

Internet Addiction

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Abstract- The Internet is a highly useful tool among college going students whether be it an educational purpose such as information search, study, or socialization like communicating, sharing, etc. but excessive use of the internet can have negative effects on an individual as well such as poor self-acceptance and sense of impostorism. The objective of the study was to find a relationship of Internet addiction with Self-acceptance and impostorism. A focused study was carried out in an online method. Among college-going students and young working adults, a total of 145 individuals, using the internet for at least an year. Young's Internet addiction test consisting of 20 items, Berger's self-acceptance scale of 36 items and Leary's impostorism scale of 7 items were used to assess the co-relation. After analyzing 145 forms, it was found that the Internet was negatively correlated with Self-acceptance ($r = -0.592$) and was positively correlated with Impostorism ($r = 0.578$).

Keywords- impostorism, internet addiction, Berger's self-acceptance.

I. INTRODUCTION

Internet usage is now being used by 5.07 billion people worldwide or 63.5 percent of the world's population. The number of internet users also continues to rise, with the most recent data showing that over 170 million additional people were online globally in the year leading up to October 2022. Less than 3 billion people worldwide are now "unconnected" to the internet, with the bulk of them living in Southern and Eastern Asia as well as Africa. However, this indicates that there is still a lot of work to be done before the globe achieves the objective of "universal access," and the effectiveness of people's internet access is also a crucial factor. However, the number of internet users is still growing at a pace of 3.5 percent annually. By the close of 2023, 2/3rd of the world's population should be online, according to the latest projections.

The usage of the internet is one of the key elements influencing university students' academic performance and social lives, claim Asdaque, Khan, and Rizvi (2010). Depending on whether students use the internet for social or academic purposes, the number of hours spent online will have an impact on their scores.

Students can join online forums, discuss concepts and solutions, and learn from the expertise and experiences of others. According to studies, when virtual engagement increases, face-to-face communication between individuals decreases, which may result in loneliness and despair.

A research found a link between sadness and the amount of time spent on online social networking. The authors noticed that as time spent on social networks has grown, depression ratings have gone up (Balouch, et al., 2019).

Another study was conducted which showed that self-esteem impacts the relationship between avoidant attachment and impostorism and the relationship between anxiety attachment and impostorism. Also, self-compassion does not show any effect on the relationship between insecure attachment styles and impostorism and moderates only the relationship between anxiety attachment style and self-esteem. (Nasim Rezaei, Mohammadreza Tamannaefifar, 2022). Fear of failure and difficulty accepting praise were found to be the key attributes of impostorism including through concept analysis.

Impostorism antecedents relate to personality, attribution, family, workplace, and socio-demographic variables. Concept analysis reports that a conceptual definition comes forth of impostorism as a subjective, inaccurate self-assessment that involves feelings of intellectual, and professional incompetence and fraudulence despite external evidence of success. (Jennifer M. Barrow MSN, RN, CNE, 2018) and individuals having low self-esteem were more vulnerable to internet addiction than the ones with high self-esteem. There was a significant correlation between internet addiction and perceived

social support. Persons with low self-esteem or social skills are exposed to internet addiction more than others; they desire to have an identity for themselves or rank in the figurative space of the internet. (Laila Naseri, Jalal Mohamadi, Koroush Sayehmiri, and Yosra Azizpoor, 2015).

Whereas severity of self-identity confusion and the severity of internet addiction were positively associated. For programs aiming to lower the risk of internet addiction, the cardinal objective should be the early detection and intervention of self-identity confusion. To reduce the risk of internet addiction, interventions providing relational safety, support self-validity and self-exploration may be helpful for self-identity confusion. (Kuan-Ying Hsieh, Ray C. Hsiao, Yi-Hsin Yang, Kun-Hua Lee and Cheng-Fang Yen, 2019).

Similarly it is confirmed that self-esteem has effects on the risk of Internet addiction. It has been found that the introduction of coping strategies as a mediator gives rise to partial mediation. The avoidance-oriented coping style could be adapted as a result of low levels of self-esteem which affects the risk of Internet addiction. Those individuals who use the Internet regularly as an object of gratification for personal needs are more at risk for Internet addiction. (Rocco Servidio, Ambra Gentile, Stefano Boca, 2018).

