

**TO STUDY THE EFFECT OF INTERNET USAGE OVER LEISURE TIME  
SATISFACTION AND ITS CONSEQUENCES AMONG YOUNG INDIAN ADULT  
USERS.**

Dissertation submitted in partial fulfilment of the requirements for the award of

Master of Science in Psychology

By

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**CERTIFICATE**

This is to certify that the dissertation entitled, “**To study the effect of internet usage over leisure time satisfaction and its consequences among young Indian adult users.**”, is a bonafide record submitted by Ms. Poornima Pradeep, Reg.no. SM20PSY014, of St. Teresa’s College, Ernakulam under my supervision and guidance and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title or recognition before.

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## **DECLARATION**

I, Poornima Pradeep, do hereby declare that the work represented in the dissertation embodies the results of the original research work done by me in St. Teresa's College, Ernakulam under the supervision and guidance of Ms. Ashya.K Salim , Assistant Professor, Department of Psychology, St. Teresa's College, Ernakulam, it has not been submitted by me to any other university or institution for the award of any degree, diploma, fellowship, title or recognition before.

Place: Ernakulam Poornima Pradeep Date: 30/05/2021

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Poornima Pradeep

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**Abstract**

The idea of free time has been losing its meaning in the Internet era. Internet use and engagement in leisure activities is especially unclear among Indian population. The study aims to investigate is to understand how the active use of internet can effect leisure time activities and related consequences . The study was be conducted among 200 adults males and females between the age of 18 to 35 using snowball sampling method. The questionnaire's used are leisure satisfaction scale developed by Beard & Raghed (1980),problematic internet use scale study by Kelly & Gruber (2010) and Problematic internet use scale( 2001).Results showed there was significant relationship between internet usage and internet addiction as well as internet usage and leisure satisfaction and significant differences in sub scales of leisure satisfaction.

**Keywords: Internet usage, Leisure satisfaction, Internet addiction**

# **CHAPTER I**

## **INTRODUCTION**

Internet use is the number of people accessing the internet, usually expressed as a proportion of the population.

In the context of the survey on internet use within households, an internet user is defined as someone who has used the internet within the last three months, while a regular internet user is defined as someone who has used the internet at least once a week within the reference period of the survey (the first three months of the calendar year), regardless of where they do so. (Eurostat 2016)

Children and teenagers today were born into a world of technology. They experience a leisure lifestyle very different from generations who grew up before the technology boom.

A new study from the Technology Policy Institute helps highlight this phenomenon with a wealth of new statistics about what people with Internet do with their free time. The report finds that among those who use the Internet for leisure, the average daily person spent 100 minutes relaxing online, about a third of the five hours of free time most people have.

leisure activity can be defined as the voluntary use of free time for activities outside the daily routine, and it is one of the major components of a healthy lifestyle.

Engagement in leisure activities provides opportunities to meet life values and needs and contributes to subjective well-being. Currently, understanding and making better use of the Internet to improve users' quality of life is an important research focus.

Digital era has grown wide providing various opportunities in the internet for leisure such as playing video games, virtual meetings, listening to music, for communication there is social media and other interactive platform.

Mainly people use the internet as a respite from the daily stress of life. The main engagements are entertainment, communication and relaxation. The emergence of OTT platforms like Amazon prime and Netflix has people glued to it for hrs. The track of time of time is often lost.

Internet use is the number of people accessing the internet, usually expressed as a proportion of the population.

In the context of the survey on internet use within households, an internet user is defined as someone who has used the internet within the last three months, while a regular internet user

is defined as someone who has used the internet at least once a week within the reference period of the survey (the first three months of the calendar year), regardless of where they do so.

The Internet continues to be used worldwide and has changed the pattern of life in recent decades. According to the report, rural India may have a higher number of internet users compared to urban centres by 2025 which indicates the need to strengthen the digital ecosystem in the country. The number of active internet users in the country is likely to grow nearly 45 per cent to 900 million by 2025 compared to 622 million as of last year, an IAMAI-Kantar Cube report released on Thursday said.

The barrier between social classes is narrowing down as part of govts project to expand the internet accessibility to rural regions.

Mobile continues to remain the device of choice for accessing the internet in both urban and rural areas because of the given affordability of mobile devices along with the availability of cheaper data plans, accessing the internet through a mobile device has clearly become the first choice

### **1.1 Need and Significance**

Though internet gives us a platform to engage us , we are unaware how it's affecting us mentally and physically especially among the Indian adults who's user rate is second to China's population. In the name leisure we clearly loose the sense of time, continues engagement in the internet can sometimes affect our productivity in work. The sense of free time is not parted from our life but the easy accessibility of the internet makes it an all-time engagement leading the way to addiction and other problems. So by conducting this research we will be able to gain more insight to this dilemma.

**CHAPTER II**

**REVIEW OF LITERATURE**

## 2. Review of literature

Based on the research case-Zhuhai, it is supposed that there exists high relativity between leisure satisfaction and happiness and compared different resident groups' attitudes towards leisure satisfaction, the research, took demographic characteristics into account, meanwhile indicates that variables as gender, age, salary greatly influence leisure satisfaction, compared with such factors as marital status, education, family structure, and residence and so on among 345 participants (Liu&Li 2017) Caplan and High conducted a study that demonstrated that problematic Internet use involves more than simply an excessive amount of time spent online. Participants were between 18 and 65 ( N = 428) completed selfreport measures of excessive Internet use, cognitive preoccupation with the Internet, and the extent to which they experienced negative outcomes due to their Internet use. Results revealed that the association between excessive Internet use and its negative outcomes is moderated by cognitive preoccupation. The results illustrate the usefulness of including cognitive variables in studies of problematic Internet use rather than relying solely on variables measuring Internet consumption. (Caplan &High 2006). A study was carried out by Tükel to display the relationship between smartphone addiction and leisure satisfaction of university students in terms of some variables. Research findings show that leisure satisfaction and smartphone addiction among university students are high. Another finding of the research is that students who are interested in active sports, social, artistic and cultural activities have low smartphone addiction. The population of this study consists of 855 university students studying at two large universities. Finally, smartphone addiction among students significantly reduces their leisure satisfaction. (Tükel 2020)

A study investigated whether the relationship between internet addiction and leisure facilitators of Siirt University School of Physical Education and Sports varies significantly in terms of different variables. The study group consists of a total of 192 participants, 84 females and male 108. Relationships between leisure facilitators and internet addiction were tested by the structural model analysis. Structural Equation Modeling is an analysis method that allows the variables to be analyzed simultaneously and together with latent variables (Wan, 2002). As a result of the research, the goodness of fit values of the structural model between leisure

facilitators and internet addiction are highly acceptable. Leisure facilitators do not affect internet addiction. (Reyhan 2020).

