

**Compulsive Internet Usages among University Students in Relation to their
Perceived Loneliness**

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School of Education**

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Of

Master of Education

By

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DECLARATION

I do hereby declare that the dissertation entitled "**Compulsive Internet Usage among University Students in Relation to their Perceived Loneliness**" submitted in partial fulfillment of the requirement for the award of the degree of M.Ed is entirely my original work and all ideas and references have been duly acknowledged.

I also declare that I will not submit complete or any part of this study for the award of any other degree or diploma of any university

Date.....

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CERTIFICATE

This is to certify that Poonam Dhawan has completed her dissertation entitled "**Compulsive Internet Usage among university students in relation to their perceived loneliness**" under my guidance and supervision. To the best of my knowledge, the present work is the result of his/her original investigation and study. No part of the dissertation has been submitted for any other degree or diploma to any other university. The dissertation is fit for submission for the partial fulfillment of the requirements for the award of M.Ed. degree.

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I would also like to thank all the students, friends, Harish Sir (Mitthu), Suresh Kumar, Hilal, those who took time out to fill the forms and made this study success. I cannot forget to thank the teaching staff of our department for being extra cooperative throughout the work.

Lastly, I offer my regards and blessings to all those who supported me in any respect during the completion of the work.

Date.....

Poonam Dhawan

ABSTRACT

The research was carried out to study the "Compulsive Internet Usage among university students in relation to their perceived loneliness." Descriptive survey method was used to carry out the study. The objectives of the study were to study compulsive usage of internet among university students; to explore the level of perceived loneliness among university students, to find out the difference in compulsive usage of internet among university students with respect to their gender and stream; to study the difference in perceived loneliness among university students with respect to their gender and stream; to ascertain relationship between compulsive usage of internet and perceived loneliness among university students. The hypothesis were drawn as there exists no significant difference between male and female university students in compulsive usage of internet; there exists no significant difference between science and humanities university students in compulsive usage of internet; there exists no significant difference between male and female university students in their perceived loneliness; there exists no significant difference between science and humanities university students in their perceived loneliness; there exists no significant relationship between compulsive usage of internet and perceived loneliness among university students. The study was delimited to 400 students of Science and Humanities students of Lovely Professional University by using stratified random sampling method. Standardized tool by Dr. Praveen Kumar Jha for Perceived Loneliness and self developed tool of Compulsive Internet Usage were used for collection of data. Researcher used descriptive statistics, correlation and t-test as statistical techniques. The findings of the study are (i) Out of 400 university students, majority of students i.e. 209 have average level of compulsive usage of internet. (ii) Majority of the university students are found to have low perceived loneliness as out of 200 university students 174 male students fall in this category which comes out to be 43.5 percent in terms of percentage whereas 173 female students have low perceived loneliness which comes out to be 43.25 percentage. (iii) The male and female students differ significantly from each other in their compulsive internet usage. Male students have more compulsive internet usage than female students. (iv) The university students do not significantly from each other in compulsive usage of internet with respect to stream. (v) The university students do not differ significantly from each other in perceived loneliness level with respect to gender and stream. (vi) There exists no significant correlation between compulsive usage of internet and perceived loneliness.

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CHAPTER-1

1.1 THEORETICAL ORIENTATION OF THE PROBLEM

Introduction

In this modern era the nature of global society has changed with the information explosion. More rapid changes in science and technology are taking place in the world. Nowadays technology is a soul of the youngsters, because all work is done with the help of technology. As per the 21th century most of the people spend time on technology.(Rajassekar 2008). Technology includes all the various activities connected with many areas. Technology deals with all information activities. It is concerned with computing, micro-electronics and telecommunication equipment which make the location, processing, and transfer of information possible in minimum possible time. We use the different ways to access the information for our daily life because with the help of technology are life make very easier as well as it is a great source of save the time, (Thamarasseri,2009). There are different communicated channels or ways through which information is transmitted to the receiver that is face book, twitter, whatsapp, hike, imo, Skype, etc.

Internet has led to a revolution. The world history can be now looked into a two era , one before the internet and second is after the internet. These are the social networking sites which are work with the help of that is "internet ". Internet is a network which combines all the different network sites. The internet is a worldwide collection of computers networks connecting academic, governmental commercial and organizational sites. After the soviet launch of 'sputnik ' satellite in 1957 'the US military established the advanced research project agency (ARPA). Later renamed defense advanced research projects agency (DARPA) to fund research in areas of potential benefits to the military. As a result of this research a network known as the ARPANET was set up in 1969,laying the foundation for the present internet.(Priti sinha2007). The internet has grown rapidly to become the world's largest network. Internet is a part of network. In these days internet plays a vital role in our life because we are dependent on the internet as well as we are "COMPULSIVE USAGE OF INTERNET" in our daily life. Whole work is done by the help of the internet. Most of the profession compulsive use the internet such as in schools, offices, banks , colleges , universities, in medical line, business, research field , high project works, etc. (Decuyper et al 2013) Nowadays internet is a soul of every field without the help of internet

work is not possible because all work is online. Internet is using for many purpose like , mailing, online shopping , education purposes, mailing , e-content , e-journals, broadcasting , worldwide web, group membership, interactive collaboration , multimedia display , social sites , for the entertainment, crime, gambling , addiction , blue movies, for the socialization , (Parke, J. 2010) .etc.

In this world internet is the biggest network. It is very cheap source of communication. Nowadays internet is a soul of youngsters because they spend time on usage of internet.(Thamarasseri,2009). Youngsters can connect to the internet via direct connections online information services and internet services provide with the help of internet computers are connected with each other and communicate with each other for transmission of the knowledge. We all know that an internet is a private network that is contained within enterprises. It may be consisted of many interlined local area network and also use leased lines in the wide area network.(Eijnden, *et al* 2008). Internet also facilitates the students in their study as well as with the usage of internet we are easily send the message and share the information with our friends, colleagues , employ, etc. It is very useful for our future.(Sharma et al ,2014) In this world most of the work is done with the help of the usage of internet. Mobile technology usage behavior affects the perceived work performance improvement.

There are some differences between the generations. Nowadays compulsive usage of internet in every field mostly in the youngsters in their daily field as well as per the need of the society they use the internet. Some people using the internet for different purposes such as in education, entertainment, legal and illegal purposes.(B, and M.D, 2014).In 21st century most of the students spend more and more time on use the internet for educational purposes such as the E-learning, for the research work , E-mail, for the distance education, for other educational studies which is very useful for their bright future because nowadays all work is done by online.(Baptist , 2006). They download the study material from the internet as well as they make assignments with the help of internet. Every type of data is easily available on internet which is easily accessible for all even in low level to higher level study. Online classes for those persons which are very busy in their job or business, (Wan Hamid,2014).In recent time most of the people who are busy in their work so they complete their study with the help of distance education and usage of internet. Most of the researchers most of the spend time on internet

because they read the history of the study. Internet is very beneficial for researchers. Students use internet for their study purposive because nowadays Google is a solution of many problems.(Yehuda, *et al* 2016) whenever we face any type of difficulty in any stream then we immediately use the internet for solution of the problem because this is a very cheap and easy way to solve the problem as well it is a great source of information. Compulsive usage of internet depends upon different types of personality like introvert, extrovert, emotional stability, agreeableness, negative valence etc.(Mishra, 2014). Some people are very extrovert they like to socialization as well as they want to make a many friends in their daily life so that's why the use the social sites for socialization apart from that some are very emotional they don't want to share their problem with anyone one so they spend time on usage of internet to reduce their stress. So every individual uses the internet according to his/her their personality. (Griffiths,2011).

In this modern world internet is basic need of the youngsters because they can't survive without food same case in internet.(Kuss, *et al.* 2005). Internet is a great addiction in new generation this addiction is good as well as bad. After the growth in mobile technology internet has become basic need of the people around world as compared to bygone era.(Cash ,*et al.*2012). Nowadays internet has increased communication very fast. The first and foremost advantages of the usage of the internet is replace the letter in to calls and it play a vital role in this era of knowledge where accessing the knowledge is very easy on any topic , anywhere , anyplace, anytime because knowledge is no more limited. Internet has shortened the distance in emails , video calls on IMO, Skype , face times , whatsapp etc.(Goswami1, and ,Singh. 2016). The internet is a very low cost site because we have to pay just minimum amount for internet service. if you want to talk to someone who is in another part of the globe. Most of the dwellers depends upon the internet because internet has replace the man power and work is done in very short time.(Ciarrochi, *et . al.* 2013).It is a great source of socialization because on Facebook we make many friends as well as we can easily send the messages to each other in few seconds .Some people use the internet for their entertainment purposes such as some are for playing(Sato, 2006).games , listen the songs , download the movies ,for shopping , social sites as well as mostly women's use the internet for make new friends and join the evening classes in different categories such as cooking classes, painting classes, English speaking classes , part time job by sitting in home and earning money because some families do not prefer the their ladies go to out of house so that's why they use internet according to their needs which they want.(Caplan,

2005). Internet gives a single platform to everyone to communicate and express them. In this globalized world most of the financial work is done by the help of internet. (Akin 'and Iskenderun ,2011).With the help of internet we can easily watch the movies, listen the songs, get information of our favorites celebrity and play games on the internet.

Every coin has two side and same is in case of as internet too. On the other side some disadvantages of also for who use it bad purposes like hacking, shipping, fishing, intruding, cybercrime is taking place just because of cons of internet.(Wallace, 2014). Nowadays mostly youngsters misuse the internet as a new media are becoming daily fare, They spend more and more time on internet which is not beneficial for their future because they are not spend time and communicate with their family members as well as their friends so differences are always increasingly day by day that's why divorce rate was also increases in our daily life.(Chou, et al. 2005).

Internet has a lot of cheater sites which proved very harmful for us. Because of many hackers hack our sites which are not beneficial for us. (Kuss& D Griffiths .2013),.(Kuss, et al. 2005).When use the internet they do not want to go outside for play games. They are addicted to indoors games as well as they are not a physically strong because they always sit in front of the computer, mobile phones, on internet and play games. (Khan, et al. 2014).They do not interact with the society and their relatives. They are very aggressive and do live separate rather than with family members. Some time they use the wrong social sites which is not to their age of level like they see the porn videos other social sites etc. They give more importance to internet as compared to study so that's why lot of advantages as well as disadvantages over there compulsive usage of internet. (B,S and M.D, 2014).conduct study on internet addiction. For this study they use the multidimensional scale for the college students.(Fenga& Chang b ,2010).

