

Relationship between Internet Addicted and Mental Health of B.Ed. Students

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ABSTRACT

This study was appointed by the researcher to measure the level of severity of the two following variables (Internet Addiction and Mental Health) in B.Ed. Students separately. This study was also aimed to study the relationship internet addicted and mental health of B.Ed. students of Ranchi District and used the respective research methodologies to research our finding. The objective set was to find out the if there was an existing relationship between the two variables of our study, which was confined to our current Ranchi District. Our hypothesis was also formulated in accordance with the null assumption underlying the objective of the study. Our sample size consisted of 200 B.Ed. students selected randomly from a proper survey method where the proposed study was clearly explained to all the participants present, and with their consent the response was collected via pen and paper method. Also, two standardised tests, which were – (a) *Manual For Internet Addiction (IAS): Constructed and Standardized by Mrs. Daman Deep Kaur, Dr. Jose J. Kurisunkal and Dr. Mamta Bakliwal*, and (b) *Mental Health Inventory by Dr. Jagdish and Dr. A.K.Srivastava* were reinforced to make the study more standardized and the result to be more prominent. Our investigation and thorough study came to this conclusion that the students of education had higher levels of internet addiction and mental health. It also came to another shocking revelation that our mental health levels were surprising higher than the internet addiction levels in students of education. On to the subject of relationship, we did came to this conclusion that there is a significant difference between internet addiction and mental health.

KEYWORDS: Internet Addiction, Mental Health, B.Ed. Students

INTRODUCTION

Technology has integrated fully into our lives and somehow, we are all thankful it did since now imagine our life without it feels unimaginative. Living in this ever-changing generation is not an easy task, where a surge and advent in technology can in one speck of a moment make CDs and drives obsolete and make humans dependant on cloud storage and artificial intelligence. Such is the fast-tracking ride of electronics and newer times.

It's impossible to imagine life without typing in every little query and question onto the internet to get answers. And the fact that it is easily accessible, the 24-hour internet communication facility, lower costs and a certain level of anonymity of user options makes it a steal! Such is the power of technology today. We need internet for our work, personal life, commuting and communicating, and hence to simplify our lives. Especially for in the world of education, it works in a great deal. Earlier the students who only depended on books and encyclopaedias for knowledge have now got a huge online inventory for them for

them to get information about anything and everything right in their fingertips. What began as a source of easing up our lives soon became our reason of sorrow since being on the internet all the time made us ultimately its slave.

INTERNET ADDICTION

Such an addiction can simply be defined as an unhealthy attachment to something that compromises an individual's physical and mental wellbeing. It also results in stranded relationships and can result into several other kinds of problems like delusions, hallucinations, etc. It also gives birth to several other sorts of addiction like pornography, gaming, gambling, etc. On top of that, the lack of research on the addiction related to the internet, with the lack of consensus or standardization in the definitions also makes it difficult to mend bridges with more strong evidence-based recommendations.

SYMPTOMS OF INTERNET ADDICTION -

It has been proposed that internet addiction related disorders are more of a problematic, new-age behaviour than a mental illness or addiction. Some of its symptoms are expressed below -

- **Fixation** – The word itself means to have an increased focus on something and an unhealthy obsession with it to follow or engage. In this case, checking one's social media online, frequent checking of phones, etc. are some of the symptoms of fixation.
- **Uncontrolled impulses** – When you cannot control the urge or drive to stay away from online devices for not very long, it indicates one's uncontrolled impulse which soon leads to its unhealthy addiction and consumption.
- **Withdrawal** – Withdrawal, in medical terms, means the physical and mental reaction that occurs either stops abruptly or decreases the dosage and/or usage of the things they are addicted to. Such drastic changes bring about changes in all dimensions of physical, mental, emotional and social dimensions in someone's life.