There exists a significant negative relationship between internet addiction and social acceptance level. Individuals with low levels of acceptance give less importance to relations and being together. A significant positive relationship exists between neurosis and psychosis and internet addiction, while there is no relationship between extroversion and internet addiction do not. The people belonging to these groups usually tend to be headstrong and opinionated, irrational, have low self-esteem, and are prone to feelings of guilt. The presence of these traits and lack of ability to be involved in life's problems satisfactorily and efficiently impairs their degree of adaptability with others and eventually getting addicted to the internet. Internet addiction is more vulnerable as the psychosis personality trait in individuals increases. These individuals are identified as aggressive, antisocial, determined, and self-centered and these traits induce them to have an internet addiction. (Ghasem Askarizadeh, Ali Amiri and Mahsa Karamoozian, 2015).

The increasing positive and negative effects of internet usage among college-going students create a vacuum to find out various downfalls it can result in.

In a nutshell, one might say that they utilize the internet in many aspects of everyday life. Their behavioral style is quickly evolving as a result. Utilizing this kind of technology also reorganizes their social and economic lives, in addition to their cultural shift. As a result, this study's objectives are to assess how utilizing the internet has affected college-going students of Manipal University Jaipur Rajasthan. therefore the objective of this study is to find out the effect of internet addiction on self-acceptance and a sense of imposter among students.

II. METHODOLOGY

This chapter refers to the procedure adopted for the collection of data and its analysis. The methodology forms the core of all the research studies. No planning of educational research can be completed without a detailed investigation design. This section deals with the methodological details of the research entitled " The Effect of Internet Addiction on Self-Acceptance and Imposterism " which are organized under the following major headings:

Rationale of the Study:

The research was done to analyze the relationship between Internet Addiction, Self-Acceptance, and Imposterism in people of the age group 17-28. Intensive research has suggested a relationship between Internet Addiction and Self Esteem but no research has taken Self-Acceptance under consideration. As for Imposterism, Social media has been contributing to the imposter syndrome according to research, but there has been no research based on the other way around, assessing the effect of Internet Addiction on Imposterism. So, to analyze the effect of both Self-Acceptance and Imposterism on Internet Addiction.

Statement of the problem:

This study broadly investigates the relationship between Internet Addiction, Imposterism, and Self-Acceptance.

Objectives of the study:

To examine the relationship between Internet Addiction and Self-Acceptance

To examine the relationship between Internet Addiction and Imposterism

Hypotheses of the study:

H1:- There is a positive correlation between internet addiction and imposterism.

H2:- There is a negative correlation between internet addiction and Self-acceptance.

Sample:

Individuals aged 17-28 were chosen to participate in this study. There were 117 respondents, and the average age was 21.14018692; with 50.4% female, 47.9% male, and 1.7% others. All individuals in the sample had decent educational qualifications and participated voluntarily.

Tools:

The study included three variables: Internet Addiction, Self-Acceptance, and Imposterism. The effect of Internet addiction was studied with two dependent variables— Self-Acceptance and Imposterism. The participants of the study completed the Internet Addiction Test (IAT), Self-Acceptance Scale, and Imposterism Scale.

Internet Addiction Test:

The Internet Addiction Test (IAT; Young) is a psychometric instrument used to measure the presence and severity of Internet Addiction among adult individuals. Dr. Kimberly Young, a professor at St. Bonaventure University and director of the Center for Internet Addiction Recovery, developed the IAT to assess Internet Addiction symptoms in a variety of test settings.

The IAT uses self-report measures to assess the compulsive use of the Internet in adults and adolescents. The scale was developed by adapting the DSM-IV criteria for Gambling Disorder. It is a modified version of the 8-item Young's Internet Addiction Diagnostic Questionnaire (IADQ). According to the IAT, Internet Addiction is viewed as an impulse-control disorder and the term "Internet" encompasses all types of online activity. It is the most widely used Internet Addiction scale, all over the globe, translated for different cultures in several languages like English, Chinese, French, Italian, Turkish and Korean, expanding its scope of application.

IAT is designed in keeping mind the behavior of an Internet user who utilizes technology frequently. The scale contains 20 items measuring behaviors associated with excessive use of the Internet that includes compulsivity, escapism, and dependency. The questionnaire also assesses issues related to addictive use in personal, occupational, and social functioning. The 20 questions in the scale for Internet Addiction are randomized and each item is responded to with the option that best describes the respondent. The statements are weighted along a Likert scale that ranges from 0 = less extreme behavior to 5 = most extreme behavior.

The total score of the IAT ranges, with a maximum score of 100, with the higher score representing the higher level of severity of Internet compulsivity and addiction. Scores ranging from 0-30 are considered to represent a normal level of Internet usage; 31-49 indicate the presence of a mild level of internet addiction; 50-79 indicates the presence of a moderate level of internet addiction; and 80-100 scores indicate a severe dependence upon the internet.