Chou, *et al.* (2005) conducted the study on a review of the research on Internet Addiction. They were used the internet addiction Questionnaire and telephone interviews for data collection on university students. Result revealed that they use the Internet related problems gender differences in Internet addiction and attitudes toward computers.

Kuss, *et al.* (2005). conducted the study on systematic review of epidemiological research for the last decade. Diagnostic questionnaire was used for the data collection on school students.

Findings of the study revealed the symptoms of internet addiction in mostly youngsters. So they can be helped by the scientific evidence in actual practice.

Goswami and Singh. (2016). studied internet addiction among adolescents: The Likert scale was used to assess Internet addiction on young school children's. The result revealed that compulsive use of Internet as well as nowadays it became a big challenge for the society. They spend time on internet for the physical as well as mental impairment. It should be control the use of different techniques for the internet addiction.

Guana, *et al.* (2009) conducted the study about Youth Internet use: risks and opportunities. This study was based on the experimental because they survey of the 13 abroad countries among the youth 12-14 years. The result reveals that 88% of the youth in abroad they use the internet according to their needs learning as well as health issues.

Sato, (2006).conducted a study on Internet addiction among students :Prevalence psychological problems in japan. Internet addiction scale was used for data collection of school students. The result revealed that prevalence of internet is more in male students than female students.

Eijnden, *et al* (2008).explored a study on Online Communication, Compulsive Internet Use, and Psychosocial WellBeing Among Adolescents: A longitudinal Study. They use the questionnaire for the data collection on 663 students were sitting in classroom setting. Findings of the study that is they fill the questionnaire according their health issues and social behavior.

Yehuda, *et al*(2016) formulated the study on Internet Addiction by Using the Smartphone-Relationships between Internet Addiction Frequency of Smartphone Use and the State of Mind of Male and Female Students. In this study they use the multidimensional scale for the data collection on college students. Result revealed that there is excessive usage of Internet for the entertainment as well as related to their isolation problems.

Mishra, (2014) investigated the impact of internet addiction on university students and its effects on subsequent academic success. This study is a survey based study. Survey method was used for the data collection data from a variety of college students. Result revealed that aim of this

study to explore the domain of relationship between the level of academic success in youngsters. They excess use the internet.

Sharma et al (2014).Investigated internet addiction among students of various professional courses in jaipur by young internet addiction scale .The findings the study revealed that a total of 391 out of 400 questionnaire and most of man age of students 16 to 25 they spend moost of the time on usage of internet.

Akin & Iskenderun (2011).explored the study on internet addiction and depression, anxiety, stress using the online cognition scale on participants were 300 university students .The results of the study is depression , anxiety by internet addiction . This research show the internet has a bad effects.

Lin & Lei. (2015).conducted a study on structural brain imaging and interest addiction. They used the neuromaging techniques for the functional, structural changes in brain. Findings of the study were the pattern of IAD related structural differences in the brain. These changes are observed.

Widyanto& Griffiths (2009).formulated a study on unrevealing the web: Adolescents and internet addiction. They use the questionnaire which is related to internet addiction on adolescents and adults to assess to what extent its exits. Findings reveal that only a small percentage of the population is which problematic among adolescents.

Rooij& Prause. (2014).concluded the study on Critical Review on Internet Addiction " Criteria with Suggestions for the future". In their study they used the young internet addiction test for the critically reviewed the current approach for the measure the excessive behavior syndrome. Result revealed that evidence is not currently strong for the support for an internet addiction.

PERCEIVED LONELINESS

Loneliness is a term which includes people are feel alone from their family members. Sometimes they do not like the socialization as well as their communication skills are not good so that's why feel loneliness. Apart from that there are lot of reasons for the perceived loneliness such as shyness those persons they are very shy nature they want to talk with their friends but their

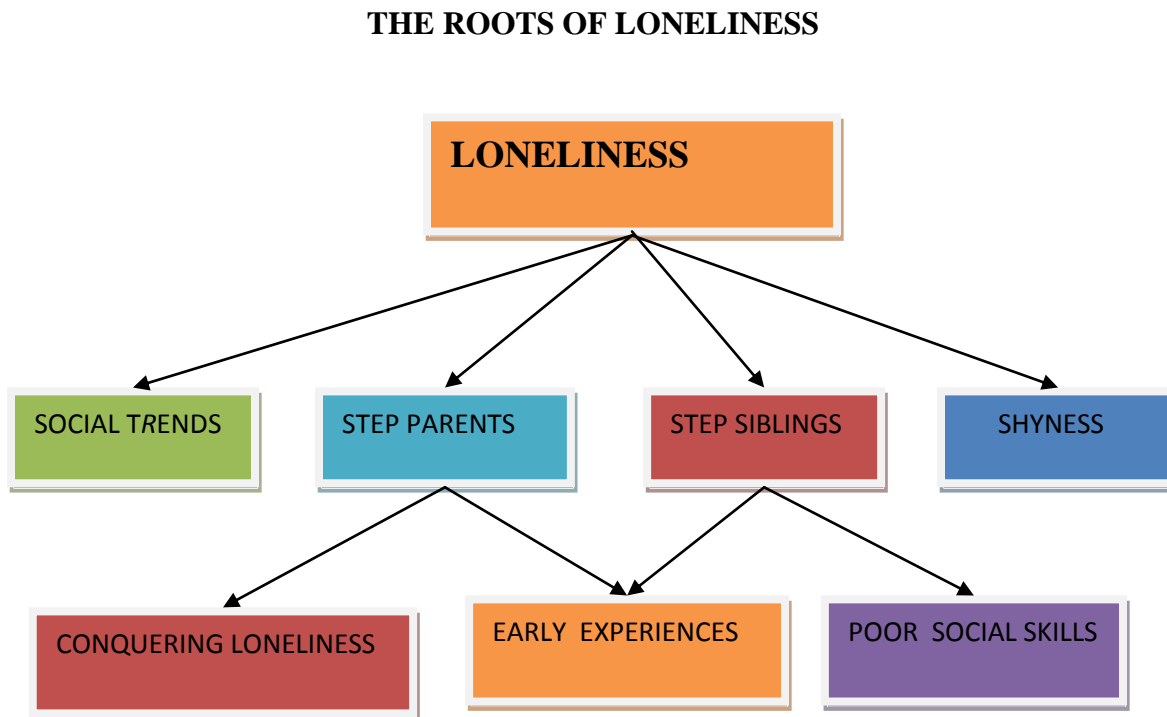
shyness nature they are not able to communicate with their friends. Loneliness is a subjective and emotional stage which prove that person is alone.(Holt-Lunstad 2015).

We can think about loneliness in several ways. One approach is to look at the type of relationship deficit involved . (Ubido, and LPHO. 2014).Emotional loneliness is just because of the absence of partner and lack of friendship network in school and their work place setting in the society. E.g. A married couple who move to new city will experience social loneliness until they make new social connections , hoe ever , because they have each other , they should not experience emotional loneliness. On the other hand , a recently divorced person will probably feel emotional loneliness but should not experience social loneliness, assuming that work and friendship networks remain intact which is not always the case. Heinrich, M. and Gullon, E. (2006). They feel emotional loneliness seems because of the absence of a romantic partner in both college students and senior adults. Social loneliness, however seems to spring from different. The point of different types of loneliness require different responses, therefore you need to point the exact nature of your social deficits to cope effectively with loneliness.

Apart from that transmit loneliness involves brief and erratic feelings of loneliness , which many people may experience even when their social lives are reasonably adequate.. (Holt-Lunstad 2015). Loneliness is a condition that affects people who have been unable to develop a satisfactory interpersonal network over a period of years. We'll focus on loneliness for the most part. The prevalence of loneliness in specific age groups actually contradicts stereotypes. Many assume that the loneliness age group is elderly this distinction actually belongs to adolescents and young adults. (Kim, et, al.2009). It is likely that frequent changes in school , jobs, and relationships during adolescence and young adulthood all contribute to the high rates of loneliness for this age group . A second unexpected finding is that loneliness decreases with age, at least until the much later years of adulthood when one's friends begin to die.

(Perlman, and Peplau. 1986).In line with expectations, single, divorced and widowed adults are lonelier then their married or cohabiting counterpart although some married people feel lonely. Also individuals whose parents have been divorced report feeling more lonely than those from intact families. Moreover the earlier in their lives the divorce occurred the stronger the feeling of loneliness experienced in adulthood in contrast, no differences in loneliness were noted between individuals who had a lost a parent through death and those from interact families. In keeping the gender differences in friendship patterns, college women are more apt to be lonely if they lack a

close friend to confide in men experience more loneliness if they lack a group of friends to interact with. (Galanaki , 2008). There are many roots for loneliness which shown below-



(Figure1.2: Roots of loneliness)

Any event that refuters the social fabric of a person's life may lead to loneliness, so no one is immune. We'll consider the roles of early experiences and social trends. Loneliness is a negative feeling and social behavior which leads to rejection by peers. (Lloyd 2011) Children who are aggressive or withdrawn are likely to suffer peer rejection even in preschool. What prompts inappropriate social behavior in young children. One factor is insecure attachment styles. Because of different early parent infant interactions, children often develop social behavior aggressiveness that invite rejection by adults and peers a child inappropriate behavior.(YU, 2016). And insecure attachment is correlated with loneliness with adulthood. Using the three style model of attachment, anxious, ambivalent adults score the highest on the loneliness. Good social skills are related to the lower loneliness.

In this modern world recent trends can be seen to be undermining social connections in our culture (Petitte,T. 2015). Technology plays a vital role in our life while technology makes life easier in some aspects and does provide opportunities for meaningful relationships. Children and parents spend more and more time on technology on social sites rather than spending time with their family members. People are spending more time alone at computers in their offices and homes, reducing opportunities for face to face interactions. These individuals are adults who were unable to break out of self-defeating patterns of social behavior developed in early life.(Hu, 2007).

