

Internet Inclination as A Consequence of Idleness Among the College Students

*¹Yusuff, A Q., ²Akanbi, O. A., ³Adedeji, M.S., ⁴Adams, O. T.

^{1,3&4} Federal College of Forestry, Ibadan. Nigeria

²Ibadan City Polytechnic, Ibadan. Nigeria

ABSTRACT

This research aims to investigate internet inclination as a consequence of idleness. It was hypothesized that internet inclination is a consequence of idleness. There have been many findings conducted about the impact of internet inclination worldwide, however in Nigeria; there is dearth of researches related to specific area of relationship of internet inclination with idleness. In other to test the hypothesis, 600 students (300 males and 300 females) were purposively sampled from Federal College of Forestry, Ibadan, Nigeria. Their average age was 20.5 and standard deviation was 1.9. Participants was approached and responded to questionnaires. To assess the dependence of oneself on internet, the Compulsive Internet Use Scale (CIUS) was used. Differential Idleness Scale – short student version (DIS) was used to assess one's social segregation. Bivariate Correlation revealed that high user of internet is also high feeling of idleness. Therefore, the results indicated that internet inclination is a significant consequence of idleness.

Keywords : Internet Inclination, Idleness, Students, Bivariate Correlation, Questionnaires.

I. INTRODUCTION

Inclination to communication technology has increased day by day. Apart from its positive implication, it also has some negative impact. It has been found that anxiety; depression and other psychological problems are also caused by the excessive use of internet. Feelings of being idle decrease in emotional support in the family and accountability towards family members are being avoided by these people. Talking about youngsters and adults studying in Colleges and Universities has worsened their grades, remained mostly absent in class, and spent most of the time in chatting on internet. The changes in their emotions have also found to be short tempered, offensive and aggressive [1] [2]. There have been many researchers conducted about the impact of internet inclination worldwide, however in Nigeria there is dearth of researches related to specific area of relationship of internet

inclination with idleness. There have been accounted for many reasons and roots about why people become inclinators to internet, such as staying alone at home, not meeting people, not having friends, surfing the web for projects, or for job[3]. Moreover, Face book, Twitter, Instagram, Whatsapp, Imo, Badoo, Class mate, QQ, YY, Q Zone, Tumblr, Palm chat and so on are the commonly used websites. Many people also use social networks to acquire the online relations. Furthermore, idleness could also be linked to the social networking. It has been clear that internet has changed the lives widely by its ease of access and expediency; however its potential exploitation and negative effects of the internet cannot be ignored.[1][4] determined that concerns of public awareness about the possible troubles of unmanageable internet use with the estimation of inclination experts and computer industry professionals, there has always been a strong link between the extreme usage of internet and other

behavioral inclination such as gambling, and shopping.[5] found that College undergraduates who faced failures in their studies and had no friends because of internet mistreatment. He also explored that internet might possibly direct the individual to inclination behaviours among users. Correspondingly, Kimberly Young has offered the initial key study about the internet inclination in 2017. He customized the norms of pathological gambling explained by the norms for pathological gambling explained by the DSM-IV [6] to detect the internet inclination as an uncontrollable turmoil. In one study, Young found that 66% of the participants were categorized as internet dependents [1] [7].

Today web surfing has come into daily life of people and many has become its compulsive user. This addiction increasingly has been made the individuals to neglect their responsibilities, relationships and health to remain stimulated for example a study was carry out on undergraduates to evaluate the correlation between the use of internet and negligence in relations, the results suggested that there was a positive correlation between them [8].

II. METHODS AND MATERIAL

[9] had specified four types of incentives and extreme use:

- **Application-** A definite task of internet that becomes mainly tricky for the users.
- **Emotions-** Becoming online is pleasing, and encouraging in order to blocking pain, ambiguity, or uneasiness.
- **Cognition-** To be online is a release from disturbing thinking and terrible feeling.
- **Life events-** Unhappiness in the different areas of life chiefly in grouping, such situations might guide an individual to be more prone to internet inclination.

Some excessive internet users use internet for the reason of their social forums or chats for entertainment, but when a person has more close online friends and no one in the real life, difficulties could appear. Online friends have permitted the people to ignore their real lives.

Creating imagined personalities has been an unsafe practice because people generating these false personals are those who have low esteem. These individuals just restore themselves online, while varying nothing about their real lives. This could lead to increase in depression and feelings of insufficiency in them [10].Therefore, this research is to investigate the perpetual use or surfing of internet as a consequence of idleness.