Several studies have been published to validate the Internet Addiction Test (IAT). Widyanto and McMurrin found that the subscales showed moderate to good internal consistency, with Cronbach's alpha coefficients ranging from 0.54 to 0.82. The Spearman-Brown value was calculated as 0.86.

Self-Acceptance Scale:

One of the foundational scales of self-acceptance was created in 1950 by researcher Emanuel M. Berger. It is called the self-acceptance scale, later it was improvised into Expressed Acceptance of Self and Others scale (1952), which was a 64 items scale; 36 for the self-acceptance scale and 28 for the acceptance of others scale. Following the similar pattern of the previous scale where all items in the self-portion are rated on a scale from 1 (not at all true of myself) to 5 (true of myself). A higher score on the scale represents greater self-acceptance.

Reverse the scoring for items 2, 7, 15, 21, 25, 27, and 32, then add the 36 total scores.

Greater self-acceptance is indicated by higher scores. 1-110 is indicative of a poor image of oneself, whereas 111-150 is considered typical. Scores between 151 and 180 indicate good self-acceptance. These people believe they are deserving and certain.

Imposters Scale The Leary Impostor Scale (LIS; Leary et al. 2000) is the latest instrument to be created. It features seven items and a stated alpha of .87. The Leary Impostor Scale correlates between .70 and .80

All items are rated from 1 to 5 with following meanings:-

- 1 = Not at all characteristic of me.
- 2 = Slightly characteristic of me.
- 3 = Moderately characteristic of me.
- 4 = Very characteristic of me.
- 5 = Extremely characteristic of me.

Procedure:

A Google Forms was developed containing items of all tests. It was circulated during the months of October and November to collect data for this study. The form contained all the items and response alternatives written precisely. The form was distributed on several social media platforms, including WhatsApp, Instagram, and others. The sample's 117 participants filled out the Google Form and provided data on the three variables being studied. The responses were organized in an excel file using Microsoft Excel. After the data was collected, scoring was done by the manual's instructions.

Data Analysis:

The obtained data were analyzed using Pearson Correlation Calculator and SPSS. The Pearson correlation coefficient and regression were calculated to find out the relation between Internet Addiction, Self-Acceptance, and Imposterism.

