

Internet Addiction and its Ties with Social Interaction Anxiety among Sports and Non-Sports Persons

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Abstract: *Internet has become an inseparable part of life nowadays. Circumstantial hearsays have specified that internet users are striking addicted to the Internet in the same way that others became addicted to the alcohol or drugs, consequently, there is loss in academic, social, and occupational scenario. Excessive use of everything is bad and internet is also an example of it. The purpose of the present descriptive study was to investigate the connection between excessive use of internet and social interaction anxiety. To fulfil the purpose a study was conducted on internet addiction and its ties with social interaction anxiety among sports and non-sports persons. Through multistage purposive sampling, a total of four hundred (N=400) sample was stratified into groups viz. sportspersons (N=100) and non-sportspersons(N=100). Both the taken groups were further divided into gender groups as sportspersons (sportsmen N=100 and sportswomen N=100) and non-sportspersons (Men N=100 and women N=100). The subjects were selected from Punjab. Their age was 18-28 years. The data was collected with the help of Young's Internet Addiction Test (IAT) (1998) and Social Interaction Anxiety Scale by Mattick And Clarke (1998) and analyzed with the help of statistical package (SPSS Ver. 16). Apart from descriptive statistics Pearson Product Moment Correlation was applied and level of significance was set at 0.05. Qualitative analyses depicted the significant connection between internet addiction and social interaction anxiety among sports and non-sports persons as the r value. Though the internet is helping modern world to win over many things but it also is creating a big dig into the social relationships. This could be a primary psychiatric condition that needs further line of study.*

Key Words: *Internet, Addiction, Social interaction anxiety, sports persons, non-sports persons.*

I. INTRODUCTION

Internet is turning into a broadly acknowledged channel for data trade and systems administration. It is encountering incredible development and improvement at large and quantities of clients everywhere throughout the nations. The advantages are typically looked into and incorporate staying connected with companions, creating get-away arrangements, overseeing accounts, supporting with instructive needs and so on. Nevertheless, the constructive outcomes of internet, there is developing writing on the negative impacts of its intemperate utilization (Chou and Hsiao, 2000;

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Frangos and Frangos, 2009). Internet habit is a somewhat new research territory, which has less than ten years history. Internet enslavement is characterized as, "an individual's failure to control his or her utilization of the Internet, which inevitably causes mental, social, school, and/or work challenges in an individual's life" (Chou and Hsiao, 2000).

Internet is doubtlessly prompting the new modern upset; with the entrance of 1000 of new comers and adjoins 200 million clients from everywhere throughout the world, today, it is framing an open with monetary rebellion it is truly at the top of the advanced mechanical rebellion and each lord of new revolt as needs be offers increment to new issue. Internet addiction is an expansive idea. To date, there is neither a certain nor a normal importance for this issue. Indeed, even with endeavors made to achieve one institutionalized definition, and expansion in the diagnostic and statistical manual 5 (dsm5), the regarded manual for the determinations of psychiatric issue by the American psychiatric association, trouble building a consistent picture for this issue is regularly experienced via specialist sand clinicians (block, 2008). Youthful (1996) characterize Internet compulsion as a drive control issue like obsessive issue that does not include an intoxicant. Shapira (as referred to in Bastani, 2008) expressed that this possibly another type of fanatical habitual issue. In spite of these irregularities, most scientists accept that the clarification can be clarified by online practices such an excessive amount of utilization to specific applications on the Internet, unregulated/fearful/worrying hours online.

Social anxiety is understood as a product of two associated measurements (Mattick & Clarke, 1998). Social interaction, anxiety, tension has been denoted as the uneasiness or illusion of interacting, team up, and contacting with people. Social interaction anxiety is characterized to be apprehension and evasion of circumstances in society for being watch while giving performance.

After keeping control on the basic disturbances of the social anxiety measurements, just social interaction anxiety showed as in badly connected to different lists of functioning (Kashdan, 2002). It's



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well foretold as social interaction fears and evasion practices will be needed to intervene the launch of positive social experiences and therefore the improvement of disconnections, that function well sprigs with closeness, giggling, social backing, and alternative strengthening results. The anxiety of being socially interacted was connected with lesser particular prosperity, constructive outcome, imperativeness, good faith, trust, reward affectability, and interest even within the wake of dominant for the higher-request variable of characteristic uneasiness (Kashdan, 2002). Simple social interaction fears were known with interest. Interest characterised to be the acknowledgment, interest, and self-control of novel and testing open doors (Kashdan, Rose, & Fincham, 2002).