Most of the people who feel loneliness because of their family members and less responsiveness of their dream partner as well as they do not give proper attention which they want so that's why they feel very aggressive and lonely. Lonely people are relatively inhibited and unassertive, speaking less than non lonely people.(Aggarwal, 2014). They also seem to disclose less about themselves than those who are not lonely. This tendency has the effect keeping people at an emotional distance and limits interactions to a relatively superficial level.(Michela, et.al .1982). These interactional problems are based in part on heightened fears of rejection. It seems that people with rejection anxiety believed that their single interest is obvious to others. Thus unaware that their signal was invisible those with rejection anxiety may perceive rejection where none exists.(Perlman, and ,Peplau.1986). The personal consequence associated with loneliness can be painful and sometimes overwhelming , low self-respect, aggression, hopelessness, alcoholism, mental illness, probably, suicide. Loneliness is also can lead to number of cases such as cancer, harmful diseases, cardiovascular disease etc. Moreover there are lots of solutions to reduce the loneliness in effective manner. It normally reflects the changes in a person's social relationships that lead to a sub-optimal level of achieved social interaction. These changes are only affecting a single relationship and person's total network of social relations.

Loneliness and Aloneness

Loneliness need to coincide with aloneness, as both are not the same. Loneliness refer to the subjective discomfort we feel when our social relations lack some important feature. This deficit may be quantitative. We may have no friends or fewer friends than we want, or the deficit can be qualitative. We may feel our relationships are superficial or less satisfying than we would like. Loneliness goes on inside a person and cannot be decreed simply by looking at someone. One

can feel lonely in middle of party and one can be utterly alone without feeling particularly lonely. Young (1982) opined that to feel lonely is to feel excluded from a group, unloved by those around you, unable to share your private concern, different and alienated from those in your surroundings.

In opposition to subjective feeling of loneliness, aloneness is the objective state of being apart from other people. Aloneness can be pleasant or unpleasant. Religious leaders go off on solitary quests to seek spiritual inspiration. Writers and musicians frequently do their best work alone, away from the distractions of social interaction. In daily life we may crave time alone to study for an important test, read a good book or think over a problem. Even living alone can be a positive experience that provides a sense of accomplishment and independence. There is no inevitable link between aloneness and loneliness. We can be happy alone or lonely in a crowd.

Types of Loneliness

Loneliness can range from a temporary state resulting from a change in our social life to a chronic and enduring condition. Nature of different types of loneliness can be understood in the following way and may be divided as following:

1. Situational Loneliness- Sometime loneliness is caused by a life change that takes us away from friends and intimate relationships. So-called situational loneliness occurs when a person has had satisfying relationship until some specific change takes place in his or her life. Situations that commonly cause loneliness include moving to a new town, going away to school, starting a new job, being separated from friends and loved ones while on a trip or in the hospital or ending an important relationship through death, divorce, or breaking up. People generally recover from situational loneliness and re-establish a satisfying social life, although this is obviously more difficult in some situations than in others. We may make friends at our new job in a few months, but take a year or more to get over the ending of love-relationship.

ii. Chronic Loneliness- Some people suffer from loneliness for many years more or less independent of changes in their lives. They are experiencing chronic loneliness. Such individuals might describe themselves as a "lonely person" chronically lonely. People seem caught in a vicious circle of self-defeating social cognitions and social behaviors. For one thing they tend to have some of the negative attribution style of the depressed-blaming themselves for their

deficient social relationships (Anderson, et al. 1983) Moreover, they tend to perceive others in negative ways as well (Jones, et al. 1981). The negative perceptions of self and others may have a basis in reality and function as self-fulfilling prophecies. For lonely people often to find it hard to introduce themselves, make phone calls, and participate in groups (Rock, 1984). They tend to be self-conscious and low in self-esteem, and when talking with a stranger they have usually been observed to spend more time talking about themselves and to take less interest in their conversational partners than do non-lonely people (Jones, et al. 1982).

Chronic loneliness can also be known as pathological loneliness which involves the individual who is uncommitted, unconcerned, and unloving and who does not attempt to deal with loneliness through close interpersonal relationships or commitment to the human enterprise. In contrast to chronic loneliness, existential loneliness involves the caring committed; loving person whose loneliness is the result of conditions beyond his or her control. Thus, loneliness, whether chronic or temporary, is a painful awareness that one's social relationships are less numerous or meaningful than one desires.

iii. Emotional and Social Loneliness- Robert Weiss (1973) has distinguished two types of loneliness based on the specific provision that a person lacks:

(a) Emotional loneliness results from the absence of an intimate attachment figure, such as might be provided for children by their parents or for adults by a spouse or intimate friend.

(b) On the other hand, social loneliness occurs when a person lacks a sense of social integration or community that might be provided by a network of friends or co-workers.

It is possible to experience one type of loneliness without the other. A newly married couple may not feel emotional loneliness during honeymoon but they are likely to experience social loneliness until they make friends and start feeling a part of their new community. Similarly a widow may feel intense emotional loneliness after the death of her husband, but continue to have many social ties to family and friends

Correlates of Loneliness:-

It is common belief that most of us have some experience of loneliness as we grow up. This is especially true if one's family has moved from one location to another or if events such as illness

caused enforced periods of solitude. These unpleasant episodes are, however, usually overcome, and do not seem to be the major cause of adult learned appropriate social skills during childhood (Rubin, 1982)

Contrary to the popular belief that aged are the worst victim of loneliness; empirical results showed that loneliness is relatively universal phenomenon which occurs in adolescent, adults and senior citizen as well. Thus, no segment of society is immune to loneliness; but some people are at greater risk than others. Following empirical evidence illustrated the above contention.

Personality Correlates and Loneliness

Several personality factors have been linked to loneliness. Lonely people tend to be more introvert and shy, more self-conscious, and less assertive (Jones, Briggs and Smith, 1986). The self-disclosures of those who are lonely tend to be inappropriate. They are too intimate with those of same sex and too unrevealing to members of the opposite sex. Among the effects of these interpersonal deficits is the tendency to be cynical about other people, to feel pessimistic about life and to express an external locus of control (Jones, 1982). Their views of the opposite sex seem designed to maximize and more likely to expect that their own marriage will a long time may lead a person to see him or herself as a social failure and so end in divorce (Jones, Hansson and Smith, 1980). Several of these personality factors can be both a caused and a consequence of loneliness. For example, people with low self-esteem may be less willing to take risks in social settings. This could make it harder for them to form friendships and thereby increase their chances of loneliness. On the other hand, the experience of being lonely for cause a drop in the person's self-esteem.

Apart from the above personality correlates, investigators have demonstrated a kind of link between loneliness and physical and psychological illness. Loneliness has been linked to poor health (Berg et al. 1981), alienation and suicide (Deaton et al. 1977); negative self-concept (Goswick and Jones, 1981), feeling of hopelessness, vacuum and defeat (Russell, Peplau and Fergusson, 1978) and with anxiety, depression and hostility (Jones, Freeman and Goswick, 1981) and with psycho-somatic disease like heart -attack and hypertension (Thiel, Parker and Bruce, 1973). In a recent study Jayakumari and Kalanidhi (1993) found a significant positive relationship between loneliness and neuroses in institutionalized aged by using UCLA

Loneliness Scale by Russell, Peplau and Citrons (1980). In a more significant investigation on 183 Indian Make University students by administering UCLA Loneliness Scale Upmanya et al. (1994) observed a link between loneliness and personality factors of extraversion and psychotics.

Childhood Experience and Loneliness

Childhood experiences may predispose individuals to loneliness. Shaver (1986) has used infant-parent attachment theory to predict that adults will be less vulnerable to loneliness if they happened to be securely attached to their parents during childhood; two recent studies of Shaver have provided preliminary support to this idea. Other research by Guidubaldi, Perry and Natasi (1987) suggests and children who lose a parental attachment, relationship because of death or divorce may be at greater risk for loneliness as adults than are children from intact families. Taking a slightly different approach to this issue, Lob dell and Perlman (1986) gave questionnaires to college-aged women and also to their mothers and fathers. One of their most striking findings was that lonely parents tended to have lonely daughters. There was a significant correlation between the grown daughter's current level of loneliness and the current loneliness of her mother and father. In addition the daughter's perception of her parent's child rearing practices was also linked to her loneliness. Women who were least lonely described their parents as having been positively involved during their childhood, as being reliable and trustworthy, and as having a happy marriage. These results are consistent with notion the childhood experience predispose adults to loneliness. Langer et all.(1974), found parental coldness or parental rejection a caused factor of loneliness.

Age-pattern and Loneliness

Loneliness is related to age. Popular stereotypes depict old age as a time of great loneliness. But research shows that loneliness is highest among older people (Parlee, 1979). In the same way Brennan (1982) observed that despite the problems of childhood, it is in adolescence that loneliness can reach a peak. Researchers have not yet determined the reasons for this age-pattern-difference of loneliness. However, two reasons may be cited for inte4rpretation of age-difference in occurrence of loneliness.

First, as regard to Parley's study there may be "generation gap", with young people being more willing TO talk about their feelings and knowledge of loneliness than are older adults. It is also

true that young people face a great deal of social transitions, such as; leaving home, living on their own, going to college, or taking a first full-time job- all of which can cause loneliness. As people get older, their social lives may become more stable. Age may also bring greater social skills and more realistic expectations about social relations

Secondly, during adolescence we begin to separate from our parents, seek close relationship outside of the home, and begin to assume personal responsibility for our actions. One common result is a feeling of loneliness and alienation from parents, teachers, and others (Brennan and Aulander, 1979) Adolescents, who are most lonely, possess poor social skills and lack interest in others (Brennan, 1982). According to Citrons (1982) same characteristics are typical of college students who are chronically lonely.

Sullivan (1953) postulated that loneliness may be present even in the pre-adolescence. However, it manifests clearly in adolescence. Because teenagers have unrealistically high expectations for their social life or incompletely developed interpersonal skills. There is also a fully developed need for intimacy which makes an adolescent feel lonely in absence of such relationship.

On the other hand, the Indian scene regarding loneliness is somewhat different from its western counterparts. As some Indian psychologists, in their studies or Indian Sample, observed that senior citizens or aged do feel lonelier. They reasoned and opined that as individuals grow older they lose their contemporaries. Individuals also lose their spouses or kith and kin who are older to them. Such a loss narrows the network of friends and relatives with whom the elderly would have shared a lot of experiences.