Sampling method

Purposive sampling was used to distribute the questionnaires among 600 participants (300 males and 300 females) for a period of three academic sessions due to low intake.300 students were from Higher National Diploma classes, comprising of 150 males and 150 females. Similarly the remaining 300 students were from National Diploma classes, comprising of 150 males and 150 females.

Operational definitions

Internet inclination- “The dependence on the internet and behavioral addiction of oneself on it” [11].

Idleness- “One’s personal approach of idleness as well as approach of social segregation” [12].

Measures

- Compulsive internet use scale was designed to tap the dependence on the internet and behavioral inclination of oneself. It is a uni-dimensional, 14 items self reported measure. It was based on five point Likert scale format. It targeted adults and adolescents. It required about ten minutes or less of a respondent’s time [11]

used 447 heavy internet users in a study and found Reliability:

- Cronbach’s alpha = .89.
- Validity: Construct-correlation with the Online Cognition Scale (OCS) $r = .70$, and with consumption of time on internet $r = .33$.
- Different idleness scale-short student version designed to find one’s personal approach to idleness as well as approach of social segregation (DIS, [12]) the scale evaluated idleness in four forms of affairs, namely: (i) Romantic-Sexual Relationships (RSR), (ii) Friendship (FR), (iii) Family Relationships (FAR), (iv) Relationships with larger groups (RG). In particular the scale also measures the type of relationship one wishes to have and the type of relationship one has currently. It is a four-dimensional 20 items scale especially designed for students (young adults).
- [12] accounted for the following-

Reliability: The reliability of the scale is high with Kuder – Richardson - 20 coefficients varying from .90 to .92 and test-retest coefficients of .85 and .97.

Validity: The scale has concurrent validity adjacent to several criteria. Further analysis indicates that scale has substantive and structural validity.

Methodology

After taking their oral and written consent, participants were required to respond firstly on respondents profile form which gathered personal demographic information about the participants. Secondly the Compulsive Internet Use Scale was administered, to tap the dependence on the internet and behavioural inclination, and then Differential Idleness Scale short student version was used to find one’s subjective feelings of idleness as well as feelings of social isolation. Scoring of all two measures was done in accordance to the scoring procedures as explained in the questionnaires.

Bivariate correlation analysis was done to determine the extent or degree of relationship or association between the variables concerned, which are internet inclination, idleness, self esteem and satisfaction with life.

$$r = \frac{n \sum XY - (\sum X) (\sum Y)}{\sqrt{[n \sum X^2 - (\sum X)^2] [n \sum Y^2 - (\sum Y)^2]}}$$

Where n is the sampled number of College students.

And X is the independent variable

Also, Y is the dependent variable [13]

III. RESULTS AND DISCUSSION

Table 1 shows the mean and standard deviation of the variables under study. It is obvious from the table that means scores of internet inclination falls within moderate range, whereas idleness is of low range.

Table 1: Descriptive statistics of main variable under study

Study variables	N	Mean	St Deviation
Internet inclination	600	11.59	4.59
Idleness	600	3.88	1.46

Table 2: Bivariate Correlations among Internet Inclination, Idleness, Self Esteem and Satisfaction with Life of College students

Study variables	Internet	Addiction	Idleness	Self Esteem	Satisfaction with life
Internet inclination	1		*0.148	-0.167	0.0204
Idleness		*0.148	1		

**Correlation is significant at 5% level.*

As shown in Table 2, Idleness significantly correlates with the internet inclination at the 5% level of significant while the scores of internet inclinations are significantly and negatively related with self esteem at 5% level of significant. This finding reveals that the students who are high user of internet, they are also high on idleness.

The present study aims to investigate prediction of internet with references to idleness. Hypothesis states

that “Internet would predict high idleness among College students’.”

Results in Table 1 and 2 shows that the findings of the hypothesis are statistically significant which indicates that internet inclination is a consequence of idleness.[1] [14] work also revealed that spending time on internet predicts high idleness and low life satisfaction. Internet has been used by lots of people commonly for their career or education. It is very important to understand the difference between the intense use of internet, and normal use of internet for which simple measures have been used such as quantity of time utilized on internet in a given period [15]. Most of the essentials have distinguished the general from problematic internet use is the practice of compulsions to use the net. When a family member become internet inclined and begins to spend much time on internet than with family and work, then it is considered that internet has taken control of their closed ones from them for example a research conduct on couples and showed a strong association between depression and excessive internet use [16]. Results of [17] revealed a positive association between internet use and idleness whereas negative relation was found between internet use, self esteem and satisfaction with life. In addition to this, high problematic internet use appeared to be present among individuals who use too much internet than those who do not. [18] indicated that adolescents with use the internet excessively for various purposes such as browsing, chatting, instant messaging, emailing and online games scored significantly higher in idleness compared to their counterparts.

