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## Review Article

# REVIEW ON INTERNET-ADDICTION, PERSONALITY, RELIGION AND ADJUSTMENT OF YOUTH

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### ABSTRACT

Objective of this paper is tried to contribute the conceptual framework with review of psychological constructs as internet-addiction, personality, religion and adjustment. In the current research paper, 21 research articles have been reviewed, on the base of psychological constructs, internet-addiction, personality, religion and adjustment. Using the current empirical knowledge, it is argued that internet addiction effects the adjustment of the youth; personality type can be shown the internet-addiction level; religion also shows the internet-addiction level. There are three most important sections in this paper. First, the introduction part overviews about internet-addiction, personality, religion and adjustment. The second part is related review of literature findings on internet-addiction, personality, religion, adjustment and gender differences. The third section considers discussion, future research suggestions and conclusion.

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### INTRODUCTION

To live a successful life it is essential to have a better adjustment across different spheres of human life. A good adjustment is also linked to individual's mental health and overall well-being. Therefore, social scientists have a great concern to study the adjustment as a psychological variable. Moreover, adjustment is sensitive towards individual and environmental factors. Though the adjustment is influential in success at every stage of human life but it plays larger role for youths. Good adjustment has always been the basis for all round achievements by the youths. In this modern era the crimes and psychological problems are increasing just due to lack of proper adjustment. The quality of adjustment is dependent on several factors, ranged from individual to environmental to technical advancements. There is an urgency to validate the responsible factors for poor adjustment.

#### Adjustment

Adjustment may be defined as a phenomenon when an individual cope up with the situation that creates comfort ability so that proper harmonious relationship may be maintained. Adjustment has been analyzed as an achievement as well as a process in psychology. The problem of adjustment, being faced by our adolescents, needs serious consideration. It

has been rightly estimated that 18<sup>th</sup> century was characterised by enlightenment, the 19<sup>th</sup> century by progress and development whereas the 20<sup>th</sup> century is characterised by anxiety and conflict. The mechanical and busy life has exposed the individuals to a greater stress affecting their adjustment capacity. The internal as well as external demands have been multiplied to which an individual seeks satisfaction. The 21<sup>st</sup> century is a digital age to build human beings behaves like a device demanding too much concentration and speedy response. This would naturally pose a greater threat to the individual's personality and adjustment mechanisms and consequently his/her mental health.

The problem of adjustment has become so vital in our complex and civilized society that psychologists have turned their deep interest in understanding it. The problem is a matter of such a wide spread concern that a number of books and journals on this issue are coming up. The complex structure and functioning of our society has proved to be too taxing for individuals adjustment capacities to meet the demands of the environment. Personality and behaviour disorders are increasing day-by-day have challenged the thought of psychologists, psychiatrist and the sociologists. The problem of maladjustment has become so common that steps are to be taken for preventing serious maladjustment. The prevention is essential not only for the individual, but for the society at large.

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The present generation, particularly the students are passing through a critical stage characterised by confusion, transition, in discipline and tension. This has posed a serious problem before behavioural scientists in general and psychologists in particular.

Most of the students from different streams including young and adult have been suffering a lot due to lack of better adjustment. The adjustment is the utmost requirement for the better comfortable and survival. Psychological activities of a human being are totally dependent on the adjustment that is needed to be satisfactory. Adjustment is something related to the nature of an individual where he/she seeks the favourable environment to adapt himself/herself. No doubt, a well adjusted personality finds the balanced and good growth in almost all the respects.

### **Internet-addiction**

Internet has been in great demand for everyone as per the facilities available for the young and old generation. Majority of people all over the globe have been availing the benefits of internet these days. People are connected with each other across the globe through internet and are deriving a lot of benefit out of accessing the internet. Earlier it used to take a lot of time for an individual to share the ideas with another individual but now within a fraction of time anyone can share the ideas throughout the world.

Technological advancement has revolutionized educational, cultural and psychological domains of the world. Internet usage has created a new culture that goes global. New advancements are on rise but age-old traditions are collapsing all over the world. Internet as networks has raised the level of awareness to unknown levels. It has given to creativity, knowledge development, networking, sharing best practices etc. People enjoy using the freeware available over the internet. There is no doubt that internet communication has many side effects on the mental level as well as physical level and therefore the negative relationship has arisen much. Social media is used to describe the phenomena of exchanging ideas with other people due to an advent from internet. The impact of social networks is no doubt significant. The children are surrounded by the cell phone devices through Twitter, facebook, skype and AOL etc. Make use of technology. However, social interaction has now become a phobia for many people living in rural and urban areas. Ironically people are now connected with a virtual world instead of a real world.

