

**RELATIONSHIP OF INTERNET ADDICTION WITH SOCIAL
INTERACTION ANXIETY MENTAL HEALTH AND INSOMNIA
AMONG SPORTS AND NON SPORTS**

A

Dissertation

**Submitted to the Department of Physical Education partial
Fulfilment of the Requirement**

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Physical Education

BY

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DECLARATION

I do hereby declare that the dissertation entitled “Relationship of Internet Addiction with Social Interaction Anxiety, Mental Health And Insomnia Among Sports And Non Sportspersons”, is submitted in partial fulfillment of the requirement for award of degree for Masters in Physical Education is entirely my original work, and all ideas and references have been duly acknowledged. It does not contain any work that has been submitted for award of any other degree or diploma of any other university.

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CERTIFICATE

I certify that Ms. Banita Sharma has prepared her dissertation entitled “Relationship Of Internet Addiction With Social Interaction Anxiety, Mental Health And Insomnia Among Sports And Non Sportspersons”, for the award of Masters in Physical Education degree of the “Lovely Professional University,” under my guidance. She has carried out the work at the Department of Physical Education, Lovely Professional University.

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ABSTRACT

The purpose of the study was to assess the relationship of internet addiction with social interaction anxiety, mental health and insomnia. For the above purpose the researcher selected 400 sports person (200) and non sportsperson (200). Data was collected through Young's Internet Addiction Test (1998), Social Interaction Anxiety Scale By Mattick and Clark (1998), Mental Health Inventory By Dr. Jagdish And Dr. A.K. Shrivastava (1996) and Bergen Insomnia Scale By S Pallesen 2008. Pearson's Product Moment correlation coefficient was employed to analyze the data. Results showed a positive relationship of internet addiction was found with insomnia and social interaction anxiety sportspersons and non sports persons. Results depicted no relationship of internet addiction with mental health sportspersons and non sportspersons.

PREFACE

I wish to express my sincere appreciation and gratitude to Dr. Pravin Kumar, HOD, Department of Physical Education, Lovely Professional University, Phagwara, (Punjab) for providing an opportunity to work on this study the facilities extended to me in carrying out the same successfully.

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Investigator

Ms. Banita Sharma

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CHAPTER-I

INTRODUCTION

Internet is turning into a broadly acknowledged channel for data trade and systems administration. It is encountering incredible development and improvement in its size and quantities of clients everywhere throughout the world. The advantages of the internet have been typically looked into and incorporate staying in contact with companions, making get-away arrangements, overseeing accounts, supporting with instructive needs and so on. Notwithstanding the constructive outcomes of internet, there is developing writing on the negative impacts of its intemperate utilization (Chou and Hsiao, 2000; Frangos and Frangos, 2009). Internet habit is a somewhat new research territory, which has less than ten years history. Internet enslavement is characterized as, "an individual's failure to manage his or her utilization of the Internet, which inevitably causes mental, community, educate, and/or employment challenges in an individual's living" (Chou and Hsiao, 2000).

The beginning thought of internet use as a method for information correspondence was proposed in the mid 1960s by gathering of American computer researchers who saw incredible coming value in permitting researchers to impart data on innovative work in logical fields by means of computers. Amid 1980s, the utilization of internet grew rapidly, and by 1995 the internet had turned into a typical correspondence vehicle (Shaffer et al. 2000). From that point on, as with the usefulness of internet, number of internet clients has extended fundamentally over the world. Today, as an accumulation of different administrations and assets, the internet has turned into the most constantly controlling device for person. Generally as a famous saying goes, "internet has acquired a world single room, and still the palm of one's hand".

While it is obvious that the internet has all that greatly changed new lives by its ease of use and settlement, likely misuse and negative effects of the internet have not gone neglected. The region of addictive practices among some internet customers has tired the thought of the overall public and helping specialists as the mid 1990s. Research into possible issues of a great deal of internet use has more foremost than before in a broad sense over the two decades. The use of internet on school grounds and in the general population eye has improved fundamentally of late. In spite of the fact that the insightful use of the Internet is basically expected learning and

support, the Internet has moreover transformed into a basic bit of understudy life. However once in a while singular trappings of over commitment with the Internet have been seen on differing contemplates. Chou et. al, (1999) viewed that in home entryway at their school, four level mate were possessed, softly wearing down their computers. They marked on the Internet to visit with different population, whom were no other then their level mates! Some school understudies continue with connected with the Internet the length of they are careful. Educators may perceive that less and less understudies are orchestrated to take early morning classes and a portion of the people who do list for morning classes constantly come in late. It has moreover gone to the thoughtfulness regarding some school heads that a couple of understudies get awful scores or are arranged on academic probation because they put a considerable measure of vitality in intranet rather than on their studies. In context of these significant wicker container particles, we review why the Internet catches understudies so horribly, drives them to new behavioral illustration, and even results in Internet impulse. ;

The Internet has progressed into "social advancement" that is interminably troublesome investigators to study its effects on incessant convictions of social life (kraut et al., 1998). The subject that pulls in the most debate has all the reserves of being whether the Internet is engaging or harming backing in gathering life and social association. A couple of researchers highlight its informative feasibility, ensuring that online coordinated efforts liberate customers from standard impediments, for instance, time and spot, which realizes more constant and improved social relationship. Regardless, it is moreover battled that the Internet may help social isolation, breaking point authentic social relationship and even incite Internet propensity, to the last weight of individual welfare. Whether male and females just as meet the positive or negative effects of Internet use is furthermore a matter of distraction. The Internet has by and large been a learning subject through mail customers. Studies have exhibited that women are less captivated by computer the men and show less conviction, and men have been shown to have all that much experience (Shashaani, 1997). There is possible then for the sexual orientations to show differential illustrations of associations between Internet usage and social welfare. Internet addiction (ia) is modestly field of scholarly inquiry. Experiential studies recommend that ia, as other very much inquired about addictive practices, has an impact on many parts of an individual's life, including scholastic/ work execution, connections, and physical and self wellbeing. Verification of IA has been proposed by the outcome that some internet regulars

spend more times of time online and information extraction manifestations when logged off. Those stressed with Internet related exercises may ignore activity, family and social exercises. Internet is most likely prompting the new mechanical upheaval; with the entrance of 1000 of new comers and around 200 million clients from everywhere throughout the world, today, it is framing an useful,

Internet is doubtlessly prompting the new modern upset; with the entrance of 1000 of new comers and adjoins 200 million clients from everywhere throughout the world, today, it is framing an open with monetary rebellion it is truly at the top of the advanced mechanical rebellion and each lord of new revolt as needs be offers increment to new issue. The novel attributes of the Internet, for example, its 24-hour availability, simple working, minimal effort, secret of its clients and soon have invited many individuals from start to finish through the world; in figuring, there qualities which, on the one side, are the capacities of the Internet, on the issues that the Internet has lead to is that of viable propensity, or dependence on the held expansive general system which has an amazingly unsafe behavioral- mental effect going on the internet addiction. Internet addiction is AN expansive plan. To date, there's neither a definite nor a traditional importance for this issue. Indeed, even with endeavors created to realize one institutionalized definition, and enlargement within the diagnostic and applied mathematics manual five (dsm5), the regarded manual for the determinations of medicine issue by the Yankee medicine association, bother building a uniform image for this issue is frequently tough via specialist sand clinicians (block, 2008). young (1996) characterize net compulsion as a drive management issue like neurotic issue that doesn't embody AN intoxicant. Shapira (as cited in Bastani, 2008) expressed that this presumably another form of rabid habitual issue. In spite of those irregularities, most scientists settle for that the clarification will be processed by on-line practices such AN excessive quantity of utilization to specific applications on the internet, unregulated/fearful/worrying hours on-line. The utilization of Internet lately in Greece has expanded altogether. In Greece 63% of the populace Has versatile Internet, while 45% of families Furthermore, 80% of ventures have broadband access (Capralos, 2012) .The Internet is presently one of the fundamental instruments of correspondence for youngsters, and the virtual products for simple correspondence internet gets to be more mainstream. Internationalization of Internet use by youngsters and the change of genuine society in Internet society have thus prompted the making of new information in the new brain research. The extensive number of

internet addiction, particularly in the number of inhabitants in youngsters, and the wonder of internet dependence on them, has driven the academic group (analysts, therapists also, teachers) to turn their regard for this new marvel of reliance to the new innovations (Stern, 1999).

Internet prompts distinctive social, mental and physical issue. The people captivated with net face physical symptoms like sleep aggravation, back strain, eye strain, and so on. Such persons in addition encounter gang, scholastic and social problems (ASAM, 2012). one in all the foremost perceptibly awful influences of net addiction, anxiety and despondence. Increment in utilizing net makes a couple of problems that one in all them is net addiction (Nima, 2012). There exists a positive and important association between the amount of tension and net fixation (Nima, 2012). Risky net utilization could serve to say no to social reasons for alarm and dodging to face the social connections scholastic and social problems (ASAM, 2012). one in all the foremost perceptibly awful influences of net addiction is stress, anxiety and despair. Increment in utilizing net makes a couple of problems that one in all them is net tension (Nima, 2012). There exists a positive and important association between the amount of tension and net addiction (Nima, 2012). Risky net utilization could serve to say no to social reasons for alarm and dodging to face the social connections.

Excessive use of net additionally impacts the learned accomplishments of understudies. Understudies obsessed with net are lots of b in it than their studies. So as that they need poor instructional performance (Christos, 2007). There got to be a crusade to illuminate people, educators and state authorities relating to the danger of net (young, 2004). Some analysts advocate fully inverse impacts of net addiction on man's mental and physical health. On-line good fortune mediations can successfully improve health and should facilitate to attenuate anxiety and depression indications (Boiler, 2013). United Nations agency are socially frightful might even be utilizing the online as a form of okay social methodology and a chance to use social conduct and relative abilities, which might facilitate them to spice up regard to logged off, up shut and personal, social environment(Campbell, 2006). The present exploration is additionally gone for examination of relationship between net compulsion and anxiety level among understudies what's a lot of the sex based contrasts of net addiction. Negative parts of internet are further compounded due to the way that commonplace controls and checking connected to such media as daily papers, TV and radio are not compelling concerning it.

