

Chapter 8

INTERNET ADDICTION AND SHYNESS AMONG ADOLESCENTS

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Abstract

This study examines the mental health and quality of life using quantitative technique. An attempt was made to comparative study of internet addiction and shyness among adolescence. The sample of this study comprised 60 adolescence (30 male and 30 female adolescence.) drawn from malappuram district, Kerala. Instruments used for data collection were Personal Data Schedule, Internet Addiction Test (IAT) and Shyness Assessment Scale (SAT). The statistical technique Pearson product moment and t-test are used in the present study. The result indicates that there is no relationship between internet addiction and shyness among adolescence.

Key words: *Internet addiction, shyness, adolescence.*

Introduction

Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth.

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.

This study is not attempting to prove the existence of internet addiction or shyness, but rather the correlation between the two. There have been many papers published about Internet Addiction (Hughes, Johansson & Gotestam, Tsai& Lin etc ...). Many have been published about relationships between Internet Addiction and social problems such as anxiety and depression (Johansson & Gotestam, Kaltial-Heino, Lintonen, & Rimpela) but it is difficult to find relationships between shyness and Internet Addiction. Of these published studies, many of them discuss the Internet problems concerning high school and college students. Middle school students are a very different group of students, whereas it is a very awkward stage and these students are developing mentally as well as socially. The internet does not have an age requirement and many adolescents have unlimited access to the internet. These adolescents are going through many changes, both physically and emotionally and it is generally considered a very awkward age, especially when it comes to communicating with others. I believe that it is this awkwardness that will make them susceptible to shyness and Internet Addiction.

Internet addiction

The Internet has profoundly changed our everyday experience. Although initially conceptualized as a telecommunications standard to interconnect military computers worldwide it has become an integral part of modern life. We use the Web to find information and perform many activities, although for a great majority of Internet users the primary purpose for going online is to connect with others. The Internet has become a part of our daily lives, and who we are determines how we use it.

There are several activities that can be performed on the Internet: surfing, e-mailing, downloading, social networking, blogging, navigating in virtual worlds, gaming, chatting, and others. All of these can be used for work, leisure or interpersonal communication. Despite its inherent benefits, the Internet is not without its problems, especially when its use becomes excessive. Over the last decade, in parallel to the flourishing popularity of the Internet, the number of research studies addressing the addictive potential of the Internet has steadily increased. Regardless of this fact, there is still controversy whether addiction to the Internet is a

real, unique problem or just a transient social phenomenon that all modern technologies have gone through.

Internet addiction is when a person has a compulsive need to spend a great deal of time on the Internet, to the point where other areas of life (such as relationships, work or health) are allowed to suffer. The person becomes dependent on using the Internet and needs to spend more and more time online to achieve the same 'high'.

There is a range of behaviours that can be referred to as Internet addiction. Other terms for this addiction include Internet addiction disorder (IAD) and net addiction. Generally speaking, surveys suggest that males who are addicted to spending time online tend to prefer viewing pornographic websites, while females are attracted to chat rooms for making platonic and cyber sexual relationships.

Signs of Internet addiction

According to the American Psychiatric association, Internet addiction can include three or more of the following:

- The user needs to spend ever-increasing amounts of time online to feel the same sense of satisfaction.
- If they can't go online, the user experiences unpleasant withdrawal symptoms such as anxiety, moodiness and compulsive fantasising about the Internet. Using the Internet relieves these symptoms.
- The user turns to the Internet to cope with negative feelings such as guilt, anxiety or depression.
- The user spends a significant amount of time engaging in other activities related to the Internet (such as researching internet vendors, internet books).
- The user neglects other areas of life (such as relationships, work, and school and leisure pursuits) in favour of spending time on the Internet.
- The user is prepared to lose relationships, jobs or other important things in favour of the Internet.

Problems/Effects of Internet addiction

Internet addiction paves way for the following problems:

Saisan et al. (2010), has identified the various risk factors for Internet addiction.

