

WEBHOLISM: AN INVESTIGATION ON PSYCHOLOGICAL ASPECTS

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submitted in partial fulfilment of the
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under the guidance of

Dr SUKANYA B MENON



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(Research Scholar)

DEDICATION



Dr Kimberly Sue Young O'Mara

*At the beginning of my research (20/03/2018),
I messaged you a few times and got replies. However, after that,
I didn't hear back from you and found that your online
profile had disappeared, which confused me. But it's a little
late to know that you - the well-known figure for research
work on internet addiction have left this world
(09/09/1965 - 28/02/2019).*

Dear Ma'am, I express my gratitude to you and dedicate this thesis to you...

by

The Author

Bayana BOMS



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"This is neither a beginning nor an end, but a continuation of my research interest... and will continue..."

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- Bayana BOMS

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LIST OF ABBREVIATIONS

AIM	:	Attentional Impulsiveness
ANG	:	Anger
ANX	:	Anxiety
APA	:	American Psychiatric Association
APA	:	American Psychological Association
C/SP	:	Craving/Social Problems
CA	:	Computer Addiction
CAH	:	Competitiveness and Hostility
CAP	:	Cyber Addiction Pattern
CGT	:	Constructivist Grounded Theory
CRA	:	Cyber Relationship Addiction
CSA	:	Cyber Sexual Addiction
DAS	:	Depression Anxiety Stress
DCIB	:	Difficulties controlling impulsive behaviours
DDE	:	Digital Detox Experience
DDE-B	:	Benefits
DDE-D	:	Discomforts
DEP	:	Depression
DOA	:	Data Off Activity
DSM	:	Diagnostic and Statistical Manual
FIS	:	Fragile inner self
GAD	:	Game Addiction Disorder
GWPP	:	Goal-directedness without proper planning
HOS	:	Hostility
IA	:	Internet Addiction
IAMAI	:	Internet and Mobile Association of India

IBD	:	Internet Behaviour Dependence
ICD	:	Impulse Control Disorder
ICD-11	:	International Classification of Diseases
IEGB	:	Inability to engage in goal-directed behaviours
IO	:	Information Overload
IPA	:	Interpersonal Awareness
LC/TM	:	Loss of Control/Time Management
LEAC	:	Lack of emotional awareness and clarity
LEERS	:	Limited access to emotion regulation strategies
LON	:	Loneliness
LS	:	Life Satisfaction
MIM	:	Motor Impulsiveness
NC	:	Net Compulsion
NFA	:	Need for Approval
NNE	:	Non-acceptance of negative emotions
NPI	:	Non-planning Impulsiveness
PAG	:	Physical Aggression
PIU	:	Problematic Internet Use
POB	:	Polyphasic behaviour
SAX	:	Separation Anxiety
STR	:	Stress
TABP	:	Type A Behaviour Pattern
TIM	:	Timidity
TRAI	:	Telecom Regulatory Authority of India
URG	:	Urgency
VAG	:	Verbal Aggression
WEB	:	Webholism

Abstract

The present investigation is an attempt to study the psychological aspects of Webholism (internet-dependent behaviour). The broad objectives of the present investigation are: 1) To check the prevalence of Internet Addiction among the Keralite population, 2) To explore Webholism among Internet users, 3) To develop a Digital Detox Experience Test (DDET), 4) To find the relationship between Webholism and psychological variables, 5) To examine the role of sociodemographic variables on Webholism, and 6) To find the predictors of Webholism. To accomplish the objectives, the present study made use of a “Sequential Exploratory method research design”. In this method, a Quantitative study is followed by a Qualitative investigation. The study was conducted in three phases. To achieve the first objective study followed a descriptive research design - Phase I (Part 1) - Prevalence study - where participants consist of 675 internet users in Kerala. They were administered Young’s Internet Addiction Test (IAT). The second and third objectives were met through qualitative research - Phase I (Part 2) - an exploratory study following the Grounded Theory (GT) Approach. The exploratory study is an essential component of the current research. Participants of the exploratory study consist of 289 male and female web users of Kerala. They are requested to switch off their internet a day (24 hours). On the next day, they were interviewed about the previous day’s experience. Phase II was test development, revision, and standardization. The fourth, fifth, and sixth objectives were met through Phase III an empirical study. Participants of the third phase of this study consist of 1031 adolescents and adults from different districts of Kerala. They were administered the study questionnaires. Major findings are: Overall prevalence of severe internet addiction was found 2%, among males it is 1.71% and among females, it is 0.29%. In the absence of the Internet, people experience discomforts as well as benefits. Those who use it heavily will experience more discomfort than benefits. For those who are not, benefits will prevail. Webholism is high among men, the unmarried, students, the unemployed, those who live with family and substance users. Adolescents and adults alike use the Internet. Similarly, there is no difference in terms of internet consumption between those living in rural and urban areas. Type A Personality, Aggression, Psychopathology, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation, Interpersonal Rejection Sensitivity increase and Life Satisfaction decreases Webholism. Webholism (WEB) is negatively predicted by the Need for approval and Physical aggression whereas positively predicted by Limited access to emotion regulation strategies, Fragile Inner self, Anxiety, Verbal aggression, Non-planning impulsiveness, Non-acceptance of negative emotions, Attentional impulsiveness, Goal-directedness without proper planning, Depression, Procrastination and Anger.