This situation deprives them of people with whom they can share their joys and sorrows. As a result the elderly feel lonely (Anuradha and Prakash, 1991;v Muthayya, 1995; Nair, 1970; Ramamurti, 1989a, 1993; Sinha, 1971; Srigowri, 1994)., Although the above interpretation regarding loneliness of aged is quite appropriate with Indian sample; at the same time it is also remarkable to note that loneliness is relatively new field of research for Indian. Review of literature shows that very few studies regarding loneliness were carried out in Indian setting and among then most of the studies were conducted on aged sample. Therefore, the above interpretation maybe true in case of Indian senior citizens but simultaneously a great deal of researches particularly on Indian population are the need of the time, so that a comprehensive

conclusion may be established with regard sex, culture and other demographic factors like socio-economic status, marital status, locale , family-structure etc.

However in one of the most significant studies Shalini Bhogale (1991) explored the relationship of age, sex, sibling position, religion and culture with loneliness and in general concluded that Hindus experienced greater loneliness followed by Muslims and Christians. Older people perceived less loneliness compared to the adolescents. In each culture women experienced less loneliness than their men counterparts.

Thus, if we consider Boggles' results exclusively for age-difference; we find that Indian adolescents are more prone to loneliness than older people. Here this result may be interpreted in terms that in Indian culture older people enjoy greater respect and a feeling of importance. They are normally consulted in major family decisions and are treated with difference. But in mega cities some of them experience isolation, alienation and a feeling of being unwanted by their children. But there is also a faith that in emergencies their children and neighbors will attend to them. Thus there are frequent bursts of loneliness and social support simultaneously. on the other hand, as in the case of adolescents it can be stated that children because of small family size may have more comfortable life. Their expectations from self as well as those of their parents are higher. They are looking forward to the Western culture and the affluence and aiming at personal growth. Thus they are more individualistic in their orientation. Therefore, they perceive more lonely themselves. Thus on the basis of above discussion, it can be exclusively concluded that the extent of loneliness in different age groups with reference to culture and demographical milieu.

Marital Status and Loneliness

Marital status also affects the risk of loneliness. It is commonly believed that married people are less likely to be lonely than others. But Rubenstein and Shaver (1982) found that some married people (18 percent in one large study) do feel lonely. Married people might be lonely if they lack friends or their marriage is not personally satisfying. Loneliness is more common among the poor than the affluent. Good relationships may be easier to maintain when people have time and money for leisure activities and entertainment. It was also observed that marital status was more significant for women than men (Peplau and Perlman, 1982),

Demographic Factors and Loneliness

It is popularly believed that demographic factors have profound effect in shaping the personality make-up and behavioral pattern of an individual. Likewise, psychologists have exhibited their interest to see the effect of demographical factors on loneliness also. Peplau and Perlman (1982) in an empirical study revealed that sex, education and socio-economic status are closely associated with loneliness. The results of the study bear out that there is gender difference in their relation to kin and non-kin. It was observed that women were more likely to get isolated from non-kin and men from kin. Class and life-cycle stages were also strongly related to loneliness. Among women those with low economic status and minimal educational attainment experience greater loneliness. Women in general were found to experience greater loneliness. It was because women tend to work less often than man tends to be less educated. In a recent study on three groups of 30 males and female university students derived from Hindu, Muslim and Christian communities Shalini Bhogle (1991) explicitly determined the relationship of age sex, culture and ethnic affiliation (religions belief) with loneliness. In other more recent study Upmanya et al., (1994) indicated a moderate degree of loneliness in Indian males. However more and more investigations are desirable to reveal the relationship of other variables like family structure, family occupation, socio-economic status, locale etc. with that of loneliness.

Behaviors-pattern and Loneliness

In studies of children, adolescents and adults, it seems clear that certain kinds of social behavior contribute to the individual's inability to form close relationships. The ability to deal with others in a social setting has been found to differ for those high and low in loneliness. In an experimental study in which subjects had to have to interact with a low in loneliness. In an experimental study in which subject had to interact with a stranger Jones, Hobbs and

Hockenbury(1982) found that those who are lonely were observed to refer to the other person less, to be less inclined to follow up on topics introduced by the stranger, and to ask fewer question. In general they simply paid less attention to the person with whom they were interacting. This lack of interest seems to be major reason for social rejection. When interacting with other people high on loneliness tend to be self- conscious and low in self-esteem, and when talking with a stranger they have been observed to spend more time talking about them and to

take less interest in their conversational partners than do non-lonely. So it not surprising that after such conversations, the new acquaintances often comes away with more negative impressions of the lonely people (Jones et al., 1983). Believing in their social unworthiness and being rather pessimistic about others seems to inhibit lonely people from behaving in ways that would reduce their loneliness.

Altogether it is evident that lonely individuals give evidence of inadequate interpersonal skills. They unintentionally drive away potential friends by showing disinterest, expressing negative expectancies, and engaging in appropriate levels of self- disclosure. Loneliness tends to persists from year to year unless there is some outside interventions. Those who are lonely say that their condition will not change and one solution is fulfilling fantasy (Revenson, 1981).

Wagoner, (2013)conducted the study on Loneliness: an integrative approach. Multidimensional scale was used for the data collection on the university students. The result revealed that the study was A report by Center for Youth Research² found that 12, 4 percent of young people in the age 15-24 often feel lonely.

UK, (2016).investigated studied on Loneliness and isolation evidence review. The research was conducted on older people who are suffering from the loneliness. The findings of the study revealed that there are many schemes and projects already providing a helpful service to youngsters and isolated senior citizens. The accumulated experience is not all readily available.

Wilson, (2014).studied Interventions for loneliness and social isolation. The sample was One large systematic review included interventions for children, Finding of this study was revealed that group-based interventions show some potential for reducing loneliness and social isolation..

Heinrich &Gullone.(2006) conducted study on the clinical significance of loneliness: A literature review. The term loneliness is mostly common in those masses which are a self-report, unidimensional global measure of loneliness. Finding of the study revealed that the social humans being essentially possess a fundamental need to belong.

Petitte, et.al. (2015) conducted a study on A Systematic Review of Loneliness and Common Chronic Physical Conditions in Adults. The PRISMA method was used in same condition for guided to children their systematic development review of loneliness. The last final result revealed that loneliness mostly came from the multiple chronic conditions.

Perlman, & Peplau. (1986) explored the study on Toward a Social Psychology of loneliness. In this study used the uni-dimensional scales, and multidimensional approaches to evaluate loneliness. Findings of the study revealed that the research on loneliness is fairly, small and useful theoretical concepts for data collection instruments have developed.

YU, (2016).conducted a study on Perceived loneliness among older adults with Mild Cognitive Impairment. They used the perceived loneliness scale for this study to assess the loneliness in Chinese translation adults. The result revealed that loneliness is implicated in MCI. The relationship between loneliness and MCI is at least, partially independent of depression

Michela, et.al .(1982) explored the study on Perceived dimensions of attributions for loneliness. Multidimensional scaling was used for the data collection on 180 college students. The result revealed that the stability was perceived by contrary to current theorizing. In loneliness Controllability was not independent of the other two proportions.

Hu , (2007) conducted study on social use of the internet and loneliness. The pilot study was made to test and compare the validity of different procedures to arouse mood loneliness, and choose an appropriate one to be used in the experiment on college students. The result revealed that the study using college student sample to general population. College students mostly spend time on the internet as compare to general population so they feel lonely and they use the social sites for time pass.

Galanaki , (2008).investigated children's perception of loneliness. Three dimensional scale was used for the school children for the data collection. This study is experimental study. The application of these findings for the existing theoretical views on loneliness of discussed and suggested for the future research are made.

Ubido, and LPHO. (2014)formulated a study on the prevalence of loneliness, its impact on health and wellbeing and effective interventions that can be used to ameliorate these effects. The study

was conducted on the older people because they are suffering from the loneliness. The result revealed that in most of the cases we can find the older people they feel perceived loneliness because no one can spend time with there.

1.2 SIGNIFICANCE OF THE PROBLEM

The Cyber world has become the most happening place today. Internet is being used in every sphere of life. The fields of communication, commerce, advertising, banking, education, research, entertainment etc. have strengthened with the emergence of new technologies. In the field of education, large scale merging with ICT has taken place. Technology is responsible for information explosion. Every person whether he is engaged in any work has become dependent on internet directly or indirectly. Internet is serving as a tool of knowledge, through which information on each topic and event happening in all the corners of the world can be accessed very easily. Although, internet is providing numerable benefits to humankind but as we flip the other side of coin we find the ill effects as well. Students of today are becoming overwhelming dependent on it. It has also been noticed that they are spending much of their time on assessing irrelevant things like surfing, playing online games, chatting and watching movies on internet. As a result they do not spend their time for study and thus running their good study habits. This may not be true in case of every individual because no two individuals are alike. Some are very sociable and love to be in company of others while some remain lonely and isolated. People vary in personality and social behavior. Many researchers have conducted studies on the problem of compulsive internet usage among students but very few studies have been conducted to study its association with other variables related with personality . The present study is an attempt to bridge this gap by studying the compulsive internet usage in relation to perceived loneliness. The present study will be beneficial for students, parents, teachers and society as they can diagnose this problem among their children and take preventive measures to control it.

1.3 STATEMENT OF THE PROBLEM

Compulsive Internet usage among University Students in Relation to their Perceived Loneliness.

1.4 OPERATIONAL DEFINITIONS

COMPULSIVE INTERNET USAGE

The term compulsive refers to “overuse” and “excessive use.” Compulsive usage of internet in the present study refers to the excessive usage of internet that interferes with daily life of university students.

PERCEIVED LONELINESS

'Perceived Loneliness' is a psychological state that means people perceived loneliness due to lack of socialization, family problems, poor social skills, shyness etc. In this study, perceived loneliness refers to the amount of loneliness perceived by University students.

1.5 OBJECTIVES

1. To study the compulsive usage of internet among university students.
2. To explore the level of perceived loneliness among university students.
3. To find out the difference in compulsive usage of internet among university students with respect to their gender and stream.
4. To study the difference in perceived loneliness among university students with respect to their gender and stream.
5. To ascertain relationship between compulsive usage of internet and perceived loneliness among university students.

1.6 HYPOTHESIS

1. There exists no significant difference between male and female university students in compulsive usage of internet.
2. There exists no significant difference between science and humanities university students in compulsive usage of internet.
3. There exists no significant difference between male and female university students in their perceived loneliness.

4. There exists no significant difference between science and humanities university students in their perceived loneliness.
5. There exists no significant relationship between compulsive usage of internet and perceived loneliness among university students.

1.7 DELIMITATIONS OF THE STUDY

1. The study is delimited to only Lovely Professional University in Phagwara.
2. The present study is delimited to the two streams of higher education i.e. Science, humanities.

