

# 7th International Conference on Multidisciplinary Research

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## WhatsApp Addiction & Mental Health Of Kashmir Division Collegians

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**Abstract:** The present study entitled as “WhatsApp Addiction & Mental Health Of Kashmir Division Collegians” attempts to evaluate the effect of social network site WhatsApp on mental health of its users particularly college students. The effects on mental health in terms of neuroticism, extroversion, openness, agreeableness, and conscientiousness are taken up in the research. A few hypotheses were set considering the variables like student gender- male/female, location-urban/rural WhatsApp addiction/not addition, etc. The study was conducted in the colleges of Kashmir division, confined to Govt. Degree Colleges with the consideration of both urban and rural areas. The study is valid and significant on the ground, that no such study has been conducted by any government organization, private organization or individual in Kashmir division so far. To collect the raw data, a sample of 100 students of both sexes and areas from the Universe (Colleges) were obtained. Investigator employed a simple random sampling technique and stratified method for choosing samples from population for investigation. A total of 20 Govt. Degree Colleges were included for the study. A **WhatsApp Addiction Test (WAT)** and **NEO -Five-Factor Inventory- R** tools were administrated by the investigator to elicit the information from the samples. A simple parametric percentage, t-test/F was employed to determine the interpretation and analysis. The hypotheses were tested at 0.05 level of significance. The analysis of data shows that there is significant difference between male and female in terms of addiction besides severe impact on mental health. It also shows that 70 per cent college students have WhatsApp addiction with significant difference in rural-urban inhabitation, more addiction in urban population.

**KeyWords:** Five-factor inventory, Mental Health, WhatsApp addiction, WAT.

### 1. Introduction.

Originally, psychiatrists used the term ‘addiction’ with reference to the use of alcohol or other substances. Addiction refers to the presence of tolerance and withdrawal that hinder affective or psychological functioning. Internet addiction or internet addiction disorder (IAD) is excessive computer use that interfaces with daily life or results in certain problems to its users. It is proposed as a disorder in a satirical hoax.

Like any other chemical addiction, Internet addiction disorders describe various types of successive

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and independent stages through which the individual progresses into an addiction to Internet. The addictive behaviours may not be limited to a single cause, namely, media use but there is a clear relationship with the use of Internet.

Internet addiction is described as an 'impulsive control problem' (Dr. Kimberly Young, WAT). It is defined as four subtypes:

**1. Cyber Sexual Addiction:** They typically engage in viewing, downloading and trading online pornography or involved in adult fantasy role-play chat rooms.

**2. Cyber Relationship Addiction:** They suffer from an addiction to chat rooms; Internet message or social network sites-over involved in online relationship or may engage in adultery. Online friends become more important to them at the expenses of real life relationships.

**3. Net Compulsions:** Addictions to online gaming, online gambling and eBay, which may disrupt other job or education related duties or significant relations.

**4. Information Overload:** Excessive web surfing and data base researches as enormous amount of information available on Internet, individual will spend greater of time searching and collecting data.

The second part of Internet addiction includes cyber relationship addiction, which involves mainly the addiction of social sites (SSAD). The word social sites include Facebook, twitter, WhatsApp, etc. The excessive use of all these sites affects our mind, body, and soul. So due to this giving up the technology was considered by some to be hard as quitting smoking or drinking.

WhatsApp Messenger is a freeware, cross-platform messaging, and Voice over IP (VoIP) service owned by Facebook. It allows users to send text messages and voice messages, make voice and video calls, and share images, documents, user locations, and other media. WhatsApp's client application runs on mobile devices, but is also accessible from Windows and Mac desktop computers; as long as the user's mobile device remains connected to the Internet, they use the desktop app. The service requires users to provide a standard cellular mobile number. Users could originally communicate only with individuals or informal groups on WhatsApp, but in January 2018, WhatsApp released a standalone business app targeted at small business owners, called WhatsApp Business, to allow companies to communicate with customers who use the standard WhatsApp client. (Source: Wikipedia)

## 2. Significance of research?

It is an established fact that, there is no domain of life that has not been touched by internet/WhatsApp. Researchers have noted that heavy internet users seem to be alienated from normal social contacts and may even cut these off, as the internet becomes the predominant social factor in their lives (Beard 2002; Weiser 2001; Widjianto & McMurran, 2004; Young, 1998).