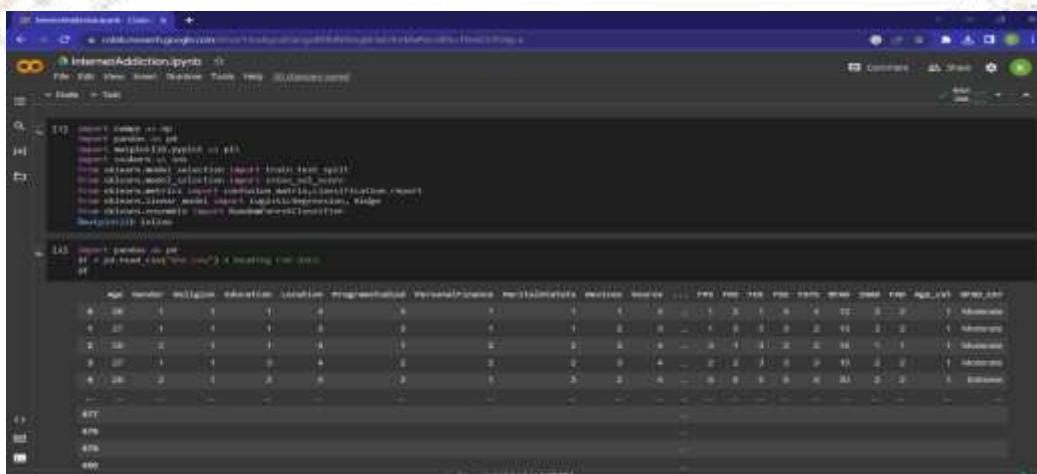


Figure 1

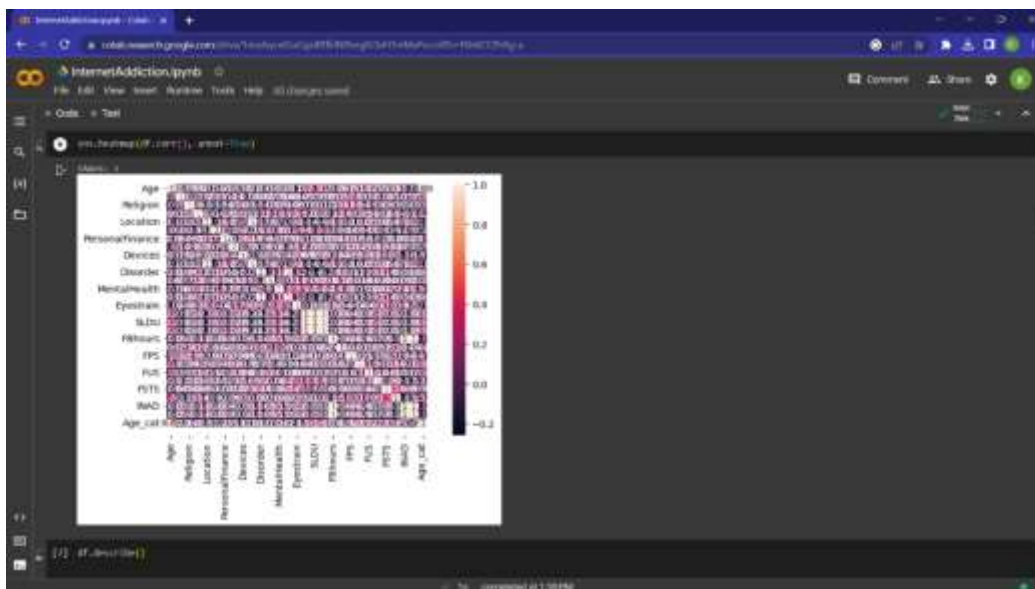


Figure 2

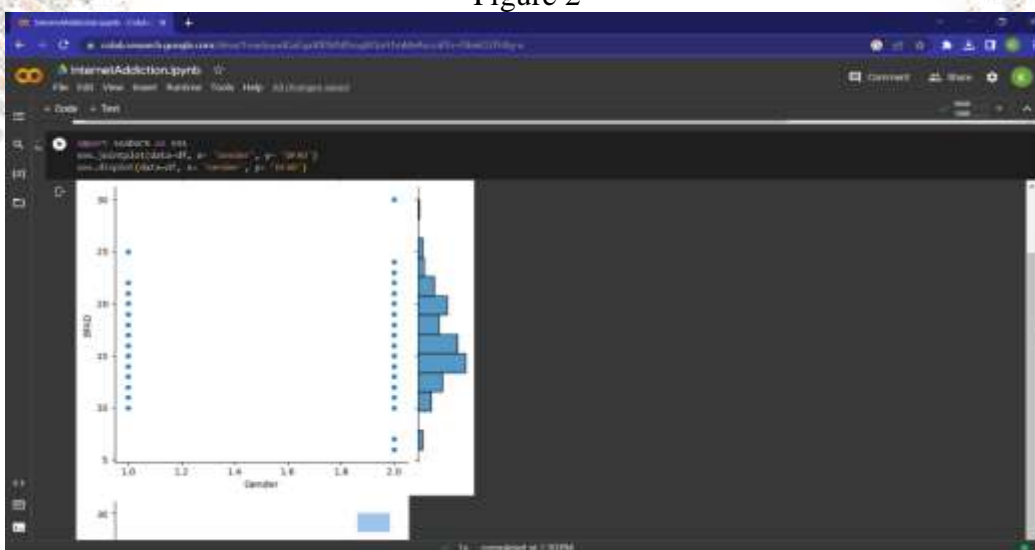


Figure 3

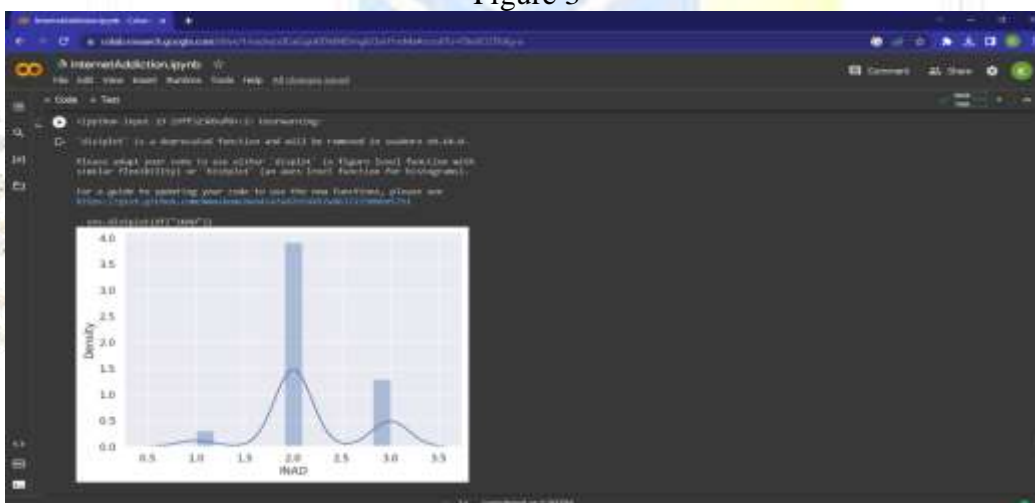