CHAPTER-II

METHODS AND PROCEDURE

Methodology of the research plays a very important role in field of research. It describes the various steps to be adopted by the researcher in solving a research problem, such as manner in which the problems are formulated, the definition of the terms, the choice of the subject for investigation, the validation of the data gathering tools, the collection, analysis and interpretation of the data and the process of inferences and generalization. It means describing method and procedure, which an investigator will adopt for conducting research. It refers to a logical plan of solving are arch problem. It may be understood as a science of studying how research is done scientifically. Research design is the blue print of "what is to be done?" and "how is to be done?" It is a path, which is to be followed by the researcher to reach the target. In a sample language, are search design is stated as a plan of action, a plan of collecting and analyzing data in an efficient and relative manner. To carry out research work, first, the researcher is supposed to draw out the methodology to be used. The ultimate success of a researcher's project greatly depends upon the design of the study. It avoids aimless wondering, saves time and economizes the efforts of researcher.

Methodology makes the most important contribution towards the enrichment of any study. In a research there are numerous methods and procedures to be applied.

A method is a procedure for handling a set of problems. Methodology makes the important contribution towards the enrichment of the study. To understand the research it is necessary to design the plan and method to be used. Factual material and data is essential for a study. This can be obtained from any resources direct and indirect. It is necessary to adopt or evolve system. Procedure to collect essential data should be relevant, adequate in quality. The present study is survey type.

The present chapter deals with plan and methods of investigation. It gives a brief description of sample as well as tools and techniques applied for data collection and organization of data.

2.1 RESEARCH METHOD

Method refers to the way, a logical plan of solving a problem. In the present study descriptive survey method was used. Keeping in view the nature of the present study. The data will be collected at particular point from particular respondents therefore descriptive survey method will be employed in the present study. It is the way of doing something, especially a systematic way of solving a problem. It is an orderly arrangement of parts and steps to accomplish an end. The present study has employed descriptive survey method. The descriptive research method has undoubtedly been the most popular and widely used research method in education. Descriptive research studies are designed to obtain pertinent and precise information concerning from the facts and discovered. It helps to explain educational phenomena in terms of the condition or relationships, opinion that are held by the students, teachers, parents, and experts and processes that are developing. At times, descriptive survey is the only means through which means opinions, attitudes, suggestions for improvement of educational practices and instructions, and other data can be obtained. Descriptive research also known as statistical research, describes data and characteristics about the population under the study.

2.2 PROCEDURE

The present study was conducted through descriptive survey method. In order to collect the data stratified random sampling technique was used. The investigator collected the list of students from lovely professional university in Phagwara. After giving a brief introduction the students were instructed to fill the questionnaire. The investigator checked the response given by students. Compulsive internet usage and perceived loneliness scale administered on selected sample. After the collection of information, scoring will be done and scores were subjected to statistical analysis.

2.3 SAMPLING AREA

A sample is a miniature picture of the entire group from which data has been taken. Sampling area is the unit of area which is taken from the population. In order to get a representing sample the research collected the data from Lovely Professional University in Phagwara.

2.3.1. SAMPLE SIZE

A sample must be as near representation of the entire population as possible and ideally it must be provide the whole of the information about the population from which the sample has be drawn. In present study sample was comprised of 400 university students from two different streams one of is science and other is humanities. The sample was constituted of 200 males and 200 female students from university.

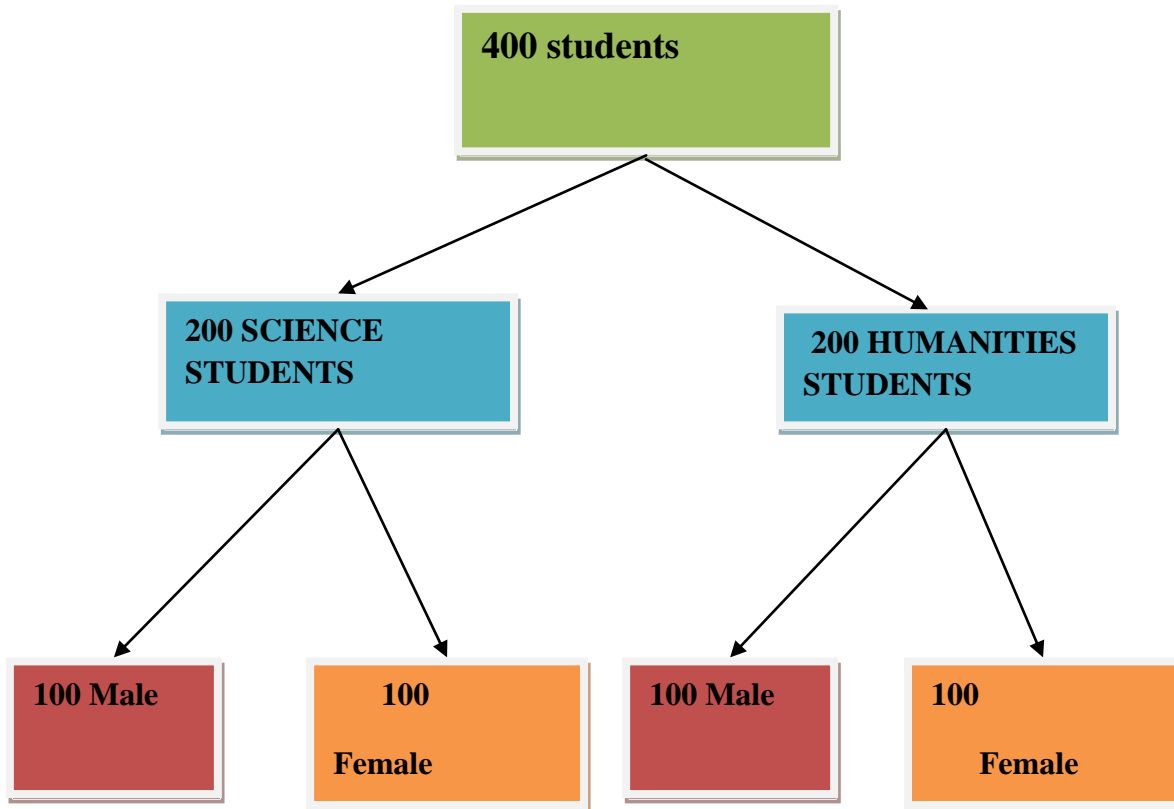
2.3.2. SAMPLING TECHNIQUE

Sampling is that process which is very helpful for obtaining information about entire population. Sampling frame of this study comprised of Lovely Professional University. The investigator has selected the university in Phagwara of Punjab state.

2.3.3. SAMPLING DESIGN

For the present study sample design was as follows:-

Number of students sample was 400 from Science and Humanities stream students of Lovely Professional University in Phagwara.



(Figure 2.1: division of sampling)

2.4 TOOLS FOR DATA COLLECTION

Tools are nothing but it is an instrument which is very helpful for the researcher to gather the information related to the study. In this study the following tools will be used to collect data from university students.

1. Compulsive internet usage scale constructed by the investigator.
2. Perceived loneliness by Praveen Kumar Jka (2015).

2.5 DESCRIPTION OF TOOLS

2.5.1 COMPULSIVE INTERNET USAGE SCALE

Compulsive internet usage scale was developed by the investigator. Initially 22 statements were prepared. The scale, then was modified in the light of views obtained from language and subject

experts as well as research scholars of various universities. On the basis of their suggestions some statements were modified, some added and some were removed. Finally the scale was finalized by investigator with a total number of eighteen statements. These eighteen statements positive in nature.

SCORING OF COMPULSIVE INTERNET USAGE SCALE

There are eighteen statements in this scale. Each statement has five modes of rating: Fully Agree (FA), Agree (A), Undecided (UD), Disagree (D), Fully Disagree (FD).The respondent has to select any one option of each statement as per her/his degree of agreement towards a particular statement. The positive statements are scored as Fully Agree = 5, Agree = 4, Undecided =3 , Disagree =2 , Fully Disagree = 1.To find out the score of the respondent the weight ages assigned to his/her on all items are added. This sum forms the total score of the respondent.

Table 2.5.2

Table 2.5.2 Scoring Of Compulsive Internet Usage Scale

Rating	Fully Agree	Agree	Undecided	Disagree	Fully Disagree
Positive responses	5	4	3	2	1

QUALITATIVE INTERPRETATION

The obtained scores on Compulsive internet usage can also qualitative interpretation as under

Table 2.5.3

Table 2.5.3 Qualitative Interpretation of scores of Compulsive internet usage scale

Scores Range	Total number of university students	Number of students with score	Percentage score
64 & above (High)	400	87	21.75%
51 to 63 (Average)	400	204	51%
50 & below (Low)	400	109	27.25%

2.5.2 PERCEIVED LONELINESS SCALE

For measuring Perceived Loneliness of university students. Perceived loneliness scale constructed by (Dr. Praveen Kumar Jha) has been used. The Initially thirty six statements were prepared some statements are positive and some statements are negatives in nature.

Table 2.5 (a)

Table 2.5 (a) Distribution of Positive and Negative Items, PL-Scale.

Sr.No.	Type of Items	Serial wise Item Number	Total Number Of Items
1.	Positive	1,2,3,4,5,6,7,8,9,10,11,13, 15, 16, 17, 19, 20,22,23, 24, 25, 27, 28, 30, 31, 32, 33, 34, 36	28
2.	Negative	4,12,14,18,21,26,29,35	08
Total Of Items			36

Scoring

Loneliness scale (PL-Scale) is an unidimensional self-reporting research tool with gives a holistic estimate of loneliness of an individual on a five point likert formate.

Five response categories are: Fully agree ; Agree; Undecided Disagree and Fully Disagree. In order to avoid monotony on the part of respondents due to repetition of response categories in words. against each items and to shorten the length of the Questionnaire five responses categories in words have been given only on the top of right hand side.

Table 2.5 (b) Scoring System

Sr.No	Types of Items	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1.	Positive Items	5	4	3	2	1
2.	Negative Items	1	2	3	4	5

The minimum and maximum possible range of score is 36 to 180.

