



# Internet Addiction and Academic Procrastination among College Students: A Comprehensive Study

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## Abstract

Internet addiction has been studied globally now owing to its strong impact on the overall health of individuals in general and mental health in particular. Academicians in the world over are increasingly interested in studying the impact of internet addiction on academic procrastination, which significantly impacts the overall academic performance of students. The present study is an attempt to explore the relationship between internet addiction and academic procrastination among the degree college students of Jammu & Kashmir Union Territory. The study was conducted on a sample of 669 college students comprising of 247 male and 422 female students from Science, Mathematics and Humanities disciplines from 40 Government Degree Colleges of J&K UT. The data was collected using Internet Addiction Test, developed by Kimberly Young (1998) comprising of 20 items and Academic Procrastination Scale developed by Yockey (2016) comprising of 5 items. The study revealed that the overall prevalence of Internet addiction in the college students of J&K Union Territory is 63.22 %. A total of 4.18 % students showed Severe Internet addiction. While as 23.02 % showed moderate, while as 36.02 % showed mild levels of addiction. The female college students showed less internet addiction as compared to that of their male counterparts. The findings revealed that there was a significant difference in the internet addiction of male and female college students. While as the gender based difference was insignificant so far the academic procrastination is concerned. The study revealed that there is a significant positive correlation between internet addiction and academic procrastination with Pearson's  $r = 0.325$ .

**Keywords:** Internet addiction, procrastination, positive correlation, college students.

## Introduction

Internet addiction is emerging as a very novel form of addiction globally, which has been very less studied since Internet usage has expanded significantly across the world. The earliest studies had focused on computer addiction from a range of perspectives, with some researchers viewing the compulsive computer programmers as bright young men with dishevelled appearances and sunken eyes (Weizenbaum, 1976) to the consideration of dependency as a misunderstanding of behaviour (Margaret Shotton, 1989) wherein she advertently compared the computer hobbyists as monks or sculptures (Vancott R.D.,

2008). Ever since the expansion of the internet, the gradual user base has increased with every passing day as it offered more than a source of companionship; it offered several services and eventually became a household chorus. Since then, internet addiction studies gained momentum as a new form of addiction was on the rise, which overwhelmingly dominated the time of the people. The said addiction began to show profound and visible consequences. By the time, Kimberly Young, in her study, *Internet Addiction: The Emergence of a New Clinical Disorder*, revealed that more than half of the sample subjects reported themselves as dependent users of the internet. Keeping this emerging and silent but dreaded sort of addiction under consideration, many researchers got involved in studying this behavioural addiction. This addiction has now been globally recognized, and a well-established diagnostic criterion has also been laid down, which pertains to the diagnostic criteria for online gaming disorder as per the DSM-IV published by the American Psychiatric Association. Apart from the diagnosis and prevalence of internet addiction globally, the researchers also focused on the study of the negative impacts it had on the lives of individuals. Internet addiction has been shown to have adverse consequences on overall health and well-being, mental health as well as academic performance. It is also worth mentioning that the focus of internet-based studies has passed through different stages, with an initial focus on studying the internet as a miracle that has much to offer society. Subsequently, internet studies focused on documenting the uses and prevalence of internet users across different countries. Then, there is a critical analysis of the consequences, focusing on the benefits and harms of the internet.

Procrastination, in simple terms, refers to the delay of academic assignments and any other academic endeavours expected from the students in an academic environment. Academic procrastination is the failure to comply with the deadlines. An individual cannot come up to the expectations of an academic environment. Academic procrastination leads to diminishing motivation for learning, lower academic performance, and poor quality of class assignments and presentations. Thus, academic procrastination is a serious concern for academia, and researchers must prioritize studying the factors that lead to it. Procrastination occurs because of three important factors: poor discipline, intolerance for particular emotions and flawed thinking patterns (Boyes, A., 2022).

Numerous researchers have studied the impact of internet addiction on academic procrastination among college and university students. Geng et al. (2018), in a study on internet addiction and procrastination among Chinese young adults: A Moderated mediation model, found that internet addiction was positively correlated with academic procrastination. The study was conducted on a sample of 405 Chinese college students, including 196 male and 209 female students.

## **Significance of the Study**

The present study is an attempt to find out the prevalence of internet addiction among the college students of J&K Union Territory, who are most prone to it, as reported by the researchers in several studies, with a special focus on the impact of internet addiction on academic procrastination. This study is the first of its kind for college students at J&K UT. The study also focuses on the differences in the impact of internet addiction on academic procrastination concerning stream, class and gender. The study provided valuable insights into the prevalence of internet addiction in the degree college students of J&K UT and its consequences in academic procrastination, a gruesome challenge that academicians and policymakers need serious consideration.

## **Research Methodology**

### *Population*

The population for the present study comprised the college students pertaining to the Government Degree Colleges of Jammu and Kashmir UT. There were a total of 146 Colleges out of which sample subjects were randomly drawn from 40 Degree Colleges.

### *Sample Size*

A sample of 669 college students, including male and female students, responded to the survey, including 247 male students and 422 female students.

### *Tools Used*

For the measurement of Internet Addiction, two tools were used

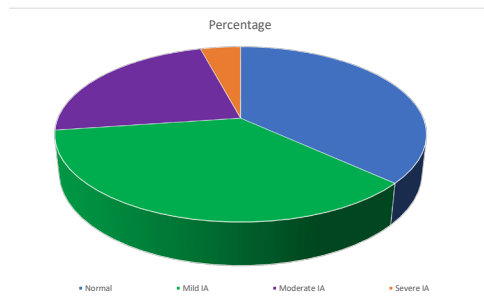
1. Internet Addiction Test (Kimberly Young,1998)
2. Academic Procrastination Scale (Yockey, 2016)

## **Results**

The study revealed that the overall prevalence of Internet addiction in the college students of J&K UT is 63.22 %. A total of 4.18 per cent of students showed Severe Internet addiction. While 23.02 per cent showed moderate, 36.02 showed mild levels of addiction.

