



## INTERNET ADDICTION AND AGGRESSION AMONG UNIVERSITY STUDENTS

Altaf Hussain Ganie<sup>1</sup> & Omiya<sup>2</sup>

<sup>1</sup> School of Education & Behavioural Sciences, University of Kashmir, Srinagar, 190006

<sup>2</sup> Faculty of Agriculture, SKUAST-K, Srinagar, 190025

Email Id. [altafh.scholar@kashmiruniversity.net](mailto:altafh.scholar@kashmiruniversity.net)

---

### Abstract

---

*The present study is intended to examine the internet addiction and aggression among university students. Descriptive survey method was used in the study. Sample for the present study were 400 University Students from University of Kashmir selected by simple random sampling method with 200 male and 200 female students. Internet Addiction was measured by The Internet Addiction Test (IAT; Young, 1998) and Aggression was measured with Aggression Scale (A-Scale) by Pal, R. and Naqvi 1986. Statistical Techniques which were employed to interpret the data are t-test and correlation. The findings of the study show that female students were having more internet addiction than male students of university. It was also found that females are having more aggressive behavior than male students. A significant positive correlation was found between internet addiction and aggression.*

---

**Keywords:** Internet Addiction, Aggression, and University Students

### 1. Introduction

In the modern world, technology is a necessary component of human existence and can be a useful tool to support us in a variety of interpersonal and professional endeavors. Thanks to technology nowadays the majority of tasks are simple. Human life has become much easier, faster, and busier due to technology. The internet is one of the key components of this technology. The Internet is a global computer network made up of interconnected networks that use standardized communication protocols to provide a range of information and communication services. Many societal segments regularly utilize the internet, which is a crucial sharing tool (Uneri & Tanidir, 2011). Though by virtue of internet our life has become comfortable and easy but most of the people have used it to some extent where it has become an addiction. In 1995, Goldberg introduced the idea of internet addiction to the world. Internet addiction refers to “excessive or poorly controlled obsessions, impulses, and behaviors associated with internet usage, which propel distress or impairment” (Shaw & Black, 2008). There are several drawbacks to internet addiction. For instance, increased internet use among teenagers and young adults is linked to symptoms of anxiety, despair, and aggression as well as negative brain development, identity formation, social skills, emotion control, and academic success (Stavropoulos et al., 2017). Negative consequences were also

suggested by the conceptual approach of internet addiction. For instance, the cognitive-behavioral model of pathological internet use (Davis, 2001) examined how situational cues that support internet usage behaviors, accessibility, and knowledge of internet psychopathologies like social anxiety, depression, and substance abuse relate to the production of maladaptive cognitions (Charlton & Danforth, 2007). According to displacement theory adolescent's internet addiction also reduced their in-person social connection and had a detrimental impact on their wellbeing (Ostovar et al., 2016).

Aggression is derived from the Latin word 'aggressio,' which means attack. Aggression is defined as strong, hostile, or attacking behavior or disposition in its broadest definition. It might happen as a result of retaliation or without any provocation (Baron, Branscombe, Byrne, & Bhardwaj, 2010). Berkowitz (1989) asserts that the primary cause of aggression is an urge to hurt other people that is triggered by an outside force. He disagrees with the notion put forth by evolutionary psychologists that people are inherently "programmed" to be violent. Berkowitz, a proponent of the social structure theory, suggests that outside factors create a strong incentive to hurt other people. According to social psychologists, aggressive behavior is characterized as behavior that is meant to induce physical or mental distress. Those who have a behavioristic view point define aggression as any behavior that injures other people. However, a crucial component that is not included in this description is the performer's aim (Taylor, Peplau, & Sears, 2011). Although people commonly label others as "aggressive" if they defend their rights, write letters to the editor to express their disapproval of perceived or real injustices, put in extra effort, exhibit a great deal of ambition, or are genuine "go-getters," aggression is not the same as assertiveness. The definition of aggression, which states that it is an intentional action meant to cause pain or hurt, is applicable to a large degree. Aggression can be either verbal or violent, and it may or may not accomplish its goal. If someone throws a beer bottle at your head and you dodge, allowing the bottle to miss your skull, that is also considered an aggressive act. The most crucial factor is the aim (Aronson, Wilson, & Akert, 1997). Accidental injury is not regarded as violent as it is not deliberate.

## **2. Objectives:**

1. To compare male and female university students on internet addiction.
2. To compare male and female university students on aggression.
3. To find relationship between internet addiction and aggression among university students.

### 3. Hypothesis:

H01. There is no significant difference between male and female university students on internet addiction.