RELIABILITY

Reliability is one of the most important characters of a tool which denotes how accurately a tool measures whatever it measures. the loneliness scale possesses fairly high reliability, Two indices of reliability of PL- Scale were determined. Firstly, it was determined by Kuder-Richardson formula and the obtained value was to be 65 on a sample of 100 undergraduate students. Secondly, two test-retest reliabilities were determined, one after an interval of 5 weeks and the other of 8 weeks on a sample of 60 students. The values of these reliabilities were found to be 84 and 82 respectively; which are presented in Table 4.

Table 2.5 (C) RELIABILITY

K . R. Method	Time Period	Test-Retest reliability
(N = 100)	Time gap of 5 weeks	N = 60
		Time gap of 8 weeks
.65	.84	.87

VALIDITY

The data collection tool must produce information that is not only relevant but free from systematic error also, i.e., it must produce valid information. In general a tool is said to be valid if it measures what it claims to measure. The validity of any test is examined in various ways. Here the validity of PL-Scale was examined by three ways, i.e. content validity, predictive validity and concurrent validity.

Content Validity

The method implies expert's evaluation whether the test items adequately reflect the objectives and content areas. Before subjecting the items to item analysis they were given to six experts in the field of Psychology, Sociology and Philosophy for evaluation. The opinion of the experts confirmed that the scale was logically valid and thus possessed content validity.

Predictive Validity

To determine predictive validity, the PL-Scale was administered individually to two groups of 45 subjects identified as "Lonely". The PL-score of the two groups were compared and the summarized Table table 2.5(d) show that the scale possessed predictive validity.

Table 2.5(D)

Table 2.5 (D) Comparison of PL- scores of Lonely and Non- lonely Group

Groups	Mean L-Scores	SD	T	P
Lonely	150.59	18.38	8.43	.001
Non-lonely	118.78	17.56		

Concurrent Validity

A test has concurrent validity when test gives an estimate of certain performance. Concurrent validity of a new test calculated by finding their correlation with an established test. When a new test is validated against previous or established test in known as criteria. Here the Hindi version of loneliness scale was correlated with the Sinha Anxiety Scale in Hindi on a sample of 60 undergraduate college students. The two test score yielded a positive correlation of 56 which was found significant at .001 level and indicated that the test possessed concurrent validity as well.

Norms

On the basis of the statistical results Score Norms have been prepared and given in Table 2.5(E) respectively. Norms for interpretation of the level of loneliness have been given in 2.5(E)

Table 2.5 (E)

Table 2.5 (E) Norms of interpretation of level of loneliness.

Sr. No.	Range of z-scores	Grade	Level of loneliness
1.	+2.01 and above	A	Extremely Lonely
2.	+1.26 to +2.00	B	Highly Lonely
3.	+0.51 to +1.25	C	Above Average Level Lonely
4.	-0.50 to +0.50	D	Average Lonely
5.	-+0.51 to +1.25	E	Not Lonely
6.	-1.26 to 2.00	F	Highly Not Lonely
7.	-2.01 and below	G	Extremely Not Lonely

2.6 PROCEDURE AND DATA COLLECTION

For the data collection of data, investigator personally visited the block of Science and humanities students for the data collection in lovely professional university in phagwara. After that collect the data from the students for the research purpose only. Compulsive internet usage and perceived loneliness scale were distributed to humanities and science students.

2.7 STATISTICAL TECHNIQUES

Statistical technique is a collection of methods which is used to process large amount of report overall trends and data. It refers to a collection of methodologies used in measurement of data. It is normally used in ascertaining relative performance that involves assumptions about functional relationships. Statistical technique brings objectively in interpretation and leads to the reliability

in result. In research studies, Statistical technique is used by the investigator not only to understand, but compare data and also to test the hypothesis. In present study the following statistical techniques were used for the analysis of data:

1. Mean, Standard Deviation
2. t-Test
3. correlation

CHAPTER-III

ANALYSIS AND INTERPRETATION

The current chapter deals with the result of data collected its analysis and interpretation. Collected data require analysis with the help of statistical techniques to yield results. Researcher used the descriptive survey technique for the data collection and the data then was presented in the form of tables to make analysis. Now, the attempt has been made in present chapter to get the result from the different interpretations and their relation with the hypothesis assumed at initial stage of study. Statistical techniques help to break the complex factors and simplify the conditions and then rearranging them for purpose of interpretation. Without analysis and interpretation, the data would have no meaning, such a data looks like just a heap of data. Hence it is necessary to evaluate the data and the data should also come out with certain results. Tabulated data is analyzed through statistical techniques after representing it in form of tables and graphs and procedure mentioned in previous chapter. After collecting data from 400 students (200 male and 200 females in different streams it was analyzed keeping in view of objectives and hypothesis of study by applying the Mean, SD, t-test and correlation. The analysis and interpretation of the data has been done under the following heading.

- 3.1** Result pertaining to level of compulsive internet usage among university students.
- 3.2** Result pertaining to level of Perceived loneliness among Male university students.
- 3.3** Result pertaining to level of Perceived loneliness among Females university students.
- 3.4** Result pertaining to level of compulsive internet usage among the male and female university students.
- 3.5** Result of compulsive internet usage among university students with respect to streams.
- 3.6** Result pertaining to level of Perceived loneliness among male and female university students.
- 3.7** Result of Perceived loneliness among university students with respect to streams.
- 3.8** Result pertaining to relationship between compulsive internet usage of and Perceived loneliness.

3.1 RESULT PERTAINING TO LEVEL OF COMPULSIVE INTERNET USAGE AMONG UNIVERSITY STUDENTS.

In order to explore the level of compulsive usage of internet among university students data was tabulated and interpreted. The results are given in table 3.1

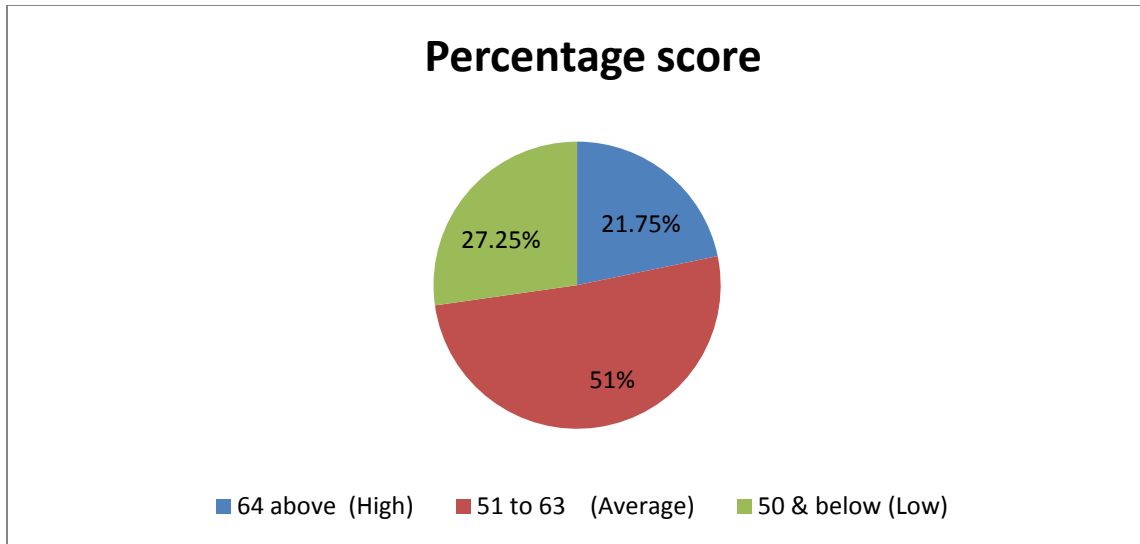
Table - 3.1

Table 3.1 shows the level of compulsive internet usage among university students.

Scores Range	Number of students with score	Percentage score
64 & above (High)	87	21.75%
51 to 63 (Average)	204	51%
50 & below (Low)	109	27.25%

Interpretation

The table shows that out of 400 university students 109 exhibit low level of compulsive internet usage, only 87 students have the high level of compulsive usage of internet whereas majority of students i.e. 204 students fall in the group of students with average compulsive internet usage. The table 3.1 also concludes the level of compulsive usage of internet in terms of percentage. i.e. 21.75 percent students belong to the group of high level of compulsive usage of internet whereas 27.25 percent of students belong to the group of low level of compulsive usage of internet and the majority of the students i.e. 51 percent fall in average level.



Graph 3.1 shows the level of compulsive internet usage among university students.

3.2 RESULT PERTAINING TO LEVEL OF PERCEIVED LONELINESS AMONG MALE UNIVERSITY STUDENTS.

In order to explore the level of Perceived loneliness in Males among university students data was tabulated and interpreted. The results are given in table 3.2.1.

Table - 3.2

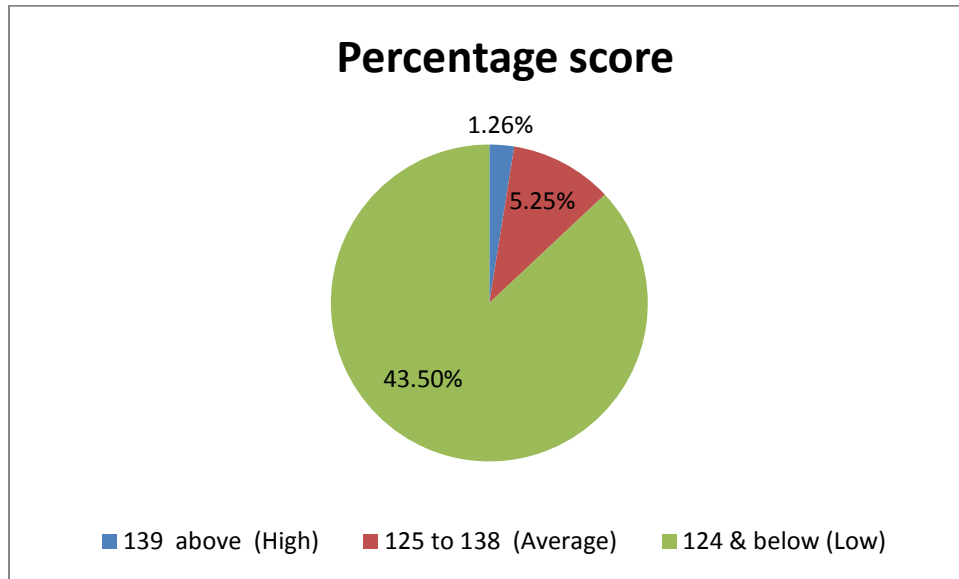
Table 3.2 shows the level of Perceived loneliness in Male university students.