Concerning other media, control and observing are exclusively or on the whole connected at different levels including individual, family, gathering and state ones. As for internet these sorts of controls are not extremely successful if not outlandish. In this way internet addiction turns into a real issue. Ozrack (1999) refers to two sorts of manifestations of internet addiction: (1) mental indications including an over the top euphoria while utilizing internet, failure to stop its utilization, investing a lot of energy in computer, less collaboration with family and companions, feeling of void, misery and low mind-set when access to internet is impractical, experiencing school or work issues (2) physical side effects including Carpal passage disorder, eye dryness, headache torment, lower back agony, unpredictable eating examples, losing some feast times, indifference to individual medicinal services, sleep issue and changed sleep design. He accepts that notwithstanding the mentioned problems different ones likewise are seen in these people including: spending extremely on programming, equipment, diaries and activities related to computers and apathy towards work, school and family undertakings. Dependence on internet is like different addictions, for example, substance addiction. In spite of the fact that it has not together with the same physical issues connected with substance addictions, yet social issues identified with it are at the same degree of those came about because of these sorts of addictions. Losing behavioral control, unfavorable indications coming about because of stopping addiction, hunger for internet, social isolation and scholastic disappointment are some unfavorable results of this addiction (Young, 1999).

Social Interaction Anxiety

There is confirmation for co-event of internet addiction with depressive issue in adults. Anxiety issue was found in a few investigations of grown-up tricky internet users. Among young people, internet addiction was connected with melancholy among south korean adolescents, alongside elevated amounts of discouragement and self-destructive ideation. Include side effects; despondency, social fear, and threatening vibe were high among youths with internet addiction in Taiwan. Over the top zamias connected with serious depressive social fear and in internet addiction in Taiwan. Female internet gamers had less week after week Internet gaming hours and shorter past Internet gaming history, however had a tendency to have more serious substantial, torment, and social phobic symptoms.

There are varied spirited parts which can be known with college under studies' net addiction. Various people swing to the net therefore on superintends disconcerting sentiments, for instance, stress, sadness, discouragement, and anxiety. Analysis on net addiction Associate in nursing sorrow exhibited that the abuse of the net was connected with an increment within the repetition of obstacle. Several parts are touching understudies to induce to net addiction. Case in purpose as per Isik (2007) expressed that consumer can surf net with relation to obtaining removed from problems and weights of normal life, impassioned unreeling, to assessing get-togethers, to present internal alleviation by strengthening qualities and to induce educated concerning occasions and things makes net additional magnetized than completely different mass mediums.

Internet addiction in addition might augment stress and anxiety (Egger & Rauterberg, 1996). The people WHO expertise the unwell effects of uneasiness and push often expertise tremendous problem associating and corresponding with others in a very solid, positive, and vital method. These human qualities are seen as important determinants of net compulsion may add to stress and anxiety (Egger & Rauterberg, 1996). The individuals who experience the ill effects of uneasiness and push frequently experience tremendous difficulty associating and corresponding with others in a solid, positive, and important way. These human qualities are seen as vital determinants of internet compulsion. There are various analysts who have mulled over the connection between sadness and internet addiction (Caplan, 2002; Eldeleklioğlu, 2008; Kim, Larose & Peng, 2009; Morahan- martin & Schumacher, 2000; Ozcan, & Buzlu, 2005; 2007; Whang, Lee & Chang, 2003). One of the real rationale driving people to Internet utilization is to alleviate mental issues (e.g., dejection and sadness). Forlornness is straightforwardly identified with deficiency in social aptitudes and inclination for online connections and habitual Internet use (Kim, Larose, Peng, 2009). Unnecessary utilization of the Internet sensation may influence individuals with negative effects on the scholarly, relationship, and parts of frequent lives.

Young, (1996) in his study demonstrated that numerous understudies scholastically disabled to the utilization the internet crosswise over different application groups which prompt understudies experienced issues finishing homework assignments and rest late night because of such Internet abuse. This in the long run brought about less than stellar scores, scholastic execution and even removal from the college. There are some different impacts because of Internet fixation which may prompt a few negative outcomes. Ouzark (1999), recognizes two

classes of mental manifestations of internet addiction as mental (a kind of bliss and delight when utilizing a computer, powerlessness to stop the action, appropriating a considerable measure of time for computer, obliviousness towards the family and companions, feeling of void, anxiety and behavioral issue when they don't have admittance to computer, and making issues at school and at work) and physical (neural wrist bone disorder, eye-dryness, consistent migraines, spinal pain, dietary problems and overlooking a few suppers, lack of awareness of individual human services, sleep deprivation and change in slumber designs). He accepted that other than the variables specified there are some different issues as takes after: exhausting a great deal of cash for equipment, programming, magazine and exercises identified with computer, lack of awareness towards the occupation, school and family obligations. Barak & King (2000) concentrated on the helplessness results of utilizing internet on mental conditions, for example, detachment, anxiety and internet addiction.

A few analysts (Davood Abadi, 2005; Yellowlees & Marks), considered the relationship between internet addiction and mental health and the outcomes demonstrated that the dependent individuals have less psychological mental health in correlation to the non-addicts. Anxiety is one of the issues which most addicts looking for recuperation, were enduring when they alluded to counseling administration renders and therapists. The bio-intellectual hypothesis considers anxiety as an ailment and recognizes 4 likely explanations for that as takes after: microorganisms, qualities, biochemical existence of the patient and nerve framework examination (Rozenhan & Sigman, 2006). The dynamic personality hypothesis alludes to the contention between an assortment of identity procedures in making tension and psychological hypothesis considers uneasiness issue as the consequence of wrong considerations and convictions stunning and illogic. The humanism and presence inventiveness hypothesis accepts that a situation which obstructs the human plans to venture for acknowledgment can build uneasiness in an individual (Azad, 1995). In social hypothesis, the mental and nervousness state is not considered as a critical wellbeing issue or an individual deformity, yet it is considered as the consequence of the individual's powerlessness in successful resistance against mental weights (Azad, 1995). The other imprisoning this exploration is to study the relationship in the middle of anxiety and internet addiction.

Social anxiety has been proposed to be made out of two interrelated measurements (Mattick & Clarke, 1998). Social interaction anxiety tension is characterized as the apprehension and evasion of meeting, collaborating, and communicating with others. Social interaction anxiety is characterized as the apprehension and evasion of social circumstances where one is performing or being watched. After controlling for the basic fluctuation of these two social anxiety measurements, just social internet anxiety was discovered to be adversely connected with different lists of hedonic Anxiety Disorders functioning (Kashdan, 2002). This bodes well as social interaction fears and evasion practices can be required to meddle with the launch of positive social experiences and the improvement of close connections, which serve as wellsprings of closeness, giggling, social backing, and other strengthening results. Social interaction anxiety was connected with lower subjective prosperity, constructive outcome, imperativeness, good faith, trust, reward affectability, and interest even in the wake of controlling for the higher-request variable of characteristic uneasiness (Kashdan, 2002). Just social interaction fears were identified with interest. Interest has been characterized as the acknowledgment, interest, and self-regulation of novel and testing open doors (Kashdan, Rose, & Fincham, 2002). Since interest has been placed to encourage learning, steadiness, and self-improvement opportunities, inhibitors of interest may have antagonistic outcomes in different areas (e.g., fabricating new interpersonal connections).

Social anxiety positions as the third most normal psychological wellness issue after dejection and liquor ill-use (Fur check, 2002). No less than one in every ten persons has sooner or later in their life been influenced by social extent of individuals recognize having encountered at any rate transient social anxiety now and again, transcendently with respect to open talking or performing before others. Social anxiety has been proposed to be made out of two interrelated measurements (Mattick & Clarke, 1998).

Social networking could be conceivably unsafe to the individuals (Evgeny, 2009). Social networking are the genuine ruin for individuals who utilize the internet (Andre, 2012). As per improvement of substance-related issue, behavioral addictions, for example, internet utilization issue and obsessive betting are viewed as redundant over the top conduct which progressively transforms into a programmed activity which is hard to control purposefully (Wolflang, 2013).

Mantel Health

Recent studies have demonstrated that a progression of physical upgrades is identified with certain mental circumstances. Studies have demonstrated that the Internet enslavement is one of the central point's affecting mental and physical mental health. Internet addiction is a recently rising issue. It has been discovered to be connected with an assortment of psychiatric issue. Data about such existing together psychiatric issue is fundamental to comprehend the instrument of Internet compulsion. Internet addiction is a term that means the destructive and uncontrolled utilization of internet. As of late, internet addiction started to be managed as a mental issue in the realm of science by identifying with different mental issues. Computer, internet and its recreations, which like other human-made gadgets have very nearly entered in all parts of human life, has two measurements. One of the measurements is its legitimate utilize and help to development and flourishing of individual, and the other measurement is abusing the computer, for solicitation utilizing it as a part of the fields with the exception of investigative and word related purposes. Current studies have demonstrated that a progression of physical changes is identified with certain mental circumstance. Studies have demonstrated that the Internet addiction is one of the central point's affecting mental and physical mental health.

Analysts accept that Internet addiction ought to be sorted like other addiction issue as it has comparative indications, including enthusiastic shutdown, absence of mindfulness and clearing out. Ten years prior, the main individuals who spent a best piece of their opportunity time on the computer were paid individuals from the innovation business. Today, nonetheless, surfing the Internet has turned into an interest as social and attractive as getting sloshed or heading off to the films. As the Internet has turned into a piece of typical life, some mental health experts have noticed that a rate of individuals utilizing the Internet do as such as a part of a frequent and wild way. Computer, internet and its games, which like other human-made gadgets have just about entered in all parts of human life, has two measurements. One of the measurements is its legitimate utilize and help to development and flourishing of individual, and the other measurement is abusing the computer, for appeal utilizing it as a part of the fields aside from exploratory and modern purposes.

The Internet is another apparatus that is utilized as a critical piece of ordinary life everywhere throughout the world and its utilization expands unique among youngsters.

Notwithstanding the by and large obvious benefits of this apparatus, clinicians have been mindful of the negative effects of its use, especially the over or abuse and the related physical and mental issues. A standout amongst the most well-known of these issues is Internet compulsion. The expression "Internet compulsion" clarified that obsessive enthusiastic Internet utilization was proposed by Dr. Ivan Goldberg (1995). Young people are more powerless to internet compulsion than grown-ups, and the social execution, brain research, and everyday life conduct of internet addicts can be influenced by this dependence. Various cross-sectional studies have demonstrated that internet enslavement has an antagonistic impact on a few way of life related calculates youths; it can bring about unpredictable dietary propensities, expanded times of time spent on the internet, physical dormancy, brief time of slumber, and expanded utilization of liquor and tobacco. A few studies have reported that the adjustment in way of life related components created by overwhelming internet utilization could have an unfriendly effect on the development and advancement of internet addicts. There is a lack of mental writing concerning school under study, utilization of internet, long range informal communication is accessible and those studies that are accessible are conflicting in nature. The prevalent media, which are more reliable about the issue, over and over construes that internet addiction disables social cooperation and that expanded utilization may even prompt interminable discouragement and clinical levels of social anxiety in conventional social circumstances. The uniqueness between these two, assemblages of writing and the appearing disarray inside observational examinations of the theme, needed illumination. That is the increment in Internet use, especially among more youthful people for social contact hurtful? This is of specific concern as a late study reported that 89% of people between the ages of 18 and 24 living in the United States take part in Internet utilize day by day. Be that as it may, it is hazy whether getting to one's social world online contrarily affects ones up close and personal social connections and mental health.

