

A Study on Online Addictive Behaviour and Academic Stress among Students during Covid-19 with Special Reference of Mysore City

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Abstract

The COVID-19 epidemic has had an impact on a variety of facets of daily life. One of them is people using the internet more and more, particularly social media. Those who use the internet frequently run the risk of developing an addiction to it. In this study, the stress levels and internet usage of college students were investigated. This study employed a quantitative correlational technique based on surveys. The study's sample size comprised college students from the State University of Malang. The Online Addiction Test and the Perceived Stress Scale-10 modified for COVID-19 were used in this study to measure the stress related to the COVID-19 pandemic and internet addiction, respectively. Data analysis was done using product moment correlations. The COVID-19 pandemic caused a lot of stress, exhibited a strong connection ($r = 0.333$; $p 0.0001$) with internet addiction in college students. This implies that those who are more anxious about the COVID-19 outbreak are more likely to develop an online addiction.

Keywords: Online Addiction, Academic Stress

I. INTRODUCTION

(2019 Wang C) Students have been connected to increased levels of stress, worry, and unhappiness as a result of the COVID-19 epidemic. Furthermore, students who fell ill during the outbreak may have suffered more psychologically as a result of their fear of COVID-19 infection.

Students may engage in lengthy and problematic gaming, social media, and smartphone usage at home when they are experiencing considerable psychological distress.

IA is a major public health concern worldwide, especially in Asia. J. M. Fegert, who are unable to enrol in online programmes or finish homework are experiencing academic stress, forcing them to fall behind their peers in their studies. As a result, tales of despair, anxiety, and, in some cases, suicide attempts among children and teenagers have surfaced, all of which are fuelled by academic stress and fears about the future. As the Internet era has

developed, Internet use has become more common in China.

(1998, Kandel) Internet use, according to Suhail and Bargees (2006), promotes education by improving contacts between students and teachers, The primary goal of this study is to see if internet addiction affects students' academic performance. Previous studies on teen internet use have tended to focus on the issue of online addiction. Chao and Hsiao (2000) Excessive Internet use, often known as Internet addiction, has been shown to harm one's physical health, personal life, and academic performance. A decline in study habits, a significant drop in grades, and other academic troubles are all caused by Internet addiction.

(2012) (Das and Sahoo) Excessive use of the Internet, often known as Internet addiction, has been linked to unfavourable outcomes in studies. 1.5 billion people have profiles on social networking sites in today's world. Everything appears to be fine when you make a profile on a social networking site, but how do

you feel when someone begins blackmailing you using your personal information? Your boss has threatened to fire you if you post unpleasant comments on social media. You can't stop yourself from checking your LinkedIn profile during work hours. The use of social media has become a source of anxiety and addiction. It starts to affect personal interactions, such as those with one's spouse and family. Such websites expose a person's personal and financial information.

Problematic internet use, according to the report, will have a negative impact on high school students' performance in a variety of subjects. 2011 (Esen and Siyaz) This hypothesis expresses the significance of the research. As previously indicated, the majority of the related literature is based on studies conducted with university students and adults. On the other hand, adolescent students are claimed to use the internet more frequently (ztürk, Odabaşolu, Eraslan, Genç ve Kalyoncu, 2007).

(Y. F. Chen and S. Peng, 2008). Heavy and non-heavy Internet users differ greatly on a variety of criteria. The finest ties with administrative departments, academic grades, and learning satisfaction were found among Internet heavy users. Heavy Internet users were more likely than non-heavy Internet users to be depressed, physically ill, lonely, and introverted.

Definition: online addiction is defined as the inability to control a desire to use the internet excessively. Decreased time spent without internet access, increased anxiety and hostility when prohibited, and continued worsening of social and family life(David B et al).

(Auerbach and Grambling) stress as an unpleasant state of emotional and physiological arousal that individuals experience in situations that they perceive as dangerous or threatening to their well-being.