CLASSIFICATION OF INTERNET ADDICTION –

- **Cyber-related Addiction** – Such addiction is directly connected to the online facilities like betting and gambling apps, sexual contents like pornography, applications facilitating online relationships like chat rooms, and many more which are harmful and hampering into a person's family instability and people who are involved excessively loses grip to the reality very quickly.
- **Net Compulsion** – It refers to the relentless urge to use internet and social media sites. It occurs to individuals who are already dependant to the addicted item and it becomes an impossible task to stay away from any and/or all electronic screens.
- **Information Overload** – It includes an unusual habit of seeking information about something and/or anything, which further evolves into other kinds of problems such as compulsive and impulsive issues and problems.
- **Computer Addiction** – Not only just computers, but any electric gadgets that gets connected to the online world of internet such as laptops, mobile phones, tablets, etc. are directly associated with such type of addictions.

IMPACT OF SUCH ADDICTION ON LIFE –

- **On psychological dimensions** – Although internet poses itself to the world as aesthetically pleasing, it

also creates for us an alternate world which makes us stay and spent endless time online. This virtual world makes us stay mentally and emotionally occupied in that environment of internet, and a person's own thoughts and opinions becomes preoccupied with what internet tells him/her.

- On physical dimensions – A person stoops down to drastic physiological changes along with mental and emotional sanity. Their physique takes a direct hit and the lack of taking care of one's hygiene also invites a ton of bacteria and infections that may bring forward another crew of dangerous diseases your way.
- On social dimensions – The internal drive to go out and meet people your age and communicate with them harshly declines in this addiction. It also directly impacts the person's career and their professional life that gets distant with them.
- On personality dimensions – With all physical, mental, social and emotional changes that occurs because of such addiction, a person is witnessed to have a total change in his/her body language which usually appears lazy and lethargic, not being very social and avoiding direct confirmation with society, and even sudden and unexpected burst of emotions like suddenly crying in unexpected situations, clearly acts like an indicator in an addicted person.

MENTAL HEALTH –

Maintaining a healthy and balanced mental health is both essential and fortunate for those who achieve it. Our environment, worldly affairs and life around us has become very unstable and unpredictable, in which it becomes very hard to stay negative and inspiring at all times. At times like this, one can easily fall prey to many evils around us, which ultimately affects our health mentally at first. According to the latest stats, India ranks 118th out of 147 countries in the world happiness report 2025 (testbook.com) which clearly shows what condition lies in our nation of sadness.

CLASSIFICATION OF MENTAL HEALTH –

- Anxiety Disorders – It encompasses a group of mental health issues which includes panic attacks, obsessive compulsive disorder (OCD), Post Traumatic Stress Disorder (PTSD), social phobia and many more.
- Depression – It is a mood disorder characterised by lower levels of mood, lost of interest and energy reduction in an individual. Severity of such situations can lead to increased risk of suicidal thoughts and/or behaviour.
- Eating Disorders – Anorexia, Bulimia and binge eating habits all come under this condition. In not only affects all ages, but can also have futuristic psychological and physical consequences.

SYMPTOMS OF MENTAL HEALTH –

The signs and symptoms may vary depending on the disorder, circumstances and other factors, which can easily affect one's emotions, thoughts and behaviours.

Examples of signs and symptoms include:

- Feeling sad or down
- Excessive anger, hostility or violence
- Withdrawal from friends and families
- Inability to cope with daily problems or stress
- Significant tiredness, low energy or problems sleeping

Whether we look at both the problems separately or together, both these issues at hand have been reportedly reaching their almost extremities. A report given by McKinsey Global Institute (2019) discussed that Indians spend an average of 17 hours per week on social platforms, which is the most of any country, and are beginning to become close to addiction. The AIIMS report shows an increase in the number of individuals suffering from "internet addiction," with a doubling of cases reported in the past two years (NDTV, 2018). (Dhawan and Kang, 2023).

Also, according to a report from THE HINDU (Published on January 28, 2026 07:25 pm IST), 60% of mental disorders are found in patients below 35 years. The findings also indicated that for a majority of patients, mental illness begins well before adulthood, silently shaping educational outcomes, career paths, relationships and overall quality of life.