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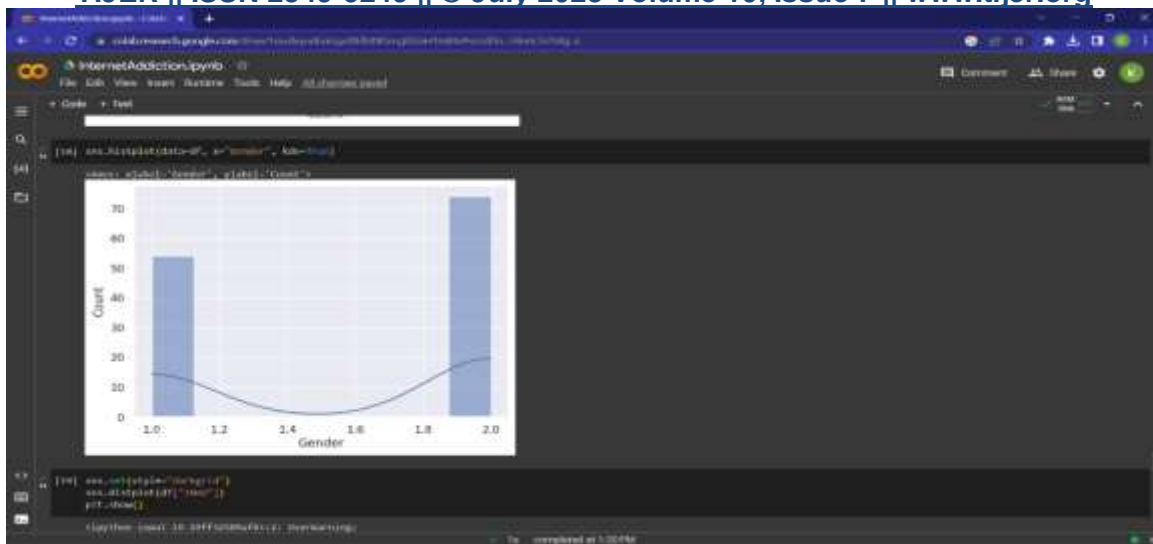


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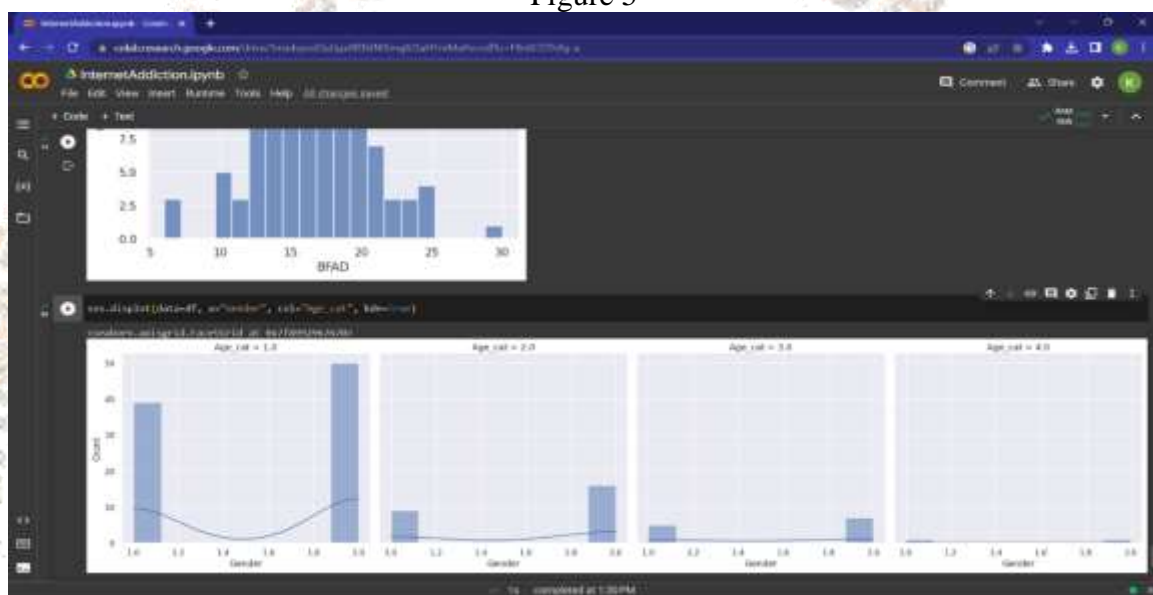