Scores Range	Number of students with score	Percentage score
139 above (High)	5	1.26%
125 to 138 (Average)	21	5.25%
124 & below (Low)	174	43.5%

INTERPRETATION

The table shows that out of 200 male university students only 5 students have the high level of perceived loneliness whereas majority of students i.e.174 fall in the group of students with low perceived loneliness . 21 percent of students were found in average level of perceived loneliness. The table 3.2 also concludes the level of perceived loneliness in terms of percentage.

Only 1.26 percent students belong to the group of high level of perceived loneliness whereas 5.25 percent students fall in average level. Furthermore, 43.5 percent of students belong to the group of low level of perceived loneliness.



Graph 3.2 shows the level of Perceived loneliness in Males university students.

3.3 RESULT PERTAINING TO LEVEL OF PERCEIVED LONELINESS AMONG FEMALE UNIVERSITY STUDENTS.

In order to explore the level of Perceived loneliness in Female among university students data was tabulated and interpreted. The results are given in table 3.3

Table 3.3

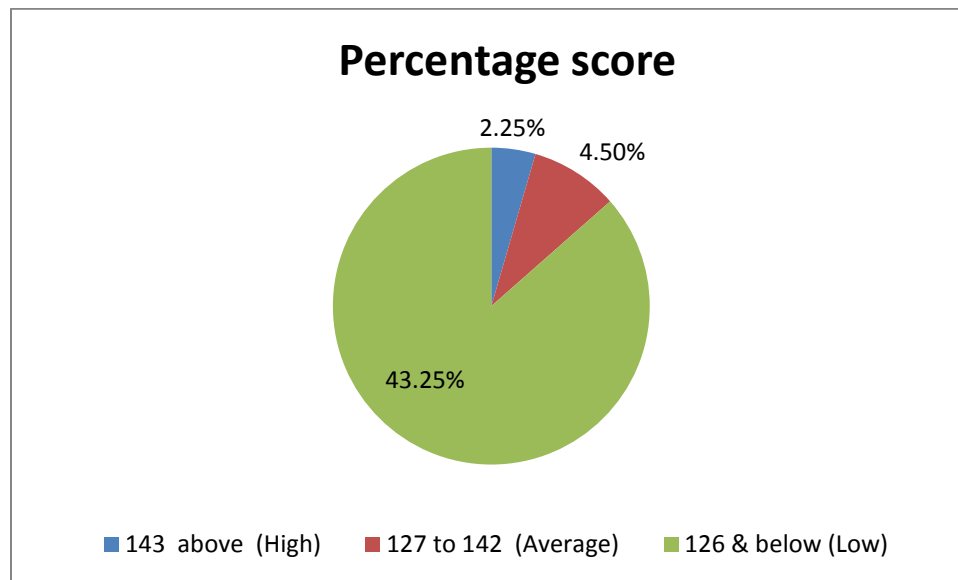
Table 3.3 shows the level of Perceived loneliness in Female university students.

Scores Range	Number of students with score	Percentage score
143 above (High)	9	2.25%
127 to 142 (Average)	18	4.5%

126 & below (Low)	173	43.25%
-------------------	-----	--------

INTERPRETATION

The table shows that out of 200 female university students only 9 students have the high level of perceived loneliness whereas majority of students i.e. 173 students fall in the group of students with low level perceived loneliness. 18 percent of students were found in the level of average group of perceived loneliness. The table 3.2 also concludes the level of perceived loneliness in terms of percentage. 2.25 percent students belong to the group of high level of perceived loneliness whereas 43.25 percent of students belong to the group of low level of perceived loneliness and 4.5 percent students fall in average group in perceived loneliness.



Graph 3.3 shows the level of Perceived loneliness in Females university students

3.4 RESULT PERTAINING THE DIFFERENCE IN COMPULSIVE INTERNET USAGE AMONG MALE & FEMALE UNIVERSITY STUDENTS.

In order to explore the level of Compulsive internet usage in Female among university students data was tabulated and interpreted. The results are given in table 3.4

TABLE3.4

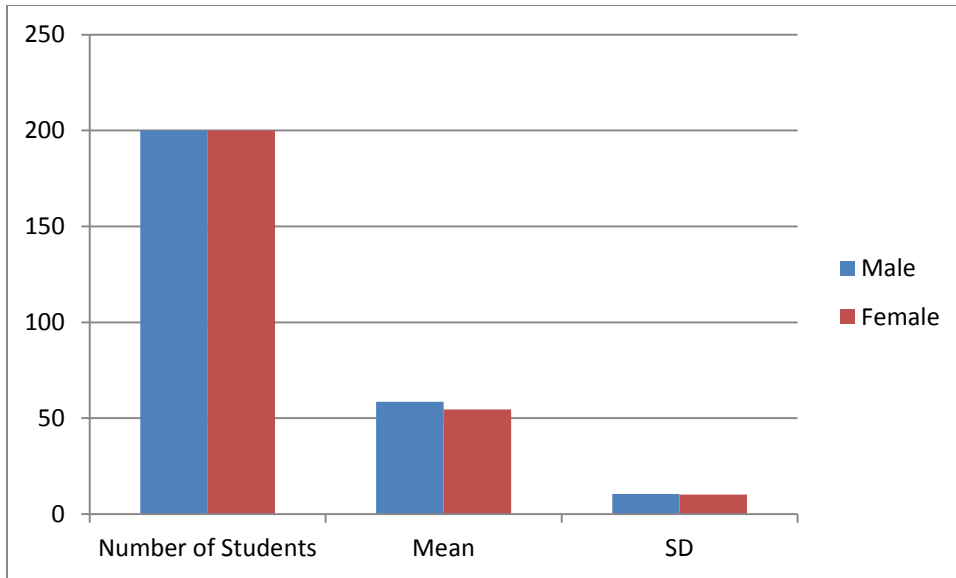
Table 3.4 shows the difference in compulsive internet usage among male & female university students.

Group	Number of Students	Mean	SD	Df	't' Value
Male	200	58.61	10.63	398	3.92
Female	200	54.53	10.17		

Interpretation

Table 3.4 shows Mean score, Standard Deviation (SD), 't' -value and Compulsive internet usage of Male and Female among the University students. The table reveals the mean score of male and female among the University students in compulsive internet usage is 58.61 and 54.53 respectively. It may be concluded that female and male students have different type of way of use compulsive internet usage. The value for standard deviation in case of female is 10.17 and that of male is 10.63. The 't' value of male and female among the University students in compulsive usage of internet comes out to be 3.92, which comes out to be significant at both the levels of significance. It shows that female and male students differ significantly from each other in their compulsive internet usage.

Hence, the hypothesis, states that there exists no significant difference between in male and female university students in compulsive internet usage, is rejected.



Graph 3.4 Shows the difference in Compulsive internet usage among male & female University students.

3.5 RESULT PERTAINING TO DIFFERENCE BETWEEN IN STREAMS OF COMPULSIVE INTERNET USAGE AMONG UNIVERSITY STUDENTS.

In order to explore the level of Compulsive internet usage in stream among university students data was tabulated and interpreted. The results are given in table 3.5

TABLE3.5

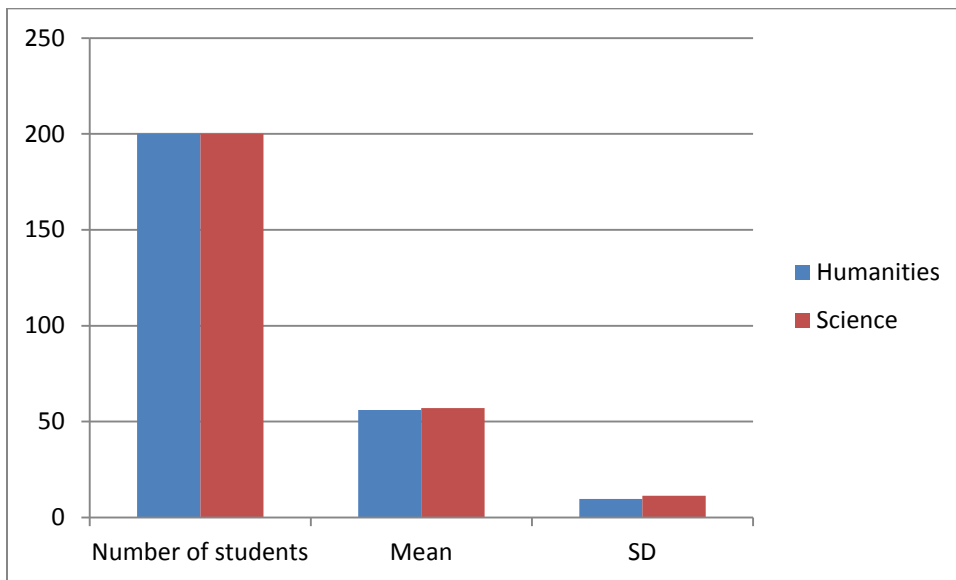
Table 3.5 Show the difference between in streams of compulsive internet usage among university students.

Group	Number of students	Mean	SD	Df	't' Value
Humanities	200	56.03	9.75	398	-1.037
Science	200	57.13	11.41		

Interpretation

Table 3.5 shows Mean score, Standard Deviation (SD), 't' -value Compulsive internet usage of Humanities and Science stream in the University students. The table reveals the mean score of humanities and science among the University students in compulsive internet usage is 56.03 and 57.13 respectively. It may be concluded that humanities and science students have different type of way of use compulsive internet usage. The value for standard deviation in case of humanities is 9.75 and that of male is 11.41. The 't' value of humanities and science among the University students in compulsive internet usage comes out to be -1.037, which comes out to be not significant at both the levels of significance. It shows that humanities and science students differ not significantly from each other in their compulsive internet usage.

Hence, the hypothesis, states that there exists significant difference between in humanities and science university students in compulsive internet usage, is accepted.



Graph 3.5 Shows the difference between in streams in Compulsive usage of internet among University students.

