
“Comparative Study of Internet Addiction among Government and Private School Students”

**Saraswati sarawat,
Research scholar ,Tantia University , Sri Ganganagar , Rajasthan,India**

**Dr .Purnima sharma
(Assistant professor)**

**Department of psychology faculty of Art,craft & social science
Tantia University , Sri Ganganagar , Rajasthan,India**

Abstract

The swift advancement of digital technology and ubiquitous internet access have profoundly impacted the lifestyle of school kids. The internet, while a vital educational and communicative resource, has resulted in an escalating issue of internet addiction among adolescents due to its excessive and unregulated use. This study intends to provide a comparative analysis of internet addiction between students from government and private schools. The research examines variations in internet usage habits, addiction levels, and related behavioral impacts among students enrolled in diverse educational systems. A descriptive research design was utilized for the investigation. The sample comprised children chosen from both public and private schools through a simple random sampling method. Data were gathered using a structured questionnaire aimed at assessing the degree of internet addiction among students. The gathered data were examined by percentage analysis to guarantee simplicity and clarity in interpretation. The study's findings indicate significant disparities in internet addiction levels between government and private school students, with private school students exhibiting comparatively greater internet usage due to enhanced digital accessibility. The research underscores the necessity for awareness initiatives, parental supervision, and school-based interventions to foster safe internet usage practices among students. The findings of this study may assist educators, parents, and policymakers in formulating effective measures to combat internet addiction among school-aged adolescents.

Keywords:

Internet Addiction, Students from Government Schools, Students from Private Schools, Adolescents, Digital Technology, Comparative Analysis

1 Introduction

The internet has become an essential component of contemporary life, particularly for school-aged children. Due to the swift progression of information and communication technologies, students increasingly depend on the internet for education, entertainment, communication, and social networking. Online learning platforms, digital classrooms, educational films, and mobile applications have revolutionized the conventional learning environment. Nonetheless, in conjunction with these advantages, excessive and unregulated internet usage has precipitated a burgeoning behavioural issue termed internet addiction.

Students are especially susceptible to internet addiction owing to their developmental phase, inquisitiveness, emotional sensitivity, and ready access to digital gadgets like smartphones, tablets, and

computers. Excessive internet usage may adversely impact students' academic achievement, social relationships, physical health, and psychological well-being.

The digital divide between government and private school systems in India significantly influences students' internet usage behaviour. Kids at private schools typically get enhanced access to digital resources, advanced classrooms, and personal devices, whereas kids in government schools may experience restricted yet progressively expanding exposure due to digital education programs.

This study aims to compare internet addiction levels between government and private school children by examining their usage patterns, exposure, and behavioural outcomes. A comparative methodology facilitates the identification of distinctions and commonalities between the two groups, offering insights for the formulation of focused interventions. Comprehending these variations is crucial for educators, parents, and legislators to foster healthy internet usage and mitigate the hazards linked to internet addiction among adolescents.

1.1 Concept of Internet Addiction

Internet addiction denotes the excessive, compulsive, and uncontrolled utilization of the internet that disrupts an individual's everyday activities, academic obligations, and social interactions. The phrase was initially coined to characterize behavioral addiction akin to substance abuse, wherein individuals exhibit a compelling need to remain online for prolonged durations. Internet addiction includes activities such as excessive gaming, social media engagement, online communication, video streaming, and web browsing.

Students afflicted with internet addiction frequently exhibit symptoms including diminished control over internet usage, withdrawal symptoms in the absence of online access, academic neglect, decreased enthusiasm for outdoor pursuits, disrupted sleep patterns, and emotional volatility. Internet addiction encompasses various activities, including gaming addiction, social media addiction, and information overload.

Internet addiction among students is significantly associated with academic stress, peer pressure, insufficient parental oversight, and the readily accessible nature of digital devices. The allure of immediate satisfaction, digital social engagement, and entertainment compels students to spend extended periods online. This habit may ultimately lead to diminished academic performance, impaired concentration, anxiety, depression, and social isolation.

In India, internet addiction is becoming a significant issue due to swift digitalization and the rising prevalence of smartphones among adolescents. Identifying internet addiction as a behavioral issue is crucial for early detection and prevention, particularly in educational settings.