- One suffers from anxiety: One may utilize the Internet to distract oneself from worries and fears. An anxiety disorder like obsessive-compulsive disorder may also result in a person's repeated use of internet to check e mails.
- One is depressed: The use of Internet may serve as an escape from the feelings of depression, but over use of internet can make things worse. Internet addiction further leads to isolation, stress, and loneliness.
- Presence of any other addictions: Many Internet addicts suffer from other addictions, such as drugs, gambling, alcohol, and sex.
- One lacks social support: Internet addicts frequently utilize social networking sites, instant messaging, or online gaming as a safe way of establishing new relationships and more confidently relating to others.
- One is an unhappy teenager: One might be wondering where one fits in and the Internet might feel more comfortable than real life friends.
- One is less mobile or socially active than one are used to: For example, one may be coping with a new disability that limits ability to drive. Parenting very young children can make it hard to leave the house or connect with old friends.
- One is stressed: While some people utilize the Internet to relieve stress, it can have a counterproductive effect. The longer spend online, the higher stress levels will be.
- Relationship Troubles: In almost 75% of the cases, Internet Addicts make use of applications such as chat rooms, instant messaging or online gaming as a safe way of establishing new relationships and more confidently relating to others (Rizk et al2007).
- Occupational Problems: Misuse of Internet among employees is a matter of serious concern among managers. A survey from the nation's top 1,000 companies exposed that 55% of executives believed that time surfing the Internet for nonbusiness purposes is undermining their employees' effectiveness on the job (Robert Half International, 1996).

Young (1996), identified that 53% of internet addicts surveyed reported serious relationship problems. Marriages, dating relationships, parent-child relationships, and close friendships have been noted to be seriously disrupted by "net binges."

Different Types of Addiction

The categories of Internet addiction include:

- Sex - The person uses the Internet to look at, download or swap pornography or to engage in casual cybersex with other users. This results in neglect of their real-world sex life with their partner or spouse.
- Relationships - The person uses chat rooms to form online relationships ('online dating') at the expense of spending time with real-life family and friends. This could include having online affairs ('cyber adultery').
- Games - This can include spending excessive amounts of time playing games, gambling, shopping or trading. This can lead to severe financial troubles..
- Information - The user obsessively searches for and collects information.

Shyness

Shyness is a sense of awkwardness or apprehension that some people consistently feel when approaching or being approached by others. Shyness is a response to fear, and research suggests that although there is a neurobiology of shyness -the behavioural repertoire is orchestrated by a specific circuit of neurons in the brain-it is also strongly influenced by parenting practices and life experiences.

Shyness is a feeling of fear or discomfort caused by other people, especially in new situations or among strangers. It's an unpleasant feeling of self-consciousness - a fear of what some people believe others are thinking. This fear can inhibit a person's ability to do or say what they want. It can also prevent the formation of healthy relationships.

Shyness is often linked to low self-esteem. It may also be one of the causes of social anxiety.

Types of Shyness

Shyness can vary in strength. Many people feel mild feelings of discomfort that are easily overcome. Others feel extreme fear of social situations, and this fear can be debilitating. Inhibition, withdrawal from social activities, anxiety, and depression can result from shyness. Shyness encompasses a broad spectrum of behaviours. It's normal for children to sometimes feel

shy in new situations. Perceptions of shyness may also be cultural. Some cultures, such as many of those in the United States, tend to regard it negatively. Others, such as some Asian cultures, tend to regard shyness more positively.

Sub Types of Shyness

There are two categories of problematic shyness as suggested by Buss (1995), Fearful shyness and Self-conscious Shyness.

Anxious Shyness, develops in the first year of life and may involve a genetic component in the form of emotional reactivity. Emotional reactivity may lead the shy children to be more susceptible to negative social conditioning and to display fear and inhibition around others.

Self-Conscious Shyness, on the other hand, is a later developing form of shyness, which emerges around five to six years of age and coincides with the child's development of self and the ability to take on the perspective of others. These shy people are primarily aware of themselves as social objects and are comfortable in interpersonal situations where public aspects of the self are evaluated. He further hypothesized that self-conscious shyness develops from an excess of parental evaluation and negative comments about publicly observable aspects of the child.

On the other hand, Zimbardo (1977), recommended that two types of shy people exist: public and private. Publicly Shy, people don't make eye contact or smile, they blush a lot, they stutter, their posture is poor. They fit the stereotype of shyness. Privately shy, person hides it. They are typically bored or snobbish, poised or extroverted. These people cover up their internal anxieties very well.