Social anxiety positions as the third most regular mental health confusion after dejection and liquor ill-use (Furmark, 2002). No less than one in every ten persons has sooner or later in their life been influenced by social fear, a sensation experienced in every society examined. By adulthood, an extensive extent of individuals recognize having encountered at any rate transient social anxiety every so often, overwhelmingly with respect to open talking or performing before others (Kessler, Stein & Berglund, 1998). Due to strict social standards, these examples are involved generally of men, and little.

Insomnia

Sleep deprivation, or restlessness, is a slumber issue in which there is a failure to nod off or to stay unconscious the length of desired. While the term is once in a while used to depict an issue exhibited by polysomno graphic or actigraphic proof of aggravated slumber, this slumber issue is regularly for all intents and purposes characterized as a positive reaction to both inquiries regarding trouble in resting, falling and staying asleep.

A sleeping disorder is frequently considered as both a therapeutic sign and a symptom that can go with a few slumber, restorative, and psychiatric issue described by a determined trouble nodding off and/or staying unconscious or slumber of low quality. Sleep deprivation is commonly trailed by utilitarian debilitation while conscious. Sleep deprivation can happen at any age, however it is especially normal in the elderly. Insomnia can be short term (up to three weeks) or long haul (over 3–4 weeks); it can prompt memory issues, misery, fractiousness and an expanded danger of coronary illness and auto related accidents. The individuals who are experiencing difficulty resting here and there swing to dozing pills, which may help, additionally may prompt substance reliance or dependence if utilized frequently for an amplified period. Sleep deprivation can be assembled into essential and optional, or co morbid, insomnia. Primary a sleeping disorder is a slumber issue not inferable from a restorative, psychiatric, or ecological cause. It is portrayed as a grumbling of delayed slumber onset inertness, unsettling influence of slumber support, or the experience of non-reviving sleep. A complete analysis will separate between detached essential a sleeping disorder, sleep deprivation as auxiliary to another condition, and essential sleep deprivation co-dreary with one or more condition.

With the accessibility and versatility of new media, Internet addiction has developed as a potential issue in youngsters. Taking into account a developing exploration base (Young, 2010), the American Psychiatric Association plans to incorporate Internet Use Disorder in the addendum of the up and coming fifth version of the Diagnostic and Statistical Manual for Mental Disorders (2012) surprisingly, recognizing the issues emerging from this kind of addictive issue. Young people give off an impression of being a populace at danger for creating Internet addiction (Leung, 2007) because of variability in building up their intellectual control (Casey, Tottenham, Liston, & Durston, 2005) and limit setting abilities (Liu & Potenza, 2007). Sleep issue are developing issues with genuine results. 30-40% of grown-ups have encountered some

level of an insomnia disorder - slumber issue of launching and looking after sleep. 10-15% of grown-ups report ceaseless and extreme an insomnia disorder. More individuals are sick and whine. An insomnia disorder is associated with the objection of nodding off difficulty, staying asleep difficulty, and low quality sleep and is connected with pain and weakened working. There are many reasons for insomnia deprivation including therapeutic maladies, psychiatric issue, behavioral components, circadian dysrhythmias; essential slumber disorders. Daytime dissentions about insomnia disorder are weariness, drowsiness, lethargy, physical objections (throbs & agonies), stretch about poor slumber, disposition aggravations, poor focus, and debilitated execution. Internet addiction has gotten expanded consideration because of the disputable nature and the likelihood that another sort of impulsive movement is on the ascent (Mythily, Qiu & Winslow, 2008). As per Chebbi, Koong & Liu, Internet addiction is a contemporary issue conveyed by simple access to computer and online data. Then again, internet can be characterized as a motivation issue. Besides, a portion of the normal for this issue is like those of neurotic betting. Orzack (1999) have led a study and found that individuals who are effortlessly exhausted, desolate, timid, discouraged and experiencing other compulsion are individuals who are helpless to internet addiction. Chebbi, Koong & Liu have expressed that, individuals who are dependent on internet can create many sorts of turmoil and one of the issue that are basic for the current is internet addiction issue (IDA). People who are experiencing IDA can show indications, for example, downsides and face results that are like person who are dependent on liquor, betting, shopping or other habitual practices. The two noteworthy medicines accessible to help individuals in this issue are: psychological behavioral treatment and motivational improvement. Insomnia is the most well-known sleep issue, but regardless of advances in judgment and administration, it frequently goes unrecognized and untreated. Left untreated, insomnia deprivation expands the danger of creating different sicknesses including wretchedness, diabetes, hypertension, and perhaps even demise in more established grown-ups. Individuals with constant an insomnia disorder were more inclined to have current anxiety or depression than individuals without insomnia.

The negative effect of insomnia on the mental health of young people has been generally recorded (Taylor et al., 2003). Upwards of 88% of the kids and youths with anxiety issue experienced no less than one sleep brokenness (Chorney et al., 2008). Among youngsters with significant depressive issue, 72% had sleep aggravations, 53.5% had an insomnia alone and 10.1%

had both worrying influences (Liu et al., 2007). Epidemiological studies recommended more established age, overwhelming smoking, successive liquid utilization and espresso admission, absence of standard activity, less than stellar eating routine and skipping breakfast were elements connected with short rest length of time and insomnia among adolescents. Stresses can keep your brain dynamic during the evening. Issues at work or school or with family can make you restless. This can make it troublesome or incomprehensible for you to sleep. Traumatic occasions like the passing of a friend or family member, severance, or a vocation misfortune frequently cause durable anxiety and discomfort. These conditions can prompt interminable sleeplessness. Unhappiness is a typical source of sleep deprivation. This may be because of irregular characteristics in mind chemicals that influence sleep designs. On the other hand, you may be excessively worried by reasons for alarm or disturbing considerations that can accompany gloom to rest soundly.

Explation of Terms:

Internet addiction: Internet addiction means when an individual is become addicted of using internet all the time. An individual is spending all the time on the internet, in internet individual is not addicted to drugs but he is spending all the time on the internet.

Insomnia: - Means sleeplessness, when an individual is not giving proper rest to his body and mind bet excuse of the addiction of the internet is called insomnia.

Social interaction anxiety: - Social anxiety is the fear of social circumstances that include friendship with other individuals. You could say social tension is the fear and anxiety of being contrarily judged and assessed by other individuals. It is a pervasive issue and reasons anxiety and apprehension in most all regions of an individual's life. It is interminable in light of the fact that it doesn't go away all alone. Just immediate subjective behavioral treatment can change the mind, and help individuals overcome social anxiety.

Mental health: - Mental health includes our emotional, psychological, and social well-being. it affects however we predict, feel, and act. It additionally helps verify however we have a tendency to handle stress, relate to others, and create selections. psychological state is vital at each stage of life, from childhood and adolescence through adulthood.

Significance of study

The invention of the computer and therefore the emergence of the internet have revolutionized our mode of life. These technologies profit several folks in multiple ways that, however they additionally produce negative results for a few. One negative result involves changing into “addicted” to the activities related to the computer and therefore the net. This study is incredibly necessary to analyze the seriousness of net addiction within the society and sports society currently on a daily basis. Net is incredibly helpful for user to seek out data for his or her current work. But presently net isn't solely used for seeking data however being use to utilize leisure time. If this development continues with none resolution then net addiction has become terribly serious and high. Thus to analyze the seriousness of the internet addiction is that the main issue to begin in order that this downside may be solved. Hence this study seeks to seek out how much serious net addiction among sports and non sports persons exists. This study also will justify the negative consequences of net addiction if any. Besides that this study is additionally necessary to let those individuals who are involved or taking care of sports like folks and teachers. Through this study, they can begin to bear in mind of this downside in order that will try and management their wards/students. This study will give a lot of data concerning net addiction and its relationship with mental health, sleep disorder and social interaction anxiety.

Statement of the problem

The purpose of the present study was to ascertain the relationship of internet addiction, social interaction anxiety, mental health and insomnia among sports and non sports person. So the study was stated as: Relationship of internet addiction, social interaction anxiety, mental health and insomnia among sports and non sports person.

Objectives of the Study

To find out relationship of internet addiction with social interaction among sports and non sports person

To ascertain relationship of internet with mental health among sports and non- sports person

To discover the relationship of internet with insomnia among sports and non sports person

Hypotheses

There is a positive relationship of internet addiction with social interaction anxiety among sportspersons

There is a positive relationship of internet addiction with mental health among sportspersons

There is a positive relationship of internet addiction with insomnia anxiety among sportspersons

There is a positive relationship of internet addiction with social interaction anxiety among non sports persons

There is a positive relationship of internet addiction with mental health among non sports person

There is a positive relationship of internet addiction with insomnia anxiety among non sports person

Delimitations of the Study

The study was delimited to only 18-28 years of age group.

The study was restricted to four hundred male and female sports person and non sports persons from Punjab only.

The study was delimited to the following variables and tools:-

Internet Addiction: Young's Internet Addiction Test (IAT) by Young (1998)

Social Interaction Anxiety: Social Interaction Anxiety Scale by Mattick and Clarke (1998)

Mental Health: Mental Health Inventory by Dr. Jagdish and Dr. A.K. Srivastava (1996)

Insomnia: Bergen Insomnia Scale by S. Pallesen (2008)

CHAPTER-II

Review Related Literature

A careful review of research journals, books, dissertations, thesis and other sources of information on the problem to be investigated is one of the important steps in the planning of any research study. Researcher has reviewed the journals and required materials and reviews are presented as under.

Caplan .S.E. (2007) examined the extent to that “social anxiety explains results antecedently attributed to loneliness as a predictor of preference for on-line social interaction and problematic net use”. The outcomes support the hypothesis that the link within the middle of loneliness and inclination for on-line social interaction is spurious, which social anxiety is that the unsupportive variable.

Korkmaz.O. at, al. (2011) assessed “the relationship between the interaction and audience anxiety levels and net addiction adults”. The examination was performed within the study show as a descriptive study. Associate in nursing mixture of 384 grown-ups with numerous ages living in a very Central Indo-Hittite town official the specimen of the study. Info were gathered through the Interaction and Audience Anxiety Scale ($\alpha=.91$) and net Addiction Scale ($\alpha=.86$). The mean, variance, recurrence, rate, t-test, ANOVA, Schaffer take a look at, and Pearson affiliation constant were used in dissecting the data ($p<.05$). The incidental results were gotten: each the communication nervousness and gathering of individuals uneasiness levels of grown-ups were low. The amount among grown-ups within the ages of 20-29 were basically above the amount among grown-ups in alternative age-bunches. The amount of affiliation tension and gathering of individuals’ nervousness within the understudy gathering were altogether above alternative word connected gatherings. Sexual orientation didn't separate communication and cluster of onlookers’ anxiety levels of grown-ups. There was to boot a positive and vital affiliation between the amount of stress and net addiction. Believe addicted to the internet.