Keywords: Webholism, Psychological aspects, Digital detox, Adolescents, Adults

പഠനസംഗ്രഹം


ഇന്റേണെറ്റ് ഉപയോഗത്തിന്റെ മനുഷ്യാസക്ത വശങ്ങൾ പഠിക്കാനുള്ള ശ്രമമാണ് ഈ ഗവേഷണം. ഈ പഠനത്തിന്റെ വിശാലമായ ലക്ഷ്യങ്ങൾ ഇവയാണ്: 1) കേരളീയർക്കിടയിൽ ഇന്റേണെറ്റ് അധികജ്ഞാന വ്യാപനം പരിശോധിക്കുക, 2) ഇന്റേണെറ്റ് ഉപയോഗിക്കാൻ തയ്യാറായിട്ടുള്ളവർക്കിടയിൽ വെബ്സൈറ്റിംഗ് (ഇന്റേണെറ്റ്-ആശ്രിത പെരുമാറ്റം) മനസ്സിലാക്കുക, 3) ഇന്റേണെറ്റിന്റെ അഭാവത്തിൽ ആളുകളുടെ സ്വഭാവത്തെ മനസ്സിലാക്കാനുള്ള ഒരു മനുഷ്യാസക്ത ടെസ്റ്റ് ഡിജിറ്റൽ ഡീറ്റോക്സ് എക്സ്‌പീരിയൻസ് ടെസ്റ്റ് - ഡിഡിഇടി/DEET) നിർമ്മിക്കുക, 4) ഇന്റേണെറ്റ് ഉപയോഗവും മനുഷ്യാസക്ത ഘടകങ്ങളും തമ്മിലുള്ള ബന്ധം കണ്ടെത്തുക, 5) വെബ്സൈറ്റിംഗിനെ ബാധിക്കുന്ന സാമൂഹിക-വ്യക്തിഗത ഘടകങ്ങളുടെ പങ്ക് പരിശോധിക്കുക, കൂടാതെ 6) വെബ്സൈറ്റിംഗിനെ പ്രവചിക്കാൻ കഴിയുന്ന മാനസിക ഘടകങ്ങൾ കണ്ടെത്തുക. ഈ ലക്ഷ്യങ്ങൾ നിറവേറ്റുന്നതിന്, മൂന്നു ഘട്ടങ്ങളിലാണ് പഠനം നടത്തിയത്. ആദ്യത്തെ ഘട്ടത്തിൽ രണ്ടു ഭാഗങ്ങളുണ്ട്. ഒന്നാം ഭാഗത്ത് ഇന്റേണെറ്റ് അധികജ്ഞാന വ്യാപനം പഠിച്ചു. രണ്ടാം ഭാഗത്തിൽ ഇന്റേണെറ്റ് ഇല്ലാത്ത അവസ്ഥയിലുള്ള ആളുകളുടെ സ്വഭാവവും. കേരളത്തിലെ 675 ഇന്റേണെറ്റ് ഉപയോഗിക്കാൻ തയ്യാറായിട്ടുള്ളവർക്കിടയിൽ നടത്തിയ പഠനത്തിൽ കടുത്ത ഇന്റേണെറ്റ് ആസക്തിയുടെ മൊത്തത്തിലുള്ള വ്യാപനം 2% വും, പുരുഷന്മാരിൽ ഇത് 1.71% ഉം സ്ത്രീകളിൽ ഇത് 0.29% ഉം ആണെന്ന് കണ്ടെത്തി. ആദ്യ ഘട്ടത്തിന്റെ രണ്ടാം ഭാഗത്തെ പഠനത്തിൽ കേരളത്തിലെ ഇന്റേണെറ്റ് ഉപയോഗിക്കാൻ തയ്യാറായ 289 പുരുഷന്മാരും സ്ത്രീകളും പങ്കെടുത്തു. ഒരു ദിവസം (24 മണിക്കൂർ) ഇന്റേണെറ്റ് ഓഫ് ചെയ്യാൻ അവരോട് അഭ്യർത്ഥിച്ചു. അടുത്ത ദിവസം, കഴിഞ്ഞ ദിവസത്തെ അനുഭവത്തെക്കുറിച്ച് അവരിൽ അഭിമുഖം നടത്തി. ഇന്റേണെറ്റിന്റെ അഭാവത്തിൽ, ആളുകൾക്ക് അസ്വസ്ഥതകളും ഗുണങ്ങളും അനുഭവപ്പെടുന്നു എന്ന് മനസ്സിലാക്കാൻ സാധിച്ചു. ഇന്റേണെറ്റ് അമിതമായി ഉപയോഗിക്കുന്നവർക്ക് ഗുണങ്ങളേക്കാൾ കൂടുതൽ അസ്വസ്ഥതകൾ അനുഭവപ്പെടുമെന്നും അല്ലാത്തവർക്ക് ഗുണങ്ങൾ അനുഭവപ്പെടുമെന്നും വ്യക്തമായി. അസ്വസ്ഥതകളും നേട്ടങ്ങളും എന്തെല്ലാമാണെന്ന് ക്രോഡീകരിക്കുകയും അതിനെ വിശദീകരിക്കുന്ന ഒരു തിയോററ്റിക്കൽ മോഡൽ തയ്യാറാക്കുകയും ചെയ്തു. മാത്രമല്ല, മൂന്നാമത്തെ പഠനലക്ഷ്യത്തിൽ പഠനതുടങ്ങിയപ്പോൾ ടെസ്റ്റ് നിർമ്മിക്കുകയും ചെയ്തു. അതിലൂടെ പഠനത്തിന്റെ രണ്ടാം ഘട്ടത്തിലേക്ക് കടക്കുകയായിരുന്നു. രണ്ടാം ഘട്ടം മനുഷ്യാസക്ത ടെസ്റ്റുകളുടെ ഡെവലപ്മെന്റ്, റിവിഷൻ, ട്രാൻസ്ലേഷൻ, സ്റ്റാൻഡേർഡൈസേഷൻ എന്നിവയായിരുന്നു. പഠനത്തിൽ ഉപയോഗിക്കുന്ന മനുഷ്യാസക്ത ടെസ്റ്റുകൾക്ക് യോഗ്യതയുടെ മാനദണ്ഡങ്ങൾ ഉറപ്പാക്കേണ്ടതുണ്ട്. അതിനാണ് രണ്ടാം ഘട്ടത്തിലൂടെ ഗവേഷണം കടന്നുപോയത്. ശേഷം, നാല്, അഞ്ച്, ആറ് ഗവേഷണ ലക്ഷ്യങ്ങൾ മൂന്നാം ഘട്ട പഠനത്തിലൂടെ നേടിയെടുത്തു. മൂന്നാം ഘട്ടത്തിൽ കേരളത്തിലെ വിവിധ ജില്ലകളിൽ നിന്നുള്ള 1031 കൗമാരക്കാരും മുതിർന്നവരും ഉൾപ്പെട്ടു. അവർക്ക് രണ്ടാം ഘട്ടത്തിൽ മാനദണ്ഡപ്പെടുത്തിയ പഠന ചോദ്യാവലികൾ നൽകി. പ്രധാന കണ്ടെത്തലുകൾ ഇവയാണ്: പ്രധാന കണ്ടെത്തലുകൾ ഇവയാണ്: പുരുഷന്മാർ, അവിവാഹിതർ, വിദ്യാർത്ഥികൾ, തൊഴിൽരഹിതർ, കുടുംബത്തോടൊപ്പം താമസിക്കുന്നവർ, ലഹരിവസ്തുക്കൾ ഉപയോഗിക്കുന്നവർ എന്നിവരിൽ ഇന്റേണെറ്റ് ഉപയോഗം കൂടുതലാണ്. കൗമാരക്കാരും മുതിർന്നവരും ഒരേ തോതിൽ ഇന്റേണെറ്റ് ഉപയോഗിക്കുന്നു. അതുപോലെ, ഗ്രാമ-നഗര പ്രദേശങ്ങളിൽ താമസിക്കുന്നവർ തമ്മിലും ഇന്റേണെറ്റ് ഉപയോഗത്തിന്റെ കാര്യത്തിൽ വ്യത്യാസമില്ല. കൂടാതെ, ടൈപ്പ് എ വ്യക്തിത്വം, ആക്രമണോത്സുകത, വിഷാദം, ഉത്കണ്ഠ, മാനസിക സമ്മർദ്ദം, നീട്ടിവെക്കൽ സ്വഭാവം, ചിന്തിക്കാതെ പ്രവർത്തിക്കാനുള്ള പ്രവണത, ഏകാന്തത, വികാരങ്ങളെ നിയന്ത്രിക്കാനുള്ള ബുദ്ധിമുട്ട്, പരസ്പര തിരസ്കരണ സംവേദനക്ഷമത എന്നിവ കൂടുന്നതിനനുസരിച്ച് ഇന്റേണെറ്റ് ഉപയോഗവും ആളുകളിൽ കൂടുകയും ജീവിത സംതൃപ്തി കൂടുന്നതിനനുസരിച്ച് ഇന്റേണെറ്റ് ഉപയോഗം കുറയുമെന്നും കണ്ടെത്തി. ഏത് കാര്യത്തിലും എപ്പോഴും മറ്റുള്ളവരുടെ അംഗീകാരത്തിന്റെ ആവശ്യകതയുള്ളവരിലും ശാരീരികമായ ആക്രമണോത്സുകതയുള്ളവരിലും വെബ്സൈറ്റിംഗ് കുറഞ്ഞത് കണ്ടെക്കാമെന്ന് പഠനഫലം പറയുന്നു. അതേസമയം വൈകാരിക നിയന്ത്രണങ്ങളിലെ പരിമിതികൾ, തന്റെ വികാരങ്ങളെ കൃത്യമായി മനസ്സിലാക്കാനും പ്രകടിപ്പിക്കാനും കഴിയാതിരിക്കുക, ദുർബലമായ ആന്തരിക സ്വത്വം, സംസാരത്തിൽ ദേഷ്യം, ശ്രദ്ധകേന്ദ്രീകരിക്കാനുള്ള ബുദ്ധിമുട്ട്, ആസൂത്രിതമായി കാര്യങ്ങൾ ചെയ്യാനുള്ള കഴിവില്ലായ്മ, ഉത്കണ്ഠ, കോപം, വിഷാദം, നീട്ടിവെക്കൽ പ്രവണത തുടങ്ങിയ സ്വഭാവങ്ങൾ ഒരാളിലെ ഇന്റേണെറ്റ് ഉപയോഗത്തെ വർദ്ധിപ്പിക്കാം എന്നും പഠനഫലം പ്രവചിക്കുന്നു.

കീവേഡുകൾ: വെബ്സൈറ്റിംഗ്, മനുഷ്യാസക്തവുമായ വശങ്ങൾ, ഡിജിറ്റൽ ഡീറ്റോക്സ്, കൗമാരക്കാരും, മുതിർന്നവർ



CHAPTER I

INTRODUCTION

- Background of the study
 - Review of literature
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Over the past ten years, there has been a fast expansion of research regarding Internet addiction (IA). In particular, how IA can be conceptually defined as well as the numerous constraints on methodology have been hotly debated concerns. One of the earliest openly available, peer-reviewed journals launched in 1996 online that is only concerned with the Internet is 'First Monday.' Prior to that in 1985, a journal named *Computers in Human Behaviour* was established to study computer use from a psychological standpoint. The journal, however, focuses on how people interact with technology rather than computers themselves.

Human-computer interaction research has advanced significantly since 1996. Both the second volume of the journal 'Computers in Human Behaviour' and the inaugural volume of the journal 'First Monday' published articles on network-based computers (E.g., Ghosh, 1996) in that year. It has been disputed that Internet addiction was first introduced by New York-based expert Psychiatrist Dr. Ivan Goldberg and not by Psychologist Dr. Kimberly Young. In 1995, Goldberg (1996) satirically mentioned the expanding issue of Internet addiction on the online psychiatric discussion forum PsyCom.net, which is unavailable now. Yet, Young's (1996) article 'Internet Addiction: The Emergence of a New Clinical Disorder' was published in the online journal *CyberPsychology & Behavior* in 1996. On 28th February 2019, she passed away from cancer at age 53 and Goldberg died on 26th November 2013 (Kimberly Young, 2023; Ornum, 2014). They had numerous articles about internet addiction published up until their deaths. Also, the article 'Internet addiction: An issue for clinical psychology?' by Psychologist Mark D

Griffiths (1996) of the UK was published in the printed journal *Clinical Psychology Forum* in 1996. Since then, there has been a steady stream of research into the relationship between humans and the Internet.

In 1996, studies were conducted in Cyberpsychology on the introduction of new technology, such as electronic money (Bernkopf, 1996), the transition from paper to documents (Brown & Duguid, 1996), network-centered computing, screens-passwords-boundaries and law (Johnson & Post, 1996), cyberspaces, and related behaviour. The theoretical setting in which communication takes place across computer networks is called cyberspace. The term began to be used more frequently in the early 1990s when the internet was still in its infancy, and it evolved to come to stand for the concept and theories underlying computer networks and the internet. In 2013, game addiction was recognized as a clinical condition. Later, a variety of factors have been taken into account in current studies on the Internet and behaviour.

Further journals that only cover research on Internet behaviour include '*Cyberpsychology: Journal of Psychosocial Research on Cyberspace*', '*International Journal of Internet Science*', and '*Human Communication and Technology Journal*'. All of these Internet-human behavior research topics published in 2023 editions include ChatGPT (Ferrara, 2023), fake news creation (Robertson et al., 2023), meme sharing (Brody & Cullen, 2023), virtual dating (Youngvorst & Pham, 2023), Twitter & Protest movement (Charoenthansakul & Natee, 2023), Political exaggerations during the Covid pandemic in online (Ferre-Pavia et al., 2023), digital narratives of migrants (Prashizky, 2023), virtual dinners (Kuuluvainen et al., 2021), cyber dating violence (Cava et al., 2023; Hancock et al.,

2017), Redditor's deletion (Reagle, 2023), hashtag patterns (Soelseth, 2023), psychological online experiments (Cristaldi, 2022), post-game depression (Klimczyk, 2023), benefits of game playing (Lorentz et al., 2015), internet myths (Reid et al., 2023), big data profiling (Harlow & Oswald, 2016), political communication pattern online (Wang et al., 2022), media multitasking (Fisher et al., 2023), rumor behavior in online (Liu et al., 2023), body image in social media (Jarman et al., 2023), Instagram sobbing (Lu, 2023), cyber sickness (Jasper et al., 2023), VR-based therapy (Emmelkamp & Meyerbroker, 2021), etc.