The very essential reason why both the levels of severity is being tested on B.Ed. teachers is because as a person who's soon going to mould the little souls into the practical life as we know it, its essential to be mindful and concerned about where the trainee teachers lie on such scales of judgement. As per Dr A.P.J. Abdul Kalam Ji, "If a country is to be corruption-free and become a nation of beautiful minds, I strongly feel there are three key societal members who van make a difference. They are the father, the mother, and the teacher." And as for all the esteems teachers and the teachers-in-training reading this, I hope we all have a well needed self-evaluation with this report so that we continue working on ourselves and be a better teacher for tomorrow.

RELATIONSHIP BETWEEN INTERNET ADDICTION AND MENTAL HEALTH

The fact that both these above-mentioned variables could have a connection is one of the most intriguing statements ever been made. If we take an example of an individual who has gotten addicted to using the internet for around 08 to 12 hours per day, he/she tends to think only about the world that exists online. They'll eventually try to reject the physical life and existing relationships just so that they stay glued to the screens near them and be comfortable with only that aspect in their life. This first hits their psychological health and eventually result in deteriorating physical health which will eventually be observed in the individual. After a significant amount of them, they will be unable to function on their own and will need support to go on in their life, and this will be the time for them to address the issue lying before them before it worsens any further.

The need of assessing a correlation study of both these factors (internet addiction and mental health) upon the B.Ed. students lies majorly on the future profession they're about to start onto. The budding teacher who had got his/her addiction to deal with, if matched with a poor mental health, they would not be deemed very ideal and inspirational for the students they're about to impart their wisdom to.

REVIEW OF LITERATURE –

About the literature of the topic mentioned above, many researches have already been done in different context, which are mentioned as follows: Kumari, Langer, Gupta, K. Gupta, Mir, Shafi, Kour, Raina (2022) Prevalence and determinants of Internet addiction among the students of professional colleges in the Jammu region. *Journal of Family Medicine and Primary Care*. 2022 Jan 31;11(1):325-329. doi: https://doi.org/10.4103/jfmpc.jfmpc_991_21. This study was conducted among undergraduates of two different professional colleges, and via this study, a cross sectional study was also conducted to assess its association with factors like depression, anxiety and stress. Zewude, Gosim, Dawed, Nega, Tessema, Eshetu (2024) Investigating the mediating role of Emotional Intelligence in the relationship between

Internet Addiction and Mental Health among university students; *PLOS Digital Health*; 01 – 28. The main objective of this particular research was to determine whether internet addiction negatively predicts mental health of university students, with emotional intelligence acting as a mediator. Pandey (2024) Assessment of the Internet Addiction Disorder and its Association with Anxiety and Depression in Young Indian Adults: A Cross Sectional Study; *Texila International Journal of Academic Research*; ISSN: 2520-3088; DOI: 10.21522/TIJAR.2014.11.02.Art014; The current study aimed to assess the prevalence, impact and available treatment options for internet addiction among Indian adults. After assessing all the already existing literatures, the researcher felt the need to find out what the severity looks like if both the cases (internet addiction and mental health) are checked and showcased individually. Although all the above cases showed them in correlated fashion, the researcher decided to take matters into her own hands and see what the level of severity looks like in both cases.

