

Shyness as a Psychological correlates of Internet Addiction

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Abstract:

The present study was conducted on higher secondary students of Jamshedpur city. The sample size consists of 100 higher secondary students (50 boys and 50 girls). **Objectives:** To know the prevalence of internet addiction among the sample groups; to know the prevalence of shyness among sample groups; to find the interrelationship between internet addiction and shyness. **Hypothesis:** The prevalence of internet addiction will be vary among sample groups; the prevalence of shyness will be vary among sample groups; There will be positive interrelationship between internet addiction and shyness. **Methodology:** The sample was selected by random sampling. Kimberly Young Internet Addiction Scale (1996) and Cheek and Buss (1981) Shyness scale were used for data collection. The data were statistically analyzed using percentage analyses, Means, SD, t-test and Pearson 'r'. **Conclusion:** Mean score for internet addiction scale was 35.82 and SD was 16.50. On shyness score mean was found 37.28 and SD was 5.42. The correlation between the two variables was found 0.19 which was significant at 0.1 levels. So, the correlation between these two variables is positive but not too strong.

Keywords: Internet Addiction, Shyness, Higher-secondary students

I. INTRODUCTION

Internet Addiction is a new phenomenon, while shyness is not. Much of the time people use the Internet as a way to escape from reality or as a way to communicate with others without having to worry about social consequences. The more frequent and common Internet use becomes, the more prevalent Internet Addiction will become.

1.1 Internet Addiction

In many ways the Internet allows us to be more productive and actually saves us a lot of time as we carry out our various day-to-day tasks. Unfortunately, excessive use of the Internet can significantly interfere with functioning in other areas of life such as relationships, education, work, physical health, and emotional well-being. The idea that problematic computer use meets criteria for an addiction, and therefore should be included in the next iteration of the Diagnostic and Statistical Manual of Mental Disorders (DSM), 4th ed. Text Revision was first proposed by Kimberly Young, Ph.D in her seminal 1996 paper.

1.2 Shyness

Shyness is the awkwardness or apprehension some people feel when approaching or being approached by other people. Unlike introvert who feels energized by time alone, shy people often desperately want to connect with others, but don't know how or can't tolerate the anxiety that comes with human interaction. Leary (1986) defined shyness as "an affective-behavioral syndrome characterized by social anxiety and interpersonal inhibition that result from the prospect or presence of interpersonal evaluation". Tomkins (1963), on the other hand, defined shyness as an aspect of the underlying fundamental emotion of shame. Cheek, Melchior, and Carpentieri (1986) proposed that shyness is "the tendency to feel tense, worried, or awkward during social

interactions, especially with unfamiliar people". Shyness is that single emotion that encompasses so many different things—embarrassment, timidity, a fear of rejection, a reluctance to be inconvenient.

1.3 Significance of the study

The findings of this study will help in understanding the internet addiction among students. By knowing the prevalence of internet addiction and shyness among student, one can understand influence of shyness among students internet addiction behaviour. This study can provide valuable information for prevalence of internet addiction and shyness. The research findings also will be helpful for future researches on internet addiction and shyness. This study also explores the correlation between internet addiction and shyness.

II. LITERATURE REVIEW

Ayas (2012) conducted a study on the relationship between internet and computer game addiction level and shyness among high school students. As a result of the study a positive, meaningful and high correlation between the internet and computer addiction games addiction level was found.

Chak and Leung (2004) found that higher the tendency of one being addicted to the Internet, the shyer the person is.

Yang and Tung (2007) studied "Comparison of Internet Addicts and Non-addicts in Taiwanese High School". They found that students with personalities characterized by dependence, shyness, depression and low self-esteem had a high tendency to become addicted.

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III. METHODOLOGY

3.1 Objectives

- To know the prevalence of internet addiction among the sample groups;
- To know the prevalence of shyness among sample groups;
- To find the interrelationship between internet addiction and shyness.

3.2 Hypothesis

- The prevalence of internet addiction will be vary among the sample groups;
- The prevalence of shyness will be vary among the sample groups;
- There will be positive interrelationship between internet addiction and shyness.