Social anxiety positions as the third most normal psychological wellness issue after dejection and liquor ill-use (Fur check, 2002). No less than one in every ten persons has sooner or later in their life been influenced by social extent of individuals recognize having encountered at any rate transient social anxiety now and again, transcendently with respect to open talking or performing before others. Social networking could be conceivably unsafe to the individuals (Evgeny, 2009). Social networking are the genuine ruin for individuals who utilize the internet (Andre, 2012). As per improvement of substance-related issue, behavioural addictions, for example, internet utilization issue and obsessive betting are viewed as redundant over the top conduct which progressively transforms into a programmed activity which is hard to control purposefully (Wolflang, 2013).

II. SIGNIFICANCE OF STUDY

This study will also explain the negative consequences of internet addiction if any. Besides that, this study is also important to let the people who are involve to take care of it such as parents and teacher. Through this study, they may start to be aware of this problem so that can try to control their wards/students. This study can provide much information about internet addiction and its relationship with social interaction anxiety. Many employments of the internet and its appeal as of late have prompted the rise of a sensation known as "internet addiction ". Internet itself is an innocuous instrument yet off base use of net may prompt the danger of enslavement which thusly may bring about disturbances in psychological mental health and social interaction Jahanian.J. and Seifury.Z. (2013). Internet addiction (IA) has turned into a broad and risky wonder.

III. OBJECTIVES OF THE STUDY

To find out relationship of internet addiction with social interaction among sports and non-sports persons

IV. HYPOTHESES

There would be a significant relationship of internet addiction with social interaction anxiety among sportspersons

V. DELIMITATIONS OF THE STUDY

The study was delimited to only 18-28 years of age group. The study was restricted to four hundred male and female sports person and non-sports persons from Punjab only.

VI. REVIEW OF RELATED LITERATURE

Korkmaz.O. and, Shin.C. (2011) assessed the relationship between the interaction and audience anxiety levels and internet addiction adults. Total three hundred and eighty-four people were taken as subjects in the present project. Information were collected through the Interaction and Audience Anxiety Scale and Internet Addiction Scale. Descriptive statistics, ANOVA, and Pearson connection coefficient were utilized to get the data analysed($p < .05$). The results obtained were: Both the communication nervousness and gathering of people uneasiness levels of grown-ups were decreased in level. The levels among grown-ups in the ages of 20-29 were higher than the levels among grown-ups in other age-bunches. There was additionally a positive and significant connection between the levels of stress and Internet addiction.

VII. DESIGN OF THE STUDY

This research is a descriptive survey with a field study. 400 males and female subject is selected as a sample of the study with purposive sampling technique from Punjab state. The subject is from 18-28 years of age.

VIII. VARIABLES AND TOOLS

Following standardized tools were selected for the present study:

Young's Internet Addiction Test (IAT) By Young (1998)
Social Interaction Anxiety Scale by Mattick and Clarke (1998)

IX. COLLECTION OF DATA

The data was analyzed and compared with the help of statistical package (SPSS Ver. 16) in which descriptive statistics and Pearson's product moment correlation coefficient method were employed to ascertain the relationship of selected psychological variables of sportspersons and non-sportspersons and level of significance was set at 0.05.

X. FINDINGS

Mean and standard deviation of the selected psychological variables of sportspersons and non-sportspersons were statistically computed. The results have been depicted in Table No.1 and 2.



TABLE 1 . Relationship Of Internet Addiction And Social Interaction Anxiety Among Sportsperson

Group	Number	Mean	S.D.	r' value
Internet Addiction	200	45.58	11.65	0.42
Social Interaction Anxiety	200	29.59	10.26	

The table No.: 1 reveals the relationship of internet addiction and social interaction anxiety variables between among sportsperson. The table shows calculated mean of internet addiction and social interaction anxiety i.e. 45.58 and 29.59 and the standard deviation is 11.65 and 10.26 respectively. The calculated r value is .42 which shows a strong positive relationship between internet addiction and social interaction anxiety of sportsperson. Hence, the hypothesis, which states that there is a significant relationship of internet addiction with social interaction anxiety among sportspersons, has been accepted.