II. REVIEW OF LITERATURE

1. April to June 2015, Nayanika Singh. "Internet Addiction, Mental Health, and School Students/Adolescents' Academic Performance" Every child aspires to excel in school, whether academically or in other

areas. Overworking, topic complexity, and other factors all play a role in a student's performance. As a result of information technology, students now face a new kind of obstacle. This is primarily due to a rise in e-learning and its applicability in modern life among adolescents. The goal of the most recent study is to see how internet addiction affects students' mental health and academic performance. The study enlisted the participation of 100 high school pupils. Internet addiction has a significant impact on students' academic performance and mental health, according to the conclusions of this study.

2. "Depression: Findings from a Literature Review of Ten Years of Social Media and Depression Research," by Julissa Murrieta, was published in March 2018. Despite the fact that social media usage is widespread among students and depression is a worry for many immigrants and young adults, they uncovered few studies that focused specifically on college students, and no studies on immigrant teenagers or school immigrants. The majority of the research focused on Twitter and general social media usage and used qualitative approaches (rather than special social platforms). They presented four research gaps, explained why they are significant, and discussed how future research could begin to fill them.
3. The Study on," Impact of the COVID-19 Pandemic on the Psychological Distress of Medical Students in Japan: Cross-sectional Survey Study," Yoshito Nishimura(et al.2021). The COVID-19 outbreak has harmed medical education. Howe A cross-sectional study was conducted. 717 medical students participated in the online survey. Whatever the case may be, there is little information available on medical students' apprehension during the outbreak. Medical students may be overburdened as a result of the rapid shift to online education. As a result, we recommend that teachers remind students that online

- learning is not inferior to in-person learning, and that this may help to reduce sadness and anxiety.
4. Teng Guo et al. are a group of researchers who have worked on a number of different projects (2022), "Surf or sleep? Understanding the impact of campus bedtime practises," according to the study. Poor sleep patterns can lead to major mental and physical issues, and it's a typical problem among college students as a result of increased workload and peer and social pressure. In educational management, understanding the impact and recognising kids with bad sleeping habits is critical. To begin, we create a Passion-based probabilistic mixture model to group students based on their bedtime distribution and identify pupils who are accustomed to staying up late. Second, we use campus behaviour data to profile students on five categories (including eight dimensions) and develop Bayesian networks to investigate the link between behavioural features and sleeping habits. Finally, we put our knowledge to the test. We put sleeping habits to the test to see how predictable they are. This research not only adds to our understanding of student sleep from a cognitive and behavioural standpoint, but it also introduces a new approach that may be used by many educational institutions to detect students' sleeping patterns.
 5. Battal GLDAG (2022). The goal of this study is to see if there's a link between digital burnout and stress among university students. The information was obtained through the use of the internet. The information was obtained through the use of the internet. In total, 925 students volunteered to participate in the study. Students' digital burnout is above average, and their felt stress is moderate, according to the findings of the study. Students who use their phones to access the Internet have a higher rate of digital burnout than those who use a desktop or laptop. Undergraduate students are more likely than graduate students to experience digital fatigue. Digital burnout and stress levels among students remain unaffected.
 6. Yosef Zenebe is a well-known figure in the Jewish community (et.al2021), The study, titled "Prevalence and associated factors of internet addiction among undergraduate university students in Ethiopia: a community university-based cross-sectional study," looked at the Internet addiction is a common problem among university students, and it has a negative influence on cognitive functioning, leads to poor academic performance and dangerous behaviour, and can create anxiety and stress. A modified version of the regular addiction mode governs behavioural addictions. The goal of this study is to find out how common internet addiction is among Ethiopian university students, as well as other relevant variables. The study's main purpose was to find out how common internet addiction is among Ethiopian university students, as well as what variables contribute to it.
 7. Patel, Vishal K. (2019), "Report on Internet Use Characteristics, Perceived Stress, and Internet Addiction Among First-Year Medical Students of Jamnagar, Gujarat, India," according to the study. Teenagers' stress levels are elevated by internet addiction, which interferes with scholastic performance and other tasks. The goal of this study was to see if there was a link between internet addiction and perceived stress among first-year medical students. A total of 200 first-year medical students took part in this cross-sectional and observational study. We gathered information on internet usage and socioeconomic level. The quantity of tension was calculated using the perceived stress scale. The data was analysed with the use of relevant statistics. The distribution of overall length of internet use, time and money spent on the internet was studied using multiple regression