H02. There is no significant difference between male and female university students on aggression.

H03. There is no significant relationship between internet addiction and aggression among university students.

### 4. Methodological Framework

#### 4.1 Sample and Procedure

The sample for the present study consisted of 400 University Students selected by simple random sampling method from various departments of University of Kashmir Srinagar with 200 Male and 200 Female students with age ranging from 19 to 23 years.

#### 4.2 Tools Used

**4.2.1** The Internet Addiction Test (IAT; Young, 1998) is a 20-item scale that measures the presence and severity of self-reported compulsive use of the Internet for adults and adolescents. The six factors measured by the scale include Salience, Excess use of internet, Neglecting work, Anticipation, Lack of Self Control. The reliability measure using Cronbach's Alpha ranged between .54 and .82 and the scale was also found to have a sound validity.

**4.2.2** Aggression Scale (A-Scale): This scale was developed by Pal, R. and Naqvi, T. (1986) and it consists of 30 items. The scoring is done on a five point scale on the positive dimension and a zero point on the negative dimension. According to this scale, the one who scores high is described as having high aggression and vice versa.

### 5. Statistical Analysis and Interpretation:

**Table 1. Showing the Mean comparison of Male and Female University Students on Internet Addiction**

Gender	N	Mean	SD	df	t-value
Male	200	68.44	6.35	398	4.94*
Female	200	71.96	7.82		

**\*Significant at 0.01 Level**

According to Table 1, t-value came out to be 4.94, and its degrees of freedom are 398 at a significance level of 0.01. The hypothesis H01, which states that there is no statistically significant difference in internet addiction between male and female university students, is therefore rejected because of this statistically significant difference. Since the assumption was incorrect, it can be said that male and female university students differ in terms of internet addiction. It is evident from the table that female university students are having more internet addiction than male. There is a notable difference in internet addiction between male and female students, according to research findings on gender differences in this issue. To illustrate this, Chiu et al. (2013) conducted a study and found that women are more dependent on their phones than men. Furthermore, Wu and Zhu (2004) and Chou and Hsiao (2000) discovered that the prevalence of internet addiction among women is rising daily. The research literature also shown that female students were more likely to develop addiction (Hong et al., 2012), abuse (Beranuy et al., 2009), engagement (Walsh et al., 2011), and mobile phone dependency (Billieux et al., 2008).

**Table 2. Showing the Mean comparison of Male and Female University Students on Aggression.**

Gender	N	Mean	SD	df	t-value
Male	200	79.21	7.64	398	3.95*
Female	200	82.34	8.19		

**\*Significant at 0.01 Level**

According to Table 2, t-value came out to be 3.95, and its degrees of freedom are 398 at a significance level of 0.01. The hypothesis H02, which states that there is no statistically significant difference in aggression between male and female university students, is therefore rejected because of this statistically significant difference. Since the assumption was incorrect, it can be said that male and female university students differ in terms of aggression. It is evident from the table that female university students are having more aggression than male. Earlier studies also showed the gender difference in aggressive behavior. Similar findings show that indirect aggression is also more common among female respondents than male respondents, according to a number of research (Crick et al., 2004; Ostrov & Keating, 2004; Tremblay et al., 1996). According to Assegaf (2004), female participants displayed more indirect hostility than male students, whereas male respondents shown more vocal and physical violence.

**Table 3. Showing the Relationship between Internet Addiction and Aggression among University Students.**

Variables	r
Internet Addiction Vs Aggression	.45*

**\*Significant at 0.01 Level**

The Table 3 reveals that there is a significant positive correlation between internet addiction and aggression ( $r = 0.45$ ), indicating “more the internet addiction higher is the aggression”. Thus, our null hypothesis Ho3 which states that, “there is no significant relationship between internet addiction and aggression among university students” stands rejected. Earlier studies also indicated that that aggressive behavior is positively related to internet addiction (Deshotels & Forsyth, 2007; Mehroof & Griffiths, 2010; Polman et al., 2007; Yen et al., 2008). Kim, 2013 has also found a significant positive correlation between internet addiction and aggression.

## 6. Discussion:

The purpose of the present study was to test the significance of difference in Internet addiction and Aggression among Male and Female University Students. Another aim was to determine the significance of correlation between Internet addiction and Aggression among the University Students. The results of the present study indicates that there is a significant difference in Internet addiction among Male and Female University Students, showing that females are having more internet addiction than male students. This finding is in line with previous finding of Chiu et al. (2013), Wu and Zhu (2004) and Chou and Hsiao (2000), Hong et al., 2012, (Beranuy et al., 2009), (Walsh et al., 2011), (Billieux et al., 2008).