Research has been conducted on Internet addiction for 27 years, from 1996 to 2023, but no consensus has been reached on whether it actually exists or not. However, the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders-5) included Internet Gaming Disorder (IGD) in Section III in 2013 with the disclaimer that further study and experience were needed before it could possibly receive official recognition (APA, 2013). But by then, hundreds of military-run rehabilitation centers known as “boot camps” had been established in China to treat youth who had an addiction to online gaming, which at the time had 113,000 Internet cafes there (Hayoun, 2014). Tao Ran, a military psychologist and program director, asserts that internet and heroin addicts' brains resemble one another (Gumbrecht, 2016). Photographs taken by Fernando Morales during a four-day visit to the boot camp in Southern Beijing reveal the extent of the inmates' game addiction (Gumbrecht, 2016). Photographer Lorenzo Maccotta agreed that it helps young people better understand what society considers acceptable and inappropriate after spending roughly a week in the camp. However he has concerns about the long hours, challenging tasks, strict rules, and solitude (Hayoun, 2014).

Additionally, the 11th revision of the International Classification of Diseases (ICD-11) has been updated by the World Health Organization (2021) to add gaming disorder (ICD, 2021). The World Health Assembly's 72nd Conference in 2019 approved the new ICD Revision, which went into global force on 1st January 2022. The symptoms are tolerance, salience, withdrawal symptoms, difficulty controlling use, continued use despite negative consequences, neglecting other activities and desire to cut down. However, there is no standard terminology for Internet addiction in spite of these investigations.

Terminologies for Webholism

Despite these studies, the terminology for Internet addiction remains fragmented, demonstrating that the discipline is still in its infancy. In their studies, Young (1996) and Griffiths (1996) employed 'Internet Addiction'. In the search of literature databases, numerous other terms pertaining to problematic internet use are found. When Douglas et al. (2008) analyzed studies on Internet addiction that were published in journals between 1996 and 2006, they adopted the term 'Internet Addiction Disorder'.

In a study that offers a cognitive-behavioral model about the maladaptive cognitions linked with Problematic Internet Use, Davis (2001) adopts the term 'Pathological Internet Use' (PIU). This phrase was used by Morahan-Martin and Schumacher (2000) as well. Data on problematic internet use was gathered by Morahan-Martin and Schumacher asking participants questions about their online experiences, the websites they visited as well as questions from their own

pathological use scale, which consists of 13 items. The results of that study revealed that pathological users scored much higher on loneliness.

Davis's (2001) cognitive behavioural model of problematic internet use can be operationalized through the Generalized Problematic Internet Use Scale (GPIUS), which was created by Caplan in 2002. Through that study, Caplan (2002) coined the term 'Problematic Internet Use' (PIU). Results further imply that the etiology, progression, and consequences of generalized PIU may be influenced by one's preference for computer-mediated social engagement over direct interaction. Since there are no researchers who studied internet behaviour characteristics through clinical interview methods, Shapira et al. (2000) conducted a study on 20 people including their psychiatric comorbidity and family psychiatric history. Problematic Internet Use was the term employed in this investigation. DSM-IV criteria for an impulse control disorder (ICD) not otherwise specified (NOS) were met by the subjects' problematic internet use. In a meta-analysis of 223 studies on the relationship between students' Internet use and mental health, Cai et al. (2023) used the term 'Problematic Internet Use'. According to the study's findings, problematic internet use is inversely connected to subjective well-being and is positively correlated with feelings of depression, anxiety, loneliness, and other mental health problems.

According to Hansen (2002), who took a critical stance, before much research had been done, the diagnostic criteria for Internet addiction had been replicated from the pathological gambling criteria in the DSM of the American

Psychiatric Association (APA). This behaviour was then used to describe 'Excessive Internet Use' by him.

In a study linking technological use patterns to personality traits among Italian university students, Greenfield's (1999) findings revealed that the more Self-Regulation a person had, the less likely they are to experience dissociative episodes related to using the Internet. He used the phrase 'Compulsive internet use' in this study. Moreover, the term Internet addiction was adopted by Griffiths in his research article, in 1996. But subsequently, citing Widyanto and Griffiths' (2006) study, they claim that it is still unclear exactly what it is about the Internet to which people are addicted. Furthermore, it seems premature at this point to assign the concept a single label because the majority of the studies that have been done in the area so far have produced contradictory findings and differences of varied degrees. They, therefore, came up with the term 'Compulsive Internet Use'.

The paper 'Computer and cyberspace addiction' by Suler, which was published in 2002, addresses his Integration Principle regarding what makes for healthy versus harmful online existence. It is based on the premise that intrapsychic and social facets of a person's existence are increasingly integrated with a state of mental health. Cyberspace virtually takes on the characteristics of a disconnected internal mental environment, an enclosed intrapsychic place where fantasies and conflicts are expressed (Suler, 2002). So, the integration of the offline and online worlds is necessary for healthy internet use. In that article, he used the term 'Cyberspace Addiction'. The term Cyberspace Addiction was not found used by researchers in any other research paper.

Hall and Parsons (2001) do not particularly support a pathological etiology for this issue, but they do feel that maladaptive Internet use may negatively impact cognitive, behavioural, and affective competence in a healthy person. In contrast to Goldberg and Young's definitions, theirs start from the premise that excessive Internet use is a manageable problem in life, that behaviours cover up for a lack of fulfilment in other spheres of one's life, and that behaviours are under the control of the average individual. Simply put, they view this condition as an impaired cognitive coping mechanism that may be corrected with rudimentary cognitive-behavioural therapy. Also, Hall and Parsons (2001) suggest researchers that they should keep an eye on prevalence rates as it's possible that as technology advances, more people will use the internet and become dependent on it. They introduced the term 'Internet Behavior Dependence (IBD)'.

Alcohol and other drugs that affect mood are well known for their ability to lead to physical and psychological dependence (McLellan, 2017). And in recent years, the potential for addiction in some behaviours including sex, eating, working, exercising, and gambling has acquired increasing acceptability (Greenfield, 1999). But more recently, it has become recognized that the obsessive nature of these behaviours may resemble the compulsive process associated with the drug, alcohol, and other substance use. There seems to be evidence of this process in some Internet features. Therefore, Greenfield (1999) refers to this internet - behaviour as 'Virtual Addiction'.

Various words that have been suggested by other academics do not particularly imply addiction or a particular disorder. Throughout many research, all

of these terms are used interchangeably. Even now, there isn't a single journal published with the name 'Internet Addiction'. There are significant ambiguities regarding the concept of this hypothetical condition that is indicated by the lack of agreement on nomenclature. In the initial phases of the development of research concerning a novel psychological condition, these kinds of discrepancies are not unusual. For instance, discussions of this nature have taken place among workaholism researchers. The primary premise behind research on workaholism was that excessive work was a symptom of an underlying addiction (Davis et al., 2002). According to Nykodym et al. (2009), Goldberg coined the term 'Webaholic' to describe pathological computer usage.

Concluding note on Internet-related behaviour terminology, the scholar here would like to comment on the crucial distinction between being 'addicted to the Internet' and being 'addicted on the Internet', which has been noted by Starcevic (Starcevic, 2013; Starcevic & Billieux, 2017), from the perspective that the Internet is only a medium that offers a wide range of avenues for particular online behaviours and that it is essential to comprehend the precise mechanisms underlying the various types of behaviours on the Web. Therefore, the term "Webholism" is used in the current study to refer to more generalized excessive online behaviour and the circumstances that support it will be established during the research process.

Even though the researcher used the term "Webholism" to describe internet behaviour in this study, due to the term Internet Addiction is found used in the majority of studies, the term 'Internet addiction' is used as the primary keyword for a review of the literature and in all linked studies when referring to the findings of the current investigation.

Daily Experience of People with Bowed Heads

The Internet's appeal is a product not only of all the fantastic material that resides on it but also of humans' meticulously trained survival mechanisms, which can be experienced by anyone who spends a considerable amount of time on it whether for work or pleasure. People frequently find themselves switching back and forth from WhatsApp, YouTube, Telegram, Snapchat, Gmail, Facebook, Twitter, and other services, particularly social media platforms that are made to automatically refresh continuously or allow users to "infinitely scroll" through the items in their feeds. And this trend is probably going to continue as Internet availability and usage rise.

The phrase 'Bowed head people' are used to describe those who no longer raise their heads to engage in social interaction or be a part of society, preferring instead to solely stare down at their cellphones. The researcher overheard some people talking about bowed heads, which highlights the significance of the study's background.

From a college canteen

"When the students arrived and left in the past, there was a lot of activity and noise. When we arrive here, all of our concerns over the house will change when we hear matters about the pupils. Students arrive today and sit on their smartphones. Mobile devices are not permitted in class. On a mobile device, they converse with the person seated across from them. Outside, sometimes no particular speech sound can be heard. Regarding students, we have no information. They could also be silent a lot. Just pictures will be

taken. Once it is done, they will play and act on their phones. That will make them happy. But these kids will send friend requests on my Facebook, and wish birthdays on Facebook, and the photos posted will be liked and commented on”.