About the literature based on the relationship between internet addiction and mental health, many researches have been performed in different fields and also in different context as well, which are as follows: Sayed, Naiim, Aboelsaad, Ibrahim (2022) Internet Addiction and relationships with depression, anxiety, stress and academic performance among Egypt pharmacy students: A Cross-Sectional designed study; *Sayed et al, BMC Public Health* (2022) 22:1826; 01 – 10; It did a research in the adult population in India which included studies using Young's Internet Addiction Test criteria. Nishad and Kaur (2023) Prevalence of Internet Addiction and its effect on the Mental Health of Adolescents; *International Journal of Humanities and Social Science Invention (IJHSSI) Volume 12 Issue 6*; 171 – 174. It mainly tried to assess the relationship between the two factors on adolescents, mainly residing in classes 11th and 12th. Hematabad (2021) The relationship between Internet Addiction with social isolation and psychological well-being: A case study of female junior high school students of Rafsanjan, Iran; *Academic Journal Of Health Science* | 2022/37 (1): 11-16; eLISSN 2255-0569; DOI: 10.3306/AJHS.2022.37.01.11. It attempted to test internet addiction with social isolation and psychological well-being. All the studies read and reviewed by the researcher had a mixed response since they all came either negatively or positively correlated with each other. Amidst all the tension of mixed responses, the researcher mainly tried to find out this relationship in B.Ed. students because the researcher tends to find out whether the students are in the safe area or towards the grey one.

OBJECTIVES OF THE STUDY –

After selecting the problem needed to be worked on, the researcher proposed the following objectives –

1. To study the level of severity of Internet Addiction in B.Ed. students
 2. To study the level of severity of Mental Health in B.Ed. students
 3. To find out the relationship between the levels of Internet Addicted and Mental Health B.Ed. students.
- The above objective was decided on, keeping in mind to consider the internet addicted students and their mental health since testing on the addicted and then assessing their mental health would eventually result in harder facts about the said research quickly.

HYPOTHESIS OF THE STUDY –

On the basis of the above objective, the hypothesis formed were –

1. There is no significant level of Internet addiction in B.Ed. students
2. There is no significant level of Mental Health in B.Ed. students
3. There is no relationship between the levels of Internet Addicted and Mental Health B.Ed. students.

METHODOLOGY –

This descriptive study used survey method to gather data and perform their research.

SAMPLE AND DATA COLLECTION –

A sample size of 200 students was taken and simple random sampling was performed.

TOOLS USED –

In order to achieve genuine data and excellent result, two completely different standardized test were taken to calculate both the above-mentioned variables separately, which are as follows –

- *Manual For Internet Addiction (IAS): Constructed and Standardized by Mrs. Daman Deep Kaur, Dr. Jose J. Kurisunkal and Dr. Mamta Bakliwal.*
- *Mental Health Inventory by Dr. Jagdish and Dr. A.K.Srivastava*

The data was collected together from all the students in a physical form (pen and paper method) and were asked to answer all the questions honestly.

ANALYSIS AND DISCUSSION –

For the above objective, we needed to analyse the level of internet addiction of B.Ed. students using mean, standard deviation and z-scores.

1. To study the level of severity of Internet Addiction in B.Ed. students

Table 1.1 Mean, SD and N of internet addiction of B.Ed. students

Internet Addiction	Mean	SD	N
	34.08	16.5573	200

Table 4.1.1 indicates that **Mean** is **34.08**, **SD** is **16.5573** and **N** is **200** for internet addiction of B.Ed. students.

Table 1.2 Z-Score for level of severity of internet addiction of B.Ed. students

Range Of Z-Score	Level Of Internet Addiction	No. Of Students
+3.20 – +2.33	Always	03
+2.32 - +1.45	Often	10
+1.44 - +0.57	Frequently	45
+0.56 - -0.31	Occasionally	67
-0.32 - -1.19	Rarely	46
-1.20 - -2.06	Does Not Apply	29
	Total No. Of Students	200