Usta .E. et, al. (2011) assessed “the correlation between internet addiction audience anxieties and internet addiction level of adults”. The study was performed within the examining

model and is taken into account as a descriptive analysis. 384 adults represent the study gathering of this examination. The examination data was gathered by utilizing the Interaction and Audience Anxiety Scale and internet Addiction Scale. Thus: each the communication and crowd anxiety levels of adults' square measure low. There's a positive association at a major level between the link and gathering of individuals anxiety levels and internet addiction.

Kim.S. (2011) examined the “research the interrelationships among adolescent net use, parent-adolescent relationships, and academic/ activity adjustment in South Korean families”. In spite of the many numbers of Korean adolescents United Nations agency use the internet (98.7% of Korean children between the ages of 6 and 19 years utilize the Internet) for instruction, social, and recreational functions, very little is assumed regarding however pre-adult net utilization affects family associations and adolescent results. To research the impact of adolescent's net use on adolescent ends up in peninsula, 600 and 9 adolescents (10th and eleventh graders) and their guardians were none commissioned from 5 secondary faculties in Seoul, Korea. Contrasted with the all comprehensive community in peninsula, of us during this study were additional tutored and from higher socio-financial standing foundations. Discoveries incontestable that Korean males and females contrasted within the ways in which they utilised the web. Females were additional inclined to utilize the internet look at on-line instruction categories and diary additional a lot of the time and over boys, although boys were additional inclined to utilize the internet for enjoying net amusements than women. Results incontestable that net use for useful styles was connected with adolescent education accomplishment. Social and recreational-Internet addiction of the internet was connected with lower educational accomplishment. The pathways failed to amendment for boys and women. Parent-child relationship were discovered to be basic to adolescent adjustment and contend a big role within the relationship between pre-adult net utilization and educational and activity results.

Iskender .M. at, al. (2011) examined the link of self-compassion and internet addiction. Samples were 261 university students WHO completed a form package that incorporated the Self compassion Scale and internet addiction Scale. The hypothesis model was tested through basic statement signifying. In relationship analysis, self-kindness, common humanity, and attentiveness of self-compassion were discovered negatively connected with net addiction. Then again, self-judgment, isolation, and over identification elements of self compassion were

discovered absolutely related to net addiction. As per manner investigation results, net addiction was foretold negatively by self kindness and attentiveness. Any self judgment, isolation, and over-identification proof foretold net addiction during a positive manner. Results were talked concerning within the light-weight of writing.

Razieh J. et.al ;(2012) examination “the relationship between internet addiction and anxiety in the university students”. Members were 330 students who randomly chosen from university students. The Questionnaires of net addiction and anxiety scale were used as instruments for data accumulation during this study. The knowledge was examined utilizing mean, variance, T-test and multivariate analysis. The results of this study showed that generality of net addiction among young public toilet understudies in understudy schools was over women and in science and engineering students was over art and humans understudies. There was a stimulating distinction in four gatherings in nerves .The result of relapse investigation incontestable that restlessness sex and will considerably expect net addiction.

Jahanian.J. at, al. (2013) an examined on “the effect of internet addiction on students "psychological well-being in specialized and professional universities in Alborz province” The present paper is on the premise of clear relative descriptive comparative analysis methodology. One hundred fifty college students of the whole 260 feminine students in specialized and skilled faculties in Alborg space were picked with stratified impulsive examining on the premise Of Morgan table. General health survey (GHQ) and young. Internet addiction check. Clear and Inferential measurements are used to interrupt down info. The outcomes uncover that there was a vital and opposite Relationship between net addiction and students' mental state.

Cardak .M. (2013) examined the “relationship between internet addiction and psychological wellbeing”. Members were 479 university students World Health Organization completed a poll bundle that incorporated the internet addiction Scale and also the Scales of Psychological Well-Being. The connection between internet addiction and mental health were analyzed utilizing relationship and numerous relapse investigations. As indicated by results, psychological prosperity was foretold negatively by diminished impulse management, isolation/hopelessness, social relief, and diversion. Students with additional superior amounts of net addiction square measure additional vulnerable to be low in mental health. The outcomes

showed that mental health was influenced by internet addiction negatively; and gave a superior seeing on the connection between mental health and internet addiction.

Mostafaei .A. at, al. (2013) conducted a “study on research was to study the relationship between internet addiction and mental health among male and female Payame - Noor university students”. Fifty understudies (20male and 30 female) were chosen randomly. Internet Addiction Scale (IAS) and General Health survey were utilized to do the study. The after effects of the study demonstrated that there is no internet addiction between understudies. Female more than males had indications of internet addiction. Females in correlation with are more social disregard and have requirement exclusive.

Akhter.N. (2013) conducted a study on the “relationship between internet addiction and academic performance among university”. The study in addition cantered to seem at the sex variations among students on internet addiction. The sample enclosed 359 university students. Their reactions to the "Internet Addiction Scale" and criterion for the past semester were gathered and investigated practice methodology along with descriptive statistics, t-test, ANOVA, and simple multivariate analysis. The outcomes counselled that net addiction was a significantly negatively correlate with tutorial performance of university students. Females to addition counselled sexual orientation distinction in net compulsion. Male students had higher net addiction than females ones. Taking into consideration the upper than discoveries, several proposals were projected as an offer of perspective for all the manner right down to earth applications and future analysis.

Zainudin.A. at, al. (2013) studied on “impacts due to internet addiction among Malaysian university”. Research methodology utilized as a part of this study was by disseminating overview inquiries to 653 university students from five different universities in Malaysia. There have been four conceivable effects measured during this examination study that incorporate educational Performances, Relationships, temperament and life style. The discovering demonstrates that, net addiction cause problems with respondents' educational performances, having unhealthy temperament and rehearsing a horrifying method of life. There have been considerably variations in educational performance, temperament and method of life between "Average user” and “Excessive users”.

Kuss .D. J. et.al; (2013) studied on “Internet addiction in adolescents: Prevalence and risk fact”. This study aimed to synthesise previous discoveries by (i) evaluating the prevalence of potential Internet addiction in a large sample of adolescents, and (ii) examining the interactions between personality traits and the usage of particular Internet applications as risk factors for Internet addiction. An aggregate of 3,105 adolescents in the Netherlands rounded out a self-report survey including the Compulsive Internet Use Scale and the Quick Big Five Scale. Results show that 3.7% of the sample was named possibly being dependent on the Internet. The addicted of internet gaming and social applications expanded the danger for Internet addiction, while pleasantness and creativity showed up as defensive calculates high recurrence internet gamers. The discoveries bolster the incorporation of 'internet addiction' in the DSM-V. Powerlessness and strength show up as significant aspects that require consideration in further studies.

Azher. M. (2014) conducted a study to the “relationship between internet addiction and anxiety among students of university of Sargodha”. There were 300 students, from Masters' classes, as test, chose through bunch inspecting. Internet Addiction Scale (I.A.S) and motion Anxiety Scale were utilized as appraisal apparatuses for info accumulation. Info was investigated utilizing mean, variance, T-test and relapse investigation. The outcomes in contestable that predominance of iternetis additional in male students than feminine students. Relapse investigation in contestable a positive and important association between internet addiction and anxiety level among University students.

Kathait. S. G. at, al. (2014) to discover “the effect of internet addiction on depression, anxiety, social isolation and sleep pattern among adolescent”. Internet addiction (IA) has turned into a far reaching and risky marvel. Little is thought about the impact of internet addiction (IA). Result should to the distinction between the sexual orientation regarding the seriousness of internet addiction and the depression, anxiety, social isolation and sleep pattern positive.

Vaghela. K.J. (2014) examined “a psychological study of anxiety between internet addiction and non addict’s adolescents of urban and rural area”. The examination was directed over an example of 160 male young people 80 – Internet addicts and 80 – Internet non addicts of urban and rural area, and they were controlled the Internet addiction test, Beck anxiety inventory. Data was analyzed using t – test. The outcomes reported that there exists a significant difference in anxiety between Internet addicts and non addicts' young people of urban area. As with respect

to the rural area Internet addicts and non addicts adolescent contrast altogether in their level of restlessness. Internet addiction adolescents discovered to be more restless as contrast with Internet non addicts' adolescents.

Mishra. S .et. al (2014) Assessed “the impact of internet addiction of university students and its effect of subsequent”. This study utilized a survey method for catching information from a wide mixed bag of college students to focus the different appearances of Internet addiction, and the potential results of liberated access. Study concentrates on the potential outcomes emerging from the different phases of addiction, and come full circle in deciding the impact, if any, that this intermittent addiction has on the scholastic accomplishment of the individual student, with the GPA (Grade Point Average) as the last measure of achievement or disappointment.

Ge .Y. et. al. (2014) conducted “a study to research on relationship among internet addiction, personality traits and mental health of urban left behind children during this examination, author endeavoured at investigation the connections among urban left-behind kids' internet addiction, identity characteristics and emotional mental state internet addiction Scale, H. J. Eysenck temperament form, Children's Edition in Chinese and mental state Test), 796 urban left-behind youngsters in China were explored, regarding internet addiction, identity temperament traits and mental state. The consequence of study in contestable that (1) the net addiction rate of urban left-behind teenagers in China reached 10.8%—a moderately high figure, with the speed among males on top of that among females. As so much as internet addiction hanging nature, the figure of urban left-behind youngsters was clearly on top of that of non-left-behind children. (2) In China, the identity deviation rate of the final left-behind youngsters was fifteen.36%; whereas the identity deviation rate of the net addiction urban left-behind youngsters was thirty eight.88%, a figure signally on top of that of then on-dependent urban left-behind youngsters bunch, with the speed among females on top of that among males (3)The psychological welfare issue rate of the final urban left-behind youngsters in China was eight.43%; whereas the speed of the net dependent urban left-behind youngsters was twenty seven.77%, a figure basically on top of that of then on-dependent urban left-behind youngsters. (4) There have been immense connections among internet habit, identity temperament traits and mental state. The mixture score of internet addiction and its connected measurements will function pointers of identity mental disturbance, psychotics and therefore the mixture countless

mental state. Waldo. A.D. (2014) determined the, “relationship of adolescent internet addiction on spiritual intelligence, psychological wellbeing and social desirability was explored”. The study gave depiction on juvenile mental health habit and inspected huge contrasts regarding sexual orientation, kind of school and online practices. Further, the relationship of pre-adult mental health dependence on otherworldly knowledge, mental wellbeing and social allure was investigated. Surveys were utilized as a part of the information accumulation; discoveries recommend that young people are regular online clients and that there are significant contrasts as far as sex, school sort, and online practices; social allure had a solid useful relationship with adolescent internet addiction.