A Study was conducted is to assess the recreational use of Internet by research assistants off-duty or off-education according to several variables (gender, civil status, educational level, duration of leisure time, fields, perceived income and perceived leisure time sufficiency, participation in scientific projects, capability of accessing Internet anywhere). 400 research assistants who worked in state universities in Ankara. Significance differences were found between scores of the gender, civil status, educational level, duration of leisure time and perceived leisure time sufficiency variables while no significance difference was found between the scores of the variables perceived income, participation in scientific projects, capability of accessing Internet anywhere, and fields. (Merve,Senol&Suat 2016)

The information society reveals the social impact of the dissemination of information technologies. The purpose of this article was to study the negative social, psychological, and pedagogical implications of the Internet on young people. The authors analyzed the internet addiction problem among students (14-19 years) from the standpoint of the social health of the individuals and society as a whole. In a pilot study, which involved more than 600 adolescent participants aged 14-19 years (secondary school, college and university students), the authors have defined internet addiction as a complex phenomenon. The prerequisites of its development identify and highlights its formation in stages among students (mild fascination, passion, addiction, attachment). The results showed the necessity to design and implement internet addiction prevention programs for young students, which include three main blocks (motivational and cognitive, practice-oriented, reflexive), and a systematic plan for its implementation in the educational space framework. The stages of the experiment provided evidence of the authors' proposed effectiveness of methodologies for young people aged 14-19 years( Neverkovich et al 2017)

Increasing evidence indicates adolescents are likely to occupy their leisure time with online games. A study investigated by Wang et al in 2008 the influences of leisure satisfaction on life satisfaction among adolescent online gamers. Data were gathered in a medium-sized metropolitan section of north Taiwan and interviews took place at a Cyber Café. Youths (totaling 134) between the ages of 18 and 25 voluntarily participated in the research. Results revealed significant positive relationships between physiological and aesthetic dimensions of leisure satisfaction and life satisfaction. Internet use has become an increasingly common leisure time activity among Chinese citizens. The association between Internet use and



engagement in leisure activities is especially unclear among China population. This study aims to investigate Internet usage and to determine whether active Internet use is a marker for low or high levels of leisure time activities, It was found that Internet use is one of very common leisure activities in Chinese urban citizens; and age, gender, income level, and education level are the key important factors that affect Internet access. 2) Overall Internet usage has different impacts on leisure activity engagement according to the specific type of leisure activity. High Internet dependence has no significant negative influence on mental or social activity engagement, but heavy Internet users tend to be less in engaged in physical activities than non-Internet users. (Zhou et al 2014). This research aims to study how the time and pattern of leisure and cultural activities is affected by Internet use in youth aged 15-30 years old. The study took advantage of the Youth National Organization's 2005 data collection on leisure activities which used a national sample of 13000 youths aged between 15 to 30 across the country of Pakistan . The findings show that Internet users have more time for leisure and cultural activities than non-Internet users (31 hours versus 28 hours per week). Other results indicate that the communicative function of the Internet has raised the quality and quantity of relationships of Internet users. It was found that the Internet has increased the time for individual and social activities via expanding the friendship networks of Internet users. (Noorinia, H. 2008)

According to Kawabe, Horiuchi, Ochi, Oka, and Ueno (2016), pathological use of technology and the internet and frequent and uncontrolled use of these platforms is a situation that seriously harms a person's life. According to Laconi, Tricard, and Chabrol (2015), problematic internet use is a multidimensional syndrome which includes symptoms of mood changes, perceived social benefits when online, negative consequences of internet use, large amount of time spent online, compulsive internet use, deprivation when away from the internet. Joudrey and Wallace (2009) conducted a study statistically demonstrating the importance of leisure activity. It has been observed that individuals show psychological symptoms in their passive leisure time, and those who are engaged in active leisure time show higher levels of mental well-being. However, research has shown that technology-based leisure activities that turn into addiction have negative consequences. For example, some research shows that increased smartphone use is associated with decreased communication among family members in a household and decreased social involvement (Kraut et al., 1998; Nie, Hillygus, & Erbring, 2002). It is crucial to study the components of satisfaction to leisure because positive attitudes tend to be associated with greater engagement in leisure.

# **CHAPTER III**

## **RESEARCH METHODOLOGY**

### **3.1 Research Design**

Descriptive and Correlational designs were used to study the population.

### **3.2 Aim**

To study the effect of internet usage over leisure time satisfaction and its consequences among Indian adult users.

### **3.3 Statement of the problem**

The idea of free time has been losing its meaning in the Internet era. Internet use and engagement in leisure activities is especially unclear among Indian population. The study aims to investigate how the active use of internet can effect leisure time activities and to understand related consequences due to it .

### **3.4 Objectives**

1. To examine the relationship between internet usage and leisure time satisfaction among young adults.
2. To examine the relationship between internet usage and internet addiction among young adults
3. To examine the association leisure time satisfaction and internet addiction among young adults.
4. To explore gender differences in internet usage among young adults.
5. To explore gender differences in leisure time satisfaction among young adults.
6. To explore gender differences in internet addiction among young adults.

### **3.5 Hypotheses**

1. There is significant association between internet usage and leisure time satisfaction among young adults.
2. There is significant association between internet usage and internet addiction among young adults.
3. There is significant association between leisure time satisfaction and internet addiction.

4. There is significant gender difference between male and female young adults with internet usage.
5. There is significant gender difference between male and female young adults with respect to leisure satisfaction.
6. There is significant gender difference between male and female young adults with respect to internet addiction.

### **3.6 Operational Definition**

#### **3.6.1 Internet usage**

Internet use is the number of people accessing the internet, usually expressed as a proportion of the population.

In the context of the survey on internet use within households, an internet user is defined as someone who has used the internet within the last three months, while a regular internet user is defined as someone who has used the internet at least once a week within the reference period of the survey (the first three months of the calendar year), regardless of where they do so. (Eurostat 2016)

#### **3.6.2 Leisure Satisfaction**

According to the International Sociological Association (ISA), leisure involves a set of activities an individual does voluntarily in order to repose, rejoice and broaden his knowledge or to receive non-profit education and have social participation after meeting occupational, family and social requirements (Beenackers et al., 2012). With the participation of individuals in leisure activities, they obtain satisfaction from various aspects. This obtained satisfaction is expressed as leisure satisfaction (Broughton & Beggs, 2006).

#### **3.6.3 Internet addiction**

Internet addiction is an umbrella term that refers to the compulsive need to spend a great deal of time on the Internet, to the point where relationships, work and health are allowed to suffer. Medical opinion is divided on whether Internet addiction exists as a mental disorder in its own right. Professional treatment, which may include cognitive behaviour therapy, aims to allow the person to use the Internet properly rather than compulsively.

Addictive behavior is one of the forms of deviant behavior, characterized by a constant desire for a pleasant subjective emotional state, which is expressed in an active change in their mental state (Arakelyan, 2014; Arestova, Babanin & Voiskounsky, 2000; Bubnova & Tereshchenko, 2016). The formation process of Internet addiction is

Generalized pathological usage of the Internet is non-specialized, multipurpose, and excessive. It is characterized by such behavior of the person as when a person spends a lot of time on the network without a clear objective - communication in a chat room and the dependence on e-mail. The prerequisites for the emergence of Internet addiction are: -

experiencing strong frustration in adolescence is associated with self-knowledge, the definition of their place in society, and the processes of self-development and self-improvement;

- The chance to feel free, since the space on the Internet is anonymous (Korolenko & Dmitrieva 2001); - The inability to obtain the desired sensation and necessary communication, in the case of their limitations or the inability (Prokhorov, 2006);

- The state of isolation in the family (hyper-protection, emotional distance) (Burova, 2000)

; - Tendency towards antisocial coping strategies; emotional aloofness; low communicative competence (Khutornoi, 2013).

### **3.7 Sample**

#### **3.7.1 Population**

100 females and 100 males of age ranging from 18-35 were selected which is 200 participants from different regions of Kerala.

#### **3.7.2 Sample Design**

Snowball sampling method was used for data collection ie by sharing google forms on online platforms and participants sharing it among peer members of their age group.

Inclusion criteria : Participants who are Indian citizens and of the age group 18-35, who has been actively using the internet for their leisure activities.

Exclusion criteria : Individuals below 18 and above 35.

### 3.7.3 Test tools used for data collection

#### Consent Form

**Socio – demographic data sheet.** A socio-demographic sheet was prepared to obtain the details of participants. This sheet included name, age, gender, educational qualification, city of residence, socioeconomic status details about their internet usage , sites they visit the most , areas of engagement in the internet during their leisure time.

#### 3.7.3.1 Problematic internet use (PIU 18)

PIU is a brief self-report screening instrument for problematic internet use. PIU was assessed by the 18-item Problematic Internet Use Questionnaire (PIUQ) developed by Demetrovics et al. (2008) using factor and psychometric analysis. The questionnaire consists of three six-item factors, namely *obsession* (being obsessed with internet activities and mental withdrawal symptoms caused by the lack of internet activity (Koronczai et al., 2011), *neglect* (neglecting non-Internet activities), and *control disorder* (unable stopping to use the Internet).

