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## PARENTS' KNOWLEDGE OF ADOLESCENTS' MENTAL HEALTH AND INTERNET ADDICTION

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**ABSTRACT:** In the study of mental illness, academics and practitioners have come up with several theories, but they have yet to agree on a single one.

**Aim of the study:**the main aim of the study is Parents' Knowledge of Adolescents' Mental Health and Internet Addiction

**Material and method:** A researcher achieve his/her goal with the appropriate research methodology only.

**Conclusion:** Indian Internet users scored lower on extroversion, agreeableness, openness to experience, and conscientiousness, and higher on neuroticism.

### 1. INTRODUCTION

The Mental health of students the point of view of the researchers more than a research effort to gain more knowledge of the subject. It has also represented a struggle to achieve a vantage point from which the view of mental health world be useful to planning and important Humans are said to have a basic need to feel accepted by their caregivers, to feel safe and protected. Parents across cultures, nations and communities may behave differently, but the child's perceptions and interpretations of their parent's behavior work more or less in the same way around the world.

#### 1.1 Mental Health and Mental Illness:

Many people suffer from mental disease. Mental health problems afflict as many as one in five children and teens each year, according to the Australian Government's Department of Health website, yet only one in four receives professional treatment.

As a result of a lack of treatment and support, children and young adults with mental illness can have a negative influence on everything from academic performance to friendships to adult tasks like working, developing relationships, and establishing good living habits.

#### 1.2 Yoga for Mental Health, Mind and Body:

There are several types of physical and mental activities that are part of yoga, which was initially established in India over thousands of years. Yoga may be performed in a variety of



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ways to meet the needs of a variety of people. In turn, this has led to various types of yoga gaining prominence around the globe. Stretching is a key component of the yoga practise. Five to ten minutes of stretching is all that is required. As a comprehensive discipline, yoga includes introspection and meditation as well as physical training. There have never been any reports of a yoga practitioner becoming injured on the mat. In addition, the meditation techniques include a full blend of focus, sublimation, and ideation.

## 2. LITERATURE REVIEW

**Nema et al. (2015)** studied the home, health, social, emotional and overall adjustments of M.Tech. students of Banasthali University and to find out “the correlation between home, health, social, emotional and overall adjustments among M.Tech. students of Banasthali University. 67 M.Tech. girls’ students were selected from Banasthali hostel; Banasthali University. .Result using Karl Pearson correlation statistical test revealed that the significant positive correlation between all variables at the level of (0.01).”

**Panthetal.(2015)** explored the relationship between emotional maturity and adjustment of college student and studied the impact of gender & stream on emotional maturity and adjustment. The samples of the study were 100 students of B.A. & B.Sc. (50 boys + 50 girls) in the age group between 18-22 years from different college of Lalitpur. Analysis was done with the help of Mean, SD, test and correlation. Result showed that the level of emotional maturity and adjustment of girls have high than boys and science students have high AICS and art students have high EMS. No significant differences were found between boys and girls AICS & EMS while there were significant difference between art & science student in EMS but not significant in AICS.

**Rajeshwari and Raj (2015)** reviewed on emotional maturity and its relation to other variables like; mental well-being, stress, self-confidence, self-esteem etc. After analysis of literature the investigator identified a conceptual model. The model emphasized on the study of emotional maturity. Emotional maturity affects the self-confidence and stress level of the person. It was noticed that self-confidence affects the stress level of the person. Hence if the students are given opportunities to become emotionally mature, the self-confidence of the person can be raised that further reduced the stress level. Major findings of the study were 1 Emotional maturity has positive relationship to the self-esteem variable. 2 Emotional Maturity affects the mental health and thus intelligence of the students. 3 Emotional Maturity are related to both attitude and social adjustment of students. Emotionally



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matured people tend to make better adjustment and formed proper attitude. 4 Emotionally matured people were more confident and not suffer from the stress. 5 Emotional Maturity is not affected by the gender differences. 6 Suitable and congenial climate further enhance the emotional maturity of the person. Thus it could be concluded that emotional maturity, self-confidence and stress level are the three areas that require research.

**Sharma and Kermene (2015)** investigated the adjustment problems of the college students and academic achievement. The objectives of the study were 1. To evaluate the adjustment problems among male and female college students. 2. To evaluate the adjustment among low and high socioeconomic college students. 3. To evaluate the adjustment among low and high academic achievement college students.

4. To evaluate the relationship between adjustment problems and academic achievement results include that college students have average adjustment; there was no significant difference in the adjustment problems of male and female college students. The students having low socioeconomic status have more adjustment problems than that of high socio-economic college students. No significant difference was found in adjustment problems of high academic achievement students and low academic achievement students. There exists a negative relationship between adjustment problems and academic achievements.

