

1. Anjali Yadav  
2. Prof. Jyoti Tiwari**Status of Frustration Level among Internet Addicted Young Adults and Internet Non-Addicted Young Adults**

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**Abstract:** : Today, the prevalence of Internet Addiction (IA) is increasing among college-going young adult students and the psychological health of college-going young adult students is reduced with the increasing severity of IA. Aim: This study aimed to understand the Status of Frustration Level among Internet Addicted Young Adults and Non-Internet Addicted Young Adults in Uttarakhand, India.

**Materials and Methods:-** This cross-sectional study was carried out on 100 students of H.N.B. Garhwal University of Srinagar, Uttarakhand, during the year 2023. All participants were recruited through a Stratified Convenience sampling method.

**Key Words:** Psychological Health, Frustration, Internet Addicted Young Adult and Non-Internet Addicted Young.

Kotensic states, "Frustration is the feeling of being blocked or thwarted in satisfying a need or attaining a goal that the individual perceives as significant." Frustration behaviour lacks goal -orientation, a feeling of intensive need deprivation and has a different set of behaviour mechanisms which appear senseless due to its compulsive nature (Chouhan and Tewari, 1973). Carroll (1962) said, "Frustration is the condition of being thwarted in the satisfaction of motive". According to Good (1950), "Frustration means emotional tension resulting from blocking of a desire or need." According to Barney and Lehner, "Frustration refers to failure to satisfy the need because of either condition in the individual or eternal obstacles." Frustration has been defined as a psychological state which results from the blocking of a goal-directed activity (Kisker, 1964); thwarting of a need or desire (Coleman, 1974) as a hypothetical construct produced either by some inhibitory condition or by an excitatory tendency leading to accumulation of strength (Brown and Farber, 1951).

The Internet is a neutral instrument which had been created for facilitating research among scientific and military institutes, but nowadays, people's methods of using the Internet have created a major problem for the psychological health of society. Nowadays, playing computer and video games has become the major form of young adult entertainment, in which males play these games more regularly than females. Screen time (like television, computers, smartphones, video games, and tablets) can lead to behavioral health problems, and they are more likely to have disturbances in sleep duration (Parent, Sanders, & Forehand, 2016). The excessive use of it can create some problems, one of the diseases is IA Internet Addiction (Kim, 2013; Parent et al., 2016; Sredniawa et al., 2015).

IA causes feelings of self-alienation with its weakness and inability to do affairs of life and escape from society. And, some studies indicated; excessive violence, aggression, behavioral changed habits, disregarding personal hygiene, no interest in attending the community and risk of migraine headaches and neurological symptoms are some causes of IA which are associated with a more introspective character (Cash, Rae, Steel, & Winkler, 2012; Kim, 2013; Parent et al., 2016; Sredniawa et al., 2015). In the background of the increasing use of the internet in Asian countries, the study of psychological health in internet-addicted users seems to be vital since its outcomes can be used in people's teaching and training from their early relation with the internet and proper use of information. In the present study, the researcher wants to create awareness about the dangerous effect of IA on the psychological health of people. An attempt is also made to study the differences between internet-addicted and non-internet-addicted Indian and Indian students in terms of psychological health. The researcher assumes that the findings of this study also encourage the development of treatment programs for people with internet addiction by finding the factors leading a person to develop IA.

**OBJECTIVES-** The objective of the study was to understand the Status of Frustration Level among Internet Addicted Young Adults and Non- Internet Addicted Young Adults of Uttarakhand.

**METHOD OF INVESTIGATION- Participants and Sampling method-** A comparative study was conducted with a sample size of 100 young adult students of the age group 17 to 24. Among these 100 respondents, 50 (25 Male & 25 Female) were Internet Addicted young adult students and 50 (25 Male & 25 Female) were Non-Internet Addicted young adult students. The sample was selected using the convenience sampling method from graduation-level students from H.N.B.Garhwal Srinagar University, Uttarakhand. Permission was taken from the respective Department authorities for data collection and subsequently, consent was taken from the adolescents who were willing to participate in the research.



**Tools Used- The 2 scales used to measure the responses of the sample were-**

- 1) Smartphone Addiction Scale: Developed by Dr. Vijayashree and Dr. Masaud Ansari, used to investigate Internet addiction among students. It measures 6 dimensions of Internet addiction namely - Compulsion, Forgetfulness, Lack of attention, Depression and Anxiety, Disturbed hunger/sleep and Social withdrawal.
- 2) Frustration Scale: Developed by Dr. Subhash Sarkar and Dr. Sukhlal Prasad, measures frustration in 10 dimensions - Repression, Aggression, Tension, Resignation, Fixation, Regression, Apathy, Compromise, Withdrawal and Restlessness.

**DATA ANALYSIS-**

- 1) The responses of the participants were scored as per the instructions given in the test manuals.
- 2) The raw scores were used for the analysis of the obtained data.
- 3) Statistical analysis of the data was performed by performing mean, SD, t-test, and chi-square test on the data using SPSS version 20.0 software.

**RESULTS AND DISCUSSION-**

Table 1: shows that the mean score of Internet Addiction in Internet Addicted adolescents is 21.02 (SD = 07.69) and the mean score of Internet Addiction of Non-addicted adolescents is 11.61 (SD = 08.28). The mean difference was found to be 09.41.

**Table 1: Mean score and S.D. score of the two groups: Internet Addicted Students & Non-Internet Addicted Students on Internet Addiction Test.**

Groups	N	Mean	S.D.
Internet Addicted Students	50	21.02	7.69
Non-Internet Addicted Students	50	11.61	8.28

Table 2: Comparison of Frustration in Internet Addicted Students & Non-Internet Addicted Students on the based on their gender.

Groups	Gender	N	Mean	S.D.	t-Value
Internet Addicted Students	Male	25	24.02	10.13	1.78*
	Female	25	18.04	07.93	
Non-Internet Addicted Students	Male	25	14.78	11.04	0.02
	Female	25	11.08	07.47	

\* Significant at p<0.05 level

Table 2: Shows a significant difference in the mean scores of both groups (Internet-addicted and non-Internet-addicted) male and female participants (p<0.05). That is, the frustration level among the students who were internet addicted was higher than the non-addicted students.

Table 3: Comparison of the Severity of Frustration in Internet Addicted Students & Non-Internet Addicted Students on the based on their gender.

Groups	Gender	Severity of Frustration		? 2
		Below average	Above Average	
Internet Addicted Students	Male	10 (40%)	15 (60%)	6.74*
	Female	06 (24%)	19 (76%)	
Non-Internet Addicted Students	Male	17 (68%)	08 (32%)	0.63
	Female	14 (56%)	11 (44%)	

\* Significant at p<0.05 level

In Table 3: There was a significant difference (P<0.05) in the participants living with Internet Addiction. Close examination of the table reveals that 76% of female participants had higher frustration levels than males. Although Male students' levels of rage were also found to be noticeably greater. Howells, K. et al. (2005). Significant differences in anger intensity and expression patterns according to major and gender were discovered by Holahan et.al.1987.

**CONCLUSION-** The level of frustration was found to be severe in the Internet Addicted Students with respect to their gender, female participants had more anger issues in comparison to males.

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