Musa. M.A.H. et al. (2014) studied the “relationship between internet addiction and anxiety determination of the extent of internet addiction and anxiety among Iranian students”. during this examination, author endeavoured at investigation the connections among urban left-behind kids' internet addiction, identity characteristics and emotional mental state internet Use Scale, H. J. Eysenck temperament form, Children's Edition in Chinese and mental state Test), 796 urban left-behind youngsters in China were explored, regarding internet addiction, identity temperament traits and mental state. The consequence of study incontestable that (1) the net addiction rate of urban left-behind teenagers in China reached 10.8%—a moderately high figure, with the speed among males on top of that among females. As so much as internet addiction hanging nature, the figure of urban left-behind youngsters was clearly on top of that of non-left-behind youngsters. (2) In China, the identity deviation rate of the final left-behind youngsters was fifteen.36%; whereas the identity deviation rate of the net addiction urban left-behind youngsters was thirty eight.88%, a figure signally on top of that of then on-dependent urban left-behind youngsters bunch, with the speed among females on top of that among males (3) The psychological welfare issue rate of the final urban left-behind youngsters in China was eight.43%; whereas the speed of the net dependent urban left-behind youngsters was twenty seven.77%, a figure basically on top of that of then on-dependent urban left-behind youngsters. (4) There have been immense connections among internet habit, identity temperament traits and mental state. The mixture score of internet addiction and its connected measurements will function pointers of identity mental disturbance, psychotics and therefore the mixture countless mental state.

Himghaempanah .E. and, Karimi .B. (2014) conducted a study of “relationship between meta-cognitive skills (wells) and internet addiction with academic achievement in students of Islamic Azad University”. □This was descriptive study and–co relationship technique is use. To activity meta-cognitive skills and internet addiction of scholars. Wells form and Young form are used severally. The amount of inhabitants within the study is students of Moslem Azad University of Hamadan. Victimization proportional stratified random testing the sample size was 375 students. the results of the study showed that there was no important relationship between 2 variables of "meta-cognition" and "internet addiction"(P >0.184).However, there's a big relationship at five-hitter level between the 2 variables "meta-cognition" and "academic achievement" (P<0.002). Also, a big inverse relationship was determined between the traditional of 2 variables of "internet addiction" and "academic achievement" at five-hitter level (P<0.031).There is a big distinction in terms of meta-cognizance among the gatherings of various fields of studies. Moreover, there's a big distinction in term of internet addiction scores among students having an area with totally different field of studies. In elucidative the tutorial action variable fluctuation of "meta-cognition" and "internet addiction" utilizing joined relapse, it had been watched that the aforesaid variables clarify 16 PF of variable distinction of educational action at an equivalent time.

CHAPTER-III

Method and procedure

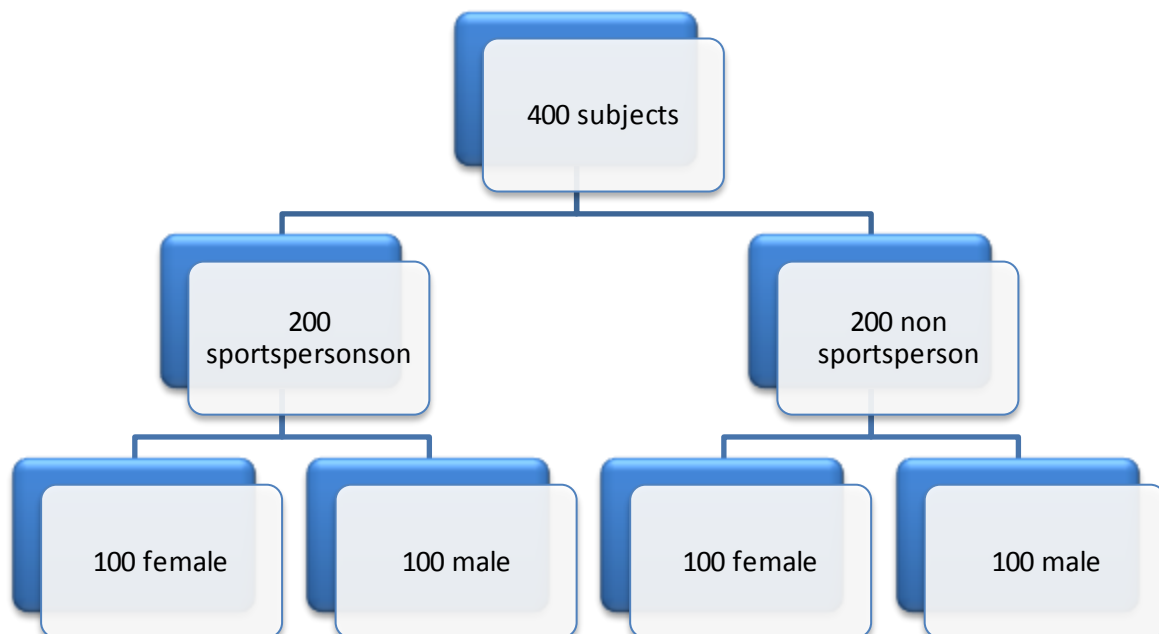
In this chapter, the design of study was in descriptive type with special reference to the procedure adopted for the selection of subjects, selection of variables, criterion measure, anthropometric instruments reliability, tester competency, collection of data, procedure of taking body measurements and statistical technique for analyses for the data are presented in this chapter.

Design of the study

This research is a descriptive survey with a field study.

Sampling Technique

The sample frame comprised of 400 males and female subjects. The subjects were selected as sample of the study with purposive sampling technique from Punjab state. The subject was from 18-28 years of age.



Variables and Tools

In consultation with the experts in the field, minutely gleaning through the literature available and considering the feasibility criteria in mind, especially the availability of tools the following variables and tools were selected for the present study:-

Internet Addiction: Young's Internet Addiction Test (IAT) By Young (1998)

Social interaction Anxiety: Social Interaction Anxiety Scale By Mattick And Clarke (1998)

Mental Health: Mental Health Inventory By Dr. Jagdish And Dr. A.K. Srivastava(1996)

Insomnia: Bergen Insomnia Scale By S Pallesen (2008)

Collection of data

Subjects were oriented with the need and value of the study. The researcher approached various venues of state and national level of competitions. Subjects were given information about the scales. Translation was done wherever required. They were instructed to fill the questionnaire patiently and truly.

Statistical Analysis

Software, SPSS (Ver.16) was used to analyze the collected data. Mean, standard deviation and Pearson Product Moment Correlation was performed to see whether any significant relationship exist among sportspersons and non sportspersons.

CHAPTER – 4

ANALYSIS AND INTERPRETATION AND DISCUSSION OF THE RESULTS

This chapter involves the presentation, interpretation and discussion of the data. Once the data have been collected, the next step is to reduce them into statistical analysis because the data as such have no meaning unless it is analyzed and interpreted by sophisticated statistical techniques in order to arrive at certain reliable and valid conclusions.

Analysis of data thus involves the breaking of the complex factors into simple parts and putting them in new arrangements for the purpose of interpretation. The analysis and interpretation of data, findings and discussion of findings have been described as follows:

Analysis of Data

Pearsons product moment correlation coefficient was used to find out the relationship of selected psychological variables of sportspersons and non sportspersons.

Findings

Mean and standard deviation of the selected psychological variables of sportspersons and non sportspersons were statistically computed. The results have been depicted in Table No. 4.1, 4.2, 4.3, 4.4, 4.5 and Table No. 4.6.

Table 4.1
Relationship of Internet Addiction and Social Interaction Anxiety among Sportsperson

Group	Number	Mean	S.D.	r' value
Internet Addiction	200	45.58	11.65	0.42
Social Interaction Anxiety	200	29.59	10.26	

The table no. 4.3 reveals the relationship of internet addiction and social interaction anxiety variables between among sportsperson. The table shows calculated mean of internet addiction and social interaction anxiety i.e. 45.58 and 29.59 and the standard deviation is 11.65 and 10.26 respectively. The calculated r value is .42 which shows a strong positive relationship between internet addiction and social interaction anxiety of sportsperson. So the hypothesis, which states that there is a positive relationship of internet addiction with social interaction anxiety among sportspersons, has been accepted.

Graph No 4.1

Relationship of Internet Addiction and Social Interaction Anxiety among Sportsperson