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According to Orzak's opinion (1999), the internet addiction is been aroused when it can produce problems such as occupational, educational, social, family, psychological, financial and physiological problems for an individual and creates significant emotional and behavioral changes as well.

In this present study, the researcher wants to create awareness about dangerous effect of WhatsApp addiction on mental health and personality of the people. The attempt is also made to study the differences between WhatsApp addicted and non-addicted Students in terms of mental health. The researcher assumes that the findings of this study also encourage the development of treatment program for people, which have WhatsApp addiction by finding the factors leading Students to develop WhatsApp addiction. Simply put, the significance of the problem lies in:

- ✓ Since, no significant research has been conducted over the problem - Effect of WhatsApp Addiction on Mental Health among College Students of Kashmir Division till date.
- ✓ To disperse the knowledge about WhatsApp addiction and its consequences.
- ✓ To help people in general and WhatsApp addictioners in particular about various disorders due to over use of WhatsApp and other social media.
- ✓ To make users know about the mental health issues in family due to overuse of WhatsApp.
- ✓ To set the measures to cut down the use of WhatsApp.

### 3. Statement Of The Problem:

Social media on one hand provides platform for one & all to upload, share, and transmit information of any sort; on the other hand has deteriorated youths' competence, ability and thrown them in the disorders of psychology. The overuse of WhatsApp gave birth to many mental health issues, So, the researcher has chosen topic *WhatsApp Addiction & Mental Health Of Kashmir Division Collegians* in which WhatsApp addiction, difference in addition between male/female and impact on mental is investigated in depth.

### 4. Objectives of research

The major objectives of the research are:

- ✓ To Study effect of WhatsApp addiction on college students in relation to their mental health.
- ✓ To find the significance of difference of WhatsApp addiction between male and female students.
- ✓ To find the significance of difference of WhatsApp addiction between rural and urban students.

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## 5. Hypotheses

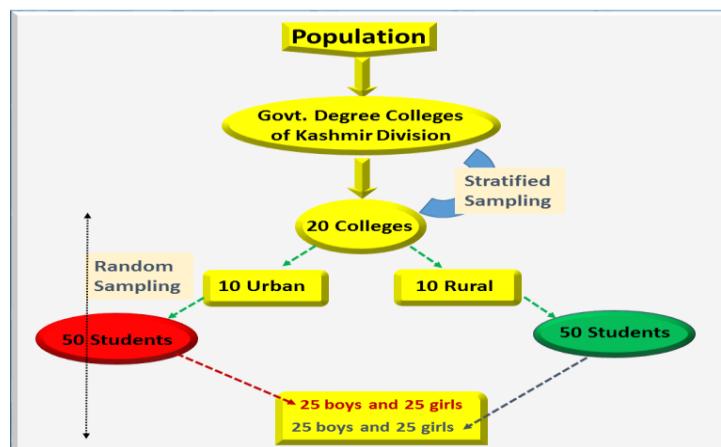
The assumption of the study are that:

- ✓ There is no effect of WhatsApp addiction on college students in relation to their mental health.
- ✓ There is significant difference of WhatsApp addiction between male and female students.
- ✓ There is significant difference of WhatsApp addiction between rural and urban students.
- ✓ The rural college students of Kashmir division have lower level of WhatsApp addiction than the college students of urban locations.
- ✓ The female students are more addicted to WhatsApp than male students in same inhabitation.

## 6. Methodology:

### Sampling:

After reviewing different educational research methods and considering the objectives of study, the researcher decided to bring quantitative/parametric method in use. As the aim of the investigator is to find out the Effect of WhatsApp Addiction on Mental Health among College Students of Kashmir Division for his study. So the investigator, from the population of about 115 colleges in Kashmir Division purposely selected, only 20 of them. First, the stratified sampling were involved for selection of colleges and then simple random sampling was employed to choose the students from colleges. A total of 100 students were sampled for investigation. The colleges were grouped together according to sex and were each assigned numbers to represent each strata of the population. The slips bearing the numbers were then put in a hat and there from each group picked at random. An equal number of 25 boys and 25 girls were picked randomly. In this way, it was thought that it would eliminate bias and that each school would have an equal chance of being picked for the study.