Chronbach's alpha in the study sample is 0.86 indicating good internal consistency (Nunnally, 1994). Items were rated on a 5-point Likert scale from *never (1) to always (5)*.

There are no any cut-off points for when the internet use becomes of addictive concerns. Higher scores indicate more problems.

For evaluating covariates, scores were trisected as *no problem (18-41)*, *moderate problem (42-65)* and *severe problem (66-90)* in internet use. The validity and reliability of the PIUQ in adolescent and adult population is verified by Koronczai et al. (2011).

#### 3.7.3.2 Leisure Satisfaction Scale

“Leisure Satisfaction Scale” developed by Beard & Raghed (1980) was used to determine leisure satisfaction levels of the participants. Participants responded to items on a 5-point Likert Scale. The subscales were: (a) psychological (b) education (c) social (d) relaxation (e) physiological and (f) aesthetical. The scale was adapted into Turkish by Gökçe (2011). For the present study, while internal consistency of the general of the scale was .91; internal

consistency coefficients for the sub-dimensions of the scale were found to be .78, .69, .82, .74, .75 and .76 respectively.

Scale (1 = almost never true; 2 = seldom true; 3 = somewhat true; 4 = often true; 5 = almost always true). Each component has 4 items.

All 4 items are added together and divided by 4.

- Higher scores (4 or 5) indicate an area that is most satisfying about his/her leisure
- Lower scores (less than 2) indicate an area that is least satisfying about his/her leisure
- Can all add up the scores for all 24 statements and divide by 24 to indicate overall level of leisure satisfaction

#### *Dimensions of leisure satisfaction scale*

ITEMS	DIMENSIONS
1-4	Psychology
5-8	Educational
9-12	Social
13-16	Relational
17-20	Physical
21-24	Aesthetic

### **3.8 Procedure**

Individuals of the age between the age group of 18-35yrs were selected . As per the inclusion criteria the participants are Indian citizens and are active internet users . All individuals were invited to take part in the study. They were informed about the purpose and procedure of the study and voluntary nature of the participation via a consent form made along with the google form. The link was shared in online platforms and re shared by the participants among their peer members. The participants completed a set of standardized questionnaires from their electronic devices which took approximately 10 minutes. All of them were cooperative and showed willingness to complete the questionnaire.

### 3.9 Data Analysis

The responses of the subject were analysed using Statistical Package for Social Sciences (SPSS) and Excel sheet. SPSS is a statistical software developed by IBM for data management, analysis and investigation. Spearman correlation was conducted to find relationship between variables, and Test was done to find significant difference in gender for each variable.

### 3.10 Distribution of socio- demographic details

**Table1: Frequency of demographic aspects (Gender)**

<b>Gender</b>	<b>Frequency</b>	<b>Percent</b>
Female	100	50.5
Male	100	50.5
Total	100	100.0

**Table 2: Frequency of demographic aspects (Type of residence)**

<b>Type of residence</b>	<b>Frequency</b>	<b>Percent</b>
rural	70	35
urban	130	65
Total	200	100.0



**Table3 :Frequency of demographic aspects (Occupation)**

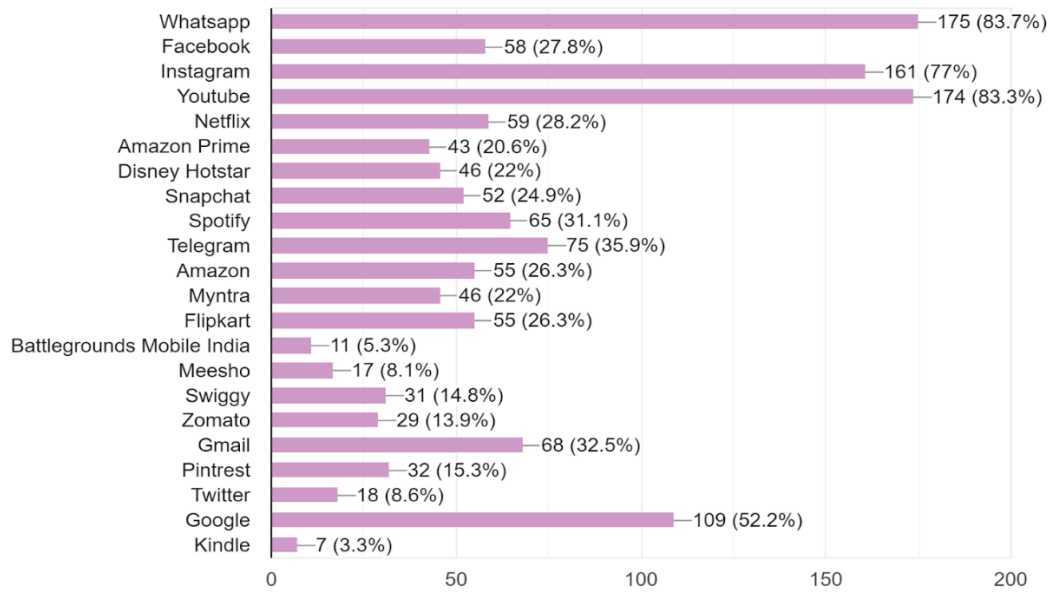
<b>Occupation</b>	<b>Frequency</b>	<b>Percent</b>
Not working	14	6.9
Student	130	64.4
Working	58	28.7
Total	200	100.0

**Table 4:Frequency of demographic aspects (Family type)**

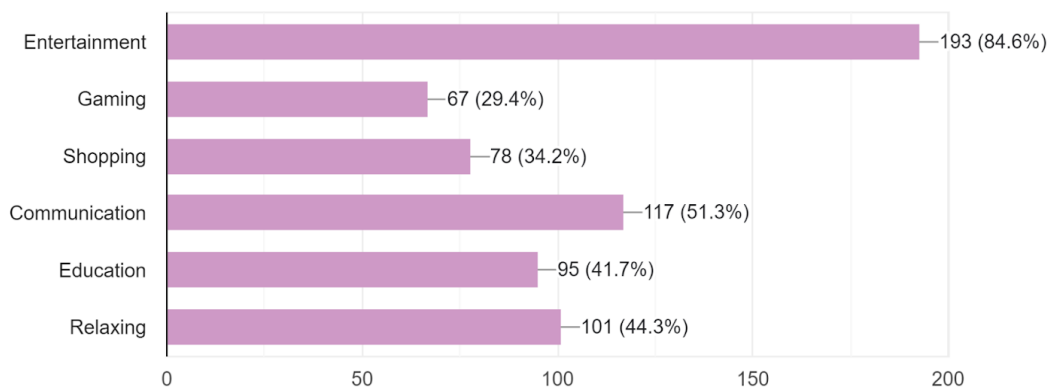
<b>Family type</b>	<b>Frequency</b>	<b>Percent</b>
joint	44	22
nuclear	156	77
Total	200	100.0

**Table 5:Frequency of demographic aspects (Economic status)**

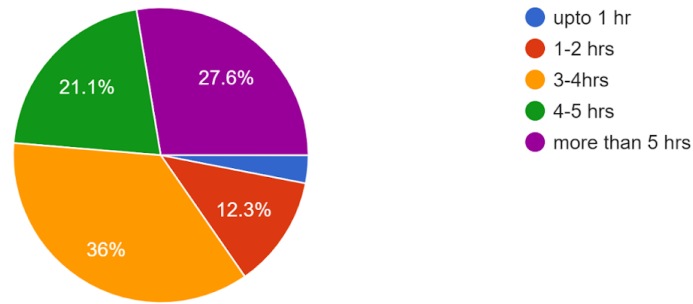
<b>Economic status</b>	<b>Frequency</b>	<b>Percent</b>
Lower middle class	21	10.5
middle class	149	73.8
upper middle class	30	14.9
Total	200	100.0