Causes of Shyness

About 15 percent of infants are born with a tendency toward shyness. Research has shown biological differences in the brains of shy people. But a propensity for shyness also is influenced by social experiences. It's believed that most shy children develop shyness because of interactions with parents. Parents who are authoritarian or overprotective can cause their children to be shy. Children who aren't allowed to experience things may have trouble developing social skills. A warm, caring approach to rearing children usually results in them being more comfortable around others. Schools, neighbourhoods, communities, and culture all shape a child.

Connections a child makes within these networks contribute to their development. Children with shy parents may emulate that behaviour.

In adults, highly critical work environments and public humiliation can lead to shyness. A teen who has had negative experiences when trying new things, speaking up, or when approaching people, may become less outgoing over time. Teens who grow up with overprotective parents may also be more likely to be shy.

Components of Shyness

There are three important components of shyness According to Vander Molen (1990).

- **Fear (anxiety or arousal):** People with shyness are strongly motivated to escape from social interactions because of the anxiety and negative arousal experiences in such situations. Cheek and Melchior (1990), identified that 40% to 60% of shy high school and college students have trouble with multiple symptoms of anxiety.
- **Social Skills deficit (Behavioural inhibition):** A common symptom of shyness is associated behavioural inhibition. Pilkonis (1977), found that compared with non-shy participants, shy participants spoke less frequently and allowed more silences to occur in their conversation. And broke silence less often compared with non-shy participants. Awkward bodily movements, gaze aversion and general social unresponsiveness are typical Behaviour patterns of shy individuals (Buss, 1984).
- **Irrational thoughts (unrealistically maladaptive attributions of past interpersonal failures and negative anticipations of future interpersonal performance):** Compared with shy individuals, non-shy individuals, display a self-defeating attribution style in which positive self- relevant events are considered due to luck and other unstable characteristics and negative self-relevant events are considered due to ability and other stable characteristics (Anderson & Amoult, 1985).

Need and significance of the study

Today, the budding generation is relying on technology more than ever for nearly everything; they are making the world come closer. Cyberspace is a fascinating world with lots of features, places, activities, people and subcultures to explore, and adolescents love it because

they get to experience it first hand, within the reach of their fingertips. But its dependence is making the adolescent groups to get aggressive in this realm. Due to the online un-inhibition effect, people argue, criticize, berate and insult others without much provocation. Cyberspace make adolescents more shyness and may push towards feeling discomfort in social.

A major downside of adolescents using these new age instruments is addiction combined with their immature social skills, this segment is then particularly vulnerable to the risks associated with failing to protect their privacy. The general consensus among psychologists says that addictions in past, such as substance abuse or addiction to television, can lead to addictive behaviours in future. Addictive behavior breeds addiction. Because internet addiction reduce social interaction and it may be lead shyness among adolescence.

Statement of the problem

The present study is an attempt to know Internet addiction and Shyness among adolescence. Hence, the project is entitled as “Internet addiction and Shyness among Adolescents”.

Definition of key terms

Internet addiction

A Severe disorder that affects a person's ability to think rationally.

Shyness

Emotion that affect how a person feels and behaves around others.

Adolescence

Adolescence is the phase of life between childhood and adulthood from age 10 to 19.

Method

Methodology can be defined as; it is used to provide a clear cut idea on what the investigator is carrying out his or her research. In order to plan in a right point of time and to advance the research work methodology makes the accurate platform to the investigator to mapping out the research work in relevance to make solid plans.

Research design

The present study was based on quantitative research, quantitative research deals in numbers, logic and an objective stance. Quantitative research focus on numeric and unchanging data and detailed convergent reasoning rather than divergent thinking,(i.e., the Generation of a variety of ideas about a research problem in a spontaneous, free flowing manner)

Present study determine the relationship between internet addiction and shyness among adolescents .Data are collected the data from 30 males and 30 females adolescents .Data are collected through questionnaire to collect numerical data .The data was collected from Malappuram district.

Variables

The following are the variables of the present study,

Interdependent variable: In this present study, interdependent variables is internet addiction.

Dependent variable: dependent variable of the study is shyness

Objectives

- To study the relationship between internet addiction and shyness among.
- To compare internet addiction and shyness with respect to Gender.
- To compare internet addiction and shyness with respect to family type.