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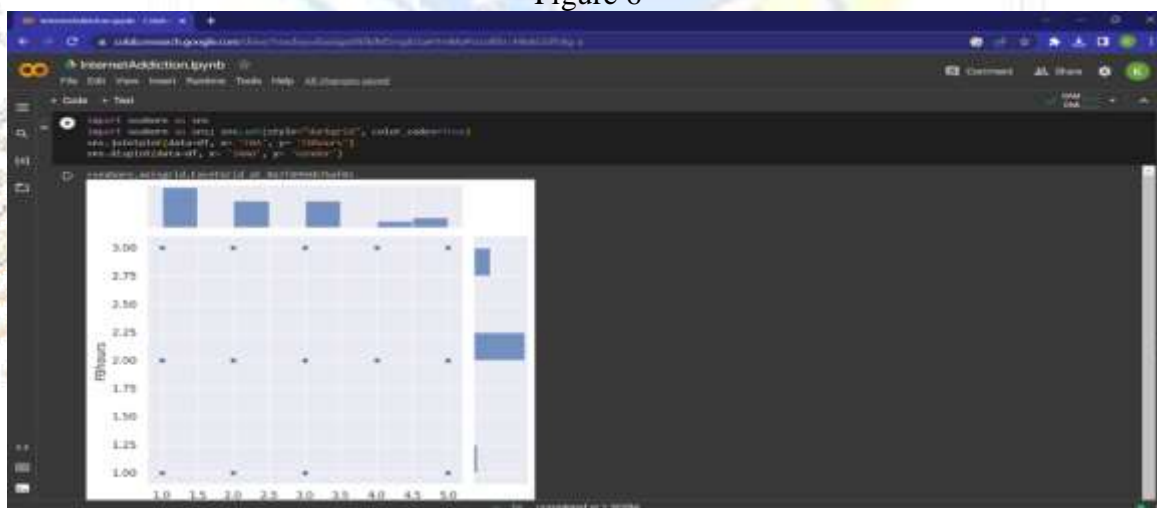


Figure 7

III. RESULT

The table below represents the number of samples, the average, and the standard deviation of the 3 scales:

Table 1 : Descriptive Statistics

	N	Mean	Std. Deviation
Internet Addiction	115	36.41	14.771
Imposterism	115	14.54	6.129
Self-acceptance	115	124.97	21.865
Valid N (listwise)	115		

Among the constant sample number of 115:

In the variable of Internet addiction – The average is 36.41 and 14.771 is the standard deviation.

In the variable of Imposterism – The average and standard deviation are 14.54 and 6.129 respectively.

In the variable of Self-acceptance – The average and standard deviation are 124.97 and 21.865 respectively.

The graphic representation below denotes the descriptive statistics of the study’s three scales: Internet addiction, Imposterism, and Self-acceptance.

Table 2 : Correlations of the scales

		Internet Addiction	Imposterism	Self-acceptance
Internet Addiction	Pearson Correlation	1	.578**	-.592**
	Sig. (2-tailed)		.000	.000
	N	115	115	115
Imposterism	Pearson Correlation	.578**	1	-.708**
	Sig. (2-tailed)	.000		.000
	N	115	115	115
Self-acceptance	Pearson Correlation	-.592**	-.708**	1
	Sig. (2-tailed)	.000	.000	
	N	115	115	115

** . Correlation is significant at the 0.01 level (2-tailed).

Significant correlation between internet addiction, imposterism, and self-acceptance

Internet addiction and imposterism – positive significant correlation; moderate strength – one increases other increases

Internet addiction and self-acceptance – negative significant correlation; High strength – one increases other decreases.