3.6 RESULT PERTAINING TO DIFFERENCE BETWEEN THE PERCEIVED LONELINESS IN MALE AND FEMALE AMONG UNIVERSITY STUDENTS

In order to explore the level of Female and Male among university students data was tabulated and interpreted. The results are given in table 3.6

TABLE 3.6

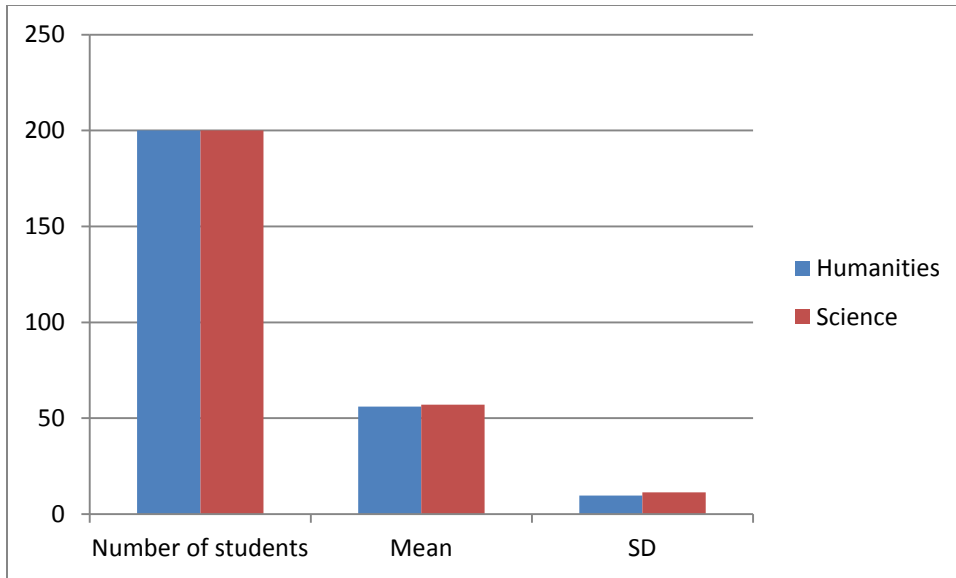
Table 3.6 Shows the difference perceived loneliness among male & female university students.

Group	Number of students	Mean	SD	Df	't' Value
Female	200	110.32	15.18	398	1.28
Male	200	112.11	12.54	384.84	

Interpretation

Table 3.6 shows Mean score, Standard Deviation (SD), 't' -value and Perceived Loneliness of Male and Female among the University students. The table reveals the mean score of female and male among the University students in Perceived loneliness 110.32 and 112.11 respectively. It may be concluded that female and male students have different type of perceived loneliness. The value for standard deviation in case of female is 15.18 and that of male is 12.54. The 't' value of female and male among the University students in perceived loneliness comes out to be 1.28, which comes out to be not significant at both the levels of significance. It shows that females and male students differ not significantly from each other in their perceived loneliness.

Hence, the hypothesis, states that there exists significant difference between in female and male university students in perceived loneliness., is accepted.



Graph 3.6 Shows the difference Perceived Loneliness among female & male University students.

3.7 RESULT PERTAINING TO THE DIFFERENCE BETWEEN IN STREAMS IN PERCEIVED LONELINESS AMONG UNIVERSITY STUDENTS.

In order to explore the level of science and humanities among university students data was tabulated and interpreted. The results are given in table 3.7

TABLE 3.7

Table 3.7 Shows the difference between in streams in perceived loneliness among university students.

Group	Number of students	Mean	SD	Df	't' Value
Science	200	110.42	13.46	398	1.109
Humanities	200	111.97	14.36		

Interpretation

Table 3.7 shows Mean score, Standard Deviation (SD), 't' -value and Perceived Loneliness of Science and Humanities in the University students. The table reveals the mean score of male and female among the University students in Perceived Loneliness are 110.42 and 111.97 respectively. It may be concluded that Science and Humanities students have different type of perceived loneliness. The value for standard deviation in case of science is 13.46 and that of humanities is 14.36. The 't' value of female and male among the University students in perceived loneliness comes out to be 1.109, which comes out to be not significant at both the levels of significance. It shows that science and humanities students differ not significantly from each other in their perceived loneliness.

Hence, the hypothesis, states that there exists significant difference between in science and humanities university students in perceived loneliness., is accepted.

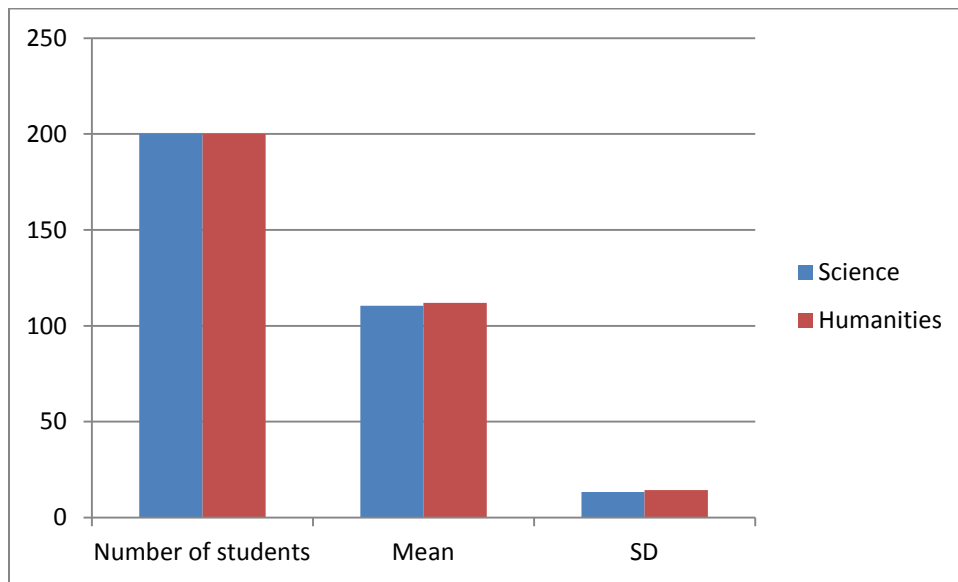


Table3.7- Shows the difference between in streams in Perceived Loneliness among University students.

3.8 RESULT PERTAINING THE DIFFERENCE BETWEEN PERCEIVED LONELINESS AND COMPULSIVE INTERNET USAGE AMONG UNIVERSITY STUDENTS.

In order to explore the level of Difference between Perceived Loneliness and Compulsive Internet Usage among University Students.

Variables	N	'r'	Results
Compulsive internet usage	400	-.035	Not Significant
Perceived loneliness	400		

Interpretation

From the above mentioned table it is clearly evident that the 'r' value for the compulsive internet usage and perceived loneliness among university students is found out to be -.035 where as the table value 0.098 at 0.05 level of not significant respectively. Hence the hypothesis i.e. there exist no significant relationship between compulsive internet usage and perceived loneliness in university students.

This shows that there is no significant relationship between compulsive internet usage and perceived loneliness in university students. In addition to this from the 'r' value it is evident that there exists markedly low or negligible negative correlation between compulsive internet usage and perceived loneliness in university students.

CHAPTER-IV

CONCLUSIONS, RECOMENDATION

AND SUGGESTIONS

After the data analysis, the investigator proceeds for the interpretation of the results and at the final stage the conclusions are made. The current chapter concludes the results.

4.1 CONCLUSION

Collection of data and its analysis are of no mean without final conclusion which are often derived from the final results. With the help of investigating tools the data collected was presented in the form of meaningful structure in previous chapter. The conclusion derived from the interpretation and results as discussed in previous chapter as under.

- 1.** Majority of university students have compulsive internet usage Out of 400 university students as a 209 number of students has average usage of internet. It comes out to be 51 percent in terms of percentage.
- 2.** Majority of university students have perceived loneliness. Out of 400 university students as a 174 male students have low perceived loneliness. It comes out to be 43.5 percent in terms of percentage. whereas 173 female students have low perceived loneliness. It comes to be 43.25 percentage.
- 3.** The study revealed that the university students do not significantly from each other in compulsive usage of internet level with respect to gender and stream.
- 4.** The study revealed that the university students do not significantly from each other in perceived loneliness level with respect to gender and stream.
- 5.** The study reveals that there exit the positive and significant correlation between compulsive usage of internet and perceived loneliness.

4.2 LIMITATIONS OF THE STUDY

In every research work, there are certain limitation imposed by various factors, such as guides, level of research, sample size, working time frame and work culture. The present research was also limited to some extent due to various factors as stated below:-

1. The study was limited to a small sample size of only 400 number of university students.
2. The study is delimited to only Phagwara (Punjab). The study was limited to only one district Phagwara in lovely professional university. The result would have been different if other universities were also considered.
3. As stated above the present study was confined to only a state of India and other states were not considered.
4. The study was confined to university students only.
5. The present study is delimited to two streams of higher education i.e. science and humanities.
6. The scale for compulsive internet usage was self-constructed and was limited to the information and knowledge confined to the investigator.

4.3 RECOMMENDATION

Based on the findings and conclusion of the present study, the following recommendations are given:-

1. Recommended to the Teachers and Counselor there should provide proper counseling of the students regarding the positive use of the internet. Teachers should guide the students to visit more educational websites as compared to the social sites.
2. The School, Colleges and University authority is should they make such rules and regulation of such types in which they banned social sites in schools which lay negative impact on the students
3. Conduct some seminar in school, colleges and universities related to the bad effect of technology when use it in excess.
4. Aware the students how it affect on eyes, mental health, and psychologically effect on the students mind and made aware of the adverse consequences of compulsive usage of internet.
5. Suggested to the masses they should be spend more and more time with their family members and share their ideas and problems regarding their life as compare to use compulsive internet usage. Because it is very easy way to reduce the stress.

6. Guidance and counseling session should be arranged for in order to solve their queries and give suggestions how they should make a friend circle as well as become a socialization person because of it should be very beneficial for their health as well as they is not feel perceived loneliness.

7. Teachers, parents and counselors they should give full intention to their children why they spent more and more time on the compulsive usage of internet and they should find out the reason behind of this and they give proper guidance to their children how they use the technology for good purposes.

4.4 SUGGESTIONS

Research work is a continuous process. Every investigator after completing his piece of research predictably becomes aware of area in which further research is needed and naturally to indicates area which may be taken up for research by other investigators. The following suggestion can be given:-

1. The further study may be done by taking large sample size.
2. The further study may be done considering school level.
3. The further study may be done for other districts and states also.
4. The research can be done under the higher degrees, such as Ph.D.
5. Whenever investigator constructs the scale on its own, the more suggestions taken from experts makes it more reliable and better results can be attained.

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APPENDICES