The words of a conductor on a bus

“I have been a conductor of buses for ten to twenty years. The short route and the long route are gone. I am familiar with a variety of people. Rarely did someone meet up while traveling the long route. I observed them conversing with people nearby. No one seems to care anymore now. The item (headset) is put in the ear as soon as they enter the vehicle, whether the wearer is male or female. They can't wait to pick up the ticket even more. They start looking at the phone again and can be seen laughing. That continues until they exit the bus. When playing a game, someone once experienced difficulty striking someone's stomach”.

From a wedding auditorium

“Right now, attending a wedding is like eating food without paying the bill. The kids were denied the opportunity to share their silly discussions for a time. Adults have no idea what to say to these new-generation kids and they are uninterested in it. You can see young folks chatting on their phones while seated nearby. These people don't care who or what enters or exits the hall. Dine, take pictures and leave. Small youngsters can be spotted in the wedding

hall following their parents and getting their phones. They will sob till they receive the phone”.

When guests come to a house

“The kids will ask for the device password the moment someone enters the house from outside. Children are aware that we do not become irate while visitors are there. They are making use of it... then watch the animated film... as long as they watch it while sitting”.

Does this indicate that we are all now Internet addicts? No and Yes? Dr. Kimberly Young of the Internet Addiction Centre defines Internet addiction as an impulsive-control disorder with five distinct subtypes: computer addiction, cyber-sexual addiction (Internet pornography), cyber-affair/relational addiction (an addiction to chat rooms and other online social forums), net compulsions (addictions to online gaming, online gambling, and eBay), and information overload (an addiction to database searches). Your daily actions are where Internet “addiction” becomes problematic.

Recognizing Internet Addiction (IA) from Excessive Internet Use

The difference between Internet addiction and excessive Internet use must be made because there are overlaps between the two behaviours. Although excessive Internet use is a requisite for Internet addiction, excessive Internet use alone does not always imply addiction. The circumstances of such use are also crucial (Griffiths, 2010). Both empirical and theoretical approaches have been used by researchers in scientific analysis to examine the distinctions between excessive Internet use and internet addiction (Caplan, 2003; Caplan, 2006; Lee et al., 2014). A

small-scale investigation was carried out by Lee et al. (2014) utilizing a sample of 125 male Korean teenagers. The aim of their research was to compare the results from diagnostic interviews with participants' levels of psychiatric comorbidities and other behavioural features in order to evaluate the differences between excessive (referred in their study as "Internet abuse"), addicted, and non-addicted users. The Internet Addiction Test scores and a psychiatric diagnosis were used to divide the subjects into groups, and amongst excessive and addicted users, there were discernible variations in mental comorbidities and behavioural traits. More precisely, the comorbidity rates in the addicted group were substantially greater than in the excessive group. Additionally, there were higher sleep issues, mood swings, and preoccupations in the addicted group. Furthermore, while addicted users typically exhibit significant impairments in several life domains as they continue to use the Internet despite negative consequences, excessive users may not exhibit all six core criteria of addiction (i.e., salience, mood modification, tolerance, withdrawal, conflict, and relapse) (Griffiths, 2003). Moreover, excessive users are likely to encounter fewer issues related to their Internet use than addicted users.

According to Caplan's (2003) theoretical terms, IA is characterized by a problem with impulse control, whereas excessive Internet use refers to an amount or level of online activity that surpasses what a person considers to be normal, usual, or planned. Despite the fact that most people believe they spend too much time online, this excessive use may be more related to their reliance on the Internet for everyday tasks (i.e., functional rather than dysfunctional use) than to their psychosocial well-being. In this situation, a large number of people may claim to use the Internet excessively, but the majority of these users use the Internet to achieve beneficial

rather than adverse outcomes connected to their professional and/or social life. Furthermore, Caplan (2003) discovered that IA was more closely associated with adverse outcomes than excessive Internet use.

Signs and Symptoms of Internet Addiction (Young, 1998)

Young has created eight criteria to diagnose IA (APA, 1995). These consist of:

- 1) Preoccupation with use of the computer, think about previous online activity/anticipation of next online session
- 2) Craving more and more time at the computer
- 3) Making efforts to cut back on computer use or stop, and failing repeatedly
- 4) Feelings of emptiness, depression and irritation when not at the computer or when attempting to cut down
- 5) Staying online longer than originally intended
- 6) Jeopardising or risks losing significant relationships, job, career or education because of the Internet
- 7) Hiding the extent of computer/Internet use to family and friends
- 8) Use of the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g. feelings of helplessness, guilt, anxiety, depression)

If five out of eight criteria are met over the course of a year, it is possible to diagnose internet addiction. Internet addiction is most often defined as the inability of a person to control how much time they spend online (including any online-related, compulsive behavior), which sooner or later causes one's marked distress and functional impairment in daily life (Young, 1998). As per DSM-V, Internet addiction is not yet recognized as a disorder but is being considered as an area in need of further research (APA, 2013).

According to research studies conducted in Western and Asian countries (Shek & Yu, 2016; Xin et al., 2018), young people are at an increased risk of developing an addiction to the Internet. Adolescent internet addiction can significantly affect identity formation, impair cognitive function, cause students to do poorly in school, engage in risky behaviour, and develop unhealthy eating habits (Pfaff, 2013).

The internet is a crucial instrument for education, communication, entertainment, and information sharing for the new generation. Two of the many facets of the Internet that encourage addictive behaviour are easy to access and social networking (Guedes et al., 2016; Kuss & Griffiths, 2011). The risk of Internet addiction is growing as a huge behavioural addiction pandemic that has to be addressed internationally, along with the explosion in access to the Internet and the advent of new-generation gadgets (Thakur et al., 2018). Due to the enormous penetration of technology even in the most distant areas, developing nations are also not exempt (Christakis, 2010).

Psychological Aspects of Webholism

There are certain psychological effects that may occur due to prolonged internet use. A person's physical and emotional health may suffer greatly as a result of Internet addiction. Physical issues brought on by an internet addiction include body aches (Yang et al., 2019), fatigue (Dol, 2016), Carpal Tunnel Syndrome (Collier, 2009; Karacorlu et al., 2022), insomnia (Farsani et al., 2016), visual issues (Mylona et al., 2020), and weight gain or loss (Slametiningsih & Khilila, 2022).

Depression, dishonesty, anxiety, social isolation, violence, and mood swings are a few examples of emotional impacts.

There are certain psychological variables that may contribute to or predict Webholism like Personality (Peris et al., 2020) Aggression (Agbaria, 2020), Psychopathology (Depression, Anxiety, Stress) (Jaafar et al., 2022), Life satisfaction (Owodunni, 2022), Procrastination (Tras & Gokcen, 2020), Impulsivity (Zhang, 2020), Loneliness (Oztekin & Oztekin), Emotion Regulation (Quaglieri et al., 2022) and Interpersonal rejection sensitivity (Lin et al., 2021). Massimini and Peterson (2009) found the use of smartphones resulted in tardiness. Tindell and Bohlander (2012) surveyed 269 university students and argued that the use of the cell phone is a distraction and that “if students are spending time texting, they are not paying attention in class”. Extended overuse of technology reduces the quality of sleep, causes eye strain, and vision problems, as well as leads to the increased occurrence of migraine headaches (Demir & Sumer, 2019). Marital satisfaction can be lowered if either partner “snubs” the other in favour of using a cell phone (Zoppolat et al., 2022). Individuals with attachment anxiety reported a higher degree of cell phone conflict (Beukeboom & Pollmann, 2021; Roberts & David, 2016).

Internet Addictions and Mental Illness

The Internet consumes a considerable chunk of our attention on a day-to-day basis. The vast majority of adults go online daily, and over a quarter report being online “almost constantly”. College students are more likely than most other social groups to become dependent on the Internet. There are a number of causes for this. Having enough time, being able to use a gadget easily, having limitless access to the

Internet, the psychological and developmental traits of youngsters, and having little to no oversight by parents are a few of these (Krishnamurthy & Chetlapalli, 2016). Additionally, since academics now depend on the Internet for everything from assignments and projects to interacting with classmates and teachers, students have an expectation to use the Internet and computers (Krishnamurthy & Chetlapalli, 2016). According to Krishnamurthy and Chetlapalli (2016), the Internet provides a means of escape for students from exam stress and due to all of these factors, internet overuse is now a major source of worry for parents and teachers.

In a 2016 study, it was discovered that people who were deemed to have an online addiction utilizing Dr. Young's online Addiction Test had a lot more difficulty managing their daily activities. This covered their capacity to interact with others in the real world, as well as their daily routines at home, at work, and in school. Additionally, those who struggled with these addictions showed noticeably more signs of anxiety and depression.

There is disagreement regarding whether such mental health difficulties are a result of computer, mobile device, or online addiction. People with internet addiction frequently exhibit ADHD symptoms, such as trouble planning in advance, poor time management, and increased rates of attentional impulsivity. A co-occurring condition that necessitates specialized care and treatment is also more common in people with addictions.

However, 'addiction' in the descriptive sense does not mean 'addiction' in the clinical sense. There is a critical evaluation of Young's (1998) eight-item diagnostic criteria for Internet addiction, Griffith's components model (2005) and

Tao et al. (2010)'s seven-item criteria by VanRooij and Prause (2014). According to VanRooij and Prause, while the models they looked at share the premise that the Internet can cause a qualitative shift into a diseased condition in people, the evidence at this time is insufficient to indicate the existence of an Internet addiction problem.

Whether 'Internet addiction' should be regarded as a serious psychological illness has been a matter of debate for years; the creators of the DSM-5 considered relegating Internet addiction to a section on behavioral disorders along with sex and gambling addictions but opted to list it as a "condition for further study" instead of recognizing it as an official disorder (Mathews, 2015; Young & Brand, 2017). Thus, it is not yet officially recognized as a clinical entity that is diagnosable and Internet Gaming Disorder (IGD) has been included in section III for further study in the DSM-5 by the APA (2013).