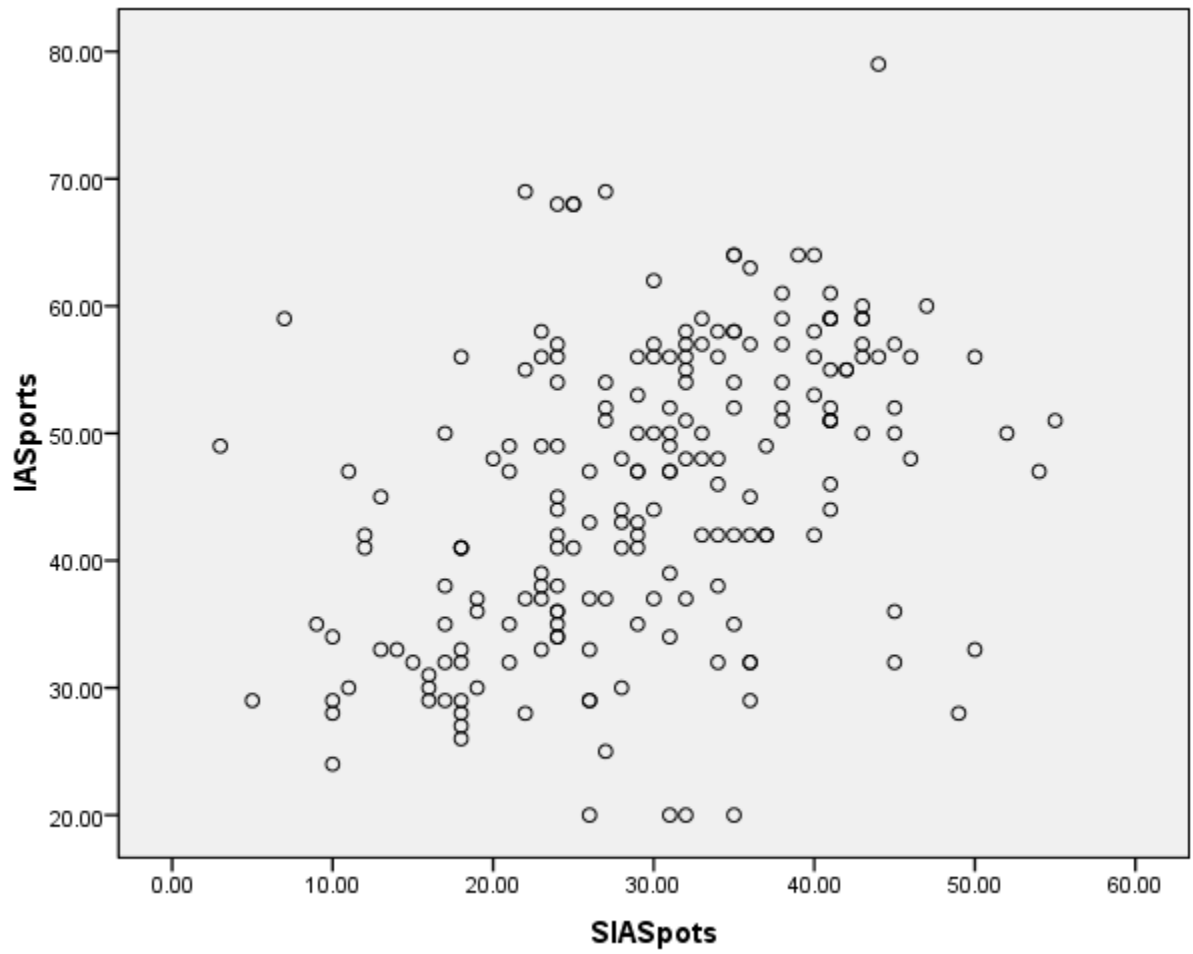


Table 4.2

Relationship of Internet Addiction and Mental Health among Sportsperson

Group	Number	Mean	S.D.	r' value
Internet Addiction	200	45.58	11.65	0.08
Mental Health	200	134.97	10.96	

The perusal table no. 4.2 depicts the relationship of internet addiction and mental health variables between among sportsperson. The table shows calculated mean of internet addiction and mental health i.e. 45.58 and 134.97, and the standard deviation is 11.65 and 10.96 respectively. The calculated r value is .08 which shows no relationship between internet addiction and mental health of sportsperson. So the hypothesis, which states that there is a positive relationship of internet addiction with mental health among sportspersons, is rejected.

Graph No. 4.2

Relationship of Internet Addiction and Mental Health among Sportsperson

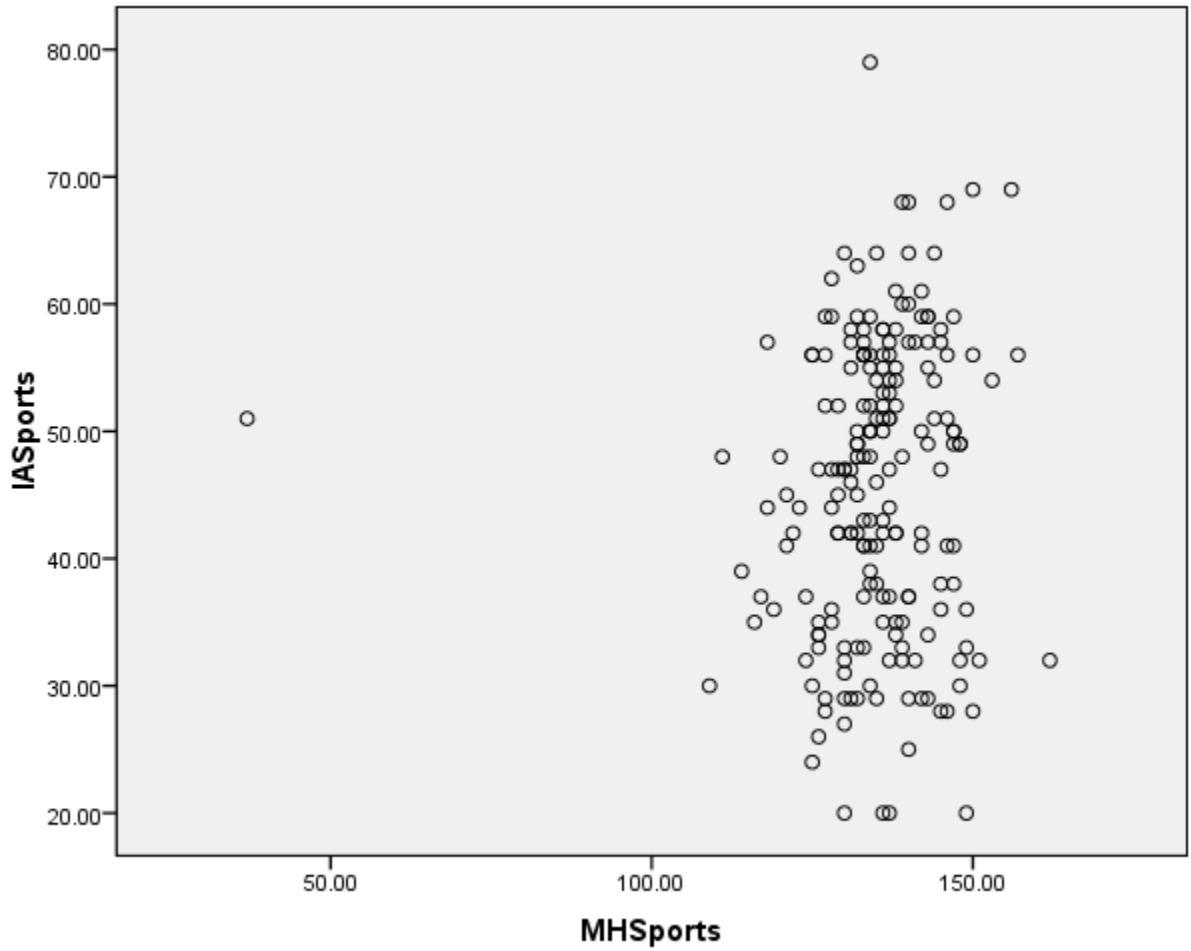


Table 4.3

Relationship of Internet Addiction and Insomnia among Sportsperson

Group	Number	Mean	S.D.	r' value
Internet Addiction	200	45.58	11.65	0.23
Insomnia	200	16.16	08.20	

The table no. 4.3 reveals the relationship of internet addiction and insomnia variables between among sportsperson. The table shows calculated mean of internet addiction and insomnia i.e. 45.58 and 16.16, and the standard deviation is 11.65 and 8.20 respectively. The calculated r value is .23 which shows a weak positive relationship between internet addiction and insomnia of sportsperson. So the hypothesis, which states that there is a positive relationship of internet addiction with insomnia anxiety among sportspersons, is rejected.

Graph No.4.3

Relationship of Internet Addiction and Insomnia among Sportsperson

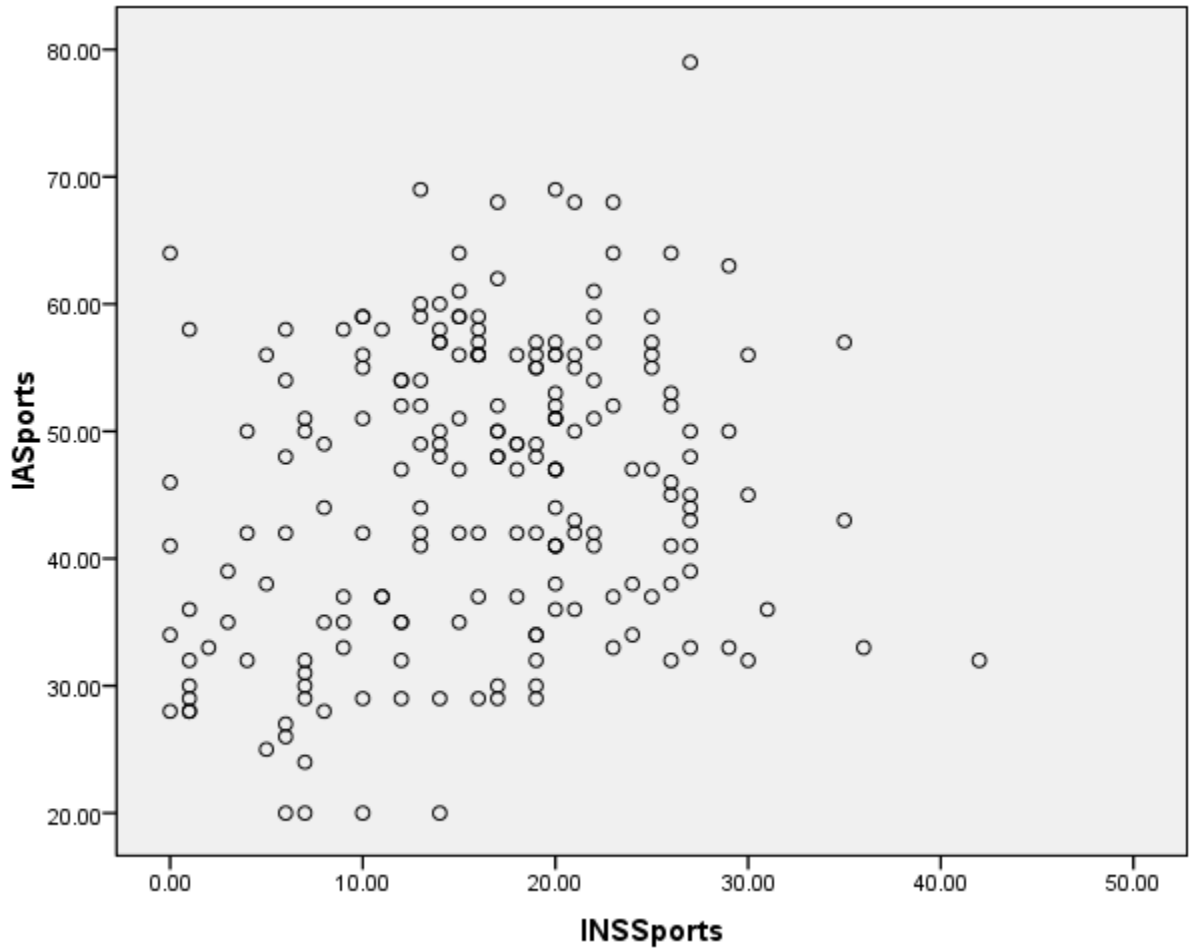


Table 4.4

Relationship of Internet Addiction and Social Interaction Anxiety among non Sportsperson

Group	Number	Mean	S.D.	r' value
Internet Addiction	200	50.75	11.74	0.44
Social Interaction Anxiety	200	31.11	9.84	

The table no. 4.4 shows the relationship of internet addiction and social interaction anxiety variables between among sportsperson. The table shows calculated mean of internet addiction and social interaction anxiety i.e. 50.75 and 31.11, and the standard deviation is 11.74 and 9.84 respectively. The calculated r value is .44 which shows a strong positive relationship between internet addiction and social interaction anxiety of non sportsperson. So the hypothesis, which states that there is a positive relationship of internet addiction with social interaction anxiety among non sports persons, is accepted.