**Singh and Grover (2015)** were to study Mental Health in relation to Adjustment of college students. Mental health plays a major role in children's learning. Education is a cognitive process that requires good mental health of the students. Teachers are the makers of the future citizens of the country. They have a great role to play in meeting the emotional needs of children and fostering mental health among them. The 100 college students selected randomly from Bathinda and Muktsar district were assessed using Indian Adjustment Inventory and Mental Health Inventory. Out of 100 students, there were 50 male students and 50 female students. The results of the study revealed that there existed significant relationship between mental health and Adjustment.

### **3. RESEARCH METHODOLOGY**

Research methodology is one of the essential components for conducting a research. It is a systematic and specific procedure or technique used for the purpose of identifying, selecting, processing, and analysing the available knowledge about the topic. A researcher achieves his/her goal with the appropriate research methodology only. Research methodology guides and provides a scientific platform to researcher for his/her research work.



### 3.1 Sampling Procedure

After completion of initial preparation the researcher visited to the various schools colleges in Mumbai city District Thane, Region Kalyan to seek the permission for collecting the information form the students and their parents. An application was given to the various schools authorities by the consent of the research guide. After taking the permission researcher went to the classrooms interact with students and told them the purpose of the study. Achieve their trust and then give them first test of internet addiction to solve.

## 4. RESULTS

### 4.1 Analysis Related Socio Demographic Profile

Table– 4.1 Distribution of the Respondents by their Socio Demographical Profile

1	Type of Occupation	Business	41	11.1
		Govt. Employee	96	25.9
		Private employee	198	53.5
		Professional	30	8.1
		Student	5	1.4
2	Annual Income	Below 12 lakhs	296	80.0
		12,00,001 – 18,00,000	55	14.9
		18,00,001 – 24,00,000	5	1.4
		24,00,001 – 30,00,000	7	1.9
		30,00,001 and above	7	1.9

#### Type of Occupation

More over half of the respondents (53.50%) were working in private sector, 25.9% were worked in the govt sector, 11.1% were businessmen, 8.10% were professional and only 1.4% of the respondents were student.

#### Annual income

The figure shows that eighty percent of respondents had annual incomes of less than five hundred thousand rupees, that fourteen percent make between five and ten million rupees, and that just one and a half percent earn between fifteen and twenty million rupees.



## 4.2 Analysis Related to Internet Addiction Test

Table– 4.2 Distribution of the Respondents by their Internet Addiction

S. No	Internet Addiction Test	Frequency (n=370)	Percent
1	Surf the web a bit too long	89	24
2	Experiencing Occasional or Frequent problems because of internet	203	55
3	Causing Significant Problems in life	78	21
<b>Total</b>		<b>370</b>	<b>100</b>

Results from a 20-item scale of an Internet Addiction Test are displayed in the table above. In other words, 55% of those surveyed had reported having occasional or frequent issues due to their Internet connection. Nearly a quarter (24%) spend a little too much time online. A further 21% said the internet is a major source of stress in their daily lives.

## 4.3 Analysis related to e-Mail Activities

Table– 4.3 Distribution of the Respondents by their Frequency of Sending, Receiving and Reading E-Mails

S. No	Frequency of Sending, Receiving and Reading e-Mails	Frequency (n=370)	Percent
1	Never	47	12.7
2	Once a Month	114	30.8
3	Several times a Month	100	27.0
4	Once a week	32	8.6
5	Several Times a Week	20	5.4
6	Once a Day	41	11.1
7	Several times a Day	4	1.1
8	Once an Hour	4	1.1
9	All the time	8	2.2
<b>Total</b>		<b>370</b>	<b>100.0</b>

According to the data shown above, 30% of respondents send/receive/read emails once each month, whereas 27% do so numerous times per month. It was also discovered that 8.6% and 5.4% of respondents accessed the site weekly and often, respectively, to send, receive, and



read e-mails. Extremely few people (only 1.1%) send and receive emails many times each day, and an even smaller percentage (only 2.2%) check their emails constantly.

#### 4.4 Distribution of the Respondents by Frequency of checking their Personal E-Mails

S. No	Frequency of Checking their Personal E-Mails	Frequency (n=370)	Percent
1	Never	86	23.2
2	Once a Month	125	33.8
3	Several times a Month	80	21.6
4	Once a week	13	3.5
5	Several Times a Week	20	5.4
6	Once a Day	26	7.0
7	Several times a Day	12	3.2
8	All the time	8	2.2
<b>Total</b>		<b>370</b>	<b>100.0</b>

Moreover, a third of respondents (33.8%) checked their personal e-Mail once a month, while 23.2 percent never checked and 21.6 percent checked many times a month. Only a small percentage of respondents (7%, 5.4%, 3.5%, 3.2%, and 2.2%, respectively) check their personal e-Mail more than once per day, once per week, several times per day, and often.

## 5. CONCLUSION

Students that spend a lot of time on the internet had worse mental health. Indian Internet users scored lower on extroversion, agreeableness, openness to experience, and conscientiousness, and higher on neuroticism.

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