analysis the internet, internet devices utilised, perceived stress, and online addiction was also revealed to be statistically significant.

8. "Stress and coping methods in postgraduate medical students: A medical college-based study," Manjiri C Datar (et al., 2017). Stress refers to our bodies' emotional and physical reactions to changes and challenges in our life, as well as their ability to adapt to them. A stressor is defined as any real or imagined physical, social, or psychological incident or stimulation that causes our body to react or respond. The emotional and physical response and adaptability of our bodies to stress is known as stress. The purpose of this study was to look into the perspectives of postgraduate medical students on stress, coping skills, and psychological morbidity. This was a cross-sectional study of all postgraduate students who were willing to participate at this medical institution and hospital. They were asked to fill out a pre-made proforma that assessed socio-demographic data and stress levels. The perceived stress scale, as well as proper COPE strategies and psychological aspects, were utilised to evaluate stress. Stress is our bodies' mental and physical response to real or imagined changes and problems in our life, as well as our ability to adjust to them. There was also a link between high stress levels and psychiatric illness, as well as the use of dysfunctional coping strategies.
9. Chandra Yamini (2021), "Online education during COVID-19: perceptions of academic stress and emotional intelligence coping methods among college students," according to the research. Governments all across the world have shut down all academic institutions to stop the spread of sickness, which has a direct impact on students, educators, and institutions. Pupils are perplexed by the rapid transition from physical to virtual environment. The goal of this study was to look into students' views of academic stress in today's online learning environment, as well as their emotional intelligence-based coping techniques.
10. Ratanasiripong, Paul, and others (2020), The study "Impact of psychosocial factors on nursing students' academic performance in Thailand" The purpose of this study is to investigate the psychosocial factors that influence nursing students' academic success. — 767 pharmacy students from three Thai pharmacy schools participated in a cross-sectional survey. The Rosenberg Self-Esteem Scale and the Counselling Centre Assessment for Psychological Symptoms were two of the tools employed. Path model studies, using the maximum likelihood approach, were used to investigate the proposed model. The chi-square, ratio, and comparative fit index were among the indices employed to measure model fit. Family difficulty, mental discomfort, low self-esteem, and alcohol usage were all found to have an impact on nursing students' academic performance, according to the research. According to the findings of the path analysis, the model suited the facts well.
11. Mohsen Azizi, Seyyed Mohsen Azizi, Seyyed Mohsen Azizi, and Seyyed Mohsen (2019), The study, titled "The association between social networking addiction and academic performance in Iranian medical students: a cross-sectional study," looked at "the relationship between social networking addiction and academic performance in Iranian students of medical sciences." Social media has had a major impact on student achievement in recent years. As a result of these networks, students from all backgrounds face both opportunities and obstacles. After being addicted to social networking and seeing how it influenced students' academic performance, the researcher was inspired to conceive and conduct this study. The researchers wanted to discover if there was a link between social networking addiction

and academic achievement in Iranian pupils. This cross-sectional study employed a stratified random sample of 360 pupils. The Bergen Social Media Addiction Scale is a tool that measures how addicted people are to social media. As research tools, personal data forms were used. Additionally, the pupils' cumulative grades from the preceding academic quarter were utilised to determine academic progress. The data was analysed using SPSS-18.0, as well as descriptive and inferential statistics.

