



**A PSYCHOLOGICAL STUDY OF ANXIETY BETWEEN INTERNET ADDICTS AND
NON ADDICTS ADOLESCENTS OF URBAN AND RURAL AREA**

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ABSTRACT:

The present research planned to examined the distinction of uneasiness between Internet addicts and non addicts teenagers of urban and country territory. The exploration was directed over an example of 160 male youths [80 – Internet addicts and 80 – Internet non addicts] of urban and provincial zone, and they were managed the Internet dependence test, Beck uneasiness stock. Information was broke down utilizing t – test. The outcomes revealed that there exists a noteworthy distinction in tension between Internet addicts and non addicts' youths of urban region. As with respect to the country territory Internet addicts and non addicts youths vary fundamentally in their level of nervousness. Web addicts young people observed to be more on edge as contrast with Internet non addicts youths.

KEYWORDS: *Internet Addicts, Adolescents, Anxiety, Area – Urban and Rural.*

1. PRESENTATION

The web association is examined as a major issue in various nations everywhere throughout the world. The web has turned into a fundamental piece of western culture. The utilization of web turns into an every day action for some individuals of all age. Sadly a few people are over subject to the web in their day by day life exercises. At one hand it is a most vital and valuable need of present day individuals while at other hand individuals are debilitated dependent on it. Web dependence is a more typical issue in youths. Another examination has discovered that inordinate utilization of the web is undesirable for teenagers. Web association is particularly huge hazard for 12 to 18 age gatherings (Ozurk et al 2007). "Immaturity is a time of organic, mental and social change and exploring these progressions is distressing for some adolescent.

Youths with passionate and behavioral scatters are likewise more powerless against the negative impacts of web utilize" (Pridsen 2010). Today the utilization of face book, twitter, weblog, wiki, visit, email, web based betting sites, informal organizations and so forth. Make people inteact and increment their sharing on web more. This circumstance influence people to invest more energy to web from this viewpoint



innovative progression is probably going to expand web dependence step by step. 92% of kids younger than 18 play computer games consistently. 56% of clients check confront book in any event once per day. Web clients more often than not see web as vital to their every day life, their investigation, their work.

Fixation:- "A state mental or physiological reliance on some substance, more often than not a medication, bringing about resilience of the medication with the end goal that advance securely bigger measurements are required to acquire a similar impact". Griffiths (1995)

characterized, "Web enslavement as a non compound fixation starting from reconciliations amongst human and machines and included that innovative compulsion is either detached or dynamic inciting and fortifying the attributes encouraging addictive propensities". Web fixation issue is these days perceived as another disorder among therapist investigate core and has given a new region of research. Studies demonstrates that young people, youthfulness, understudies are anything but difficult to get dependent on the web. The web habit impacts their identity they effortlessly got discouraged and feeling irritable when they are far from web. Studies demonstrate that web dependence has developed as a potential issue in youths. Guardians surmise that their youngsters are more controlled at home and endeavor to give more secure condition at home. This can make guardians more adaptable about and tolerant to PC and the web use at home which can make youngsters to end up dependent. "As indicated by the national altitudinal survey the quantity of the media worry for guardians has been moved from TV to the web. 85% of the guardians announced that among all types of media the web represented the most serious hazard to their kids sound judgment media 2006. Nasiri et al additionally trust that such serious web compulsion is because of poor scholastic execution and social association. Web addicts spend more than triple the quantity of hours in web use as look at the non-web addicts. In an examination by Alsanbay (2006), it was discovered that utilizing the web at home expanded inclination to enslavement. Gencer (2011) found the 75% at web addicts approach the web at home. Kormas et al (2011) demonstrated that young people with dangerous web utilize have a tendency to be young men have poor scholastic execution and are more jumped at the chance to get to web at home and web bistros than in school setting. An examination think about which explored understudies web utilize and its effect on their lives found that web addicts detailed more negative outcomes on their day by day schedules. (Cho and Hsiao 2000). The mental writing has exhibited that people who are web dependent regularly experience the ill effects of other mental issue (Yen, Ko wo, Yang 2007). Nasim and Marum (2012) examined the connection between web habit and sadness, tension, stress and social fear among understudies in Isfahan University, result proposed positive relationship amongst's enslavement and the arrangement of these clinical factors. Yadav, Banwari, Parmar and Maniar (2013) considered web habit and its connection among secondary school understudies – A preparatory report from Ahmadabad – India. The outcomes additionally demonstrated that there was a solid positive relationship between's web enslavement and misery, tension and stress. Ahmet and Murat (2011) found that web habit directly affects nervousness, push and discouragement. Behram, Salim, Hussain, Hasseb (2014) revealed that exorbitant utilization of web dependent on it and therefore causes nervousness and worry among clients. Truth be told in this way, it gives the idea that if people can diminish their web compulsion they may diminish their tension level.