The graph below represents the data mentioned regarding the correlations among the used scales: -

Regression – Internet Addiction and Impostorism

Model Summary

Model	R	Adjusted R Square	Std. error of the Estimate	Change Statistics					
				R Square Change	F Change	df1	df2	Sig. F Change	
1	.578 ^a	.334	5.024	.334	56.701	1	113	.000	

a. Predictors: (Constant), Internet Addiction

Table 3 :

Internet addiction contributes to a 32.8% variance in Imposterism

Regression – Internet Addiction and Self-acceptance

Model Summary

Model	R	Adjusted R Square	Std. error in the Estimate	Change Statistics			Sig. F Change	
				R Square	F Change	df1		df2
1	.592 ^a	.351	17.695	.351	61.063	1	113	.000

a. Predictors: (Constant), Internet Addiction

Internet addiction contributes to a 34.5% variance in self-acceptance

The graphic representation of the pie chart below explains the variance of internet addiction with self-acceptance and with imposterism.

Table 4 : Skewness and Kurtosis of the given data

	<i>Internet addiction</i>	<i>Imposterism</i>	<i>Self-acceptance</i>
<i>Kurtosis</i>	2.547486	-0.59355	-1.0709
<i>skewness</i>	1.214038	0.496843	0.076195

The above is the graphical representation of the skewness and kurtosis of Internet addiction, Imposterism, and self-acceptance.

IV. DISCUSSION

The objective of this study is to find out the relationship between Internet addiction imposterism, and self-acceptance. This study was majorly conducted on college-going students and young working adults, due to the heavy indulgence of this age group in internet usage.

Hypothesis. There is a positive correlation between internet addiction and imposterism.

There is a negative correlation between internet addiction and Self-acceptance. The correlations of Internet addiction, Imposterism, and Self-acceptance were found using Pearson’s correlation and the results were analyzed to discover the positive or negative correlations among the variables. Results

indicate a positive relationship between Internet addiction and imposterism and a negative relationship between internet addiction and Self-acceptance.

Relationship between internet addiction and imposterism among young adults: The first hypothesis states that there is a positive correlation between internet addiction and imposterism. The results confirm that there is indeed a positive correlation between internet addiction and imposterism. The r value is 0.578 which indicates higher the level of internet addiction, the higher the feeling of imposterism in an individual. If a person is too indulged in internet usage, the more they feel they don't belong where they reside. Hence, the first hypothesis is proven to be true.

Relationship between internet addiction and self-acceptance among young adults: The final hypothesis states that there is a negative relationship between internet addiction and self-acceptance. The results confirm that there is a negative correlation between internet addiction and self-acceptance. The r value of the correlation between the two variables comes out to be -0.592 suggesting that a higher level of internet usage leads to a depletion of self-acceptance in an individual. This indicates the fact that the lower the use of internet usage, the higher the feeling of self-acceptance would be. Therefore, a person considered to spend less time on the internet has better levels of self-acceptance about their identity. Hence, the final hypothesis is proven to be true as well. This observation also relates to another study by Laila Naseri which stated individuals having low self-esteem were more vulnerable to internet addiction than the ones with high self-esteem. There was a significant correlation between internet addiction and perceived social support. Persons with low self-esteem or social skills are exposed to internet addiction more than others; they desire to have an identity for themselves or rank in the figurative space of the internet. (Laila Naseri, Jalal Mohamadi, Koroush Sayehmiri, and Yosra Azizpoor,

V. CONCLUSION

The study was undertaken with the motive to identify internet addiction among young adults, their self-acceptance, and feelings of imposterism along with the relationships between internet addiction and the other two variables of imposterism and self-acceptance in an individual.

For analysis of the data, Pearson's correlation was used where the results indicate that internet addiction is positively correlated with feelings of imposterism and negatively correlated with self-acceptance.

Limitations:

The sample size was limited and conclusions cannot be generalized.

The study was only undertaken with urban populations.

Rapport with each participant wasn't possible due to the online form of data collection.

The sample only consisted of English speakers.

Suggestions:

The same study can be conducted in a larger population to generalize the conclusion if the hypothesis comes out to be true.

Multilingual scales should be used to target a broader spectrum population.

Similar studies can be done on internet addiction.

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Appendix 1:

INTERNET ADDICTION TEST

Name _____

Male _____ Female _____

Age _____ Years Online _____ Do you use the Internet for work? _____ Yes _____ No

This questionnaire consists of 20 statements. After reading each statement carefully, based upon the 5-point Likert scale, please select the response (0, 1, 2, 3, 4 or 5) which best describes you. If two choices seem to apply equally well, circle the choice that best represents how you are most of the time during the past month. Be sure to read all the statements carefully before making your choice. The statements refer to offline situations or actions unless otherwise specified.

