

# INTERNET ADDICTION AND SOCIAL ANXIETY AMONG TEENAGERS IN KERALA

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## **Abstract**

*Teenage is a crucial age of a being. In this age lot of physical and emotional changes occur due to this reasons there will be confusions. Internet addiction and social anxiety are two core problems the teenagers in Kerala face. The study states that there is relationship between internet addiction and social anxiety in teenagers of Kerala. The study have been done in a sample of 200 teenage population from different places of Kerala. Today the world is evolving everything is accessible in a finger tip of internet this has lot of merits and demerits. The demerits includes the imbalance of mental health. The study was focused to improve the quality of life and psychological health of teenagers in Kerala. The study concludes that there is significant relationship between internet addiction and social anxiety among teenagers of Kerala.*

**Keyword:** Internet addiction, Social anxiety, Teenagers, Kerala , youth

## **INTRODUCTION**

Teenage is a peculiar age between 13- 19. In this age lot of physical and emotional changes occurs. Teenage builds a individualities personality and what the person in future. Individualities in teenage are more prone to have psychological health problems and exposure to Narcotics and offensive activity . The Internet is a wild and awful place which has ever changed the way we live, learn, and work – but when a person can't find a balance between digital space and their psychological health. Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences( ASAM 2011). Internet dependence is a marquee term that refers to the compulsive need to spend a great deal of time on the Internet, to the point where connections, work and health are allowed to suffer. Internet dependence is when a person has a compulsive need to spend a great deal of time on the Internet, to the point where other areas of life( analogous as connections, work or health) are allowed to suffer. A behavioral pattern characterized by excessive or obsessive online and offline computer use that leads to distress and impairment (American Psychological Association). The person becomes dependent on using the Internet and needs to spend farther and farther time online to achieve the same ' high '. There's a range of behaviours that can be ascertained to as Internet dependence . Other terms for this dependence include Internet addiction complaint( IAD) and net dependence. . Medical opinion is divided on whether Internet dependence exists as a psychological complaint in its own right or whether it's an expression of pre-existing psychological disorders or behavioural problems. Social Anxiety Disorder, also known as Social Phobia, is marked by ongoing and pervasive fear of social atmosphere where uncomfortable might do. Social anxiety disorder (SAD), also referred to as social phobia, is characterized by persistent fear and avoidance of social situations due to fears of evaluation by others(American Psychological Association). While it's common to witness some anxiety in new social situations, individualities with social anxiety disorder feel inviting tone- knowledge, stress , and fear of judgement in day- to- day social relations. SAD prevents individualities from having normal connections and relations. It can also negatively affect normal daily activity . Also, those who suffer from SAD constantly substantiation violent solicitude about forthcoming social situations. Moment the world is inside the internet space everything is accessible in a distance of a touch. As adolescents( 12 – 19 times) and arising grown- ups( 20 – 29 times) access the Internet further than any other age groups and take over a advanced trouble of overuse of the Internet, the problem of Internet dependence disorder is most applicable to immature people. The teenagers of Kerala is facing a mental issue of internet dependence and social anxiety. It is discussed that there is relationship between internet addiction and social anxiety among teenagers in Kerala in the study.

### INTERNET ADDICTION

Internet dependence is defined as an unhealthy geste that interferes with and causes stress in one's particular, academy, and or work life. A behavioral pattern characterized by excessive or obsessive online and offline computer use that leads to distress and impairment (APA). Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences( ASAM 2011). Like other dependences , obsessive Internet operation fully dictates a person's life. Addicts struggle to control their geste , causing a sense of despair, leading them to dive further in their addicting pattern. After some time, addicts come dependent on cyberspace to feel normal. Youthful people are at particular threat of developing internet dependence complaint, with case studies pressing scholars whose academic performance plummets as they spend further and further time online. Some also experience health consequences from loss of sleep, as they stay up latterly and latterly to sputter online, check for social network status updates or to further progress in a game. Inordinate Internet use has not been honored as a complaint by the World Health Organization, the Diagnostic and Statistical Manual of Mental Disorders( DSM- 5) or the International Classification of Diseases( ICD- 11). Still, the opinion of gaming disorder has been included in the ICD- 11. Contestation around the opinion includes whether the complaint is a separate clinical reality, or a incarnation of underpinning psychiatric diseases. Research has approached the question from a variety of shoes, with no widely formalized or agreed delineations, leading to difficulties in developing substantiation grounded recommendations. Some of the signs and symptoms are lack of sleep and redundant fatigue; pull out from lot and social conditioning and events; declining grades; lying about how important time is spent online and what they do there; and general apathy, jitteriness, or perversity when off- line.