In this manner the point of the present examination was to inspect the contrast between web addicts and non-addicts young people on tension.

2. DESTINATIONS

The principle reason for the present research was to examine the distinction of tension between web addicts and nonaddicts teenagers. The goals outfitted as under:

- To inspect the distinction in uneasiness between web addicts and web non-addicts young people of urban territory.
- To inspect the distinction in uneasiness between web addicts and web non-addicts young people of provincial zone.

3. THEORIES

Keeping in see the targets of the investigation following invalid theories surrounded for the present research.

- There won't be any huge distinction between web addicts and web non-addicts youths of urban zone in connection to uneasiness.

- There won't be any huge contrast between web addicts and web non-addicts teenagers of provincial zone in connection to nervousness.

4. STRATEGY

Population and test

The populace for the present research comprises of 160 young people of urban and provincial region of Junagadh locale. In the present research straightforward irregular testing system was utilized for the determination of the young people. The example comprised of 80 young people of urban zone [80 web addicts and 80 web non-addicts] and in addition 80 teenagers of provincial zone [80 web addicts and 80 web non-addicts].

The example was comprise of just male youths. All members were coordinated on the factors of age, sexual orientation, territory, instruction and so forth.

Research apparatuses

Individual data plan created by examiner was utilized to gathered some vital data. Web enslavement test (IAT) youthful. The test is a solid and substantialmajor of addictive utilization of web. To gauge tension, Beck Anxiety Inventory was utilize.

Procedure

The present research lead of 160 male young people of urban and provincial region. In the wake of setting up the report with the members the survey were administrated with the vital guideline and the information was gathered. Every one of the members were guaranteed that their reponses would be kept private.

Data examination

To decipher the crude information, investigations were finished utilizing mean, standard deviation and t-test. The aftereffects of the examinations are exhibited in the table one and two.

5. RESULTS AND DIALOG

The motivation behind the present research was to explore the distinction of uneasiness between web addicts and non-addicts youths of urban and country territory. The examination discoveries depend on the reactions of 160 male young people both: urban and provincial territory (80 web addicts youths and 80 web non addicts teenagers).

Ho1 "There won't be any noteworthy contrast between web addicts and web non-addicts young people of urban region in connection to uneasiness, to survey this theory t-test was utilized. Results from table-1 t-test uncovered a statically critical contrast between the mean number of two gatherings, where aggregate – 1 has (M= 34.20) and amass – 2 has (M= 26.8). The aftereffects of table – 1 uncover that there is critical distinction in the tension of web addicts and non-addicts young people of urban zone as the t esteem (3.5) is observed to be noteworthy at 0.01 level. Thus, the invalid speculation is rejected and its elective theory is bolstered. It unmistakably shows that web addicts youths are more restless then web non-addicts teenagers of urban region.

Ho 2 "There won't be any noteworthy distinction between web addicts and web non-addicts teenagers of provincial region in connection to tension", To evaluate this speculation t-test was connected. Results from table – 2 the mean estimation of tension in the web addicts young people (M= 33.10) is grater than that of web non-addicts teenagers (M= 26.89) of country territory The consequence of t-test connected between the mean scores of web addicts and non-addicts youths' shows that they contrast fundamentally on their uneasiness scores, as the estimation of t-test (2.9) is observed to be critical at 0.01 level. Consequently the invalid theory likewise dismissed. It is additionally show that with respect to the rustic region web addicts young people are more on edge as think about the web non-addicts youths. It is likewise discovered that uneasiness level in web addicts youths are higher than the web non-addicts teenagers. The exorbitant utilization of Internet specifically influences on the level of uneasiness. It obviously conduced that web addicts teenagers are more restless than web non-addicts adolescently of urban and country territory.

Table - 1: Differences on tension between Internet addicts and Internet non Addicts male youths of urban territory:

Male adolescent	No.	Mean	SD	t-value	Sig.
Internet addicts	80	34.20	8.6	3.5	0.01
Non addicts	80	26.81	10.11		

Table - 2: Differences on tension between Internet addicts and Internet non Addicts male youths of provincial zone:

Male adolescent	No.	Mean	SD	t-value	Sig.
Internet addicts	80	33.10	8.02	2.9	0.01
Non addicts	80	26.89	10.8		

6. CONCLUSION

The reason for the present research was to look at the distinction in nervousness between Internet addicts and non addicts male teenagers of urban and rustic territory. The real discoveries of the present investigation demonstrated that Internet addicts pre-adult guys of urban and in addition rustic zone are critical higher on their level of nervousness as think about the non addicts male young people of urban and provincial territory. In light of discoveries it is reasoned that teenagers utilize the Internet at an inordinate rate had an uplifted danger of tension. It additionally propose that expanded levels of nervousness are related with the individuals who wind up dependent on the Internet.

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