Peer and Internet Addiction

Another factor discussed in relation to internet addiction is peer pressure. Peer pressure, according to Esen and Gundodaydu (2010), is a key predictor of internet addiction. Peer pressure and internet addiction are related in that when peer pressure decreases, so does the addiction to the internet (Esen & Gundodaydu, 2010). According to Harman et al. (2005), adolescents with internet addiction interact less with their classmates and have poor relationship quality. Adolescents with internet addiction typically have poor peer relationships (Sanders et al., 2000; Whang et al., 2003). According to Mesch (2001), they also have trouble forming friends, are socially isolated (Nalwa & Anand, 2003), and have poorer social skills and

relationships (Esen & Gundodaydu, 2010; Harman et al., 2005). A lack of friends may also boost the incentive for online social engagement, as Nowland et al. (2018) found that those who lack friends also utilize the Internet more frequently to make up for their social deficits.

Digital Detox

People are revolting against the hold that cell phones and other technologies have on their lives, minds, and usage of free time all around the world. More people are actively trying to lessen their reliance on mobile phones and other smart devices, even if it's just something as basic and easy as putting their phones down while they are eating. It's called a digital detox, and it's being recommended by technology de-addiction and counselling clinics. Internet detox/Digital detox Fasting is a time when a person abstains from using electronic devices like computers or smartphones, which is thought to be an opportunity to relieve stress or concentrate on social contact in the real world (Syvertsen & Enli, 2020). It's not just adults seeking this change. The past years have seen the opening of three technology de-addiction centers in India catering largely to children and young adults - the SHUT clinic (opened in 2014) in NIMHANS, Bangalore, Hermitage in Amritsar (established in 2008), and Centre for Children in Internet and Technology Distress (CCITD) in Delhi. In 2021, a new initiative called 'E-Mojen (e-mochen)', a first-of-its-kind internet addiction clinic in Kerala, was started by the Kozhikode District Legal Services Society and the Health Department (The Hindu, 2021). People might explore other interests and become aware that there is more to life than the digital world by taking a break from virtuality (Lobo, 2015).

Internet use in India

Internet usage is increasing among the people of our country. India surpassed China to become the world's most populated nation during the month of April 2023, according to the UN, which places India's population at 1.4286 billion (1,428.6 million) compared to China's 1.4257 billion. Along with that, India is the second-largest online market in the world, while China is the country with the most internet users as of January 2023. Internet and Mobile Association of India (IAMAI) report that by the end of 2022 December, with 52% of the population, India had 700 million internet users (IAMAI, 2022), up from 481 million at the end of 2017 December (IAMAI, 2017). India is also conducting a significant amount of study on internet addiction.

Kerala far outpaces the other states in South India in terms of internet usage according to TRAI data as of June 2019 (TRAI, 2019). Kerala has the second-highest internet penetration among the states, at 56%, followed by the NCT of Delhi (68%). Even one of the country's biggest IT hubs, Karnataka, has only a 42 percent internet penetration rate (Statista, 2022). In terms of Internet subscribers per 100 residents, it ranks fourth overall among telecom service areas, behind Delhi, Punjab, and Himachal Pradesh. It does better in metropolitan areas, where it is second only to Himachal Pradesh. Moreover, Kerala has the greatest internet penetration rates in rural areas. In contrast to most other states, Kerala has seen a decline in the number of internet users in metropolitan areas and an increase in the prevalence of internet connections in urban areas these years (IAMAI, 2022). One other important fact the report highlights is that the percentage of women users has grown significantly over the last few years. The IMAI (2019) report notes that Kerala, Tamilnadu and Delhi

have the highest proportion of female Internet users (Krishnan, 2019). The proportion of female internet users increased by 2 percent in both urban and rural markets.

Meanwhile, Kerala has been ramping up efforts to see that everyone – even those in disadvantaged communities - have access to the internet. In 2019, Kerala announced its decision to have Internet access made a basic human right. Plans for an ambitious 1000-crore Kerala Fibre Optic Network (K-FON) were also laid out and implemented this year on 5th June 2023 to fulfill this promise and to bridge the digital gap with K-FON thereby guaranteeing that every home and government building has access to high-speed broadband internet (kfon.kerala.gov.in).

NEED AND SIGNIFICANCE OF THE STUDY

The Social Dilemma is a 2020 American docudrama film that was written, directed, and produced by Jeff Orlowski and Vickie Curtis. The documentary explores the rise of social media and the harm it has done to society, focusing on how its users are exploited for financial gain through surveillance capitalism and data mining, how it is designed to foster addiction, how it is used in politics, how it affects mental health (including adolescent mental health and rising teen suicide rates). It was said in that documentary by Dr. Shoshana Zuboff, emeritus professor at Harvard Business School and author of *The Age of Surveillance Capitalism*, that the current market is a new one. A marketplace like this has never existed before. It is a market where only human futures are traded. With the advent of large-scale marketplaces for trading human futures, the Internet industry has become the richest industry in human history (Rhodes et al., 2020).

Amazon, Alphabet (formerly Google), Meta (previously Facebook), Apple, and Microsoft are the five largest technology companies in the world and the top internet-based businesses in terms of revenue. They are collectively referred to as the “Big Five” (Beard, 2022). According to The Economic Times of 2023, Microsoft is the most profitable company and has the largest market valuation, exceeding \$2 trillion (The Economic Times, 2023). Online sales, transaction fees from financial transactions, paid advertising, cloud services, and a variety of other business models all contribute to the financial success of internet-based businesses (Bloomenthal, 2022). It may be claimed that a lot of people are ignorant of online enterprises due to the widespread misconception that Google and other search engines are free to use.

One of the phrases from the documentary *Social Dilemma* that is used the most is “If you are not paying for the product, then you are the product.” Google is more than just a search engine, and Facebook is more than simply a place to check what our friends are up to and their images. The Internet is vying for our attention. Companies like these, including Facebook, Snapchat, Twitter, Instagram, YouTube, etc. rely on user’s screen engagement to drive revenue. The product is that which we are. Our ‘attention’ is the product being offered to advertising (Rhodes et al., 2020).

Dr. Jonathan Haidt, a social psychologist at New York University, claims that there has been a sharp rise in depression and anxiety among American teenagers between 2011 and 2013. Additionally, he suggested that kids shouldn’t use social media until they are in high school since it interferes with their personality development (Rhodes et al., 2020).

Employees who spend a lot of time online can become easily irritable, causing increased arguments with coworkers and unfriendly work relationships. Increased time on the Internet also results in decreased work activity and production (Beard, 2002). The internet's tendency to replace in-person interactions with virtual ones, which can alienate people and make them lose touch with reality, is a more pervasive concern.

The BBC's Global Disinformation Team has discovered and revealed in a recently released video on the 14th of September on their YouTube channel that YouTube channels that are employing Artificial Intelligence to create videos with erroneous scientific information have been suggested to kids as "educational content" (BBC World Service, 2023). YouTube is inundated with bad scientific videos that are well-optimized for the algorithm with attractive titles and controversial topics loaded with misinformation and pseudoscience. BBC conducted an experiment to determine whether these videos were reaching children. They created four kid-friendly YouTube profiles, and each one watched 50 authentic science videos. In the recommended videos just after four days, one of the "bad science" channels surfaced. They overwhelmed their suggested feed after clicking on these videos and it's available in more than 20 other languages. BBC asked, "But would kids in the real world believe what they were seeing?" Bad science may overpower positive information as these films continue to proliferate. When false information surfaces like this, we should spend more time teaching kids and internet users what to unlearn rather than learn. Because behavioural psychologists contend that environments influence behaviour and that changing an individual's environment would change that individual's behaviour (Indeed, 2022).

Individuals of the current generation find it very difficult to keep their mobile phones aside even for a few minutes. The smallest sound of a beep makes them want to know the update that has just buzzed (End et al., 2010). The Internet world is discovering more and more about us as we spend more time online. The personality, health, and political security of a person can all be impacted by the Internet. In addition to making money off the opium trade in the 18th century, the Europeans wanted to make the Chinese drug addicts and anti-revolutionaries (muzirizpost.com, 2022). Similarly, to this, in the 21st century, it is necessary to fight against the capitalist practice of keeping active people, who are definitely a nation's wealth, oppressed and passive in the Internet's vain pursuits. Because studies show that people who spend too much time on the Internet develop significant psychological problems.

As the Internet and mobile become increasingly universal, Internet addiction appears as a potential mental health problem in adolescents and students. From the reported negative consequences, it appears Internet addiction can have a variety of detrimental outcomes for young people that may require professional intervention. Despite the fact that there are numerous studies worldwide presenting a global picture of the behavioural addiction phenomenon, many of these studies used inconsistent criteria to rate the levels of addiction, used sample selection strategies that might have seriously skewed the sample size, and primarily used exploratory rather than confirmatory data analysis techniques to look at the degree of association rather than a causal relationship between variables (Byun et al., 2009). Establishing the prevalence of Internet addiction is becoming challenging due to the lack of

extensive epidemiological studies and vast variations in the application of diagnostic criteria (Krishnamurthy & Chetlapalli, 2016).

Considering the practicality and popularity of this communication tool, it is surprising that the appropriate and polite use of gadgets is still unclear as there is no definitive set of rules for its usage (Elgan, 2010; Rosenfeld & O'Connor-Petruso, 2010). A person who is addicted to the internet might be identified by the symptoms they express. But it is crucial to understand ordinary people who do not fall into that category but spend too much time on the Internet. Such people experience and create similar problems as an addicted person does, but they do so 'silently'. It can be at work, with family, spouse relationships, children, friends, to self itself, etc. We cannot eliminate the service of the internet from our lives though it may cause physical and mental problems due to its use. Rather, the intellectual approach is to motivate and enable people to use the internet wisely.