Hypothesis

H1: There is a relationship between internet addiction and shyness among adolescents

H2: There is a difference on internet addiction with respect to Gender

H3: There is a difference on shyness with respect to family type

Participants

60 adolescents from Malappuram district, Kerala including High school, higher secondary and college first year students (age limit 12 – 19) were considered as the participants of the study .purposive random sampling is used for sample selection. It means the process of

identifying a population of Internet and developing a systematic way of selecting cases that is not based on advance knowledge of how the outcome would appear.

Inclusion criteria

- Male and female adolescents are included.
- High school, higher secondary and college first year students were included.

Exclusion criteria

- Age below 12 and above 19 are excluded.
- People who do not use Internet are excluded.

Instruments used

In the present study, three instruments were used, personal data schedule to collect personal data of the participants and another two scales are used that is, internet addiction scale by Kimberly Young (1998) and shyness assessment scale by D'Souza (2006).

Personal Data schedule

Personal data schedule means any information relating to an identified or unidentified individual. In the study which include Name, age, Gender, family type, and area of participants.

Internet addiction scale

Internet addiction Test (IAT) was developed by Kimberly Young,(1998) and it consists of 20 questions was adopted to evaluate the respondent's level of Internet addiction. Each item is scored using a five point Likert scale,a graded response can be selected (0="does not apply" to 5 ="always") .it covers the degree to which internet use affect daily routine, social life , productivity, sleeping pattern , and felling .The minimum score is 20 while the maximum is 100 and the Higher the score the greater the level of Internet addiction .The instruments has exhibited good psychometric properties in previous researchers. For the adopted scales, reliability coefficient Cronbach alpha was calculated as 0.90 and spearman Brown value was

calculated as 0.86. Exploratory factor analysis was used to confirm the construct validity; and confirmatory factor analysis used to determine whether the factor model was correct.

Scoring

The IAT total score is the sum of the ratings given by the examinee for the 20 item responses. Each item is rated on a 5-point scale ranging from 0 to 5. The maximum score is 100 points. The IAT total score ranges, with the higher score representing the higher level of severity of Internet compulsivity and addiction. Total score <20 indicate normal users. The scores ranging from 20 to 49 indicate minimal users, while scores from 50 to 79 indicate moderate users and the scores from 80 to 100 indicate excessive users. The minimal users were classified as problematic internet users, while moderate and excessive users were categorized as internet addicts.

Shyness Assessment Scale

Souza(2006), of Maharajas college, University of Mysore, developed the shyness assessment test. It consists of 54 items and requires the subject to indicate his/her response by marking yes/no / can't say. The items in the scale pertain to three domains of shyness: cognitive/affective (32 items), physiological (11 items), and item analysis of the scale using SPSS program resulted in Cronbach's alpha coefficient of 0.7119. Further, the scale had sufficient high validity.

The reactions for shyness can occur at cognitive, affective, physiological and behavioral ways and it may be triggered by a variety of arousal cues (Henderson & Zimbardo, 1998).

The physiological domain: physiological expressions of shyness include excessive perspiration, blushing, increased heart and pulse rate, dry mouth, trembling and uneasy feeling in the stomach.

The cognitive domain: At the cognitive domain, manifestation of shyness may include, fear of negative evaluation and rejections, self-consciousness, worry and rumination and self-blaming. Attributions.

The affective domain: Affective symptoms of shyness may include feelings of self-consciousness, embarrassment, insecurity and feelings of inferiority.

Behavioural component: It may include Reticence, speech dysfluencies, passivity and reduced eye contact, maintaining physical distance, lack of appropriate responses and avoidance of situations.

Table 4.1: The reliability indices of the domains were calculated by split half method, which are as follows;

Sl. No	Domain	Reliability Index
1.	Cognitive/ Affective	0.826
2.	Physiological	0.792
3.	Action Oriented	0.726

Table 4.2 Internal consistency

Domains	Cognitive/Affective	Physiological	Action- Oriented
Cognitive/Affective	-	0.51	0.53
Physiological	-	-	0.59
Action – Oriented	-	-	-

Scoring

The questionnaire requires the subjects to respond by marking yes/no/can't say. For scoring items , responses scored 2 for yes , 1 for can't say , 0 for no for positively worded items and scoring was reversed for negative items .High scores indicate high level of shyness and low score indicate low levels of shyness . Depending on the scores of the subject were classified into three levels of shyness-High, medium, and low.