Internet-addiction is a serious problem now as people are becoming short tempered due to unavailability of the internet. Moreover due to the absence of connection the new generations are becoming depressed, worried, and anxious and frustrated as well. The behaviour also has become somewhat odd and inadaptible due to the addiction of internet. Internet-addiction has affected the physical and mental health of both young and old generation. The human tendency towards another human being has completely changed due the alteration in the present scenario. Through internet the main problems which have arisen are feelings of higher anticipation, escapism from the work, being lethargic in day-to-day activities. The capabilities of the individuals diminished many fold.

**Personality:** Psychology as a scientific study of adaptive behaviour concerns itself with almost all the aspects of

behaviour from simple avoidance reactions to the highest levels of human mental activities. In describing various aspects of behaviour, psychologists have noted that individuals differ widely from each other in feelings, emotions, cognitions and ways of responding to the various aspects and situations of the socio-cultural and physical environment in which they live, grow and interact. Such differences are also found in their effectiveness to respond to the situations. Everyone's social effectiveness is unique and leaves unique impression on others. This uniqueness refers to one's 'personality' which marks his identity distinct from others. Psychologists try to understand the individual as distinct person - we call Personality. It helps to understand the uniqueness and commonality found within and between the individuals.

Goldberg in 1990 highlighted that when orthogonal rotational methods were used by some researchers to analyse variables developed by Cattell in 1943, only five factors were proved to be replicable based on those structures, the birth of the five factor model was witnessed. These are then crowned as the "five factor model of personality traits" or sometimes called the "Big-Five factor" and were adapted in this study as personality variable that has strong influence on behaviour. The five factor model of personality trait that consists of the Extraversion, Neuroticism Openness to experience, Agreeableness, and Conscientiousness describes the personality traits of individual on which they differ. Personality is defined as the way an individual typically wants or preferred to behave, feel and think. While it is also defined as a relatively stable pattern of behaviour and consistent internal states that explain a person's behavioural tendencies. In 1965, Cattell refers personality to cognitive and behavioural pattern that will be stable over time and across situations. With these, personality traits can be defined as an individual's way of living his/her life.

The five factors of personality may be categorized as:

**Extroversion:** it is a phenomenon of concerning with others or outside the self. These people may be too much talkative, enthusiastic and gregarious. They always feel to spend their lots of time with others.

**Agreeableness:** people in this category are empathic, considerate, friendly and helpful. They are not as much of likely to go out of their way to help others. They generally have tendency in their social relationship.

**Conscientiousness:** they are generally very careful. They think carefully before acting. Their behaviour is very compulsive. Sometimes they may be fewer goals oriented.

**Neuroticism:** they are more or less towards negative emotions. They respond very less to the stress related to the environmental situations. They are self conscious and shy. They are found to be having phobia, depression and anxiety.

**Openness to experiences:** in this case people feel active imagination. Attentiveness and intellectual curiosity are visible. These people do not exhibit any relationship between neuroticism and openness in the surroundings.

**Religion:** Religion or spirituality is an important force in everyday life of people. It is a way to live the life. There are many religions in practice. Beliefs in religion play important role in the psychology of humans by guiding their thoughts and perceptions about world. Religious practices must have

contribution towards different types of adjustment, e.g., home adjustment, health adjustment, social adjustment, emotional adjustment and educational adjustment. Numerous studies demonstrate a significant association between religious practice and healthy behavioural habits. Individuals with higher levels of religious involvement have lower rates of abuse and addiction and are more likely to find long-lasting success if they ever struggled with any of such behaviours. Religious practice promotes the well-being of individuals, families, and the community. The gender differences among religion practices have impact on the life styles of males and females and therefore adjustment is also expected to be different.

## REVIEW OF LITERATURE

Internet-addiction, impulsivity and psychological distress among 150 Kashmir university students were studied by Kawa and Shafi (2015). More internet-addiction, impulsivity and psychological distress experienced by male university students than girls. Internet-addiction found significant positive relationship among psychological distress and impulsivity in university students. In addition the findings indicating that urban students are less practised internet and lesser psychological distress and higher internet-addiction and psychological distress found in rural students.

