

Analysis of Trends in Internet Addiction among Teenagers

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Abstract

Problem Statement: There is a problem of excessive usage of the internet in teenagers. Excessive and uncontrolled usage of the internet can lead to internet addiction. After the COVID-19 pandemic, internet addiction in adolescents has become an increasing problem.

Purpose of the Study: Our goal is to identify trends in teenagers who have a high internet/ screen usage.

Method: We sent out a study to various schools and got 1221 responses in total. After getting several responses we realised that an important question was missing. So we added a question asking people's gender. After getting responses we gave a score to each response and total the score for each teenager. Then we created frequency distribution tables in different categories.

You can see the survey with sample responses [here](#)

*Names arranged in alphabetical order

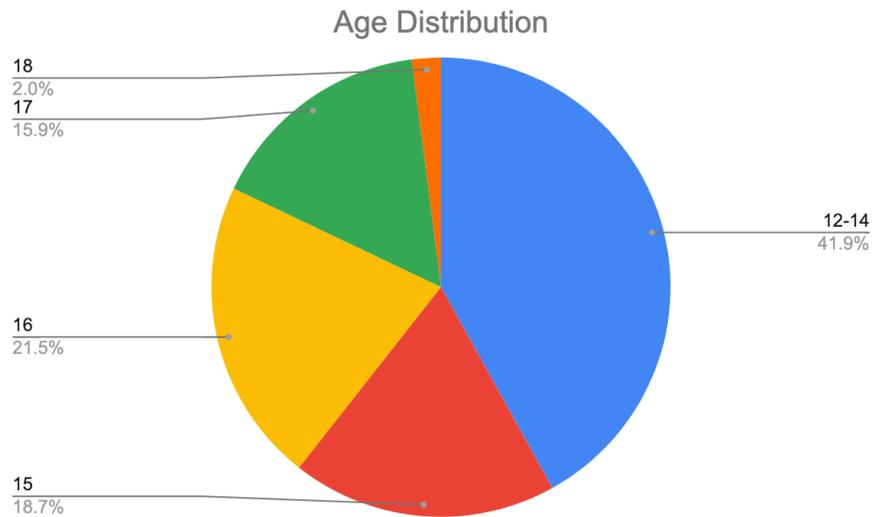


Chart 1: Age Distribution of our respondents

1 Results and Discussion

Age					
Total Score	12-14	15	16	17	18+
0-10	19	4	4	5	0
10-20	163	76	51	45	11
20-30	187	86	110	73	7
30-40	104	43	74	47	3
40-50	27	13	15	18	1
50-60	8	6	7	5	1
70+	4	0	1	1	2

Table 1: Total Score Distribution of our respondents depending on Age

Table 1 shows that about 7.6% of teenagers from ages 12-14 have an internet usage score above 40. While about 8.3% of 15 year olds, 8.8% of 16 year olds, and 12.4% of 17 year olds have internet usage scores. This shows that as age increases so does the chance of you increasing your internet usage. Be it for academic reasons or for entertainment reasons. Most people fall in the mid range which is a score from 20-40. Although these results can only be generalised to Kolkata, they may still be representative of India as a whole.

Gender			
Total Score	Male	Female	Other
0-10	7	2	0
10-20	56	37	1
20-30	84	48	1
30-40	42	36	1
40-50	11	18	2
50-60	6	4	1
70+	2	0	1
Total	208	145	7

Table 2: Total Score Distribution of our respondents depending on Gender

Table 2 shows how the scores vary by gender. About 9.1% of males have a score higher than 40. While 15.1% females show a score higher than 40, but they have 0 teenagers scoring higher than 70. Most males and females fall in the same modal range which is a score of 20-30.

Do you spend excessive screen time?			
Total Score	Yes	No	Total
0 - 10	28	4	32
10 - 20	245	101	346
20 - 30	175	288	463
30 - 40	50	221	271
40 - 50	9	65	74
50 - 60	6	21	27
70+	5	3	8
Total:	518	703	1221

Table 3: Total Score Distribution depending on whether respondents spend Excessive Screen Time

Table 3 shows that there are 109 teenagers in total who had a score greater than 40. Out of those 109 teenagers 89 of them reported that they did not feel that their screen time was excessive. This means that 81% of the teenagers with a high internet usage score thought that their internet usage was justified. On

the other hand, of the teenagers who had a score less than 30, 53% felt they were spending excessive time on the internet. Overall there are more people who feel their internet usage amount is justified with 56% denying excessive usage.