Scores for all the statement were cumulated and if the subject scored 81 and above he / she is considered as having high levels of shyness.

Procedure

The present study is related to internet addiction and shyness among adolescents. For this study 60 adolescents (30 male and 30 female) are used. Internet addiction scale (IAT) and shyness assessment scale (SAT) are used as questionnaire to measure variable problem. The data were collected from adolescents (age limit 12-19) from Malappuram district. 30 samples were collected through online and 30 through direct method.

The samples were collected only after giving the assurance about the confidentiality. The instruments are administered to the subject individually by the investigator for each participant. Instructions were given very well for collecting data.

Administration of instrument

At the time of conducting internet addiction test, the investigator should establish rapport and confidentiality was provided by convincing them that the data they would provide would be used only for research purposes and their names would never be known to anyone. Then the questionnaire is given to the participants and the investigator gave the following instructions;

“The following questionnaire consists of 20 statements. After listening to the statement carefully, based upon the 5-point Likert scale, please select the response (0,1,2,3,4, or 5) which best describes you on the low side. 0 indicates the statement is not applicable to your life, 1 indicates that the statement is something that you occasionally engage in, 3 indicates that the statement is something you frequently engage in, 4 indicates that the statement is something you often engage in, and 5 indicates that the statement is something that you always engage in. If two choices seem to apply equally well, circle the choice that best represents how you are most of the time during the past month. Be sure to read all the statements carefully before making your choice. The statements refer to offline situations or actions unless otherwise specified.”

At the time of conducting shyness assessment test, rapport was established and confidentiality was provided. It was used only for research purposes and their names would never be known to anyone. Instructions given, read each statement carefully and tick any option you find most appropriate. There are positively worded items and negatively worded items. Read them carefully. Do not spend too much of the time on any statement. But be sure to read all the statements carefully before making your choice. After answering every statement, collect back the questionnaire and check it carefully and score it.

Data analysis

Data analysis is the collection and interpretation of the data in order to uncover patterns and trends .It can be used in the situation like gathering research interpretation, statistical modeling or Designing surveys and studies. Statistical technique used in this test were t-test and Pearson correlation co-efficient with the help of SPSS software.

Pearson Product Moment Correlation

Pearson product moment correlation was calculated to find out the relationship among two study variables.. The correlation co-efficient is a measure of linear associated between two variables, usually Karl Pearson's correlation is used. Values of correlation are always between-14+1 .For correlation co-efficient+1 indicates that two variables are perfectly related in a negative linear sense and a correlation co-efficient of zero indicates that there is no linear relationship between the two variables.

Independent Sample t-test

T-test is statistical significance indicate Confidentiality is that whether or not differences between the two groups. We use their list for comparing the mean of two samples even if they hence different no of replication in simple terms, the test compares the actual difference between two means in the relation to the variation in the data (expressed as the standard deviation of difference between the means) independent same t-test compares the means of two independent groups in order to determine whether there is statistical evidence that the associated population means are statistically different.

Ethical consideration

- Confidentiality has been maintained in keeping and not sharing the data.
- The participants were asked that the data would be used for research purposes only.

Result and discussion

The result chapter section simply and objection reports when you found, without speculating on why you found these results. The Discussion intercepts the meaning of the results, puts in context and explains why they matter. The chapter represents the result obtained in the

study and their expectations in order to meet the objectives and 3 hypothesis. The Statistical technique used were Pearson’s product moment Correlation and t- Test.

For the present study of a total space consists of 60 samples 30 males and 30 females. The sample collected from the area of Malappuram district of Kerala.

H1: There is a significant relationship between Internet Addiction and Shyness among adolescents.

To verify the hypothesis, Karl Pearson’s product moment Correlation test was used and result are showing in table 4.1

Table 4.1 Correlation between Internet addiction and Shyness

		Shyness
Internet Addiction	Pearson’s Correlation	0.193
	Sig (2 tailed)	0.139
	N	60

Table 4.1 shows the correlation coefficient between Internet addiction and Shyness is found to be 0.193 and significant 2 tailed value is 0.139 .This shows that there is no relationship between Internet addiction and Shyness. The hypothesis states that there is a significant relationship between Internet Addiction and Shyness among Adolescents. So, the hypothesis H1 is rejected. This shows that there is no relationship between Internet addiction and Shyness.