Regarding the impact of gender on aggression it was found that female university students are having more aggression than male students, this finding is in line with the previous finding of (Crick et al., 2004; Ostrov & Keating, 2004; Tremblay et al., 1996). According to Assegaf (2004).

Regarding the relationship between internet addiction and aggression, a positive and significant association was found between the internet addiction and aggression showing more the internet addiction higher aggressive behavior is. The finding is supported by earlier studies of (Deshotels & Forsyth, 2007; Mehroof & Griffiths, 2010; Polman et al., 2007; Yen et al., 2008). Kim, 2013).

## References

- Aronson, E., Wilson, T. D., & Akert, R. M. (1997). *Social Psychology*. US: Addison-Wesley Educational Publishers Inc.
- Assegaf, A. R. (2004). *Pendidikan tanpa kekerasan: Tipologi kondisi, kasus dan konsep [Non-violent education: Typology of conditions, cases and concepts]*. Yogyakarta.
- Baron, R. A., Branscombe, N. R., Byrne, D., & Bhardwaj, G. (2010). *Social Psychology*. New Delhi: Dorling Kindersley India Pvt. Ltd.
- Berkowitz, L. (1989). *Frustration-aggression hypothesis: Examination and reformulation*. *Psychological Bulletin*, 106(1), 59–73.
- Charlton, J. P., & Danforth, I. D. W. (2007). *Distinguishing addiction and high engagement in the context of online game playing*. *Computers in Human Behavior*, 23(3), 1531–1548.
- Crick, N. R., Ostrov, J. M., Appleyard, K., Jansen, E. A., & Casas, J. F. (2004). *Relational aggression in early childhood: You can't come to my birthday party unless*. In M. Putallaz & K. L. Bierman (Eds.), *Aggression, antisocial behavior, and violence among girls: A developmental perspective*. Guilford Press
- Davis, R. A. (2001). *A cognitive-behavioral model of pathological Internet use*. *Computers in Human Behavior*, 17(2), 187–195.
- Deshotels, T. H., & Forsyth, C. J. (2007). *Postmodern masculinities and the eunuch*. *Deviant Behavior*, 28, 201–218
- Kim, K. (2013). *Association between Internet overuse and aggression in Korean adolescents*. *Pediatrics International*. 55, 703–709.
- Mehroof, M., & Griffiths, M. D. (2010). *Online gaming addiction: The role of sensation seeking, self-control, neuroticism, aggression, state anxiety, and trait anxiety*. *Cyberpsychology, Behavior, and Social Networking*, 13(3), 313–6
- Ostovar, S., Allahyar, ... & Griffiths, M.D. (2016). *Internet addiction and its psychosocial risks among Iranian adolescents and young adults: A structural equation model in a cross-sectional study*. *International Journal of Mental Health and Addiction*, 14, 257–267.
- Pal, R. & Naqvi, T. (1986). *Manual for aggression scale*. Agra Psychological Research Cell. Tiwari Kothi, Belanganj, Agra-282004
- Polman, H., de Castro, B. O., & Van Aken, M. A. G. (2007). *Experimental study of the differential effects of playing versus watching violent video games on children's aggressive behavior*. *Aggressive Behavior*, 34(3), 256–264.
- S. E. Taylor, L. A. Peplau & D. O. Sears. (2011) *Sex Roles: A Journal of Research*, 64(9-10), 754–757.
- Shaw M, Black DW. (2008). *Internet addiction: definition, assessment, epidemiology and clinical management*. *CNS Drugs*. 22(5):353-65.
- Stavropoulos V, Gomez R, Steen E, Beard C, Liew L, Griffiths MD. (2017). *The longitudinal association between anxiety and Internet addiction in adolescence: The moderating effect of classroom extraversion*. *J Behav Addict*. Jun 1;6(2):237-247.
- Uneri, O.S. & Tanidir. C. (2011). *Evaluation of internet addiction in a group of high school students: a cross-sectional study*. *Dusunen Adam The Journal of Psychiatry and Neurological Sciences* 24:265-272.
- Yen, J. Y., Ko, C. H., Yen, C. F., Chen, S. H., Chung, W. L., & Chen, C. C. (2008). *Psychiatric symptoms in adolescents with internet addiction: Comparison with substance use*. *Psychiatry and Clinical Neuroscience*, 62(1), 9–16.
- Young, K. S. (1998). *Internet Addiction Test (IAT) [Database record]*. APA PsycTests. <https://doi.org/10.1037/t41898-000>