1.2 Internet Usage Patterns Among School Students

The utilization of the Internet by school children has drastically escalated in recent years. Students utilize the internet for diverse objectives, such as online education, homework support, entertainment, social

networking, gaming, and communication. Educational applications encompass accessing online courses, e-books, instructional videos, and digital assignments.

Nonetheless, non-academic activities such as social media surfing, online gaming, video streaming, and talking constitute a significant share of students' online engagement. The accessibility of economical smartphones and internet services has exacerbated this trend. A multitude of pupils dedicates several hours each day to online activities, frequently without time constraints or oversight.

Patterns of internet usage differ according to variables including age, gender, kind of educational institution, socio-economic status, and parental oversight. Prolonged screen exposure may result in less physical activity, disrupted sleep, and impaired interpersonal interactions. Comprehending internet usage trends among adolescents is essential for evaluating addiction risk and formulating suitable prevention strategies.

1.3 The Government and Private School System in India

The Indian educational system comprises mostly government and private institutions, which vary in infrastructure, pedagogical approaches, and availability of digital resources. Government schools are financed and administered by the state or central government, with the objective of offering accessible education to all societal segments. Historically, government schools have possessed restricted technical resources; however, current initiatives such as Digital India and smart classrooms are enhancing accessibility.

Conversely, private schools are administered by private entities and typically possess superior infrastructure, improved educational resources, and enhanced integration of digital technologies. Students in private institutions frequently possess enhanced access to computers, internet resources, and personal digital gadgets

These disparities dramatically affect students' engagement with the internet and digital platforms. Consequently, disparities in internet usage patterns and addiction levels may be present between pupils in government and private schools, necessitating comparison investigation.

1.4 Objectives

- To evaluate the extent of internet addiction among students at educational institutions
- To analyze internet addiction among students from government and private schools
- To examine internet usage trends among school-aged adolescents
- To investigate the effects of excessive internet usage on students' academic conduct
- To propose strategies for mitigating internet addiction among students in educational institutions

2 Review of Literature

1 Bhatia, Manohar; Rajpoot, Manbahadur; and Dwivedi, Vikash (2016)

Bhatia and associates performed a cross-sectional study on internet addiction in adolescent students in Gwalior, Madhya Pradesh. The study, utilizing Young's online Addiction Test, identified a significant percentage of pupils displaying moderate to severe online addiction levels. The study indicated that excessive internet usage adversely impacted academic performance and daily activities. It also emphasized gender disparities in addiction levels and advocated for awareness initiatives and counselling interventions in educational institutions to alleviate problematic internet usage. This study offers crucial baseline data on internet addiction among Indian teenagers and highlights the necessity for comparison research across different school types.

2 Mahadevaswamy, P., & D'Souza, Lancy (2016)

Mahadevaswamy and D'Souza investigated the incidence of internet addiction among adolescents in Mysore city and its surrounding areas in Karnataka. The survey indicated that a considerable proportion of pupils exhibited high levels of internet usage that may be deemed problematic or addictive. Variations associated with socio-demographic factors were also noted. The authors underscored the significance of including digital literacy and awareness programs into school curricula to mitigate excessive usage. Significance: Emphasizes the prevalence and socio-demographic variables that contribute to addictive usage, hence validating comparisons across various educational settings.

3 Joseph, Jaison; Varghese, Abin; Vijay, V. R.; Dhandapani, Manju; Grover, Sandeep; Sharma, Suresh K.; Singh, Meenu; & Mann, Sucheta (2022)

This systematic review examined studies on problematic internet use among school-aged adolescents in India. The meta-analytic evidence indicated moderate to high prevalence rates of internet addiction across various locations and educational environments. The scientists identified diversity in access to digital gadgets, parental supervision, and academic stress as factors influencing addiction behaviors. They underscored the significance of awareness and intervention initiatives within educational institutions. Significance: Provides consolidated national data and underscores the necessity for focused school-based interventions.

4 Sharma, Priyanka; Bharati, Aditi; De Sousa, Avinash; and Shah, Nilima (2016)

Sharma and associates investigated internet addiction and its correlation with psychopathology in schoolchildren in Mumbai. The findings indicated substantial links between excessive internet usage and emotional difficulties, attentional issues, and academic deterioration. The study advocated for the implementation of organized awareness and psychological support initiatives in educational institutions. Significance: Links internet addiction to academic and behavioral results, underscoring the necessity for comparative analysis.