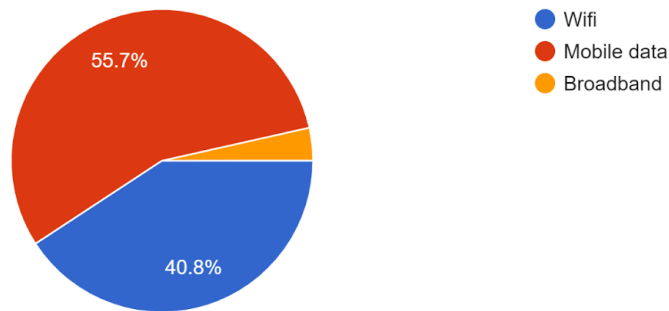
**Fig 1: Responses received from the participants regarding apps and websites mostly used during their leisure time.**



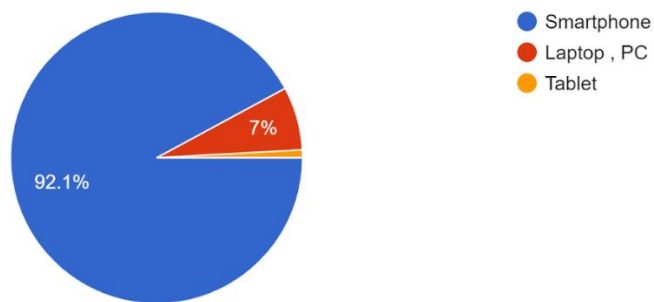
**Fig 2: Areas of engagement of leisure in the internet among young Indian adults**



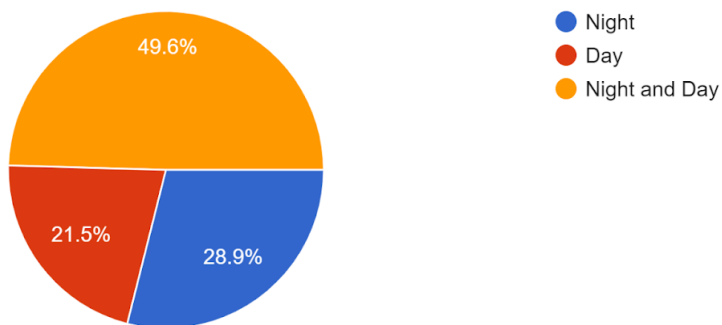
**Fig 3: internet usage per day by participants**



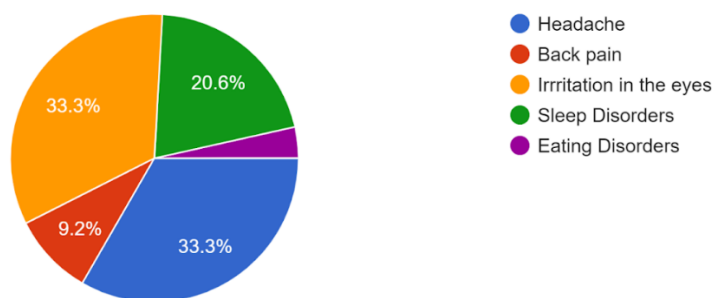
**Fig4: How participants access internet.**



**Fig5: The electronic device they use to access internet.**



**Fig 6: The time of the day they access the internet the most.**



**Fig7: Ailments caused due to continuous use of internet**

# **CHAPTER IV**

## **RESULT AND DISCUSSION**

#### 4.0 Result and Discussion

The result and discussion explains the result obtained at the end of analysis and discusses reasons that can have led to the results, the purpose of the discussion is to interpret and describe the significance of the findings in light of what was already been known about the subject under investigation Discussion is the explanation or interpretation of the results or findings. The purpose of the discussion is to interpret and describe the significance of the findings in light of what is already known about the research problem being investigated and to explain any new understanding or fresh insights about the problem after you have taken the findings into consideration The current study aimed to study the effect of internet usage on leisure satisfaction and its realted consequence among young adults . To study the objectives, various statistical analyses were used and data was analyzed through SPSS20. The study was centred on individuals between the age of 18 -35 young indian adults who are active internet users. The Data was collected from Different regions of Kerala. The sample included 200 participants who were randomly selected. The following results were obtained and are discussed for further understanding. A quantitative research design was used and the T score Test was used for data analysis.

**Table 4.1 Result of Kolmogorov Simonov test for leisure satisfaction, Internet addiction and internet usage among young adults.**

<b>Variables</b>	<b>K</b>	<b>df</b>	<b>Sig</b>
Leisure satisfaction	0.055	200	.2
Internet Addiction	0.063	200	.053
Internet usage	0.055	200	.2

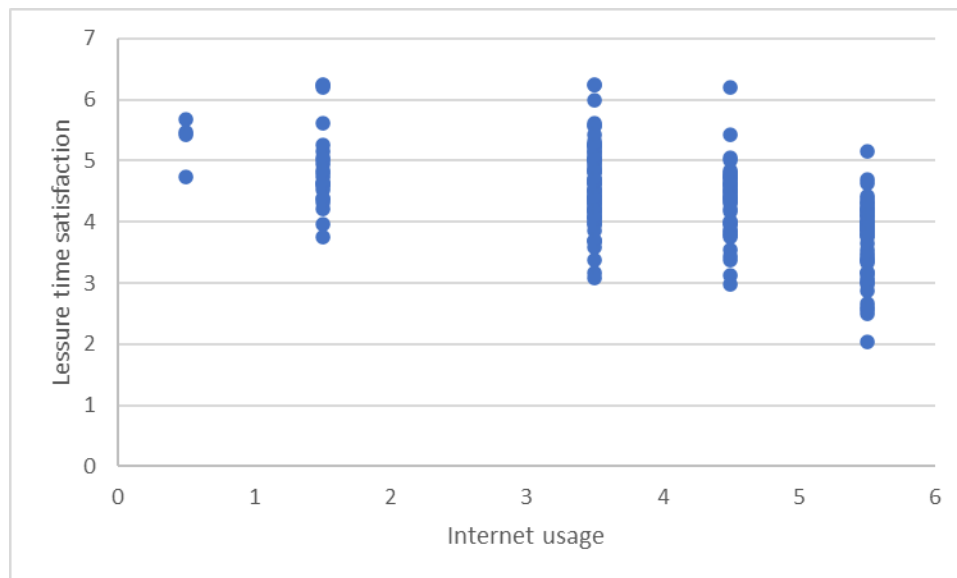
Normality of the data was calculated using the Kolmogorov Simonov test. As the p values were above 0.05, the data is determined to be normal. Thus, parametric tests are used to analyse the data.

**Table 4.2 Correlation between internet usage and leisure time satisfaction**

Internet usage	Leisure time satisfaction
Pearson correlation	0.54

Table 1 shows correlation between internet usage and leisure satisfaction. The calculated value of  $r$  is 0.54 and is significant at 0.05 level. ( $r = -0.54$ ;  $p < 0.05$ ). Hence it can be concluded that there is significant negative relationship between internet usage and leisure time satisfaction.

The test of significance of relationship between internet usage and leisure time satisfaction revealed that there is significant relationship between internet usage and leisure time satisfaction. Hence the hypothesis formulated in this context is accepted.