Significant 2 tailed value shows that there is no statistically significant relationship between two variables. It is important to note that while there may not be a significant correlation between Internet addiction and Shyness there may be still other factors that contribute to internet addiction, such as boredom, stress or depression. It is also possible that an individual’s level of Shyness may related to other factors such as social anxiety or introversion.

This has been proven by a study conducted by Scealy et. al. (2002) who were surveyed internet use survey. The result of the study was that the shy and anxious people did not use

internet anymore. Although the study was not able to conclude Shyness was a contributing factor to Internet Addiction.

H2 : There is a difference on Internet Addiction with respect to Gender.

To verify this Hypothesis, t- Test is used and result is showing in table 4.4.

Table 4.2 Mean, SD, t- value on Internet Addiction among Gender

Variable	Group	N	Mean	SD	t-value	Significant (2 tailed)
IAT	Male	30	41.79	15.091	1.694	0.096
	Female	30	36.03	11.062	1.677	0.100

Table 4.2 can be seen that the mean of Internet addiction for male is 41.79 and the mean of internet addiction for female is 36.03. The SD of Internet addiction of male is 15.091 and female is 11.062 and the t- value is 1.694 and 1.677 for male and female respectively. The Significant 2 tailed value is 0.096 and 0.100 respectively for male and female. The hypothesis states that there is a difference on internet addiction with respect to gender. This shows that there is no difference on internet addiction with respect to gender. So, the hypothesis H2 is rejected.

There is some debate among experts about whether or not there is a significant difference in internet addiction between genders. One possible explanation for this discrepancy is that different studies use different definitions and criteria for what constitutes internet addiction internet. Additionally, factors such as cultural background, age and social economic status may play a role in development of internet addiction. Although internet addiction can affect anyone regardless to gender.

This has been proven by a study conducted by Sode and Jaimala Ashok (2020) on internet use and addiction among college students on 360 participants. (180 male and 180 Female). The result of the study shows that there was no gender differences in terms of internet addiction among college students. Both are using same level of internet.

H3: There is a difference on Shyness with respect to Family type.

To verify this Hypothesis t- Test is used and result is showing in table 4.3

Table 4.3 Mean, SD, t- value on Shyness among Family Type

Variable	Group	N	Mean	SD	t-value	Significant (2 tailed)
Shyness	Joint	13	52.15	23.115	1.435	0.157
	Nuclear	47	44.89	13.762	1.081	0.298

Table 4.3 can be seen that the mean score of Shyness for joint and nuclear are 52.15 and 44.89 respectively. The SD of Shyness for joint and nuclear family type are 23.115 and 13.762 respectively. The t value is 1.435 for joint and 1.081 for nuclear. The Significant 2 tailed value is 0.157 and 0.298 for joint and nuclear respectively. So, the hypothesis state that there is a significant difference in Shyness among Family type. This shows that there is no significant difference in Shyness among family types. So, this Hypothesis is rejected.

Family type may refers to various factors such as single- parent families, two parent families, blended families or families with different number of children. Shyness on the other hand, refers to a personality trait characterized by discomfort or anxiety in social situations. Which may lead to avoidance or withdrawal. Family type is not a strong predictor of Shyness. Other factors such as genetics, individual temperament, life experiences or culture may play a more significant role in shaping one's level of Shyness. However, it is important to note that one study alone cannot provide definitive answers and further research is needed to confirm or refute this finding.

Summary and conclusion

A research summary is a professional piece of writing that describes research to some prospective audience. Main priority of a research summary is to provide the reader with brief overview of all study. A researcher summary generally contains the articles structures in which it is written.

The topic of the study is the Internet Addiction and Shyness among adolescence. Studies have done on related to Internet addiction and a shyness. The study was designed to examine the

hypothesis there is a relationship between Internet addiction and shyness among adolescents, there is a significant difference between internet addictions with respect to Gender and there is a significant difference between Shyness with respect to family type. The following are the Objectives,

- To know whether any relationship between internet addiction and Shyness among adolescents.
- To know whether any difference between internet addiction and Shyness with respect to gender.
- To know whether any difference between internet addiction and shyness with respect to family type.