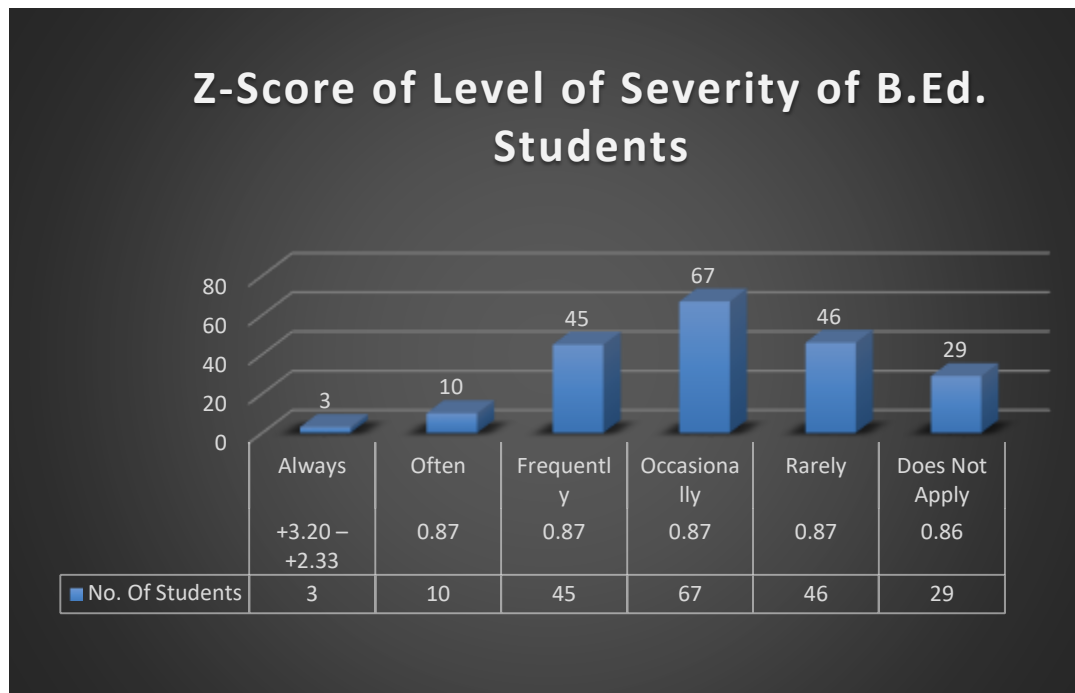


Figure 1.1 Z-Score of Level of Severity of B.Ed. Students

INTERPRETATION – For the above study, the level of severity of internet addiction in B.Ed. Students has been presented in the **figure 1.1**. The results reveal that **03 students** were categorized as **always** meaning they are extremely highly addicted, whereas **10 students** were categorized as **often**, meaning only highly addicted. Moreover, in above average addicted category, **45 students** were recorded as **frequently** and in moderately addicted, the number was **67 students** as **occasionally**. In case of below average addicted, **46 students** were observed as **rarely**, and similarly, in case of low addicted, the count was **29 students** as **does not apply**.

After calculation of Mean and SD, the Z-Scores are calculated for all the sample. **The highest z-score** among all sample is **3.20** and **the lowest z-score** is **-2.06**. These range of z-scores were divided into levels as given in standardized range of z-score. **Table 1.2** represents the z-score and number of students falling into each range.