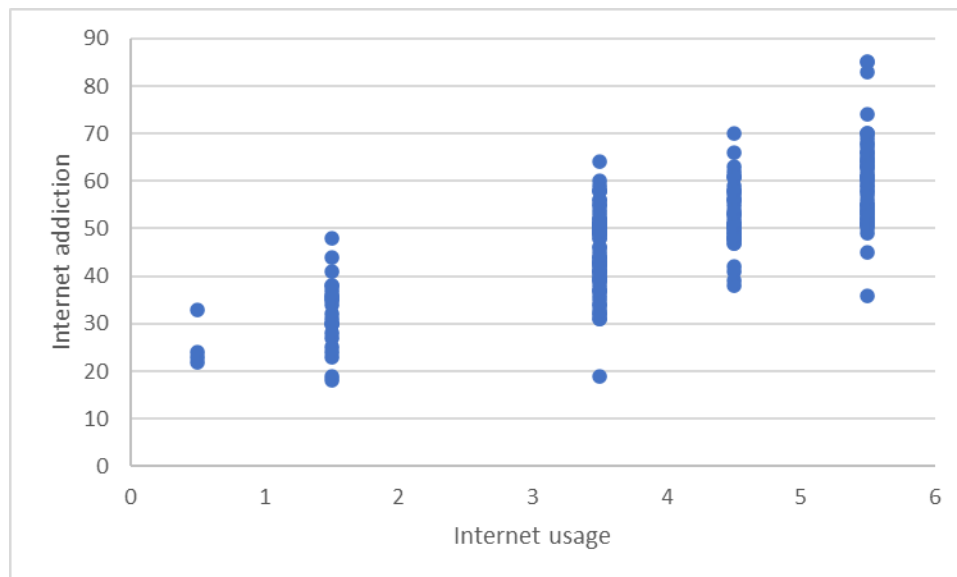
**Figure 1: scatter plot of internet usage and leisure time satisfaction**

**Table 4.3 Correlation between internet usage and internet addiction**

<b>Internet usage</b>	<b>Internet addiction</b>
Pearson correlation	0.75

The table 3 shows correlation between internet usage and internet addiction. The calculated value of  $r$  is 0.75 and is significant at 0.05 level. ( $r = 0.75$ ;  $p < 0.05$ ). Hence it can be concluded that there is significant positive relationship between internet usage and internet addiction.

The test of significance of relationship between internet usage and internet addiction revealed that there is significant relationship between internet usage and internet addiction. Hence the hypothesis formulated in this context is accepted.



**Figure 2: scatter plot of internet usage and internet addiction**

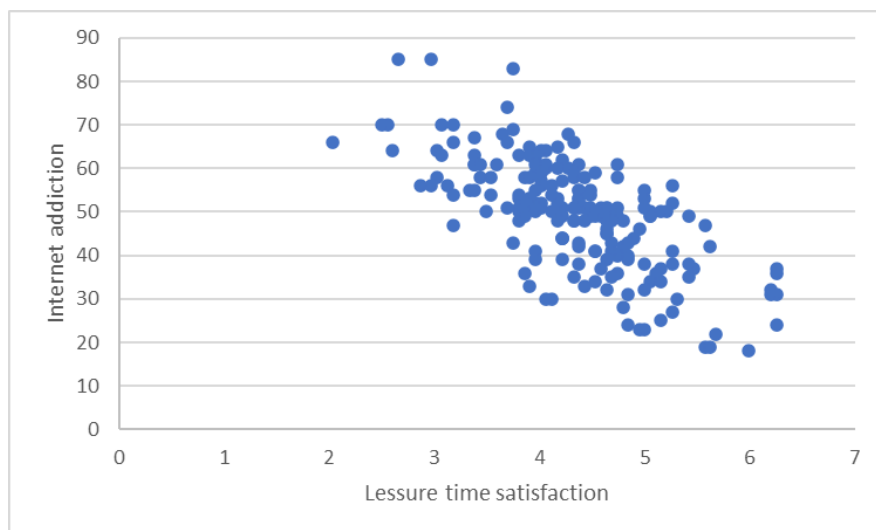


**Table 4.4 Correlation between leisure time satisfaction and internet addiction**

<b>Leisure Satisfaction</b>	<b>Internet addiction</b>
Pearson correlation	0.69

Table 4 indicates the correlation between leisure time satisfaction and internet addiction. The calculated value of  $r$  is 0.69 and is significant at 0.05 level. ( $r = -0.69$ ;  $p < 0.05$ ). Hence it can be concluded that there is significant relationship between leisure time satisfaction and internet addiction.

The test of significance of relationship between leisure time satisfaction and internet addiction revealed that there is significant relationship between leisure time satisfaction and internet addiction. Hence the hypothesis formulated in this context is accepted.



**Figure 3: scatter plot of leisure time satisfaction and internet addiction**

**Table 4.5 Test of significance for difference between means of internet usage of male and female young adults**

gender	Number	Mean	Standard deviation	C.R.	Level of significance
male	100	3.99	1.42	0.47	Not significant
female	100	4.08	1.23		

The calculated value of C.R. is 0.47 and is not significant at 0.05 level (C.R. = 0.47;  $p > 0.05$ ). Since the mean of the males do not differ significantly from that of the females, males and females are more or less equal in internet usage.

Test of significance for difference between means of internet usage of male and female young adults revealed that there is no significant difference between male and female young adults in internet usage. Hence the null hypothesis formulated in this context is rejected.

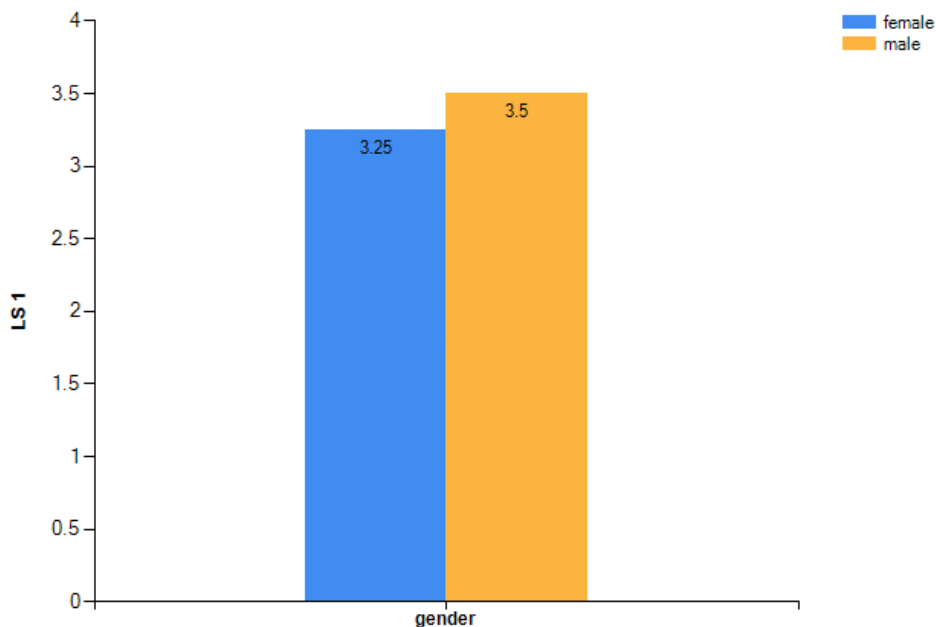
*Figure 4: Mean internet usage of male and female young adults*

**Table 4.6 Test of significance for difference between means of psychological leisure of female and male**

gender	Number	Mean	Standard deviation	C.R.	Level of significance
female	100	3.25	0.83	2.23	Significant at 0.05 level
male	100	3.5	0.73		

The calculated value of C.R. is 2.23 and is significant at 0.05 level (C.R. = 2.23;  $p < 0.05$ ). Since the mean of the males is significantly greater than that of the females, males have more psychological leisure compared to females.

Test of significance for difference between means of Psychological leisure of female and male revealed that there is significant difference between female and male. Hence the null hypothesis formulated in this context is accepted. No studies were found supporting this dimension.