12. G. Nikpour et al., "Identity Style and Academic Burnout in Students with Internet Addiction", Nikpour G et al., "Identity Style and Academic Burnout in Students with Internet Addiction", as people who may have a large impact on a country's current situation and, particularly, its future, are obviously more vulnerable to cyberspace's dangers. As a result, the purpose of this research is to see if student internet addiction is influenced by identity kinds or academic tiredness. To investigate this, we used correlation research, as well as Pearson and regression statistical approaches. And, from among all students at the Islamic Azad University of Sari, three sample groups of 155 persons were chosen at random as examples and utilised to gather data from the ISI Browinsky identification questionnaire, as well as to analyse the questionnaire's educational value and effectiveness to evaluate the Kimberly Young questionnaire's Internet addiction test.

OBJECTIVES OF THE STUDY

1. To know the perception of Online Addiction of the student's reference to Mysore city.
2. To know the perception of Academic Stress level of the student's reference to Mysore city.
3. To test on the significant difference on online addictive behaviour based on age

and gender of the students with special reference to Mysore city.

4. To test on the significance difference on academic stress based on age and gender of the students with special reference to Mysore city.
5. To know the correlation among the Online Addiction and Academic stress among Students with reference to Mysore city.

III. METHODOLOGY

A survey method has been used to find out the correlation among the Online Addiction and Academic stress among Students with special reference of the Mysore city. The sample size of the study was 200 students. Simple random technique was used to conduct study.

SOURCES OF DATA

Primary source of data was collected by questionnaire.

TOOLS FOR DATA COLLECTION

In order to collect data for the study, a set of questions must be answered by respondents within a given window of time, and the researcher must also respond to the questionnaire.

TOOLS USED

Online Addiction

Likert type scale was used here with a 5-point scaling method where (5) is for Strongly agree (4) Agree (3) Neutral (2) Disagree (1) Strongly disagree. This scale includes of 20 items.

Academic stress

Likert type scale was used here with a 5-point scaling method where (5) is for Strongly agree (4) Agree (3) Neutral (2) Disagree (1) Strongly disagree. This scale includes of 20 items.

STATISTICAL TECHNIQUES USED

Descriptive Statistics
T-test
Corelation

DATA ANALYSIS AND INTERPRETATION

- To know the perception of Online Addiction of the student's reference to Mysore city.

Descriptive Statistics

N	Minimum	Maximum	sum	Mean	St. Deviation
200	20	95	10850	54.25	12.322

Interpretation

There are minimum and maximum values of 20 and 95 in Table 1, and the aggregate total is 10850. The N value is 200, with a mean of 54.25 and a standard deviation of 12.322. So, this chart shows that there is a significant degree of internet addiction among students with a specific reference to Mysore city.

- To know the perception of Academic Stress level of the student's reference to Mysore city.

N	Minimum	Maximum	Sum	Mean	St. Deviation
200	34	93	13092	65.46	10.877

Interpretation

In order to get an idea of the amount of academic stress felt by students in Mysore city Table 2 shows that the N value is 200, the minimum value is 34, the maximum value is 93, and the total value is 13092, with a mean value of 65.46 and a standard deviation of 10.877. As can be seen from the data in this table, students in Mysore have a very high level of Academic Stress. To find out what the students think about Mysore's academic stress level.

- To test on the significant difference on online addictive behaviour based on age and gender of the students with special reference to Mysore city.

Students on online addiction based on age:

Independent Sample Test

age	N	mean	St. Deviation	t	P-value
Online 1	87	53.91	11.211	-.344	.732
2	113	54.51	13.157	.351	

Students on online addiction based on gender:

Gender	N	Mean	St. Deviation	t	P-value
Online 1	88	55.07	12.236	.832	.407
2	112	53.61	12.406	.833	

Interpretation

To determine if there is a significant age difference in online addiction behaviour, we used data from Mysore city schools. The N number is 87,113, the mean age is 53.91, and the overall P value is 732.88,112 samples were used, with a mean of 55.07, 53.61 and a p-value of 407 to determine if there is a significant gender difference in internet addiction.