2. To study the level of severity of Mental Health in B.Ed. students

Table 2.1 Mean, SD and N of mental health of B.Ed. students

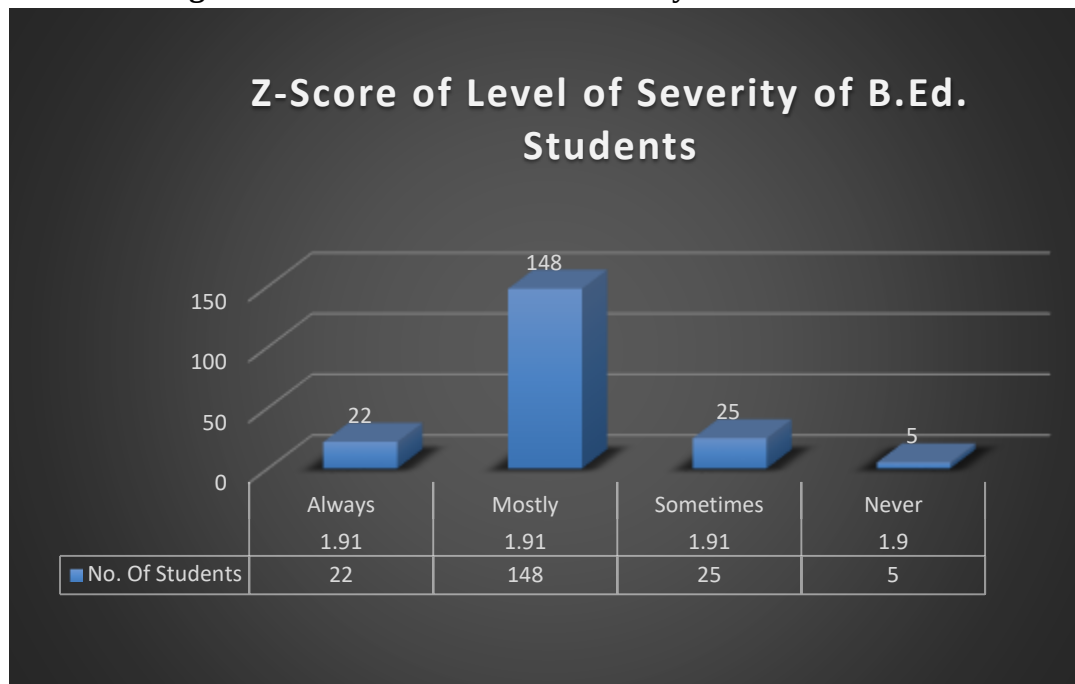
Mental Health	Mean	SD	N
	112.54	17.10001	200

Table 4.1.1 indicates that **Mean** is **112.54**, **SD** is **17.10001** and **N** is **200** for mental health of B.Ed. students.

Table 2.2 Z-Score for level of severity of mental health of B.Ed. students

Range Of Z-Score	Level Of Mental Health	No. Of Students
+3.07 - +1.16	Always	22
+1.15 - -0.76	Mostly	148
-0.77 - -2.68	Sometimes	25
-2.69 - -4.59	Never	05
	Total No. Of Students	200