Ge, *et al.* (2015) conducted research on relationship among internet-addiction, personality traits and mental health of urban left-behind children among 796 children in china. Results revealed that there is an important relationship between internet addiction, personality traits and mental health. Internet-addictions total score and its related dimensions can serve as indicators of personality neuroticism, psychoticism and mental health. Amin and Mattoo (2015) studied the attitude towards research of internet-users and internet non-users of university students. The sample comprised of 600 university students from university of Kashmir (J&K), India. Stratified Random Sampling Technique was followed. The results showed that internet-users and non-users differ significantly on all the four dimensions and on composite score of Attitude towards Research. Internet-users were found to have favourable Attitude towards Research. Gender differences on attitude towards research between internet-users were also found significantly different, but the difference between the internet non-users group of university students could not be established. Beavers, *et al.* (2015) investigated online time and gender perceptions of internet addiction among 216 community college students in the United States. The findings indicating that there is no main effect of gender on perceptions of internet addict but there is a significant main-effect of time spent online on perceptions of internet addict. Results also showed that there is no significant two-way interaction effects between gender and time spent online on perceptions of internet addict. Therefore, males are slightly more prone to be internet addicts than females, but not significantly so. Waldo, (2014) analyzed correlation between internet-addiction and adolescents in terms of sex, kind of school and online behaviour. The current findings explored the association of student Internet Addiction to spiritual intelligence, psychological wellbeing and social desirability. Results showed that females are less addicted to internet-addiction than males and students from government schools are less internet-addicted than private schools.

Mark & Ganzach (2014) analyzed personality and internet usage and the results revealed that extraversion, neuroticism and conscientiousness are completely associated with overall internet use. On the whole results indicated that extraversion and neuroticism are the strongest predictors of internet use. Dar and Tali (2014) examined the adjustment problems among Kashmiri adolescents among 300 adolescents taken from higher secondary schools of three districts of Jammu and Kashmir. The result showed that the adolescent boys and girls of Kashmir have high adjustment problems in various areas like family, school, and social on a personal front. It was found that the adolescent boys and girls of Kashmir do not differ significantly with each other in adjustment problems.

Alam, *et al.* (2014) explored and identified pros and cons of internet addiction on young adults in Malaysia. The findings indicating that internet addiction most affected on psychological aspects and interpersonal aspects and followed by physical problems and work problems and finally, internet addictive behavioural problems. The results indicating that internet addiction on males has a great impact on their working problems than females and then psychological aspects, behavioural problems, interpersonal problems for males and females respectively. On the other side, girls were having their physical problems as using internet extremely.

Saima (2015) investigated the level of adjustment of youths in relation to their gender and area of living. The findings on 60 college students of Jammu district indicated that gender differences do occur in adjustment and it results in different personality styles. The findings showed that city students are well adjusted than rural students. Rasool, *et al.* (2015) reviewed effects of social media on the psychology of people. The inception research intimates that addiction of drug and that of web possess same traits. Online social networks has gained vigour in all the genesis of internet users and current research betokens that there is a link between heightened social media use and devolved mental health. Unluckily, young adults, the most vigorous users, have a preponderantly greater risk for germinating mental health issues. The review paper presents the potential threats to the human psychology due to uncontrolled use of internet, especially social media. Social media is a great tool but public must be well aware about the negative consequences of social media on mental health. The number of social media users is increasing rapidly and are getting addicted to it. This indicates the fact that the e-world is overshadowing the real world. Social media burn the mental oil for the sake of vitality and in turn degrading the psychological and social values. The virtual world provided by social media is not a cake walk; rather it too is contaminated with miseries.

Vishal & Kaji (2014) examined adjustment of boys and girls school level students in Ahmedabad among 120 boys' and girls' school student. The result showed that there is significant difference in total home, social and emotional adjustment of boys and girls students and girls are highly adjusted in social and emotional adjustment than the boys. Home adjustment is higher in level of boys more than the girls. Findings showed that there is no significant difference between school adjustments of school students in relation to gender. Sharma and Anu (2014) examined influence of internet-addiction on mental health and adjustment of college students. Results revealed that excessive use of internet leads the students to

decrease mental health and adjustment level among college students. So, internet-addiction, mental health and adjustment are closely related to each other.

Chiu, *et al.* (2013) analyzed correlation for gender difference between college students' internet addiction and mobile addiction in Taiwan. Results revealed that mobile addiction and internet addiction is completely related and female students score higher than male ones in the aspect of mobile addiction but in internet addiction findings indicated that male and female college students' scores of internet addiction are equal. Sharma and Saini (2013) identified the adjustment problems among college going students. The results indicating that in health adjustment and social adjustment females are found average and unsatisfied in emotional adjustment on the contrary in social adjustment males are found average and unsatisfied in health and emotional adjustment. Results revealed that there is no significant difference between emotional, social and health adjustment of girls and boys student. The results revealed that there is a significant disparity among health and emotional adjustment, city college students are well adjusted than rural college students but in social adjustment there is no significant difference.