5 Sahu, Saurabh; & Singh, Kiran (2020)

Sahu and Singh investigated the frequency of internet addiction and its effects on academic performance among Indian adolescents in a survey. The findings indicated that increased addictive tendencies correlated with diminished academic performance. The study examined the influence of school support and parental engagement on mitigating addictive behaviour. Significance: Emphasizes the scholarly consequences of internet addiction and the necessity of nurturing educational settings to mitigate its adverse impacts.

3 Research Methodology

3.1 Research Design

This study employs a descriptive and comparative research design. The approach is appropriate as it seeks to examine the degree of internet addiction among kids in government and private schools without altering any variables.

3.2 Sample Size and Sampling Methodology

- The study sample included 100 pupils, chosen from both government and private schools.
- Students in government schools: 50
- Students enrolled in private schools: 50
- A simple random sample method was employed to guarantee equal representation and reduce sampling bias.

3.3 Method of Data Collection

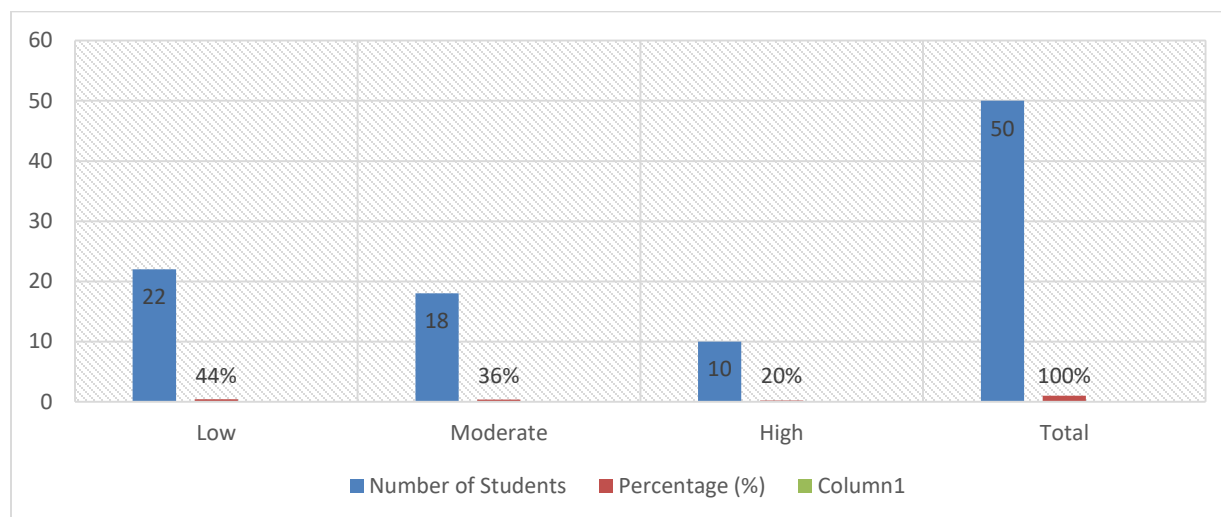
Primary data were gathered by a structured questionnaire focused on internet usage behavior, length of internet use, and indicators of addiction, including excessive screen time, reliance, and academic disruption.

Secondary data were obtained from journals, books, research publications, and internet academic resources.

4 Data Analysis

Table 1: Level of Internet Addiction among Government School Students

Level of Internet Addiction	Number of Students	Percentage (%)
Low	22	44%
Moderate	18	36%
High	10	20%
Total	50	100%