Do you Neglect Responsibilities while on the Internet?

Total Score	Yes	No	Total
0 - 10	32	0	32
10 - 20	323	23	346
20 - 30	301	162	463
30 - 40	63	208	271
40 - 50	9	65	74
50 - 60	2	25	27
70+	0	8	8
Total:	730	491	1221

Table 4: Total Score Distribution depending on whether respondents Neglect Responsibilities while using the Internet

Similar to table 3, table 4 also shows the same pattern: people who spend more time on the internet are less likely to feel they are neglecting their responsibilities. Of the people who had a score above 40, nearly 90% felt they were managing to keep up with their responsibilities.

How do you feel when there are no comments on your posts?

Total Score	Angry	Anxious	I am Ok	Sad	Total
0 - 10	0	1	31	0	32
10 - 20	4	7	325	10	346
20 - 30	8	30	385	40	463
30 - 40	7	41	189	34	271
40 - 50	5	13	43	13	74
50 - 60	3	3	16	5	27
70+	2	2	4	0	8
Total:	29	97	993	102	1221

Table 5: Total Score Distribution depending on respondents' feelings when no one comments on their posts

Across all the score brackets, the percentage of teenagers answering “I am Ok” was the highest. Teenagers who had a higher score were more likely to not feel “ok”. 43% felt angry, anxious or sad in the group that had a score greater than 40. Of the teenagers with a score less than 40, only 16% felt that they were not “ok”. As proven by researchers [1], more time on the internet leads to depression, anxiety, loneliness etc. and these feelings can manifest when looking at responses to posts.

Have you tried Reducing your screen time?

Total Score	Not Tired	Tried, Successful	Tried, Unsuccessful	Total:
0 - 10	9	21	2	32
10 - 20	57	247	42	346
20 - 30	84	252	127	463
30 - 40	40	119	112	271
40 - 50	13	22	39	74
50 - 60	7	4	16	27
70+	7	1	0	8
Total:	217	666	338	1221

Table 6: Total Score Distribution depending on whether respondents tried to reduce screentime

17.8% of the responders did not try to reduce their screen time. 54.5% were successful in reducing their screen time. 27.7% tried but were not able to reduce their screen time. When teenagers had a higher score they were less likely to try and reduce their usage. In the 40-50 score category 17.6% fell in the “not tried

category”. In the 50-60 and 70+ score category 25.9% and 87.5% respectively fell in the “not tried” category. The percentage of teenagers in the “not tried” category reduces as the score gets closer to 40. The extreme of 0 and 70+ had the highest percentage on either side of 40.

2 Conclusion

In conclusion from tables 1 and 2 we can infer that internet usage increases with age and while more females had a higher score than males the females had lower extremes as well but both genders had the same modal range. From Table 3 we can conclude that people who have a higher internet usage are less likely to realise that they are spending unhealthy amounts of time on the internet. We can also say that if teenagers are spending less time on the internet they are more likely to be more conscious of time wastage on the internet. Table 4 tells us that the more time you spend on the internet the more likely you are to be in denial. We can infer that if the teenager has a higher internet usage score they are more likely to not feel “ok” if they have a higher score from Table 5. Table 6 proved that teenagers are less likely to try and reduce their usage if their score is either very high or very low. teenagers were most likely to attempt reducing their usage if their scores were average.

All of the inferences listed above can be combined to conclude that generally speaking, people who have a higher internet usage were more likely to be in denial about issues caused by screen time or even think there was something extreme about their usage.

An example of this is in table 4. In that table teenagers who had a higher score were more likely to say that they didn’t neglect their responsibilities. However, researchers[2] have proved that higher internet usage can lead to lower work ethic. This proves the fact that teenagers are more in denial if they have higher internet usage.

This data set is for a small group of teenagers. These teenagers all come from the lower to upper middle class and so on a larger scale this trend could be generalised for all the teenagers of India from a similar socio economic background.

Our survey aims to understand trends of internet usage among teenagers. There has been a rise in internet usage due to COVID-19, and it has caused some teenagers to become addicted to the internet. Our survey results are from a few different schools. The analysis shows a trend that people who have higher internet usage are more likely to be in denial of their issues. In our survey people who had a higher score generally had a tendency to say they didn’t neglect their responsibilities. However, researchers have proved that higher internet usage can lead to a lower work ethic. Which proves that teenagers with higher internet usage are more likely to be in denial. The data set is taken from a lower to upper middle class, so the results could be generalised to teenagers of similar socio-economic background as this from India.

3 Credits

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