Fig. 1 Relationship of Internet Addiction and Social Interaction Anxiety Among Sportsperson

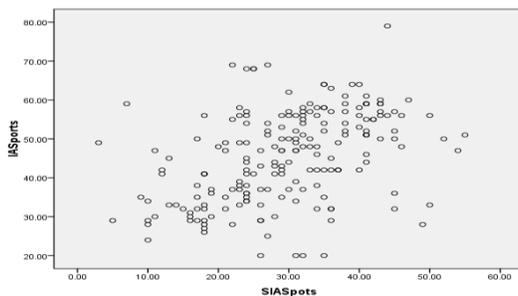


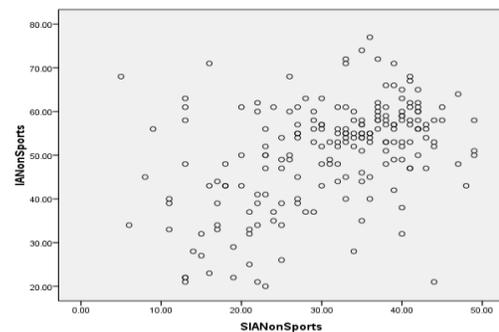
Table 2 . Relationship of Internet Addiction and Social Interaction Anxiety Among Non-Sportsperson

Group	Number	Mean	S.D.	r' value
Internet Addiction	200	50.75	11.74	0.44
Social Interaction Anxiety	200	31.11	9.84	

The table No.: 2 shows the relationship of internet addiction and social interaction anxiety variables between among sportsperson. The table shows calculated mean of internet addiction and social interaction anxiety i.e. 50.75 and 31.11, and the standard deviation is 11.74 and 9.84 respectively. The calculated r value is .44 which shows a strong positive relationship between internet addiction and social interaction anxiety of non-sportsperson. Hence, the hypothesis, which

states that there is a significant relationship of internet addiction with social interaction anxiety among non -ports persons, is accepted.

Fig. 2 Relationship of Internet Addiction and Social Interaction Anxiety Among Non-Sportsperson



XI. CONCLUSIONS

The relationship of internet addiction and social interaction anxiety variables among sportsperson showed calculated mean of internet addiction and social interaction anxiety was found as 45.58 and 29.59 respectively and the standard deviation was recorded as 11.65 and 10.26 respectively. The calculated r value was computed as .42 which showed a strong positive relationship between internet addiction and social interaction anxiety of sportsperson.

The relationship of internet addiction and social interaction anxiety variables among non- sportsperson showed calculated mean of internet addiction and social interaction anxiety recorded as 50.75 and 31.11 respectively, and the standard deviation was 11.74 and 9.84 respectively. The calculated r value was computed as .44, which showed a strong positive relationship between internet addiction and social interaction anxiety of non-sportsperson.

XII. DISCUSSION

Through sports participation people learn to develop environment which are necessary to acquaint the individuals with social, physical and emotional skills by interaction among people. Its psycho-social connections with how the people behave by



gleaning through inspirations, insights, attitudes, views, thoughts, manners, societies, tempers and emotional state, however, additionally with the awareness of organization, associations and among group tasks, certainty and customary purposes, management structures etc. Internet addiction is an urge managing sickness, intoxication of drug is not included in to it and it is badly like one is addicted to gamble. Some of the people may get connected emotionally with other users through using internet. This type of people could be delighted with features of the net that permit them to achieve, entertain, and exchange concepts through the employment of chat groups. Those laid low with net users take virtual myths of network as attached with their real beings but they are not able to link themselves with real people in real life. People want to quit but are addicted to internet in such a way that they are not able to survive without net. Addiction of internet can be the reason of many problems like Carpal Tunnel Syndrome (CTS), dryness of eyes, aching back, head and many other parts of the body and irregular meal intake, skip private hygiene and can have insomnia.

As the results of present study also inline with the findings of Aviv Weinstein et.al (2015) that co-happenings of Internet addiction with social anxiety in young adults was there. The result showed a positive connection of internet addiction and social interaction anxiety. People are social on social networking but very few are there who try to do more social interactions. Though the internet is helping modern world to win over many things but it also is creating a big dig into the social relationships. So, internet should be used when and where required and more emphasize should be given on social interactions of people.

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