Not everyone who uses the Internet is obsessed with it. There are people who waste their time on the internet without knowing and understanding the commercial strategies that capture people into the net. Nevertheless, despite having all that knowledge, some people get stuck in the internet world. Therefore, it is necessary to find out the psychological traits that contribute to making them excessive users of the Internet. If we can identify such psychological states, we can take necessary precautions to manage them and make them regulated users of internet consumption. Currently, awareness programs are being conducted to avoid cyber fraud and other cheating. However, the experts do not attend to the need for skill development processes for children and adults in order to effectively engage on online platforms.

Just as the content of the Internet has an influence on how much time one spends on the Internet, so does one's personality too.

That is all where the need and importance of this study become clear. Through this research, we study what people feel when they are not on the internet and what psychological traits lead to excessive internet use. As the research progresses, it will also contribute to raising public awareness of this aspect of internet usage.

REVIEW OF RELATED LITERATURE

In order to begin the research, it was crucial that the researcher explores theoretical and empirical literature that helped shape understanding of this topic, as well as recognize where there may be research gaps. Internet dependents were ranked by Young and Rogers (1998) high in terms of self-reliance, emotional sensitivity and reactivity, vigilance, low self-disclosure, and nonconformist characteristics. Loneliness (Bozoglan et al., 2013), self-esteem (Bozoglan et al., 2013), interpersonal cognitive distortions (Celik & Odaci, 2013), gender (Celik & Odaci, 2013), difficulties in resilience (Canale et al., 2019) and School satisfaction and negative affects (Telef, 2016) appeared to be significant predictors of problematic internet use. The psychological variables or aspects studied in the present study are Personality, Aggression, Psychopathology (Depression, Anxiety, Stress), Life satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Regulation and Interpersonal rejection sensitivity. Based on these variables, the scientific articles that investigate relations with Internet Behaviour are obtained.

This Literature Review included English-language publications from 1998 to 2023. Internet addiction has been found as a topic of discussion or research since 1998. Therefore, only studies after 1998 were searched. In this scope, Web of Science, Scopus, Proquest, Science Direct, PsyNet, Research Gate, NCBI, Academia and Google Scholar electronic databases were searched to determine the studies to be included in the analysis. While searching, each of key words of “Webholism”, “internet addiction”, “cyber addiction”, “problematic internet use”, “pathological internet use”, “excessive internet use” and “compulsive internet use” were linked with nine independent variable key words and, researches examining relations between those traits and internet behaviour were tried to be found. In every search step, the scholar combined key terms in the variable dimensions using AND and OR operators (e.g., “personality” AND “Internet addiction” OR “Webholism”, “Internet Addiction”, “Problematic Internet Use”, “Pathological Internet Use”, “Internet abuse”, “Internet dependence” and “Excessive Internet Use”). The most commonly used term found was Internet Addiction.

At the end of search operations, in total 260 studies were obtained. On each variable, a varying number of research were found like Personality (n = 48), Aggression (n = 18), Psychopathology (n = 73), Life satisfaction (n = 44), Procrastination (n = 15), Impulsivity (n = 27), Loneliness (n = 15), Emotion Regulation (n = 15) and Interpersonal rejection sensitivity (n = 5).

Studies on each independent variable are arranged in order under the respective headings Webholism and Personality, Webholism and Aggression, Webholism and Psychopathology (Depression, Anxiety, Stress), Webholism and Life Satisfaction, Webholism and Procrastination, Webholism and Impulsivity,

Webholism and Loneliness, Webholism and Emotion Regulation, Webholism and Interpersonal sensitivity. The term internet addiction was found more common in reviews than the word Webholism.

Webholism and Personality

A study conducted on students by Sepehrian and Lotf (2011) with personality type A have found internet addiction more than type B students. Yet they said that personality types A and B are not significant predictors of internet addiction. Results of Jiang et al. (2012) revealed that Chinese students with internet addiction are high on the novelty-seeking and harm-avoidance behaviour but lower on the reward-dependence. Esmaili and Amirsardari (2017) found that there is a significant relationship between internet addiction and personality characteristics. Halder and Khatun (2018) show a significant positive correlation between personality and attitude toward the use of Facebook. Results of Peris et al. (2020) revealed that more disinhibited, neurotic, narcissistic people show more internet addiction symptoms as well as high levels of narcissism predicted an increase in internet addiction and game addiction (Kim et al., 2008). Pandya (2015) found there is a significant negative correlation between the youth's Internet Addiction and Personality traits like Emotional Stability, Extroversion, Openness to Experience, Agreeableness and Conscientiousness.

Emotional Stability

The findings of Kuss et al. (2014) show internet addiction is associated with low emotional stability. Blachnio et al. (2017) also found Internet addiction was negatively associated with emotional stability. In the Polish sample, they found lower emotional stability associated with higher Facebook addiction. In the

Ukrainian sample, they found lower emotional stability being female associated with higher Facebook addiction. Moreover, emotional stability is negatively related to internet addiction behavior (Sulaiman et al., 2019). Self-regulation and Internet use show a significant negative correlation (Treglia & Tomassoni, 2018). Chwaszcz et al. (2018) found Emotional stability is the personality trait most strongly associated with Internet addiction

Neuroticism

A study conducted by Haddadain et al. (2010) found that NEO's Neuroticism predicted all of the subscales of the Generalized Problematic Internet Use Scale (GPIUS). Neuroticism found positively related to Internet addiction (Ge et al., 2015; Hostovecky & Prokop, 2018; Kayis et al., 2016; Kuss et al., 2014; Peris et al., 2020; Peterka-Bonetta et al., 2019; Sahraian et al., 2016; Seyedan, 2017; Shi & Du, 2019; Wang et al., 2014; Yao et al., 2014), social networking behaviour (Sriyabhand & John, 2014; Wang et al., 2014) text messaging (Ehrenberg et al., 2008) and Problematic mobile phone use (Takao, 2014). Saini et al. (2016) found higher neuroticism displayed a significant association with Internet addictive behaviour among the Indian sample. In Papastylianou's (2013) study, Internet addiction is associated marginally with neuroticism. Sun and Wilkinson (2020) found a negative correlation between Neuroticism and Internet addiction. Roos and Kazemi (2021) in their recent study found Neuroticism was negatively associated with overall Internet usage.

Psychoticism

Internet Addiction Disorder (IAD) often occurs concurrently with mental symptoms and personality traits such as psychoticism and introversion (Xiuqin et

al., 2010). Sun and Wilkinson (2020) found psychoticism negatively related to Internet addiction. Yao et al. (2014) found Psychoticism is positively related to Internet addiction. According to research by Ge et al. (2015), Internet addiction and its associated aspects can be used as markers of psychoticism personality. As per the findings of Kozan et al. (2019), an increase in neuroticism, extraversion, openness, agreeableness, and conscientiousness leads to an increase in dominance, autonomy, affiliation, and achievement. Also, gratifying psychological needs result in less problematic social media and Internet use. Munno et al. (2016) found schizophrenia and bizarre mentation were strongly associated with problematic/ pathological Internet use. Kuang et al. (2020) found high psychoticism and neuroticism were impact factors for suicidal ideation and suicidal ideation have a predictive effect on Internet Addiction. Extroversion was found as a protective factor in their study. The results of Floros et al. (2014) reveal Internet addiction exhibits a significant level of comorbidity with Axis I and II illnesses. Although their occurrence may be higher in certain addictions, personality disorders typically develop over a longer period of time and are not a result of a single addicted behaviour (Floros et al., 2014). Thus, IAD can be seen as a unique clinical entity with roots in personality traits that may be inherited or developed over a longer period of time. At the same time, its symptoms may be aggravated by those of co-occurring psychopathology.

Extroversion

The personality feature extraversion is positively related to social media use and emotional stability was found as a negative predictor in the study of Correa et al. (2010). Ehrenberg et al. (2008) found that more disagreeable individuals spent increased time on calls and extraverted individuals spent increased time in text

messaging (Ehrenberg et al., 2008) and social networking addiction (Wang et al., 2014). In a Japanese study, Takao (2014) found Problematic mobile phone use is a function of extraversion. Studies found Internet use is positively related to Extraversion (Hostovecky & Prokop, 2018; Mark & Ganzach, 2014; Ozturk et al., 2015; Roos & Kazemi, 2021; Sriyabhand & John, 2014).

In the study of Takao et al. (2009), extraversion is closely related to addictive behaviors and problematic mobile phone use and problematic mobile phone use was found a function of gender, self-monitoring, and approval motivation. According to the findings of Wilson et al. (2010), high extroversion and low conscientiousness are predictable factors of cyber addiction. Results of Peris et al. (2020) revealed that extroverted people show more internet addiction symptoms as well as high levels of extraversion predict an increase in internet addiction.

According to Zamani et al.'s (2011) research, extroverts favor social, in-person communications over virtual ones. They discovered that introverted pupils' timidity (shyness) prevents them from interacting with others, and that extroversion is a key determinant of Internet addiction. Also, Extraversion was found negatively related to Internet addiction in some studies (Blachnio et al., 2017; Kayis et al., 2016; Kircaburun, 2016; Sahraian et al., 2016; Seyedan, 2017). Saini et al. (2016) found extroversion traits are low in Internet addictive behaviour among the Indian sample. Koronczi et al. (2019) found Extraversion did not correlate with problematic internet use.

Introversion

Sun and Wilkinson (2020) as well as Xiuqin et al. (2010) found Introversion is positively related to Internet addiction. Introverted and neurotic people locate their 'real me' on the Internet, while extroverts and non-neurotic people locate their 'real me' through traditional social interaction (Hamburger et al., 2002).