3.3 Sample

Sample for the present study consisted of 100 (50 boys and 50 girls) students, who pursuing their higher secondary (10+2). The sample was selected from Jamshedpur city. Stratified Random sampling technique was used for the sample selection. The sample was stratified on 2 factors of gender (male and female) in each stratum 50 students were selected randomly making a total of 100 students. The sample Units is presented in Table 1.

Table 1: Sample Units

Gender	No. of Sample
Male	50
Female	50
Total	100

3.4 Test Materials

- **Personal Data Questionnaire:** This questionnaire was prepared by the authors to obtain information about respondent name, age, sex, religion, levels of education, parents' education etc.
- **Internet Addiction Scale:** Internet addiction test (IAT) was developed by Kimberly Young (1996). It consists of 20 items that measures mild, moderate and high level of Internet Addiction. A candidate have to response as '0'(does not apply), '1'(rarely), '2'(occasionally), '3'(frequently), '4'(often), '5' (always). Scoring for response 0, 1, 2, 3, 4, 5 will be 0, 1, 2, 3, 4, 5 respectively. The instrument has exhibited good psychometric properties in previous researches. The reliability for this questionnaire is 0.899. The content validity was tested and the test was found to be a valid test.

In present study mean of total sample was 35.82 and SD was 16.50. So, the score 52 or above was considered as Internet Addict.

- **Shyness Scale (RCBS):** It is developed by Cheek, J.M., and Buss, A.H. (1981) for testing shyness of a person. The shyness scale is the 13-item Revised Cheek and Buss Shyness Scale. The items are answered on a 5-point Likert scale. The response will be 1, 2, 3, 4, 5 for strongly disagree, uncharacteristic, neutral, characteristic, strongly agree respectively. Scoring for response 1, 2, 3, 4, 5 are reversed as 5, 4, 3, 2, and 1. It has high internal consistency (coefficient alpha=.90) and test retest is reliability .88(Cheek, 1983).

In present study mean of total sample was 37.28 and SD was 5.42. So the score 42 or above was considered as Shyness.

IV. RESULT AND DISCUSSION

The results are presenting in following points:

- 4.1 Prevalence of internet addiction among the sample groups
- 4.2 Prevalence of Shyness among the sample groups
- 4.3 Interrelationship between internet addiction and shyness.

4.1 Prevalence of internet addiction among the sample groups

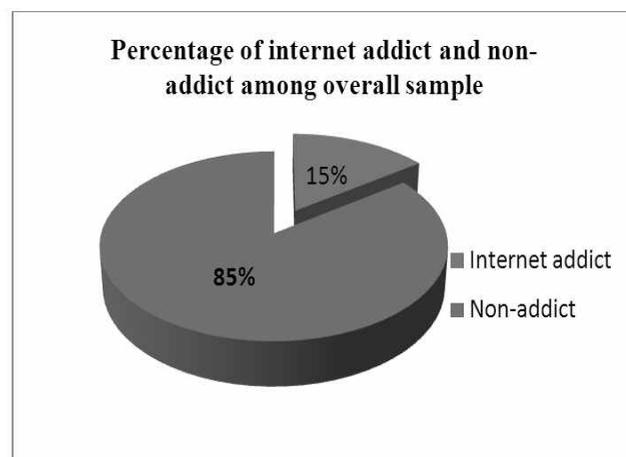
4.1.1 Prevalence of internet addict and non-addict among total sample

Table 2: Prevalence of addict and non-addict among total sample

Level of internet addiction	No.	Percentage
Internet addict	15	15%
Non-addict	85	85%

The above table (2) showing the percentage of internet addict and non-addict students among overall sample. This is apparent from the table that the percentage of internet addict students are 15% and percentage of non-addict are 85%.

Figure 1:



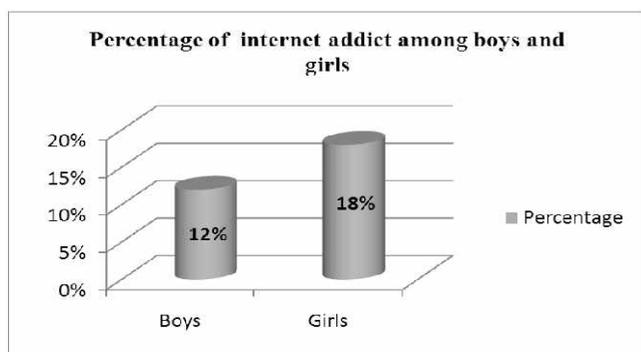
4.1.2 Prevalence of internet addiction among boys and girls.