60 adolescents (30 males and 30 females) from Malappuram district, Kerala with age 12-19 were considered as participants for the study. In the present study made use of three tools. Personal data schedule, Internet Addiction Test (IAT) by Kimberly Young in 1995 and Shyness Assessment Test (SAT) by D ' Souza in 2006.

This that is Statistical techniques used for the data analysis in the study are Pearson Product Moment Correlation and Independent Sample t-test. The data analysed and interpreted in the basis of the test result.

Tenability of hypothesis

Table 5.1: Test Tenability of Hypothesis

Sl. no	Hypothesis	Tenability
1.	There is a relationship between Internet Addiction and Shyness among adolescents.	Rejected
2.	There is a difference on Internet Addiction with respect to gender	Rejected

3.	There is a difference on Shyness with respect to Family type	Rejected
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Major findings of the study

The major findings of the study are to be found that

- There is no relationship between internet addiction and shyness among adolescence
- There is no difference on Internet Addiction with a respect to Gender
- There is no difference on Shyness with respect to Family Type.

Implications of the study

The Findings shows that there is no significant relationship between internet addiction and Shyness. That is Internet addiction and shyness are zero correlated. Which indicate that the amount of time an adolescent spend an internet does not have any effect on the level of Shyness. While considering the study internet addiction can manifest differently in male s and females. Cultural and social factors may play a role in development of internet addiction. Shyness in family type indicates that Family type can vary widely and different types of family structures may have different effects on Shyness.

The variables used In the study were internet addiction and shyness internet addiction and shyness can have significant implications for an individual health, social functioning and overall well-being. Internet addiction refers to excessive and problematic use of Internet, which can lead to negative consequences such as decreased social interactions academic or work performance and physical health problems. Internet addiction can also lead to mental health issues, such as depression, anxiety and low self-esteem.

Shyness on other hand, refers to Feeling of discomfort or anxiety in social situations, which can result in avoiding social interactions altogether. Shyness can limit an individual's ability to develop social connection, build relationships and engage in activities that promote personal growth.

The possible implications are shyness may not be a significant factor in development of Internet addiction. The lack of correlation between Internet addiction and shyness suggest that shyness may not be a significant factor in development of Internet addiction. This means other factors such as social anxiety loneliness or low self-esteem may not be more important in predicting Internet addiction. Another implication is Internet addiction may not necessarily be a consequence of shyness. Assumptions that Internet addiction is a consequence of social isolation may not hold true. Adolescence who are shy may not necessary be isolated or lacking in social connection, which explain that the lack of correlation between Shyness and Internet addiction.

Apart from these two implications, other factors may be more important in predicting Internet addiction. The lack of correlation between Internet addiction and shyness suggest that other factors such as impulsivity, emotional regulations and coping strategies may be more important in predicting Internet addiction among adolescents. The findings may not be generalized to all populations. It is important to note that lack of correlation between Internet Addiction and Shyness, Cultural and social factors may influence the relationships between Shyness and Internet Addiction and further research may be needed to explore these relationships in different contexts.

Internet Addiction and Shyness can be applied in various contexts. It can be applied in School settings. Studies can be conducted to define how internet addiction and shyness affect academic performance, socialization and overall well-being in students. In context of Family Dynamics, studies can be conducted to determine how internet addiction and Shyness affect Family relationships, Communications and Bonding. In context of Social Media and Online Communication, Researchers can explore how internet addiction and Shyness affect social media use, online communication pattern and social interactions.

Moreover, Psychology and Mental health Context, Researchers can study the relationship between Internet addiction and shyness in individuals who are seeking treatment for mental health disorder such as anxiety and depression.

Overall both Internet addiction and Shyness can significant impact on Adolescents lives, and it is essential to address these issues early to prevent further negative consequences.

Limitations

1. Biases: The participants may not be fully aware of their level of internet addiction or Shyness. They may not report their behaviours truthfully.
2. Sample characteristics: The sample (adolescents) which may not be representative of general population.
3. Period and Culture
4. Small Sample Size

Suggestions for the study

1. Increasing the sample size can have a better Result
2. It is better to conduct study in different Districts.

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