Charlton, *et al.* (2012) studied religiosity, adolescent internet usage motive and addiction and analyzed correlation between different religions with youths' Internet addiction tendencies through possible mediating Internet usage motivations. The findings revealed that superior religionist was linked with lesser addiction scores across all four religions for girls but not for boys. Results showed that superior religionist was related to slighter motivation to use the internet for escape purposes for girls, but not for boys, of all religions. Ahmed (2011) examined the newcomer adjustment in terms of big five personality traits, proactive behaviour, and socialisation influences. Personality traits were interrelated to adjustment scores. Openness to experience was found related to task performance. Further, individual differences were noticed to play a significant role in newcomer adjustment. Big Five factors were instrumental in newcomer adjustment.

Adjustment as a function of personality and achievement motivation of students was studied by Devi (2011). Results showed that achievement motivation has no effect on the adjustment, Extraversion has positive effect on social adjustment, educational adjustment and general adjustment and Neuroticism has negative effect on the emotional adjustment, social adjustment, educational adjustment and general adjustments. Effects of other secondary aspects on adjustment like gender and school location are also examined and found that rural students proved better than the urban students on Social, Educational, and General/Total adjustment. Al-Qaisy, (2010) examined adjustment of college freshmen: the importance of gender and the place of residence among 117 freshmen in Jordan. The results indicated that there is a significant difference between boys and girls in different levels of adjustment. Boys are high in social adjustment; due to girls tend to use interaction and social experiences in college to adjust more than their male counterparts. Hardie & Tee (2007) investigated the role of personality, loneliness and social support networks in internet-addiction among adults. 40 percent of the total sample was found as regular internet users, and 52 percent as problem over-users and 8 percent as

pathologically obsessed to the internet. Further results showed that only neuroticism and perceived support from online social networks were important predictors of excessive internet use. At the last, the excessive internet users were found to be younger and not very much skilled in computer use than average and addicted users.

Ko, *et al.* (2006) examined the tri-dimensional personality of adolescents with internet-addiction and substance use experience. Adolescents with internet addiction were more likely male and to have experienced substance use. Adolescents with internet addiction had higher scores on the NS (novelty seeking) and HA (harm avoidance) dimensions and lower scores on the RD (reward dependence) dimension than those without internet addiction. Adolescents with substance experience were more likely to be male and to have internet addiction. Chetna (1999) investigated the adjustment pattern of Hindu and Muslim females. The sample consisted of 60 Hindu and 60 Muslim women. It was noted that Hindu women were better adjusted than Muslim women. Caste and socio-economic status had a significant effect on the adjustment pattern of the respondents. Women belonging to higher socio-economic status and high caste were better adjusted compare to women belonging to lower socio-economic status and lower caste respectively.

## DISCUSSION

The objective of this research paper was to review and describe the psychological constructs as internet-addiction, personality, religion and adjustment; and provide a conceptual framework. In this literature review, it has been found that male experienced more internet-addiction than females; and urban youth less practised internet than rural youth Kawa and Shafi (2015). It has been found that there is an important relationship between internet-addiction and personality traits Ge, *et al.* (2015). Internet-users were found to have favourable attitude towards research and gender differences are also there Amin and Mattoo (2015). It has been found that there is no significant two-way interaction effects between gender and time spend online on perceptions of internet-addict. Therefore, males are slightly more prone to be internet addicts than females, but not significantly so Beavers, *et al.* (2015).

Females are less addicted to internet-addiction than males and youth from government schools are less internet-addicted than private schools Waldo, (2014). Personality traits are the strongest predictors of internet usage. Findings revealed that extraversion, neuroticism and conscientiousness are completely associated with overall internet use. Overall results indicated that extraversion and neuroticism are the strongest predictors of internet-use Mark & Ganzach (2014). It has been found that the youth of Kashmir have high adjustment problems in various areas like family, school, and social on a personal front Dar and Tali (2014).

It has been found that internet addiction most affected on psychological aspects and interpersonal aspects and followed by physical problems and work problems and finally, internet addictive behavioural problems. The results indicating that internet addiction on males has a great impact on their working problems than females and then psychological aspects, behavioural problems, interpersonal problems for males and females respectively. On the other side, girls were having their

physical problems as using internet extremely Alam, *et al.* (2014). It has been found that gender differences do occur in adjustment and it results in different personality styles. The findings showed that city students are well adjusted than rural students Saima (2015).