Table 3: Prevalence of internet addiction among boys and girls

Gender	No.	Percentage
Boys	6	12%
Girls	9	18%

Table 3 indicating the percentage of boys and girls who can be categorized as internet addict. The data showing that the prevalence of internet addiction among boys is low (12%) as compare to their girls' counterpart (18%). So, girls are more internet addict than boys in Jamshedpur city.

Figure 2



4.2 Prevalence of Shyness among the sample groups

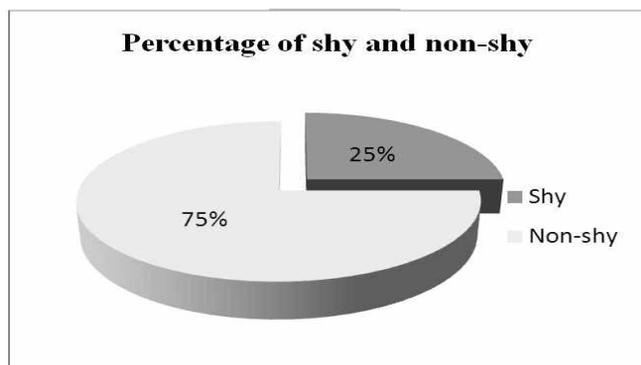
4.2.1 Prevalence of shy and non-shy among total sample

Table 4: Prevalence of lonely and non-lonely among total sample

Level of Shyness	No.	Percentage
Shy	25	25%
Non-Shy	75	75%

Table 4 showing the prevalence of shy and non-shy students among overall sample. It is found that the percentage of non-shy (75%) students is more as compare to shy (25%).

Figure 3



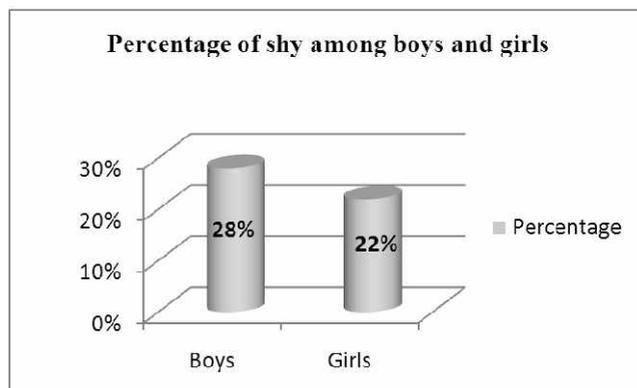
4.2.2 Prevalence of shyness among boys and girls

Table 5: Prevalence of shy among boys and girls

Gender	No.	Percentage
Boys	14	28%
Girls	11	22%

Table 5 is presenting the percentage of shy among boys and girls. Data of the present table is showing that the prevalence of shy among boys is high as compare to girls. 22% boys and 28% girls found to be shy in the present study.

Figure 4



4.3 Interrelationship between internet addiction and shyness.

Table 6: Correlation co-efficient between internet addiction and shyness

Variable	Correlation	Significance
Internet Addiction	0.19	Significant at 0.1 level
Shyness		

Table 6 is indicating the interrelationship between internet addiction and shyness. The correlation between internet addiction and shyness was found as to be 0.19, which was significant at 0.1 levels. So, the hypothesis that "there will be positive relationship between internet addiction and shyness" is accepted. Although the correlation between these two variables was found to be positive but, it is not too strong.

V. CONCLUSION

It can be conclude by the research findings that prevalence of internet addiction is more in girls as compare to boys. On the other hand percentage of shy was more in boys as compare to their girls' counterpart. The correlation co-efficient between internet addiction and shyness was found to be 0.19, which mean there is positive correlation between these two variables.

VI. REFERENCES

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