- To test on the significance difference on academic stress based on age and gender of the students with special reference to Mysore city.

Academic stress based on age

Age	N	Mean	St. Deviation	t	Sig (2-tailed)
Stress 1	87	63.67	10.429	-2.063	.040
2	113	66.84	11.057	-2.078	

Interpretation

An age-related difference in academic stress is observed in the data shown in the preceding table. The N value is 87,113, the mean is 63.67, and the P-value is .040, which is higher than the theoretically permissible threshold of 0.05. Students' age and gender will be compared to see whether there is a significant difference in academic stress depending on their age.

Academic stress based on gender:

Gender	n	Mean	St. Deviation	t	p-value
Stress 1	88	64.72	10.621	-857	.392
2	112	66.04	11.086	-861	

Interpretation

To see whether there is a significant difference in academic stress behaviour based on gender of students in Mysore, the N value is 88,112 and the mean value is 64.72, 66.04 and the P value is 392, there is no significant difference in academic stress behaviour based on gender.

- To know the correlation among the Online Addiction and Academic stress among Students with reference to Mysore city

Correlation

	online	Stress
online Pearson correlation	1	.390**
Sig.(2-tailed)	200	.000
N	200	200
Stress Pearson correlation	.390**	1
Sig. (2 - tailed)	.000	200
N	200	200

** . Correlation is significant at the .01 level(2-tailed).

To determine the relationship between internet addiction and academic stress among students in Mysore. In online 390, the Pearson correlation is 1, 200. The Pearson correlation for stress is 390,000,200, and the stress level is 1,200.

IV. FINDINGS

- There are minimum and maximum values of 20 and 95 in Table 1, and the aggregate total is 10850. The N value is 200, with a mean of 54.25 and a standard deviation of 12.322. So, this chart shows that there is a significant degree of internet addiction

among students with a specific reference to Mysore city.

- In order to get an idea of the amount of academic stress felt by students in Mysore city Table 2 shows that the N value is 200, the minimum value is 34, the maximum value is 93, and the total value is 13092, with a mean value of 65.46 and a standard deviation of 10.877. As can be seen from the data in this table, students in Mysore have a very high level of Academic Stress. To find out what the students think about Mysore's academic stress level.
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- To determine if there is a significant age difference in online addiction behaviour, we used data from Mysore city schools. The N number is 87,113, the mean age is 53.91, and the overall P value is 732.
- 88,112 samples were used, with a mean of 55.07, 53.61 and a p-value of 407 to determine if there is a significant gender difference in internet addiction.
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- To see whether there is a significant difference in academic stress behaviour based on gender of students in Mysore, the N value is 88,112 and the mean value is 64.72, 66.04 and the P value is 392, there

is no significant difference in academic stress behaviour based on gender.

- To determine the relationship between internet addiction and academic stress among students in Mysore. In online 390, the Pearson correlation is 1, 200. The Pearson correlation for stress is 390,000,200, and the stress level is 1,200.

V. SUGGESTIONS

Reduce the number of times you check for new updates. You may rapidly get addicted to constantly checking your phone for updates on the news and social media, which might actually make you more anxious than you already are. Pay attention to how you're feeling and modify appropriately to the limit you've set for yourself. For patients, non-patients, caretakers, as well as healthcare professionals, COVID-19 is a source of concern since it has a high infective potential as well as the ambiguity of its symptoms and prognosis as well as the government-imposed limitations.

VI. CONCLUSION

After the COVID-19 epidemic, college students' gaming habits significantly rose during the lockdown period that followed. This was linked to test anxiety and the idea that gaming might assist alleviate it. These findings demonstrate the need of focusing on students' coping styles in order to determine whether or not they are more likely to engage in gaming as a stress-relieving strategy.

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