Figure 2.1 Z-Score of Level of Severity of B.Ed. Students

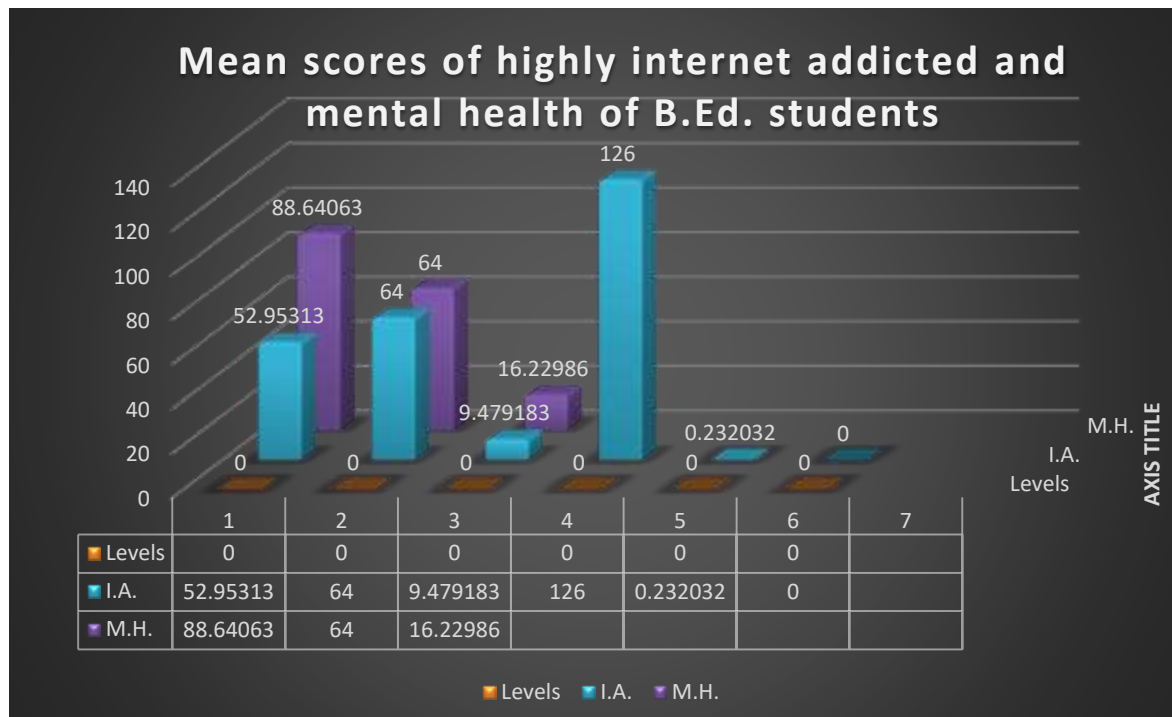


INTERPRETATION – For the above study, the level of severity of mental health in B.Ed. Students has been presented in the figure 4.2.2. The results reveal that 03 students have extremely high poor health, whereas 15 students only have high poor health. Moreover, in above average poor health category, 39 students were recorded and in moderate poor health, the number was 95. In case of below average poor health 35 students were observed and similarly, in case of low poor health, the count was 07. And in the end, only 06 students were accounted for extremely low poor health.

After calculation of Mean and SD, the z-scores are calculated for all the samples. The **highest z-score** among all samples is **3.07** and the **lowest z-score** is **-4.59**. These range of z-scores were divided into levels as given in standardized range of z-score. Table 4.1.2 represents the z-scores and number of trainees falling into each range

3. To find out the type of correlation between the levels of Internet Addicted and Mental Health B.Ed. students.

Pair 01	Mean	N	SD	Df (N1+N2)- 2	r	Correlated t-test
I.A.	52.95313	64	9.479183	126	0.232032	±1.978
M.H.	88.64063	64	16.22986			



From the above table, the **calculated mean** of **Internet Addiction** and **Mental Health** was **52.95313** and **88.64063** respectively, whereas the **calculated standard deviation** of **Internet Addiction** and **Mental Health** was **9.479183** and **16.22986**.

Also, the **Pearson correlation coefficient (r)** is **+0.232032** and the **calculated correlated t-test** turns out to be **±1.978**. **The objective was to find the relationship between internet addicted of students and their mental health** which is not significant at 0.05 level with $df = 126$. The positive (+) sign here meant that relationship is positive. But although the magnitude, 0.232, is relatively small, so the relationship is weak.

Therefore, Internet Addiction and Mental Health have a weak positive relationship. In our sample, as the internet addiction increases, mental health also increases slightly, but the relationship is not strong. Thus, the null hypothesis that there is no relationship between Internet Addicted and Mental Health B.Ed. students **is rejected**. Also, since the mean score of mental health is significantly higher than internet addiction, it poses a serious concern.

CONCLUSION –

After analysing both the variables (Internet Addiction and Mental Health) separately, majority of students recorded a moderate or say an average level of severity in both the cases of internet addiction and mental health.

This extensive study figured out the finding that Internet Addiction and Mental Health have a weak positive relationship. In our sample, as the internet addiction increases, mental health also increases slightly, but the relationship is not strong. Thus, the null hypothesis that there is no relationship between Internet Addicted and Mental Health B.Ed. students **is rejected**. Also, since the mean score of mental health is significantly higher than internet addiction, it poses a serious concern.

SUGGESTION

1. This study was based on finding out both the severity levels differently. Hence, their correlational study may also help in understanding how the trainee teachers statistics looks like and whether they need any help managing their levels as well.
2. Many more types of severity levels can also be found out in the trainee teachers to understand in which area they need assisted help. For example – Stress and Attention Span.
3. This study primarily focused on finding the mental health ratio of only internet addicted students. Further studies can also venture on the average/lower addicted students as well.
4. Apart from mental health, relationship with internet addiction can also be tested with stress or anxiety or attention span levels as well.

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