The gender wise prevalence of Internet Addiction as revealed by the study is shown in the table below.

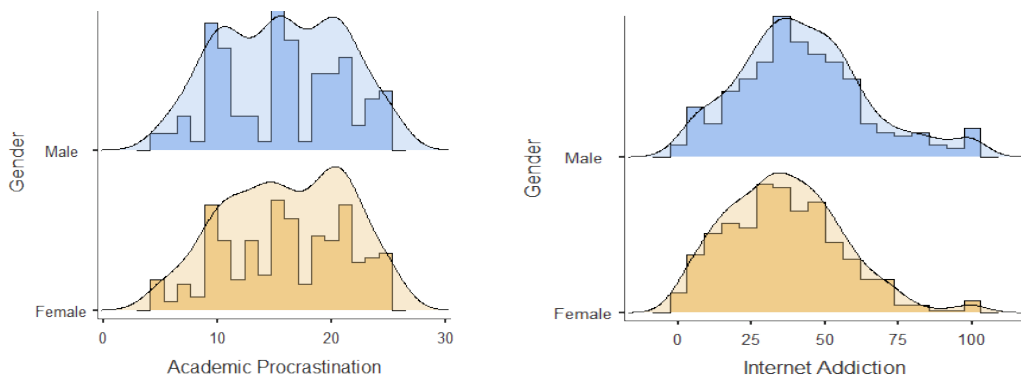
	<b>Internet Addiction</b>	<b>Percentage</b>
Male	Normal	29.96 %
	Mild	35.63 %
	Moderate	27.13 %
	Severe	7.29 %
Female	Normal	40.76%
	Mild	36.25%
	Moderate	20.62%
	Severe	2.37%



As evident from the above table, among the male students, the percentage of a mild level of addiction is 35.63, that of moderate is 27.13, while that of severe addicts is 7.29%. So far as female college students are concerned, 36.25% of students show mild addiction, 20.62 % show moderate addiction, and 2.37 % show severe internet addiction. It is clear from this data that female college students show comparably lower levels of internet addiction in almost all the levels as given in the scale. However, in the mild Internet Addiction level, female college students have a higher prevalence than their male counterparts.

### Internet Addiction and Academic Procrastination across Gender

	<b>Gender</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>
Internet Addiction	Male	247	42.3	22.01
	Female	422	36.1	19.74
Academic Procrastination	Male	121	15.7	5.30
	Female	234	16.0	5.31



Comparison of Means of Internet Addiction and Academic Procrastination Gender wise

	Statistic	df	P	Mean difference	SE difference
Internet Addiction	3.785	667	<.001	6.248	1.651
Academic Procrastination	-0.620	353	0.535	-0.368	0.594

The study revealed that there is significant difference in the male and female college students with respect to gender while as no significant difference was revealed between male and female students on the basis of academic procrastination.

**Relation between Internet Addiction and Academic Procrastination**

Correlation Matrix

		Internet Addiction	Academic Procrastination
Internet Addiction	Pearson’s r	—	—
	df	—	—
	p-value	—	—
Academic Procrastination	Pearson’s r	0.325	—
	df	667	—
	p-value	<.001	—

Note. \* p < .05, \*\* p < .01, \*\*\* p < .001, one-tailed

As evident from the correlation matrix above, there is a significant positive correlation between Internet Addiction and Academic Procrastination with Pearson’s r =0.325. Thus the present study clearly shows that internet addiction has a significant impact on the academic procrastination.

**Discussion**

As it is clear from the results above, there is 63.22 % of college students suffer from different levels of internet addiction: 36.02 % mild, 23.02 moderate and 4.18 % severe. Among

male college students, 70 % suffer from different levels, including 35.63 % mild, 27.13 % moderate, and 7.29 % severe. The female students show an aggregate of 59.24 % suffer from varied levels of internet addiction, including 36.25 % mild, 20.62 % moderate and 2.37 % severe form of internet addiction. Hence, this study clearly shows that the overall prevalence of moderate to severe levels of internet addiction among college students of J&K UT is 27.20 %, which is comparably lower than reported in the rest of the states by researchers. The results also reveal that the overall prevalence of internet addiction is less in females as compared to that of males. The severe levels of internet addiction, as reported by the study, show that females show a lower percentage of severe internet addicts as compared to their male counterparts.

The study also revealed that there is a significant difference in internet addiction between male and female college students, while no significant difference was seen in terms of academic procrastination.

The study revealed that there is a significant positive correlation between internet addiction and academic procrastination. Since the study was primarily interested in understanding the relationship between internet addiction and academic procrastination, it was positive. This signifies the need for college students to engage positively on different online platforms. There is a need to focus on sustainable and judicious online resources. More focused research is needed to explore the prevalence of internet addiction in academia and its consequences in terms of academic pitfalls. More awareness is needed about this new and emerging form of behavioural addiction.

## **Conclusion**

The present study has been conducted on male and female college students at Government Degree Colleges of J&K Union Territory. The same can be extended to different levels of education. As internet addiction is emerging as a novel form of addiction with serious consequences, there is a need for creating a suitable database of internet addiction, viz a viz its negative impacts, so that a timely intervention can be planned for effectively dealing with the emerging problem.

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