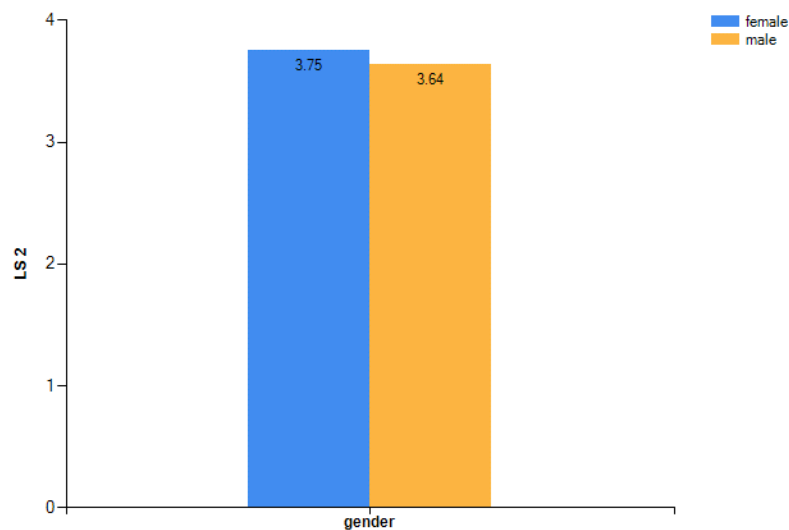
*Figure4 : Mean of psychological leisure of female and male*

**Table 4.7 Test of significance for difference between means of educational leisure of female and male**

gender	Number	Mean	Standard deviation	C.R.	Level of significance
female	100	3.75	0.8	1	Not significant at 0.05 level
male	100	3.64	0.83		

The calculated value of C.R. is 1 and is not significant at 0.05 level (C.R. = 1;  $p > 0.05$ ). Since the mean of the females do not differ significantly from that of the males, females and males are more or less equal in educational leisure.

Test of significance for difference between means of educational leisure of female and male revealed that there is no significant difference between female and male in that dimension. Hence the hypothesis formulated in this context is rejected. No specific studies were found in this dimension, but the overall leisure satisfaction for males and females were more or less similar (Zhou et al 2014)



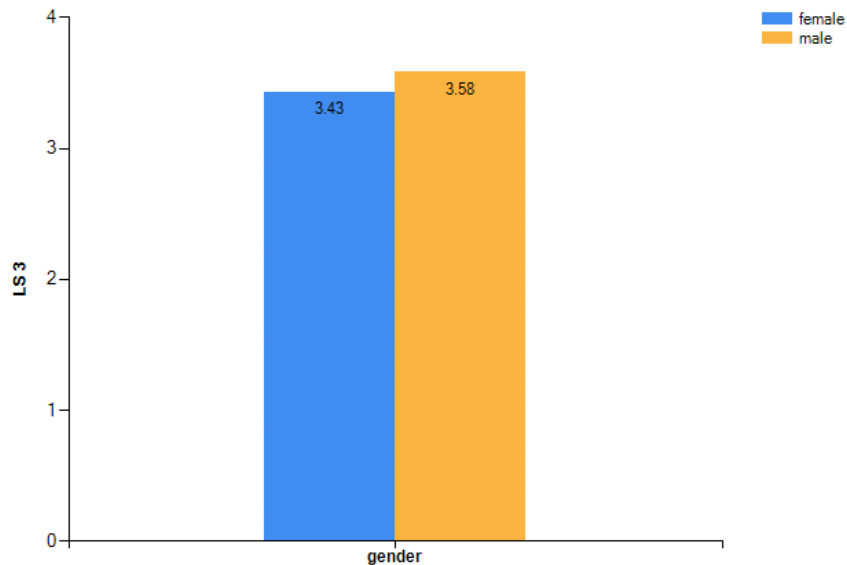
*Figure5 : Mean educational leisure of female and male*

**Table 4.8 Test of significance for difference between means of social leisure of female and male**

gender	Number	Mean	Standard deviation	C.R.	Level of significance
female	100	3.43	1.03	1.13	Not significant at 0.05 level
male	100	3.58	0.83		

The calculated value of C.R. is 1.13 and is not significant at 0.05 level (C.R. = 1.13;  $p > 0.05$ ). Since the mean of the females do not differ significantly from that of the males, females and males are more or less equal in social leisure.

Test of significance for difference between means of social leisure of female and male revealed that there is no significant difference between female and male in the dimension. Hence the null hypothesis formulated in this context is not rejected. No supporting studies were found for this dimension.



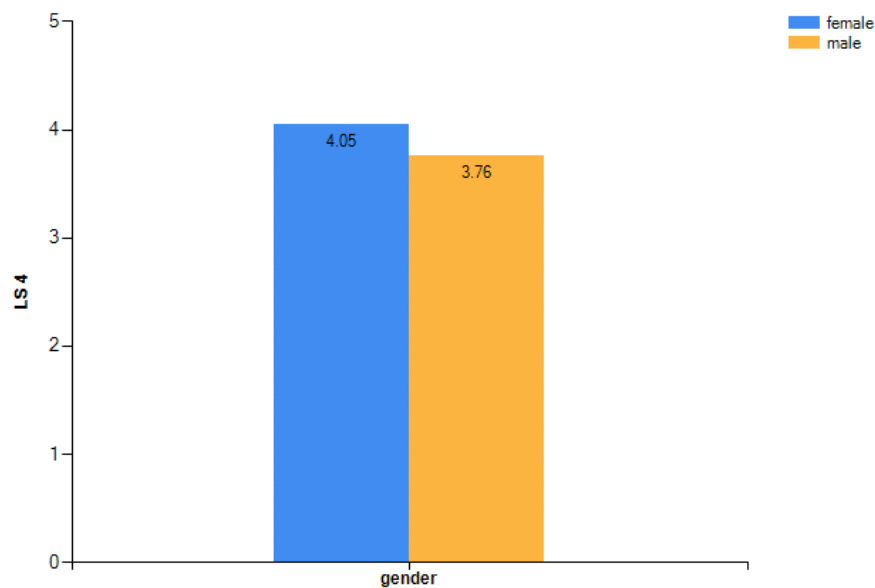
*Figure6: Mean of social leisure female and male*

**Table 4.9** Test of significance for difference between means of relaxation leisure of female and male

gender	Number	Mean	Standard deviation	C.R.	Level of significance
female	100	4.05	0.77	2.72	Significant at 0.05 level
male	100	3.76	0.71		

The calculated value of C.R. is 2.72 and is significant at 0.05 level (C.R. = 2.72;  $p < 0.05$ ). Since the mean of the females is significantly greater than that of the males, females have more relaxation leisure compared to males.

Test of significance for difference between means of social leisure of female and male revealed that there is significant difference between female and male in this dimension. Hence the null hypothesis formulated in this context is rejected. No supporting studies we found for this dimension.



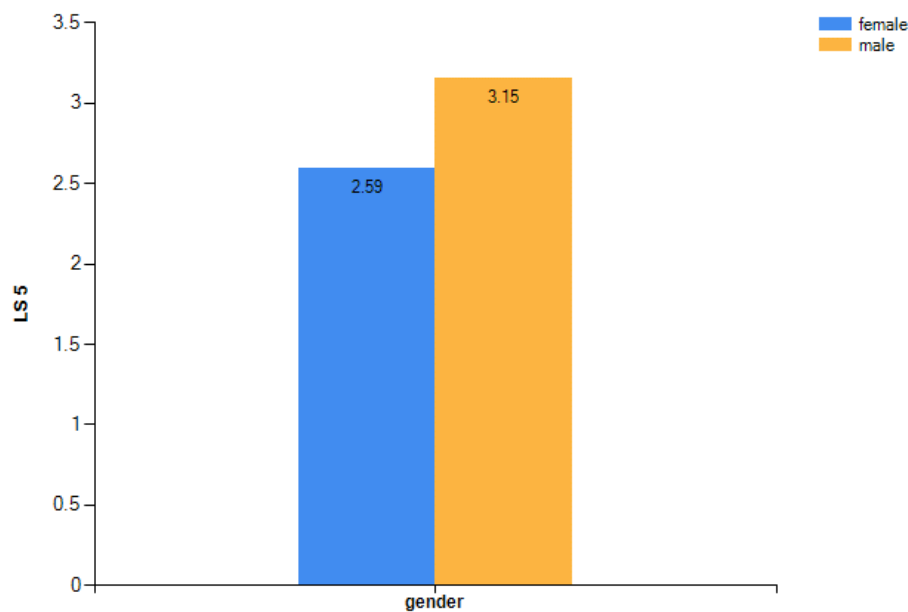
*Figure7: Mean relaxation leisure of female and male*

**Table 4.10 Test of significance for difference between means of physiological leisure of female and male**

gender	Number	Mean	Standard deviation	C.R.	Level of significance
female	102	2.59	1.15	3.83	Significant at 0.05 level
male	100	3.15	0.91		

The calculated value of C.R. is 3.83 and is significant at 0.05 level (C.R. = 3.83;  $p < 0.05$ ). Since the mean of the males is significantly greater than that of the females, males have more physiological leisure compared to females.