Graph No 4.4

Relationship of Internet Addiction and Social Interaction Anxiety among non Sportsperson

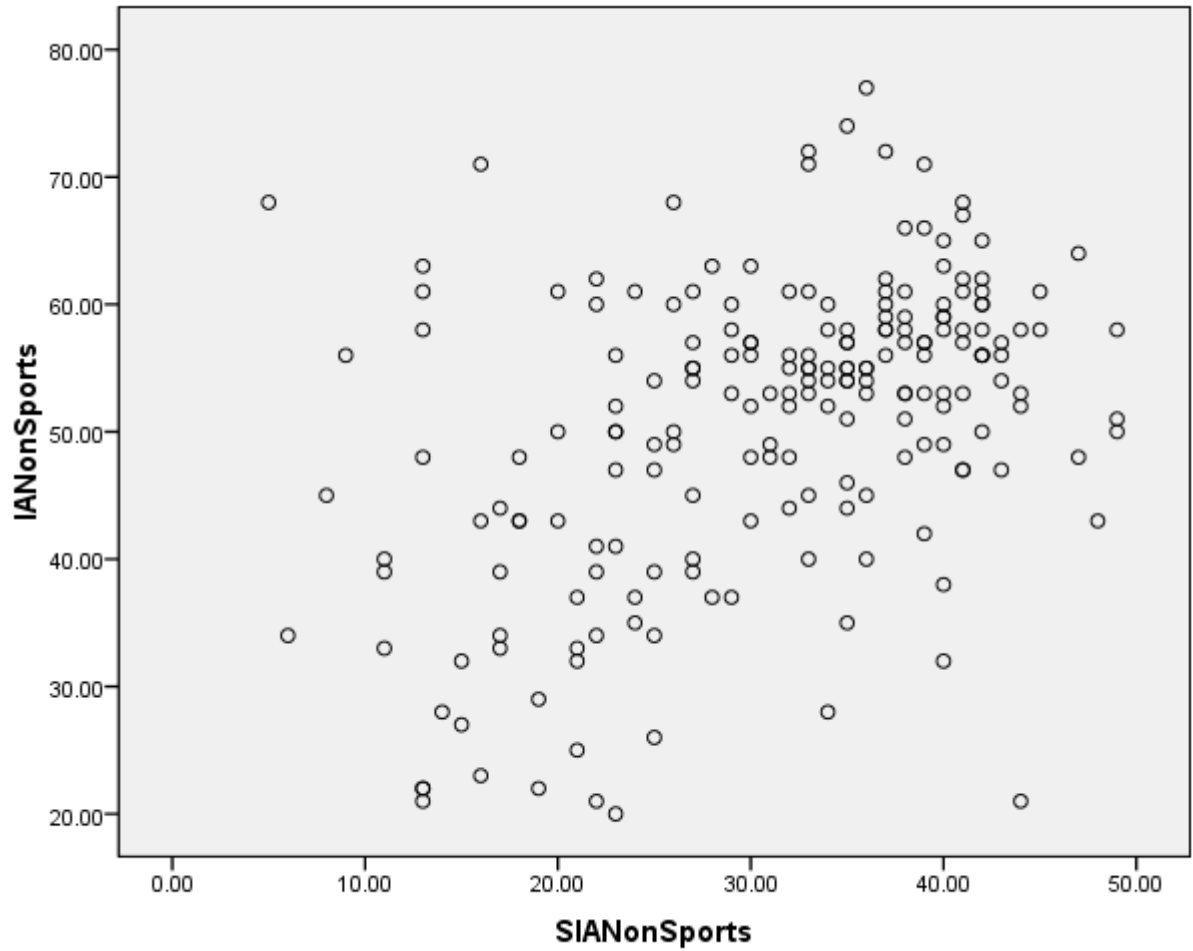


Table 4.5

Relationship of Internet Addiction and Mental Health among non Sportsperson

Group	Number	Mean	S.D.	r' value
Internet Addiction	200	50.75	11.74	-.10
Mental health	200	133.1	13.13	

The table no. 4.5 depicts the relationship of internet addiction and mental health variables between among sportsperson. The table shows calculated mean of internet addiction and mental health i.e. 50.75 and 133.1, and the standard deviation is 11.74 and 13.13 respectively. The calculated r value is -.10 which shows no relationship between internet addiction and mental health of non sportsperson. So the hypothesis, which states that there is a positive relationship of internet addiction with mental health among non sports person, is rejected.

Graph No. 4.5

Relationship of Internet Addiction and Mental Health among non Sportsperson

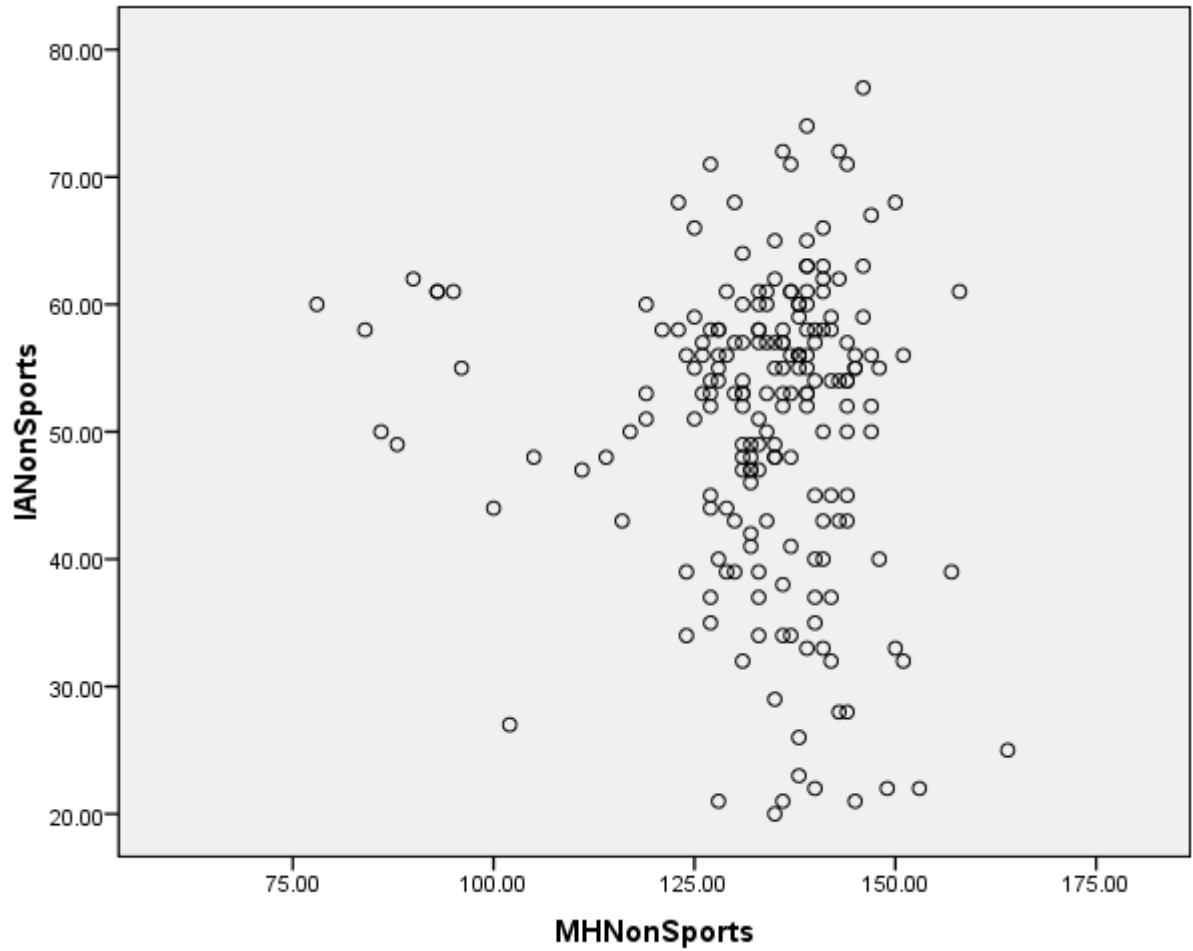


Table 4.6

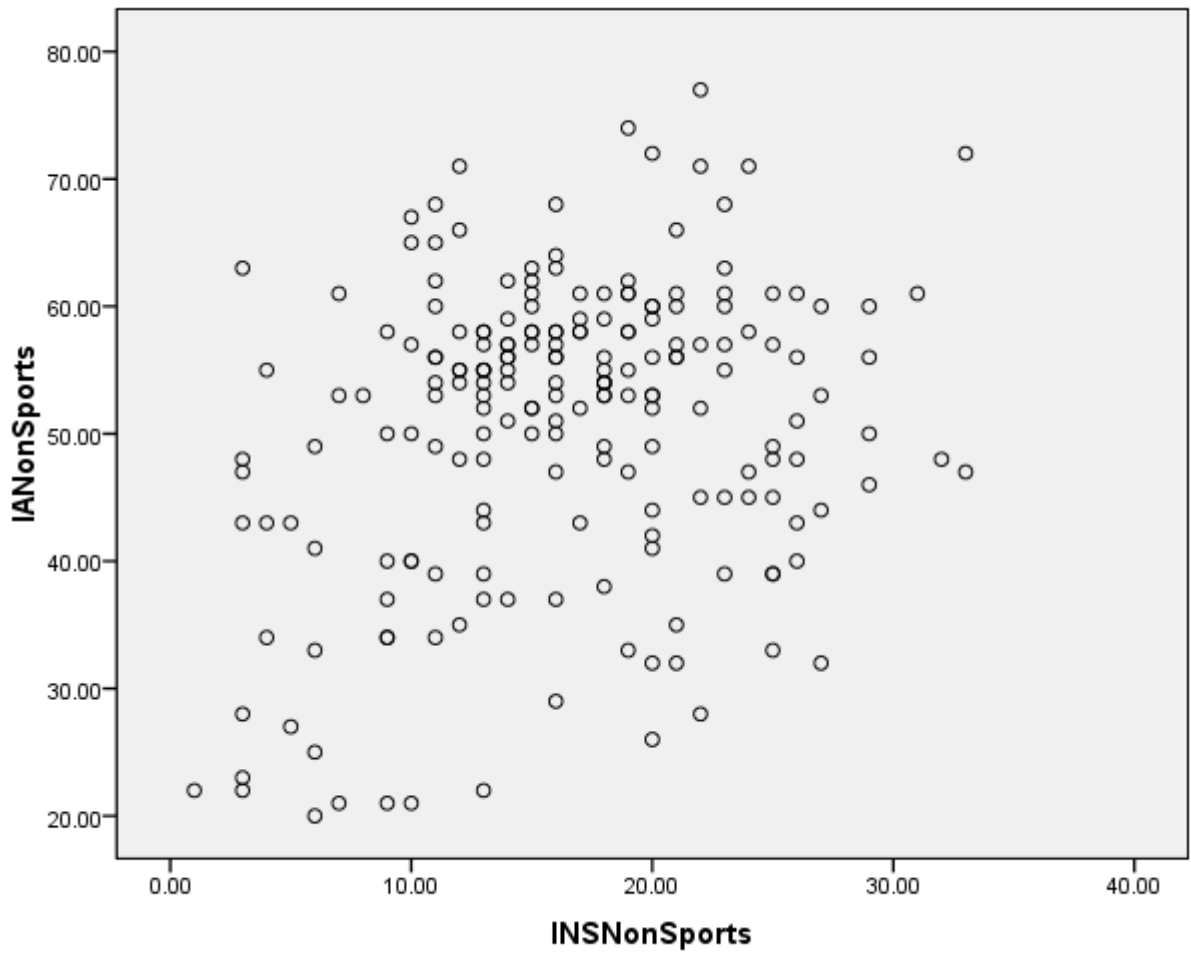
Relationship of Internet Addiction and Insomnia among non Sportsperson