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## 7. Administration of the tools

As the study is quantitative in nature, so the investigator printed all the required material in advance be it scales, tests or questionnaire. The investigator visited the concerned colleges personally, talked to all the respondents freely to gain their confidence, and made them ready for response. Investigator provided all the knowledge about the research besides shown them how to fill the details in the response sheet and are given sufficient time. After completion of time response sheets were collected by the investigator himself and scoring were done by using scoring key. The respondents were given two tests as demanded by the problem i.e.,

WhatsApp Addiction Test (WAT) by Young. K. (1998)

Young's (1998) test of internet addiction is extensively used instrument in psychological researches on internet addiction. This test is a five point rating scale, which consists of 20 items, and the participants are asked to respond them by selecting any one option from number one to five. Here, 1 means 'Not at All', 2 means 'Rarely', 3 means 'Occasionally', 4 means 'Often' and 5 means 'Always'. The score on this questionnaire ranges from 20 to 100. The score of 20 to 39 on this test indicates average use of internet with complete control over internet use, score of 40 to 69 indicates frequent problems due to internet use and score of 71 to 100 shows significant problems due to excessive internet use. This test is having moderate to good internal consistency i.e. alpha coefficient ranges from 0.54 to 0.82. Score on this test was used to divide the participants into two groups, namely, internet addicted (score of 71 to 100) and non-internet addicted (score of 20 to 39).

NEO -Five-Factor Inventory-R by Costa and McCrae (1992)

To measure the five factors of personality such as neuroticism, extroversion, agreeableness, openness, and conscientiousness, a test designed by Costa and McCrae (1992) is used. The NEO Five-Factor Inventory (NEO-FFI; Costa & McCrae, 1992) is an abbreviated 60-item version of the 240-item of NEO-PI-R. The NEO-FFI was constructed by first selecting the 12 items with the largest structure coefficients for each of the five factors (Costa & McCrae, 1992). Subsequently, 10 substitutions were made to permit reverse keying of some items in each scale, diversify item content, and eliminate items with joint coefficients. In a sample of 1,539 employees of a large national corporation, Costa and McCrae found coefficients of internal consistency ranging from .68 for agreeableness to .89 for neuroticism. The test-retest reliability calculated on a sample of 208 college students with an interval of three months shown that the temporal reliability of NEOFFI is good. The test-retest reliability for neuroticism is .79, for extroversion is .79, for openness is .80, for agreeableness is .75 and for conscientiousness is .83

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## 8. Analysis of Data

The collected data, collected by employing mean and t-test techniques and the results were tabulated based on framed objectives. During analysis of the data various parameters were thoroughly considered. The validity and reliability of the tools were again ensured. The processed data was tabulated for easy understanding.

## 9. Result & Discussion:

*Following were the main findings of the research.*

### **H1: There is no effect of WhatsApp addiction on college students in relation to their mental health.**

The data analysis depicts that above hypothesis is false and rejected at 0.05 level of significance, thus alternative hypothesis is selected. It was proven by the analysis of the data that there is severe impact of WhatsApp addiction in relation to their mental health in terms of neuroticism, extroversion, openness, agreeableness, and conscientiousness. About 70 percent cases reveal that they are severely effected by WhatsApp addiction while 30 percent of case fall somewhere mild to moderate category of the WAT Scale.

### **H.2: There is significant difference of WhatsApp addiction between male and female students.**

There is significant difference between male and female college students in Kashmir division as per the analysis of the data and the direction is that female students are more prone to addiction than male students, therefore possess more mental health issues in terms of neuroticism, extroversion, openness, agreeableness, and conscientiousness. Not less than 70 percent WhatsApp addicted female college students have mental health issues in severe category more than that of male students of the same college.

### **H.3: There is significant of difference of WhatsApp addiction between rural and urban students.**

The data analysis revealed that urban students are more addicted to social sites than that of rural area students. Although the percentage is not so high but significant.

### **H.3: The rural college students of Kashmir division have lower level of WhatsApp addiction than the college students of urban locations.**

Already discussed

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