

Internet Obsession Leading To Insomnia Among Sports and Non-Sports Persons

Dr. Aruna Rani

Assistant Professor,
Lovely Institute of Education,
Lovely Professional University,
Phagwara, Punjab, India

Abstract

Internet has become an inseparable part of life nowadays. Circumstantial hearsays have specified that those who use internet are strikingly addicted to the Internet in the similar mode 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 main focus of the current descriptive study was to investigate the connection between excessive use of internet and insomnia. To fulfill the purpose a study was conducted on internet obsession linking to Insomnia 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 Insomnia: Bergen Insomnia Scale By S. Pallesen (2008)) and analyzed with the help of trial version 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 obsession and insomnia 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.

Keywords: Internet, Addiction, insomnia, sports persons, non-sports persons.

Introduction

Sleep can be defined as a state of unconsciousness during which the perception of sensory and other types of stimuli are diminished. In order to maintain a good mental health, a healthy sleep is mandatory for every person. Insomnia is a health issue that interrupts the continuity of normal life and can lead to other problems. A wide spectrum of cognitive problems and a nervous temperament are likely to appear after a long sleepless term. Individuals suffering with insomnia often encounter problems like difficulty in perception and memory, difficulty in learning and a decreased sense of risk perception. Furthermore, sleeplessness can increase the risk of cardiovascular diseases, diabetes, cancer and can even result in death.

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).

The Internet has advanced into "social innovation" that is ceaselessly difficult analysts to study its impacts on abundant certainties of societal living (kraut et al., 1998). The matter that pulls in nearly all controversy has all the earmarks of being if the Internet is appealing or hurting support in group living and societal relationship. A few scholars highlight its instructive viability, guaranteeing that online collaborations liberate clients from customary limitations, for example, time and spot, which brings about more continuous and enhanced social relationship. In any case, it is additionally contended that the Internet may help societal segregation, limit legitimate societal relationship and even prompt Internet habit, to the last burden of individual welfare. Whether male and females equally meet the positive or negative impacts of Internet utilization is additionally a matter of hobby. The Internet has generally been a learning subject via mail clients. Studies have demonstrated that ladies are less intrigued by computers the men and show less certainty, and men have been indicated to have all that much experience

(Shashaani, 1997). There is conceivable then for the genders to show definite examples of connections between Internet utilization and social welfare.

Sleep deprivation, or restlessness, is a slumber issue in which there is a failure to nod off or to stay unconscious the length of desired. While the term is once in a while used to depict an issue exhibited by polysomnographic or actigraphic proof of aggravated slumber, this slumber issue is regularly for all intents and purposes characterized as a positive reaction to both inquiries regarding trouble in resting, falling and staying asleep.

Significance of the Study

This research will be focused on negative results of internet obsession. In addition to it, the research is also significant to aware the people who are stakeholders. By using the results of this research, awareness to internet addiction will increase and the parents and teacher or whosoever is the stakeholder can find solution to this menace. This research can spread awareness to a great extent about internet addiction and its association with insomnia. 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.

Objectives of the Study

To find out association of internet addiction with insomnia among sports and non-sports persons

Hypotheses

1. There would be a significant relationship of internet addiction with insomnia among sportspersons
2. There would be a significant relationship of internet addiction with insomnia among non-sportspersons

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

Review of Related Literature

Yonus et. al (2016) explored a study on internet obsession as well as its ties with sleep, mood disturbances and self-esteem can pose as an obstacle in the academic record, affect their long-standing occupational expectations and include large and unfavorable outcomes for the world. The study aimed to ascertain latent Internet addiction in pupil of institution of higher education, and linked factor, to see the link between latent Internet Addiction, sleep depriving disease. This research, a cross-sectional questionnaire-based survey, had been applied on six hundred pupils of three disciplines: medicine, dentistry and pharmacy. Valid and highly reliable questionnaires had been employed first is the Young Internet Addiction scale and the other is the Insomnia Severity Index. The result showed significant co relational linkage between Internet Addiction and insomnia. Thus, recommended to find the remedies for both internet addiction and insomnia.

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

Variables and Tools

Following standardized tools were selected for the current study

1. Internet Addiction: Young's Internet Addiction Test (IAT) By Young (1998)
2. Insomnia: Bergen Insomnia Scale by S. Pallesen (2008)

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.

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 Insomnia among Sportsperson

Group	Number	Mean	S.D.	r' value
Internet Addiction	200	45.58	11.65	0.23
Insomnia	200	16.16	08.20	

The table no. 1 reveals the relationship of internet addiction and insomnia variables between among sportsperson. The table shows calculated mean of internet addiction and insomnia i.e. 45.58 and 16.16, and the standard deviation is 11.65 and 8.20 respectively. The calculated r value is .23 which shows a weak positive relationship between internet addiction and insomnia of sportsperson. So the hypothesis, which states that there is a significant relationship of internet addiction with insomnia anxiety among sportspersons, is accepted.

Table 2. Relationship of Internet Addiction and Insomnia among non-Sportsperson

Group	Number	Mean	S.D.	r' value
Internet Addiction	200	50.75	11.74	0.27
Insomnia	200	16.34	6.70	

The table no. 2 depicts the relationship of internet addiction and insomnia variables between among sportsperson. The table shows calculated mean of internet addiction and insomnia i.e. 50.75 and 16.34, and the standard deviation is 11.74 and 6.70 respectively. The calculated r value is .27 which shows a weak positive relationship between internet addiction and insomnia of sportsperson. So the hypothesis, which states that there is a significant relationship of internet addiction with insomnia anxiety among non sports person, is accepted.

Conclusions

1. The relationship of internet addiction and insomnia variables among sportsperson showed calculated mean of internet addiction and insomnia i.e. 45.58 and 16.16, and the standard deviation was 11.65 and 8.20 respectively. The calculated r value was .23 which showed a weak positive relationship between internet addiction and insomnia of sportsperson.
2. The relationship of internet addiction and insomnia variables among sportsperson showed calculated mean of internet addiction and insomnia i.e. 50.75 and 16.34, and the standard deviation was 11.74 and 6.70 respectively. The calculated r value was .27 which showed a weak positive relationship between internet addiction and insomnia of sportsperson.

Discussion

Through sports participation people learn to develop environment which are necessary to acquaint the individual's physical fitness and proper sleep pattern. 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. 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 current study also in line with the findings of Yonus et.al (2016) that co-happenings of Internet addiction with insomnia in young adults was there. The result showed a positive connection of internet addiction and insomnia. It is recommended that students with internet addiction are identified and given guidance services. It is recommended that physical and social environments be provided in order to ensure that internet and virtual communication tools are used for academic

aims more often and individuals focus on their real-life relationships more than virtual relations in their social lives. In order to reach this goal, it is recommended that families, school management and teachers work in collaboration.

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