Openness

Openness to experience was positively associated to Internet addiction (Ozturk et al., 2015; Papastylianou, 2013; Roos & Kazemi, 2021; Servidio, 2014; Takao, 2014), social media use (Correa et al., 2010), and negatively associated with internet addiction (Kayis et al., 2016; Seyedan, 2017), higher Facebook addiction (Kuss et al., 2014) and gaming addiction (Wang et al., 2014). Some studies found Openness was not associated with Internet Dependence (Haddadain, Abedin & Monirpoor, 2010; Hostovecky & Prokop, 2018; Koronczai et al., 2019) but predicts compulsivity (Haddadain et al., 2010).

Agreeableness

Agreeableness is negatively related to internet addiction behavior (Hostovecky & Prokop, 2018; Kayis et al., 2016; Kuss et al., 2014; Sahraian et al., 2016; Seyedan, 2017; Sulaiman et al., 2019), twitter addiction (Kircaburun, 2016) and Instagram addiction (Kircaburun & Griffiths, 2018). Kircaburun and Griffiths (2018) found that daily internet use was positively associated with Instagram addiction and self-liking partially mediated the relationship between Instagram addiction with agreeableness. Internet addiction has been linked positively to

general sensation seeking and negatively to agreeableness (Rahmani & Lavasani, 2011; Servidio, 2014; Shi & Du, 2019) and is positively associated with social networking behaviour (Sriyabhand & John, 2014). From the study of Takao (2014), problematic mobile phone use is not a function of agreeableness and Agreeableness did not correlate with problematic internet use (Hostovecky & Prokop, 2018; Koronczai et al., 2019).

Conscientiousness

Conscientiousness was found negatively associated with problematic internet use (Blachnio et al., 2017; Buckner et al., 2012; Kayis et al., 2016; Koronczai et al., 2019; Peterka-Bonetta et al., 2019; Rahmani & Lavasani, 2011; Sahraian et al., 2016; Shi & Du, 2019; Wang et al., 2014), social networking behaviour (Sriyabhand & John, 2014), gaming addiction (Wang et al., 2014), Twitter Addiction (Kircaburun, 2016), Instagram addiction (Kircaburun & Griffiths, 2018) and Facebook addiction in Turkish sample (Blachnio et al., 2017). Kircaburun and Griffiths (2018) found that self-liking fully mediated the relationship between Instagram addiction with conscientiousness. Rahmani and Lavasani (2011) found a positive significant relation between internet dependency with sub-scales of disinhibition and boredom susceptibility. In the Ukrainian sample, Blachnio et al. (2017) found lower conscientiousness in females is associated with higher Facebook addiction. Chwaszcz et al. (2018) found the personality trait conscientiousness is most strongly associated with Internet addiction. Results of Shi and Du (2019) revealed that ADHD symptoms mediated the associations of conscientiousness, agreeableness and neuroticism with internet addiction. Controversly, Mark and

Ganzach (2014) found Internet use is positively associated with Conscientiousness. Yet, Takao (2014) found problematic mobile phone use is not a function of conscientiousness.

Engelberg and Sjoberg (2004) didn't find a link between personality (a low score corresponds to low neuroticism in the Emotional stability scale) and usage of the Internet. In the study of Buckner et al. (2012), Extraversion, Agreeableness and Neuroticism were unrelated to any form of excessive internet use. In Papastylianou's (2013) study, the association between Big-Five and Internet addiction was even weaker.

Webholism and Aggression

Aggression was found positively correlated with online game addiction (Evren et al., 2019; Jie et al., 2016), smartphone addiction (Kim et al., 2015), and internet addiction (Agbaria, 2020; Evren et al., 2019; Obeid et al., 2019) yet the extent of online game addiction could be weakly predicted based on the person's aggression (Kim et al., 2008). More frequent use of the Internet was connected with higher levels of aggression and anxiety (Hwang et al., 2014; Zboralski et al., 2009). Internet addiction had a highly significant positive effect on aggression (Khatoon, 2016). Adolescents with Internet addiction were more likely to have aggressive behaviors (Ko et al., 2009). According to Kim et al. (2015), online chatting, online sex viewing, online gaming, and online gambling were associated with aggressive behaviors. At the same time, pathological gamers show high aggression at weak levels (Grusser et al., 2007).

Alavi et al. (2011) claimed that aggression is associated with the diagnosis of Internet addiction controlling for age, sex, education level, marital status, and type of university. Kim (2013) found Internet addiction is positively associated with all aggressive characteristics and IAD is often accompanied by aggression and these two conditions are closely related to each other (Hahn & Kim, 2014). Hwang et al. (2014) found Internet addicts showed high levels of aggression and lower levels of extraversion, openness to experience, and conscientiousness and were more depressive. Teng et al. (2014) reported positive correlations between violent online game exposure, Internet addiction, low self-control, and aggression. They found aggression was directly predicted by violent online game exposure and Internet addiction (Jie et al., 2016; Lim et al., 2015). Cyber aggression found positively correlated with aggression (Garcia et al., 2016). Sahin (2014) found no correlation between Internet addiction and aggression.

Webholism and Psychopathology (Depression, Anxiety & Stress)

The term ‘psychopathology’ is used to describe a variety of mental health problems, signs and symptoms, causes, origins, development, and treatments (Langford, 2022). The only mental states studied in this research are depression, anxiety and stress. The variables examined in research that are connected to Webholism are explained in the following paragraphs.

Depression, Anxiety and Stress

Internet addiction was found positively related to depression, anxiety, and stress (Akin & Iskender, 2011; Gholamian et al., 2017; Jaafar et al., 2022; Lodha, 2018; Saikia et al., 2019; Tas, 2019; Yadav et al., 2013) as a whole and all its

components (Seifi et al., 2014). Male Internet addicts differed significantly from females in terms of depression, anxiety, stress, and loneliness (Ostovar et al., 2016). Lodha (2018) found no gender difference. Research results of Gedam et al. (2017) reveal that anxiety, depression, psychological distress, loss of emotional/behavioral control, emotional ties, life satisfaction and lower psychological well-being had a significant association with internet addiction.

Depression, anxiety, and stress were predicted positively by internet addiction (Akin & Iskender, 2011; Gupta et al., 2018) and greater duration of internet use per week and always online status (Gupta et al., 2018). Yadav et al. (2013) found that the presence of anxiety and stress predicts IA (Kaur & Cheema, 2018) whereas, Tas (2019) found depression and anxiety predict IA. Kaur and Cheem (2018) found there is no relationship between depression and IA. Though, depression leads to higher levels of smartphone use (Stankovic et al., 2021). Extensive smartphone use is related to depression through the mediation of stress (Stankovic et al., 2021) yet increased smartphone use tends to reduce stress. Goel, Subramanyam and Kamath (2013) found internet addicts had high anxiety (Musa & Vahedi, 2014) and depression but not stress (Radeef & Faisal, 2018). Stress was found as a significantly important risk factor for IA (Radeef & Faisal, 2018). Results of Wong et al. (2015) revealed that Stress predicts problematic internet use.

In Sharma et al.'s (2015) study, stress, depression and internet addiction are positively correlated (Javaeed et al., 2019; Vishwakarma & Sharma, 2022). Findings from the study of Jun and Choai (2015) reveal academic stress is positively associated with Internet addiction via negative emotions. Ostovar et al. (2016)

conducted a study in New York that found Internet addiction is a predictor of stress, depression, anxiety, and loneliness. No correlation was found between anxiety and internet use (Javaeed et al., 2019; Sharma et al., 2015; Vishwakarma & Sharma, 2022). Stankovic et al. (2021) obtained negative correlation of smartphone use with anxiety, stress and sleep quality. Servidio et al. (2021) found fear of COVID-19 was associated with Internet addiction disorder and the fear of COVID-19 mediated the relationship between anxiety and Internet addiction disorder.

Depression and anxiety symptoms are positively correlated and predict IA (Ceyhan et al., 2019; Dalbudak & Evren, 2014; Dalbudak et al., 2014; Ghanate et al., 2019; Lai et al., 2015; Li et al., 2019; Potembska et al., 2019; Seyrek et al., 2017; Yucens & Uzer, 2018). Addicted internet usage shows psychiatric symptoms such as depression (Dalbudak et al., 2013; Fayazi & Hasani, 2017; Marzilli et al., 2020; Xiaoli et al., 2009), depressive symptoms like somatic discomfort/retarded activity (Yen et al., 2014), anxiety (Dalbudak et al., 2013; Mohammadkhani et al., 2017; Stavropoulos et al., 2017; Xiaoli et al., 2009), somatization (Mustafa, 2011), obsessive Compulsive (Mustafa, 2011; Potembska et al., 2019), conversion symptoms (Potembska et al., 2019), interpersonal sensitivity (Mustafa, 2011), difficulties in emotional regulation (Ceyhan et al., 2019), hostility (Mustafa, 2011), attention disorder and hyperactivity symptoms (Seyrek et al., 2017), phobic anxiety (Mustafa, 2011), social anxiety (Fayazi & Hasani, 2017; Yen et al., 2014; Yucens & Uzer, 2018), paranoid ideation (Mustafa, 2011), psychoticism (Mustafa, 2011), alexithymia (Dalbudak et al., 2013) and novelty seeking (NS) (Dalbudak et al., 2013). Capetillo-Ventura and Juarez-Trevino (2015) found IA had a highly significant correlation with impulsivity, neuroticism-anxiety and aggression-

hostility. Findings of a Malaysian study show IA is associated with Depression; but not anxiety (Othman & Lee, 2017).