Test of significance for difference between means of physiological leisure of female and male revealed that there is significant difference between female and male in physiological leisure. Hence the hypothesis formulated in this context is accepted. No supporting studies were found in this dimension.



*Figure8: Mean physiological leisure of female and male*

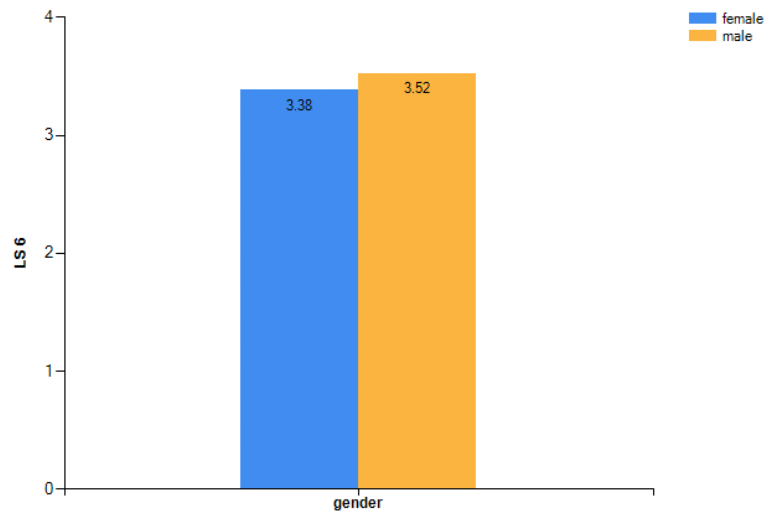
**Table 4.11 Test of significance for difference between means of aesthetical leisure of females and males**

gender	Number	Mean	Standard deviation	C.R.	Level of significance
female	102	3.38	0.93	1.2	Not significant at 0.05 level
male	100	3.52	0.74		

The calculated value of C.R. is 1.2 and is not significant at 0.05 level (C.R. = 1.2;  $p > 0.05$ ). Since the mean of the females do not differ significantly from that of the males, females and males are more or less equal in aesthetical leisure.

Test of significance for difference between means of aesthetical leisure of female and male revealed that there is no significant difference between female and male in this dimension. Hence the hypothesis formulated in this context is rejected.

But studies that contradict are present where there were an individual difference in “psychological”, “educational”, “relaxation” and “aesthetics” sub-dimensions of LSS according to the age groups of the individuals. The 18-21 age group had higher leisure satisfaction. When the literature was examined, a significant difference was found between leisure satisfaction according to age groups in the studies conducted by Ayhan et al. (2018),



*Figure9: Mean aesthetic leisure of female and male*

**Table 4.12 Test of significance for difference between means of internet addiction of male and female young adults**

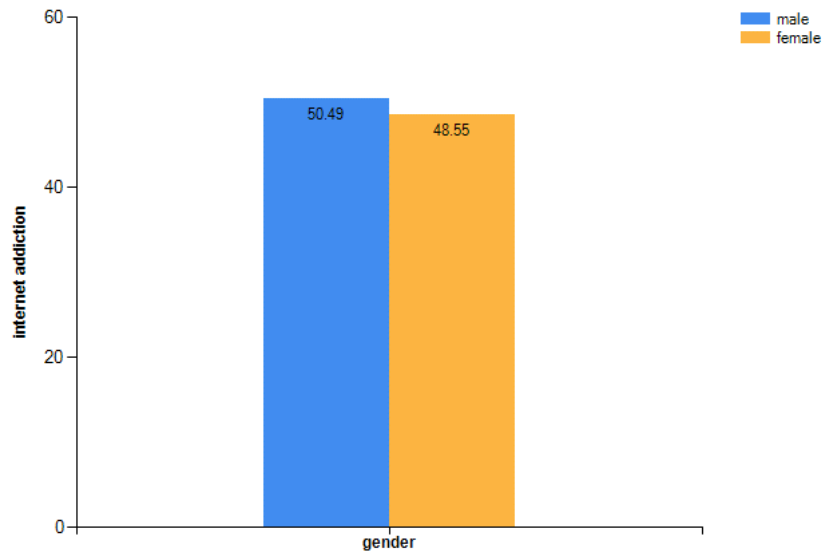
gender	Number	Mean	Standard deviation	C.R.	Level of significance
male	100	50.49	12.37	1.13	Not significant
female	102	48.55	12.12		

The calculated value of C.R. is 1.13 and is not significant at 0.05 level (C.R. = 1.13;  $p > 0.05$ ). Since the mean of the males do not differ significantly from that of the females, males and females are more or less equal in internet addiction.



Test of significance for difference between means of internet addiction of male and female young adults revealed that there is no significant difference between male and female young adults in internet addiction. Hence the hypothesis formulated in this context is rejected.

Although it was seen that there were no significant difference between male and females in internet addiction. Studies do suggest that males have higher chances of internet addiction. Çiftçi (2018), Yayman (2019), and Bilginer (2020)



*Figure 10: Mean internet addiction of male and female young adults*

# **CHAPTER V**

# **CONCLUSION**

The idea of free time has been losing its meaning in the Internet era. With over 560 million internet users, India is the second largest online market in the world, ranked only behind China. The internet penetration rate in the country stood at around 50 percent in 2020. The majority of the internet users are between 20 and 29 years and most of them access through their mobiles for social media, entertainment, gaming online shopping etc. The association between Internet use and engagement in leisure activities is especially unclear among Indian population.

The study aims to investigate how the active use of internet can affect leisure time activities, to find a relationship between leisure time, internet addiction and internet usage and to know whether there are any gender differences in internet use, leisure time satisfaction and internet addiction. The study was conducted among 200 adults males and females between the age of 18 to 35 who are active internet users. The questionnaires used are leisure satisfaction scale developed by Beard & Raghed (1980) and (PIUQ) developed by Demetrovics et al. (2008).

The study showed that there is a relationship between internet usage and internet addiction. There are supporting studies that say high internet usage is connected with internet dependence causing less engagement in other activities of life. (Zhou et al 2014)

There was a significant relationship between internet usage and leisure time satisfaction. Overall internet usage has a different impact on leisure time engagement according to specific type of leisure activity. (Zhou et al 2014)

There was no significant difference in the usage of internet and internet addiction levels among males and females. Research done before suggests contrary results, as they have portrayed that males are more prone to internet addiction than females (Hassan, Alam, Wahab and Hawlader, 2020). However, one of the studies suggested no significant difference between males and females in terms of internet addiction when talking about the present scenario (Marzilli, Cerniglia, Ballarotto and Cimino, 2020). This finding can be supported by the fact that both genders have been dependent on the Internet in terms of working from home and connecting with their loved ones during the pandemic time. Hence, we might not see any significant difference between the usage of the Internet between the two.

The results have shown there were significant differences in dimensions of leisure such as psychological leisure, where males were greater in psychological leisure than females. Females were seen higher in relaxation leisure than males but showed low levels in physiological leisure than males. Studies have shown in that

According to a study significant difference was found between the “psychological”, “educational”, “relaxation” and “aesthetics” sub-dimensions of LSS according to the age groups of the individuals. It was seen that the significant difference was between the individuals in the 18-21 age group and the individuals in the 22-25 age group, and this significant difference was found to be in favour of the individuals in the 18-21 age group. In this context, it can be concluded that individuals in the 18-21 age group had higher leisure satisfaction. (Avundik 2021).