### SOCIAL ANXIETY

Social anxiety disorder (SAD), also referred to as social phobia, is characterized by persistent fear and avoidance of social situations due to fears of evaluation by others(APA). Social anxiety disorder is an chronic , continuous fear of being watched and judged by others. This fear can affect work, academy, and other diurnal conditioning. It can indeed make it hard to make and keep peers. The good news is social anxiety complaint is treatable. Social anxiety complaint is a common type of anxiety complaint. A person with social anxiety complaint feels symptoms of anxiety or fear in situations where they may be scanned, rated, or judged by others, like as speaking in public, meeting new people, lovemaking, being on a job interview, answering a question in class, or having to talk to a cashier in a store. Doing everyday effects, similar as eating or drinking in front of others or using a public washroom, also may beget anxiety or fear due to companies about being lowered, judged, and rejected The fear that people with social anxiety complaint have in social situations is so chronic that they feel it's beyond their control. For some people, this fear may get in the way of going to work, attending academy, or doing everyday effects. Other people may be suitable to negotiate these conditioning but witness a great deal of fear or anxiety when they do. People with social anxiety complaint may worry about engaging in social situations for weeks before they be. Occasionally, they end up avoiding places or events that beget stress or induce passions of embarrassment. Social anxiety complaint( SAD) affects 1 out of 3 adolescents between 13 and 18 times old. Over 19 million people across America suffer from social anxiety complaint( SAD) moment. It's the most common anxiety complaint and third most common psychological health complaint in the country.

### OBJECTIVES

- To assess the Internet addiction and social anxiety among teenagers in Kerala
- To assess the relationship between internet addiction and social anxiety among teenagers in Kerala

### HYPOTHESES

- There exists a significant relationship between internet addiction and social anxiety among teenagers in Kerala
- There is no significant relationship between internet addiction and social anxiety among teenagers in Kerala

### SAMPLE

A total of 200 individuals were randomly Selected. The sample was drawn from different places of Kerala age group of 13-19.

### RESULT & DISCUSSION

**Table 1: Mean, Median, Mode, Standard Deviation and T value of Loneliness and Compulsive Eating among Children**

	Number	Mean	SD	T value
Internet addiction	200	3.40	0.99	5.93**
Social anxiety	200	3.31	1.10	2.28*

**Table 2: 'r' value of internet addiction and social anxiety among teenagers**

	r value
Internet addiction and social anxiety	0.39**

Significant at 0.01 level

The study examined the relationship between internet addiction and social anxiety among teenagers in Kerala. The findings of the study shows that there is relationship between internet addiction and social anxiety among teenagers in Kerala. So the null hypothesis is accepted. Internet addiction and social anxiety are one of the psychological problems that teenagers face today. The t value of internet addiction is 5.93 and t value of social anxiety is 2.28. The r value of internet addiction and social anxiety shows 0.39 which is significant at 0.01 level. And it has been discussed that there is significant relationship between internet addiction and social anxiety among teenagers in Kerala as the teenagers are backbone of our country this psychological problem influence their personal and social life and growth of the country in future.

## CONCLUSION

The study aims to assess the relationship between internet addiction and social anxiety among teenagers in Kerala. The study was conducted in 200 individuals belonging in teenage from different places of Kerala. And the results shows that there is significant relationship between internet addiction and social anxiety among teenagers in Kerala. As internet addiction and social anxiety are one of the main Psychological issues in teenage the study has a relevant value and further this study can be used in the field of digital wellbeing of teenagers.

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