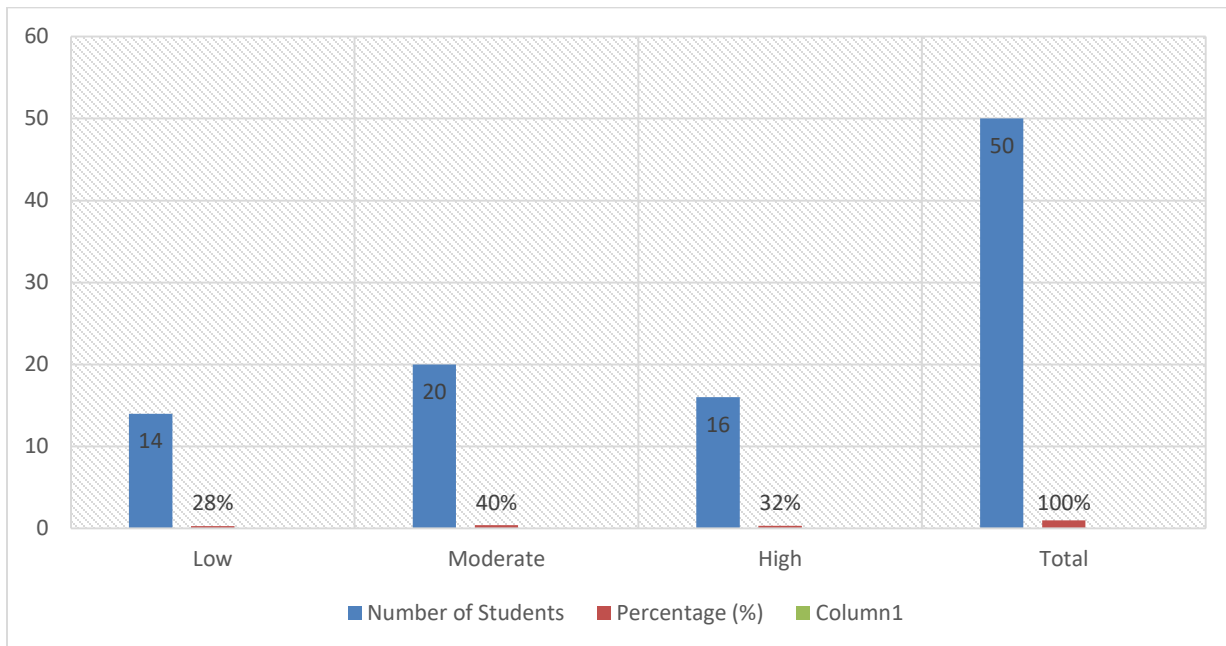


Interpretation

The chart indicates that 44% of pupils in government schools have a low level of internet addiction. Nevertheless, 36% demonstrate moderate addiction, while 20% indicate a severe degree of addiction. This suggests that while internet addiction is present among government school pupils, restricted digital access and organized routines may mitigate excessive usage.

Table 2: Degree of Internet Addiction Among Private School Students

Level of Internet Addiction	Number of Students	Percentage (%)
Low	14	28%
Moderate	20	40%
High	16	32%
Total	50	100%



Interpretation

The chart indicates that merely 28% of private school kids are classified as having low internet addiction, whereas 40% exhibit moderate addiction and 32% demonstrate high addiction levels. This suggests a greater incidence of internet addiction among private school students, likely attributable to enhanced access to digital devices, internet resources, and heightened academic reliance on online materials.

5 Discussion

The comparative analysis distinctly reveals that internet addiction is more widespread among private school kids compared to their government school counterparts. Heightened exposure to smartphones, online learning platforms, and social media substantially elevates addiction levels in private schools. Although students in government schools exhibit signs of addiction, the severity is relatively diminished. The results correspond with previous research emphasizing the influence of digital accessibility and lifestyle variations on internet usage patterns among adolescents.

6 Conclusion

The research indicates that internet addiction is an escalating issue among adolescents, regardless of the sort of school they attend. Nonetheless, kids in private schools demonstrate greater levels of internet addiction than their counterparts in government schools. This disparity can be ascribed to technological accessibility, academic pressure, and lifestyle patterns. The research underscores the necessity for preventive measures at both the educational and familial levels to encourage balanced internet utilization.

7 Recommendations

- Educational institutions ought to implement digital well-being and awareness initiatives.
- Parents ought to regulate screen time and promote offline pursuits.
- Counseling sessions must be arranged for students exhibiting significant levels of addiction.
- Educational institutions ought to advocate for athletics, yoga, and extracurricular pursuits.
- Regular awareness efforts on healthy internet usage should be implemented.

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