0 = Not Applicable

1 = Rarely

2 = Occasionally

3 = Frequently

4 = Often

5 = Always

1. ___ How often do you find that you stay online longer than you intended?
2. ___ How often do you neglect household chores to spend more time online?
3. ___ How often do you prefer the excitement of the Internet to intimacy with your partner?
4. ___ How often do you form new relationships with fellow online users?
5. ___ How often do others in your life complain to you about the amount of time you spend online?
6. ___ How often do your grades or school work suffer because of the amount of time you spend online?
7. ___ How often do you check your email before something else that you need to do?
8. ___ How often does your job performance or productivity suffer because of the Internet?
9. ___ How often do you become defensive or secretive when anyone asks you what you do online?
10. ___ How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?
11. ___ How often do you find yourself anticipating when you will go online again?
12. ___ How often do you fear that life without the Internet would be boring, empty, and joyless?
13. ___ How often do you snap, yell, or act annoyed if someone bothers you while you are online?
14. ___ How often do you lose sleep due to being online?
15. ___ How often do you feel preoccupied with the Internet when off-line, or fantasize about being online?
16. ___ How often do you find yourself saying "just a few more minutes" when online?
17. ___ How often do you try to cut down the amount of time you spend online and fail?
18. ___ How often do you try to hide how long you've been online?
19. ___ How often do you choose to spend more time online over going out with others?
20. ___ How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back online?

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Self-Acceptance Scale

- 5= Not at all true of myself
- 4= Slightly true of myself
- 3= About halfway true of myself
- 2= Mostly true of myself
- 1= True of myself

- ___ 1. I'd like it if I could find someone who would tell me how to solve my personal problems.
- ___ 2. I don't question my worth as a person, even if I think others do.
- ___ 3. When people say nice things about me, I find it difficult to believe they really mean it. I think maybe they are kidding me or just aren't being sincere.
- ___ 4. If there is any criticism or anyone says anything about me, I can't take it.
- ___ 5. I don't say much at social affairs because I'm afraid that people will criticize me or laugh if I say the wrong thing.
- ___ 6. I realize that I'm not living very effectively, but I just don't believe I've got it in me to use my energies in better ways.
- ___ 7. I look on most of the feelings and impulses I have towards people as being quite natural and acceptable.
- ___ 8. Something inside me just won't let me be satisfied wit any job I've done- if it turns out well, I get a smug feeling this is beneath me, this isn't a fair test.
- ___ 9. I feel different from other people. I'd like to have the feeling of security that comes from knowing I'm not too different from everyone else.
- ___ 10. I'm afraid for people that I like to find out what I'm really like, for fear they'd be disappointed in me.
- ___ 11. I am frequently bothered by feelings of inferiority.
- ___ 12. Because of others, I haven't been able to achieve as much as I should have.
- ___ 13. I am quite shy and self-conscious in social situations.
- ___ 14. In order to get along and be liked, I tend to be what others expect me to be.
- ___ 15. I seem to have a real inner strength in handling things. I'm on a pretty solid foundation and it makes me pretty sure of myself.
- ___ 16. I feel self-conscious when I'm with people who have a superior position to mine in business or at school.
- ___ 17. I think I'm neurotic.
- ___ 18. Very often, I don't try to be friendly with people because I think they won't like me.
- ___ 19. I feel that I'm a person of worth, on an equal plane with others.
- ___ 20. I can't avoid feeling guilty about the way I feel toward certain people in my life.
- ___ 21. I'm not afraid of meeting new people. I feel that I'm a worthwhile person and there's no reason why they should dislike me.
- ___ 22. I sort of only half believe in myself.
- ___ 23. I'm very sensitive. People say things and I think they're criticizing or insulting me, and later when I think about it, they may not have meant anything like that at all.

Impostorism Scale
(Leary, Patton, Orlando, & Funk, 2000)

Read each of the following statements carefully and indicate how characteristic it is of you using the following scale:

- 1 = Not at all characteristic of me.
- 2 = Slightly characteristic of me.
- 3 = Moderately characteristic of me.
- 4 = Very characteristic of me.
- 5 = Extremely characteristic of me.

- ___ 1. Sometimes I am afraid I will be discovered for who I really am.
- ___ 2. I tend to feel like a phony.
- ___ 3. I'm afraid people important to me may find out that I'm not as capable as they think I am.
- ___ 4. In some situations I feel like an imposter.
- ___ 5. Sometimes I'm afraid others will discover how much knowledge or ability I really lack.
- ___ 6. In some situations I feel like a "great pretender"; that is, I'm not as genuine as others think I am.
- ___ 7. In some situations I act like an imposter.