Group	Number	Mean	S.D.	r' value
Internet Addiction	200	50.75	11.74	0.27
Insomnia	200	16.34	6.70	

The table no. 4.6 shows the relationship of internet addiction and insomnia variables between among sportsperson. The table shows calculated mean of internet addiction and insomnia i.e. 50.75 and 16.34, and the standard deviation is 11.74 and 6.70 respectively. The calculated r value is .27 which shows a weak positive relationship between internet addiction and insomnia of sportsperson. So the hypothesis, which states that there is a positive relationship of internet addiction with insomnia anxiety among non sports person, is rejected.

Graph No 4.6

Relationship of Internet Addiction and Insomnia among non Sportsperson



Discussion on the findings

The relationship of internet addiction and social interaction anxiety variables among sportsperson showed calculated mean of internet addiction and social interaction anxiety i.e. 45.58 and 29.59 and the standard deviation was 11.65 and 10.26 respectively. The calculated r value was .42 which showed a strong positive relationship between internet addiction and social interaction anxiety of sportsperson. The relationship of internet addiction and mental health variables among sportsperson showed calculated mean of internet addiction and mental health i.e. 45.58 and 134.97, and the standard deviation is 11.65 and 10.96 respectively. The calculated r value was .08 which showed no relationship between internet addiction and mental health of sportsperson. The relationship of internet addiction and insomnia variables among sportsperson showed calculated mean of internet addiction and insomnia i.e. 45.58 and 16.16, and the standard deviation was 11.65 and 8.20 respectively. The calculated r value was .23 which showed a weak positive relationship between internet addiction and insomnia of sportsperson. The relationship of internet addiction and social interaction anxiety variables among sportsperson showed calculated mean of internet addiction and social interaction anxiety i.e. 50.75 and 31.11, and the standard deviation was 11.74 and 9.84 respectively. The calculated r value was .44 which showed a strong positive relationship between internet addiction and social interaction anxiety of non sportsperson. The relationship of internet addiction and mental health variables among sportsperson showed calculated mean of internet addiction and mental health i.e. 50.75 and 133.1, and the standard deviation was 11.74 and 13.13 respectively. The calculated r value was -.10 which showed no relationship between internet addiction and mental health of non sportsperson. The relationship of internet addiction and insomnia variables among sportsperson showed calculated mean of internet addiction and insomnia i.e. 50.75 and 16.34, and the standard deviation was 11.74 and 6.70 respectively. The calculated r value was .27 which showed a weak positive relationship between internet addiction and insomnia of sportsperson.

CHAPTER – V

CONCLUSION AND RECOMMENDATION AND SUGGETIONS

While it is obvious that the internet has all that greatly changed new lives by its ease of use and settlement, likely misuse and negative effects of the internet have not gone neglected. The region of addictive practices among some internet customers has tired the thought of the overall public and helping specialists as the mid 1990s. Research into possible issues of a great deal of internet use has more foremost than before in a broad sense over the two decades. The use of internet on school grounds and in the general population eye has improved fundamentally of late. In spite of the fact that the insightful use of the Internet is basically expected learning and support, the Internet has moreover transformed into a basic bit of understudy life. However once in a while singular trappings of over commitment with the Internet have been seen on differing contemplates. Chou et. al, (1999) viewed that in home entryway at their school, four level mate were possessed, softly wearing down their computers. They marked onto the Internet to visit with different people, whom were no other then their level mates! Some school understudies continue with connected with the Internet the length of they are careful. Educators may perceive that less and less understudies are orchestrated to take early morning classes and a portion of the people who do register for morning classes reliably come in late. It has moreover gone to the thoughtfulness regarding some school heads that a couple of understudies get awful scores or are arranged on academic probation because the put a considerable measure of vitality in intranet rather than on their studies. In context of these significant wicker container particles, we review why the Internet catches understudies so horribly, drives them to new behavioural illustration, and even results in Internet impulse.

The Internet has advanced into "social innovation" that is ceaselessly difficult analysts to study its impacts on numerous certainties of social life (kraut et al., 1998). The issue that pulls in the most controversy has all the earmarks of being whether the Internet is appealing or hurting support in group life and social relationship. A few scholars highlight its instructive viability, guaranteeing that online collaborations libber ate clients from customary limitations, for example, time and spot, which brings about more continuous and enhanced social relationship. In any case, it is additionally contended that the Internet may help social segregation, limit

legitimate social relationship and even prompt Internet habit, to the last burden of individual welfare. Whether male and females equally meet the positive or negative impacts of Internet utilization is additionally a matter of hobby. The Internet has generally been a learning subject via mail clients. Studies have demonstrated that ladies are less intrigued by computers the men and show less certainty, and men have been indicated to have all that much experience (shashaani, 1997). There is conceivable then for the genders to show different examples of connections between Internet utilization and social welfare. Social anxiety positions as the third most normal psychological wellness issue after dejection and liquor ill-use (Fur check, 2002). No less than one in every ten persons has sooner or later in their life been influenced by social extent of individuals recognize having encountered at any rate transient social anxiety now and again, transcendentally with respect to open talking or performing before others.

Social anxiety has been proposed to be made out of two interrelated measurements (Mattick & Clarke, 1998). Social interaction anxiety is characterized as the trepidation and shirking of meeting, interfacing, and conveying everything that needs to be conveyed with others. Social perception nervousness is characterized as the apprehension and shirking of social circumstances where one is performing or being watched. After controlling for the normal fluctuation of these two social anxiety measurements, just social interaction anxiety was discovered to be contrarily connected with different records of hedonic720 T.B. Kashdan/*Anxiety Disorders* 18 (2004) 719–730functioning (Kashdan, 2002). This bodes well as social connection reasons for alarm and shirking practices can be required to meddle with the launch of positive social experiences and the advancement of close connections, which serve as wellsprings of closeness, chuckling, social backing, and other fortifying results. Social interaction anxiety was connected with lower subjective prosperity, constructive outcome, essentialness, hopefulness, trust, reward affectability, and interest even in the wake of controlling for the higher-request component of attribute anxiety (Kashdan, 2002).

Recent studies have demonstrated that a progression of physical upgrades is identified with certain mental circumstances. Studies have demonstrated that the Internet enslavement is one of the central points affecting mental and physical mental health. Internet addiction is a recently rising issue. It has been discovered to be connected with an assortment of psychiatric issue. Data about such existing together psychiatric issue is fundamental to comprehend the

instrument of Internet compulsion. Internet addiction is a term that means the destructive and uncontrolled utilization of internet. As of late, internet addiction started to be managed as a mental issue in the realm of science by identifying with different mental issues.

Thus the purpose of the study was to assess the relationship of internet addiction with social interaction anxiety, mental health and insomnia among sportsperson and non sportspersons. 200 sports persons (hundred male and female each) and 200 non sportspersons (hundred male and female) were selected as the sample of the study. The necessary data was collected through:

- Internet Addiction: Young's Internet Addiction Test (IAT) By Young (1998)
- Social Interaction Anxiety: Social Interaction Anxiety Scale by Mattick and Clarke (1998)
- Mental Health: Mental Health Inventory by Dr. Jagdish and Dr. A.K. Srivastava(1996)
- Insomnia: Bergen Insomnia Scale By S. Pallesen (2008)

In order to analyze the score of selected psychological parameters descriptive analysis was used. Further to find out relationship between the scores of subjects on selected variables Pearson product moment relationship coefficient was employed for testing of the hypothesis, the level of significance was set at 0.05 level.

Conclusions

1. The relationship of internet addiction and social interaction anxiety variables among sportsperson showed calculated mean of internet addiction and social interaction anxiety i.e. 45.58 and 29.59 and the standard deviation was 11.65 and 10.26 respectively. The calculated r value was .42 which showed a strong positive relationship between internet addiction and social interaction anxiety of sportsperson.
2. The relationship of internet addiction and mental health variables among sportsperson showed calculated mean of internet addiction and mental health i.e. 45.58 and 134.97, and the standard deviation is 11.65 and 10.96 respectively. The calculated r value was .08 which showed no relationship between internet addiction and mental health of sportsperson.
3. The relationship of internet addiction and insomnia variables among sportsperson showed calculated mean of internet addiction and insomnia i.e. 45.58 and 16.16, and the standard

deviation was 11.65 and 8.20 respectively. The calculated r value was .23 which showed a weak positive relationship between internet addiction and insomnia of sportsperson.

4. The relationship of internet addiction and social interaction anxiety variables among sportsperson showed calculated mean of internet addiction and social interaction anxiety i.e. 50.75 and 31.11, and the standard deviation was 11.74 and 9.84 respectively. The calculated r value was .44 which showed a strong positive relationship between internet addiction and social interaction anxiety of non sportsperson.
5. The relationship of internet addiction and mental health variables among sportsperson showed calculated mean of internet addiction and mental health i.e. 50.75 and 133.1, and the standard deviation was 11.74 and 13.13 respectively. The calculated r value was -.10 which showed no relationship between internet addiction and mental health of non sportsperson.
6. The relationship of internet addiction and insomnia variables among sportsperson showed calculated mean of internet addiction and insomnia i.e. 50.75 and 16.34, and the standard deviation was 11.74 and 6.70 respectively. The calculated r value was .27 which showed a weak positive relationship between internet addiction and insomnia of sportsperson.

Recommendations

1. Similar study can be conducted on all the games.
2. Similar study can be carried out in the different level of participation.
3. Similar study can be conducted by involving psychological, sociological and functional variable components.
4. Similar study can be conducted on large number of subjects.

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