It has been found that young adults, the most vigorous users, have a preponderantly greater risk for germinating mental health issues. The review paper presents the potential threats to the human psychology due to uncontrolled use of internet, especially social media. Social media is a great tool but public must be well aware about the negative consequences of social media on mental health. The number of social media users is increasing rapidly and are getting addicted to it. This indicates the fact that the e-world is overshadowing the real world. Social media burn the mental oil for the sake of vitality and in turn degrading the psychological and social values. The virtual world provided by social media is not a cake walk; rather it too is contaminated with miseries Rasool, *et al.* (2015). It has been found that there is significant difference in total home, social and emotional adjustment of boys and girls students and girls are highly adjusted in social and emotional adjustment than the boys. Home adjustment is higher in level of boys more than the girls. Findings showed that there is no significant difference between school adjustments of school students in relation to gender Vishal & Kaji (2014).

It has been examined that the influence of internet-addiction on mental health and adjustment of college students. Results revealed that excessive use of internet leads the students to decrease mental health and adjustment level among college students. So, internet-addiction, mental health and adjustment are closely related to each other Sharma and Anu (2014). It has been found that mobile addiction and internet addiction is completely related and female students score higher than male ones in the aspect of mobile addiction but in internet addiction findings indicated that male and female college students' scores of internet addiction are equal Chiu, *et al.* (2013). It has been found that in health adjustment and social adjustment females are found average and unsatisfied in emotional adjustment on the contrary in social adjustment males are found average and unsatisfied in health and emotional adjustment. The findings revealed that there is a significant disparity among health and emotional adjustment, city college students are well adjusted than rural college students but in social adjustment there is no significant difference Sharma and Saini (2013).

It has been found that superior religionist was linked with lesser internet-addiction scores across all four religions for girls but not for boys. Findings showed that superior religionist was related to sligher motivation to use the internet for escape purposes for girls, but not for boys, of all religions Charlton, *et al.* (2012). It has been examined that the newcomer adjustment in terms of big five personality traits, proactive behaviour, and socialisation influences. Personality traits were interrelated to adjustment scores. Openness to experience was found related to task performance. Further, individual differences were noticed to play a significant role in newcomer adjustment. Big Five factors were instrumental in newcomer adjustment Ahmed (2011).

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Neuroticism has negative effect on the emotional adjustment, social adjustment, educational adjustment and general adjustments. Effects of other secondary aspects on adjustment like gender and school location are also examined and found that rural students proved better than the urban students on Social, Educational, and General/Total adjustment Devi (2011). It has been found that there is a significant difference between boys and girls in different levels of adjustment. Boys are high in social adjustment; due to girls tend to use interaction and social experiences in college to adjust more than their male counterparts Al-Qaisy, (2010). It has been found that only neuroticism and perceived support from online social networks were important predictors of excessive internet use. At the last, the excessive internet users were found to be younger and not very much skilled in computer use than average and addicted users Hardie & Tee (2007).

It has been examined that the tri-dimensional personality of adolescents with internet-addiction and substance use experience. Adolescents with internet addiction were more likely male and to have experienced substance use. Adolescents with internet addiction had higher scores on the NS (novelty seeking) and HA (harm avoidance) dimensions and lower scores on the RD (reward dependence) dimension than those without internet addiction. Adolescents with substance experience were more likely to be male and to have internet addiction Ko, *et al.* (2006). It has been found that Hindu women were better adjusted than Muslim women. Caste and socio-economic status had a significant effect on the adjustment pattern of the respondents. Women belonging to higher socio-economic status and high caste were better adjusted compare to women belonging to lower socio-economic status and lower caste respectively Chetna (1999).

Suggestions for Future Research: In this modern era the crimes and psychological problems are increasing just due to lack of proper adjustment among youth. The quality of adjustment is dependent on several factors, ranged from individual to environmental to technical advancements. There is an urgency to validate the responsible factors for poor adjustment among youth. The available literature review is not sufficient to claim like personality traits strongly predict the level of internet-addiction and adjustment; religion can too predict the level of adjustment and internet-addiction; and internet-addiction affects the adjustment of youth. There is a need to do a primary research on all these psychological constructs with large sample size because current review of literature shows the small sample size studies has been done.

## CONCLUSION

To sum up all, the current literature review of internet-addiction, personality, religion and adjustment has shown that there are males who are more internet-addicted than females; but females are more smart-phone addicted than males; Urban youth are less addicted than rural youth; Government youth are less addicted than private youth; superior religionist are lesser internet addicted; internet-addiction creating many behavioural and physical problems; and work problems among males. There is a most important relationship between Personality traits and internet-addiction. Adjustment problems are exists in youth but urban youth are well adjusted than rural youth; and females are well in social and emotional adjustment and males

are well adjusted in home and social. Hindu women were better adjusted than Muslim women. Women belonging to higher socio-economic status and high caste were better adjusted compare to women belonging to lower socio-economic status and lower caste respectively.

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