### **5.1 Implications**

1. The study provides an insight about how internet usage is affecting leisure satisfaction and causing internet addiction which help people to understand about how internet is affecting their lives and make the needful changes.
2. This data can be used by psychologists, counsellors in planning and conduct intervention programs to overcome internet addiction and awareness how time is spent in the name of leisure time and boredom among all individuals and build a confident society.
3. It would raise the importance of digital wellbeing apps to monitor their usage in the internet and to manage and designate more time for character development and overall wellbeing of the individual.

### **5.2 Limitations**

1. The data were collected mostly using google form.
2. The samples were not of equal gender distribution.
3. Sample size was small
4. Since non probability sampling was used the findings cannot be applied to the entire population.

### **5.3 Suggestions for future research**

1. Demographic variables like, socio economic status and other cultural factors can be included.
2. It might be beneficial in the future to extend the sample to wider groups.
3. It would be interesting to build on this research by investigating the effect of different variables affecting internet usage, Leisure satisfaction and internet addiction.

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# APPENDICES

## APPENDIX A

### CONSENT FORM

Hello, I am Poornima Pradeep an MSc psychology student of St Teresa's College, Ernakulam .As part of my curriculum I am conducting a research. You are being invited to participate in the former , Please fill in the necessary details.

Internet use has become an increasingly common leisure time activity among Indian citizens. The association between Internet use and engagement in leisure activities is especially unclear among our population. The study aims to investigate this disparity and to determine important markers for low or high levels of leisure time activities.

If you agree to the terms and participate in the study you will be asked to complete an online questionnaire .

\*The data shared is kept confidential and shall be used for the purpose of this research .

By clicking "I agree" below you are indicating that you are at least 18 years old , have read \* and understood this consent form and agree to participate in this research.

I agree to the terms and conditions

**APPENDIX B****DEMOGRAPHIC DETAILS**

2. NAME : (IN INITIALS ) \*

3. AGE : \*

4. GENDER : \*

Male

Female

Other:

5. Type of Residence \*

6. Mention the district and State you reside in ? eg :Kottayam , Kerala \*

7. Occupation: \*

Student

Working

Not working

Other:

8. Please indicate the highest level of education completed. \*

Graduate

Postgraduate

Other:

9. Family Type : \*

---

- joint
- nuclea

10. What is your most preferred activity in the internet during leisure time ? \*

*Check all that apply.*

- Entertainment
- Gaming
- Shopping
- Communication
- Education
- Relaxing

11. Which of the following sites and apps do you visit the most during your leisure time ? \*

*Check all that apply.*

12. What is your most preferred activity in the internet during leisure time ? \*

*Check all that apply.*

- Entertainment
- Gaming
- Shopping
- Communication
- Education
- Relaxing

13. Which of the following sites and apps do you visit the most during your leisure time ? \*

14. What are the other activities and sites u visit most in the internet during your leisure time ? \*

15. How much time do you spend over the internet per day ? \*

Mark only one oval.

- upto 1 hr 1-2
- hrs
- 3-4hrs 4-5 hrs
- more than 5
- hrs

what device you use to access internet the most ? \*

- Smartphone
- Laptop , PC
- Tablet

16. At what time do you use the internet the most ? \*

- Night
- Day
- Night and Day

17. Which health problems do you face the most due to prolonged Internet usage ? \*

- Headache
- Back pain
- Irritation in the eyes
- Sleep Disorders
- Eating Disorders

## APPENDIX C

### **Problematic Internet Use Questionnaire (PIUQ)**

In the following you will read statements about your Internet use. Please indicate on a scale from 1 to 5 how much these statements characterize you.

( never ,rarely, sometimes ,often and always)

#### **Subscales**

**Obsession: Questions**        **1, 4, 7, 10, 13, 16**

**Neglect: Questions**        **2, 5, 8, 11, 14, 17**

**Control disorder: Questions** **3, 6, 9, 12, 15, 18**

(Manuscript received October 27, 2007; accepted for publication December 7, 2007.)

1. How often do you fantasize about the Internet, or think about what it would be like to be online when you are not on the Internet?
2. How often do you neglect household chores to spend more time online?
3. How often do you feel that you should decrease the amount of time spent online?
4. How often do you daydream about the Internet?
5. How often do you spend time online when you'd rather sleep?
6. How often does it happen to you that you wish to decrease the amount of time spent online but you do not succeed?
7. How often do you feel tense, irritated, or stressed if you cannot use the Internet for as long as you want to?
8. How often do you choose the Internet rather than being with your partner? 12345
9. How often do you try to conceal the amount of time spent online?
10. How often do you feel tense, irritated, or stressed if you cannot use the Internet for several days?
11. How often does the use of Internet impair your work or your efficacy?

12. How often do you feel that your Internet usage causes problems for you?
13. How often does it happen to you that you feel depressed, moody, or nervous when you are not on the Internet and these feelings stop once you are back online?
14. How often do people in your life complain about spending too much time online? 5
15. How often do you realize saying when you are online, “just a couple of more minutes and I will stop”?
16. How often do you dream about the Internet?
17. How often do you choose the Internet rather than going out with somebody to have some fun?
18. How often do you think that you should ask for help in relation to your Internet use?

## APPENDIX D

### Leisure Satisfaction Scale

In the blanks provided below, please write the number from the scale that best describes how you feel about each of the statements. These statements are designed to find out how you feel about things you do in your free time. There are no right or wrong answers. Please answer every question.

1 = Almost never true for you

2 = Seldom true for you

3 = Sometimes true for you

4 = Often true for you

5 = Almost always true for you

\_\_\_\_\_ 1. My leisure activities are very interesting to me.

\_\_\_\_\_ 2. My leisure activities give me self-confidence.

\_\_\_\_\_ 3. My leisure activities give me a sense of accomplishment.

\_\_\_\_\_ 4. I use many different skills and abilities in my leisure activities.

\_\_\_\_\_ 5. My leisure activities increase my knowledge about things around me.

\_\_\_\_\_ 6. My leisure activities provide opportunities to try new things.

\_\_\_\_\_ 7. My leisure activities help me to learn about myself.

\_\_\_\_\_ 8. My leisure activities help me to learn about other people.

\_\_\_\_\_ 9. I have social interaction with others through leisure activities.

\_\_\_\_\_ 10. My leisure activities have helped me to develop close relationships with others.

\_\_\_\_\_ 11. The people I meet in my leisure activities are usually friendly.

\_\_\_\_\_ 12. I associate with people in my free time who enjoy doing leisure activities a great deal.



- \_\_\_\_\_ 13. My leisure activities help me to relax.
- \_\_\_\_\_ 14. My leisure activities help me to relieve stress.
- \_\_\_\_\_ 15. My leisure activities contribute to my emotional wellbeing.
- \_\_\_\_\_ 16. I engage in leisure activities simply because I like doing them.
- \_\_\_\_\_ 17. My leisure activities are physically challenging.
- \_\_\_\_\_ 18. I do leisure activities which develop my physical fitness.
- \_\_\_\_\_ 19. I do leisure activities which restore me physically.
- \_\_\_\_\_ 20. My leisure activities help control my weight.
- \_\_\_\_\_ 21. The areas or places where I engage in my leisure activities are fresh and clean.
- \_\_\_\_\_ 22. The areas or places where I engage in my leisure activities are interesting.
- \_\_\_\_\_ 23. The areas or places where I engage in my leisure activities are beautiful.
- \_\_\_\_\_ 24. The areas or places where I engage in my leisure activities are well designed.

\* Source: Beard JG, Ragheb MG (1980). Measuring leisure satisfaction. *Journal of Leisure*