphasizes the importance of creating awareness among adolescents regarding responsible internet use and the psychosocial consequences of internet addiction. Regular health education programmes, counselling services, and school-based awareness activities can help improve knowledge, encourage healthy internet usage practices, and reduce the risk of internet addiction among adolescents.

6. ACKNOWLEDGEMENT

The author expresses sincere gratitude to the management of PES Institute of Medical Sciences and Research for providing the necessary facilities and support to carry out this study. The author extends heartfelt thanks to the Principal, Dean, and faculty of PES College of Nursing for their guidance, encouragement, and valuable suggestions throughout the research process. Special appreciation is extended to the Institutional Research Committee (IRC) and Institutional Ethics Committee (IEC) for their approval and support. The author is also grateful to all participants and experts who contributed to the validation of the tool and successful completion of the study. Finally, the author acknowledges with gratitude the constant support and encouragement received from family and friends.

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