[19] determined a positive relation between idleness and diagnosis of internet inclination and negative association between self esteem and satisfaction with life.

IV.CONCLUSION

It is clear from the result and discussion that a significantly positive relationship is found between internet inclination and idleness. Therefore, in order to prevent student’s total involvement in internet and negative impacts on the other areas of life, there is a need to have a proper check on the level of behavior dependency of students on the internet.

V. REFERENCES

- [1]. Nida, A. A. B. and Saima, M. A. 2017. Internet Addition as a predator of loneliness. International Journal of Innovation Sciences and Research .6(3), 1034-1036.
- [2]. Shaffer, H.J. 2004: Internet Addition and Troubles. Cyber Psychology and Behaviour. 12, 367-374.
- [3]. Walther, J. 2001. Computer mediated communication: impersonal, interpersonal and hyper personal interaction. Communication Research 23, 3-43.
- [4]. Holden, C. 2001. Problems of internet use. Journal of Computer Science and Tech. 29,980-982
- [5]. Murray, G.H.1996. Increased levels of abductors and internet addiction. Journal of Social Psychology, 30 45-76.
- [6]. American Psychiatric Association, 1994. Diagnostic and statistical manual of mental disorders DSM-IV. (4th ed.) Washington DC: American psychiatric Association.
- [7]. Young, I. 2018. Cybersex and Gender. Journal of Social Psychology. 45, 90.
- [8]. Adams, H, 2018, Youth and internet addiction. Journal of Social psychology, 9, 223-267.
- [9]. Young, V. M. 2017. Caught in the net: How to recognize signs of internet addiction and a winning strategy for recovery. New York: Wiley Press.
- [10]. Solano, C. and Koester, N. 2000. Communication problem. Subjective anxiety or

objective skills personality and Social Psychology, 15, 126-133.

- [11]. Meerkerk, G. J., Van Den Ejinden, R. J. M., Vernusi. A. A. and Garretsen, H. F. L. 2009. Compulsive Internet Use Scale (CIUS). Some Psychometric Properties Cyber Psychology and Behaviour. 12(1), 1-6.
- [12]. Schmidi, N. and Scrmat. V. 1983 Measuring loneness in different relationships. Journal of Personality and Social psychology. 44. 1038-1047.
- [13]. Yusuff, A.Q. 2004. Management Statistics for Behavioural Sciences. Onilex Global Gen. Ent., Ibadan.
- [14]. Stepanikova, I.K; Norman, G.B. and Xiaobin, M.H .2010. Time on the internet of home, loneliness, and life satisfaction. Evidence from panel time diary data. Quantitative study of society 26,329-338.
- [15]. Joinson, C. 2018. People with hearing impaires can take benefits from internet. Cyber Psychology and Behavior, 10-34.
- [16]. Dems, E. 1994. Recent studies on internet addiction. Journal of Clinital Psychology, 24, 25-41
- [17]. Odaci, H. and Kalkan, M. 2010. Problematic Internet use , loneliness, satisfaction with life and self esteem among young adult University students. Cyber Psychology and Behaviour, 55(3), 1091-1097.
- [18]. Erdogan, Y. 2018. Exploring the relationships among internet usage, internet attitudes and loneliness of Turkish adolescents. Journal of Psychological Research on Cyberspace, 2 (2), 4.
- [19]. Alavi, S. S; Maracy, M. R; Jannatifard, F. and Eslami, M. 2016. The effect of internet addiction on self esteem and satisfaction with life in Isfahan's University students. Journal of Research in Medical Sciences. 16(6), 79-800.

Cite this article as :

Yusuff A Q, Akanbi O. A., Adedeji M. S., Adams O. T., "Internet Inclination as A Consequence of Idleness Among the College Students", International Journal of Scientific Research in Science, Engineering and Technology (IJSRSET), Online ISSN : 2394-4099, Print ISSN : 2395-1990, Volume 6 Issue 5, pp. 110-114, September-October 2019. Available at doi : <https://doi.org/10.32628/IJSRSET19654>
Journal URL : <http://ijsrset.com/IJSRSET19654>