In a study conducted by Choi et al. (2015), Anxiety was found as risk factor but as a protective factor for internet addiction and depression were found as a protective factor for smartphone addiction. Park et al. (2013) claimed that depression and anxiety predicts Internet addiction (Dalbudak et al., 2014; Li et al., 2019) among adolescents (Li et al., 2019). Alexithymia found as a significant predictor of Internet addiction, independent from anxiety and depression (Scimeca et al., 2014). In the study of Romano et al. (2014), depression shows weak and anxiety shows moderate association with internet addiction. Lim et al. (2015) found Depression and anxiety do not mediate IA. Based on the data from six different countries like China, Hong Kong, Japan, South Korea, Malaysia, and Philippines, the findings of Lai et al.'s (2015) study exhibits there is Country-wise difference exists on Anxiety and Internet Addiction. Anxiety plays an important role in increasing Internet usage and strengthening the addiction (Santos et al., 2016). Reducing symptoms of anxiety will promote healthy Internet use (Santos et al., 2016).

Feng et al. (2019) found internet addiction is positively correlated with stress and social anxiety and social anxiety partially mediates the impact of stress on internet addiction. Baltaci et al. (2021) found internet addiction and social appearance anxiety was found positively related.

Lam et al. (2009) conducted a study among 1618 adolescents found that internet addiction and depression are positively correlated. Experience of recent stressful events was also related to Internet addiction (Lam et al., 2009).

Pathological Internet use was found to be associated with significant levels of depression (Young & Rogers, 2009; Gupta et al., 2019) and disturbed sleep quality (Ko et al., 2014). Depression exacerbated by internet addiction (Ko et al., 2014). Yen et al. (2011) found internet addicts are high on expressive hostility behavior and depressive people show less hostility while engage in online.

IA and anxiety are positively related (Azher et al., 2014). IA significantly predicted by the anxiety caused by high -density living conditions (Tao et al., 2016). Jaiswal et al. (2019) shows internet addiction was positively correlated with social anxiety and social anxiety had a direct effect on internet addiction (Ye et al., 2021). Tras and Gokcen (2020) suggest that social anxiety and academic procrastination predict internet addiction. Results of Cai et al. (2021) shows academic related anxiety increase IAT nodes in network analysis. Yet, Savci and Aysan (2017) found no significant correlation between variables. They asserted that unfavorable feelings had an impact on everyday online usage and internet addiction.

Stress and internet addiction are positively correlated (Chaturvedi & Arora, 2018; D'Cunha & Vijayan, 2021; Gong et al., 2021; Hamami et al., 2021; Patel, 2019; Singh et al., 2020; Song & Park, 2019) and procrastination plays a mediating and flow plays a moderating role between them (Gong et al., 2021). Kizilok and Ozok (2021) found teachers show the tendency of IA through developing stress. Findings from Li and Liu (2021), acculturative stress and gender significantly

predict IA. Academic stress and IA are significantly associated among adolescents (Sriati et al., 2022). Though, Fabella (2015) found no significant correlation between stress and internet addiction.

Webholism and Life Satisfaction

Life satisfaction has significant effects on generalized Internet addiction and the social media addiction (Longstreet & Brooks, 2017). Smartphone addiction (Kula et al., 2020) and problematic internet use is negatively related to life satisfaction (Andrade et al., 2020; Aytan & Acat, 2019; Błachnio et al., 2018; Cao et al., 2011; Celik & Odaci, 2013; Demirer et al., 2013; Jie et al., 2016; Kabasakal, 2015; Lachmann et al., 2017; Lachmann et al., 2018; Longstreet & Brooks, 2017; Owodunni, 2022; Shahnaz & Karim, 2014) and lowers empathy (Lachmann et al., 2018). Internet gaming disorder endorsed lower life satisfaction (Bargeron & Hormes, 2017). Life satisfaction inversely related with social media addiction (Longstreet & Brooks, 2017) yet weak (Yesilyurt & Turhan, 2020) and Sahin (2017) found moderate correlation between them. Garvanova (2022) reveals that there is moderate negative relationship between Internet addiction and life satisfaction and moderate positive relationship between the variable frequency of Internet use and Internet addiction. In a study, Facebook usage duration was negatively associated with life satisfaction (Stieger, 2019). Research results of Li et al. (2018) shows stressful life events are positively associated with WeChat addiction, which directs positive impact on life satisfaction. Turan et al. (2020) found negative but insignificant correlation between both variables. Life satisfaction mediates the relationship between the affective components of subjective well-being and

problematic Internet use cognitions (Cao et al., 2011). According to Bozoglan et al. (2013), loneliness and low self-esteem are two ways that Internet addiction affects life satisfaction. In a study, participants who were not internet addicts reported a low level of loneliness and high levels of life satisfaction (Alqahtani et al., 2020). Thus, decrease in problematic Internet use increases learning satisfaction (Kabasakal, 2015). Akin & Akin (2015) found Facebook use was negatively associated with life satisfaction (Blachino et al., 2016). Where, social safeness partially mediated the relationship between Facebook use and life satisfaction (Akin & Akin, 2015).

Life satisfaction moderates the effect of motives on problematic Social Networking Site (SNS) behaviors among excessive SNS users (Wang et al., 2016). Perceived stress found to mediate the relationship between the risk of smartphone addiction and satisfaction with life (Samaha & Hawi, 2016). Psychological well-being (life satisfaction) and smartphone addiction tendency are seen as preceding factors for positive maternal parenting behaviour (Song et al., 2018). Life satisfaction associations with online shopping, pornography use, and Internet gaming were negatively mediated by loneliness and depression (Tian et al., 2018). Depression would be related to Instagram addiction and life satisfaction (Foroughi et al., 2021). In a different study, self-esteem mediated the relationship between social media addiction and life satisfaction, and as a result, addictive usage of social media was positively correlated with life satisfaction (Hawi & Samaha, 2016). Facebook users were characterized by a high level of life satisfaction and low level of self-esteem (Kabasakal, 2015). Lissitsa and Bolotin, (2016) supports that internet adoption and digital uses increase life satisfaction. Internet adoption and digital uses

can constitute an important channel for increasing life satisfaction among senior citizens and weaker social groups (Lissitsa & Bolotin, 2016).

Life satisfaction (Celik & Odaci, 2013) appeared to be significant predictors of problematic internet use. Lower age is not associated with increased internet addiction (Kvintova et al., 2020; Lan et al., 2020). Jie et al. (2016) shows Life satisfaction weakly predicts IA. Participants from intact families are less likely to develop internet addiction (Shek & Leung, 2013). Results of Ayten and Acat (2019) shows internet addiction, ethical values, and religiosity found as significant predictors of life satisfaction.

Salavand et al. (2017) found no correlation between life satisfaction and internet addiction (Entienza, 2021; Alqahtani, et al., 2020) as well as smart phone addiction (Kuang-Tsan & Fu-Yuan, 2017). Satisfaction with life did not directly predict smartphone addiction, but an indirect effect via perceived stress (Vujic & Azabo, 2022). Ko et al. (2007) found there is no difference between life satisfaction and high or low levels of internet addiction among adolescents (Cakmak et al., 2016; Wee & Ling, 2020). Hawi and Samaha (2016) found Zero-order correlation between social media addiction and satisfaction with life. Bozoglan et al. (2013) do not found direct association found between life-satisfaction and Internet addiction. Low self-esteem and poor family function are as risk factors of Internet addiction (Ko et al., 2007). Błachnio et al. (2018) says that relations between the Internet use and life satisfaction are not universal. Based on their findings, in Italy, Facebook intrusion was associated with higher life satisfaction and in the USA, Internet addiction was associated with lower life satisfaction.

Webholism and Procrastination

Researches show significant positive relationships among the variables of academic procrastination (Hayat et al., 2020; Kiamarsi & Aryapooran, 2015; Siah et al., 2019), general procrastination (Saleem et al., 2015) and internet addiction (Geng et al., 2018; Tras & Gokcen, 2020; Uzun et al., 2014). Due to staying connected to the internet, academic procrastination behaviours of students increase during the day (Tezer et al., 2020). Smartphone addiction was found positively correlated with depression and anxiety through bedtime procrastination (Geng et al., 2021). Procrastination was positively related to Internet multitasking and insufficiently controlled Internet use (Reinecke et al., 2018). Female directed gender difference existed (Przepiorka et al., 2016). But Hayat et al. (2020) shows male students living in the dormitory had a higher level of Internet addiction and procrastination compared to female ones living at home. Procrastination and the tendency of compulsive Internet use are significant predictors of the prevalence of cyber loafing (Yan & Yang, 2014). IA has significant impact on Procrastination (Saleem et al., 2015) where general and decisional procrastination (Przepiorka et al., 2016) found better predictor than academic procrastination in predicting internet addiction (Uzun et al., 2014). Though, Nwosu et al. (2020) found internet addiction predicted academic procrastination. General and decisional procrastination found significant predictors of Facebook intrusion and intensity (Przepiorka et al., 2016). He (2017) found that increase in the amount of time spent on internet mainly on social media, increases the level of academic procrastination. According to the findings of Nwosu et al. (2020), social media use significantly predicted academic procrastination due to internet addiction but social media use had no significant direct effects on it.

Odaci (2011) discovered that problematic internet use and academic procrastination was not related in statistically significant levels. High level of social adjustment could block the direct effect of Internet addiction on procrastination and weaken the indirect effects of Internet addiction on procrastination via core self-evaluations (Geng et al., 2018).

Webholism and Impulsivity

Internet addiction can be conceptualized as an impulse control disorder (Lee et al., 2012). Persons suffering from Problematic Internet Use (PIU) are characterized by higher levels of impulsivity (Billieux & Linden, 2012; Kawa et al., 2017; Lee et al., 2012; Lim et al., 2014; Lin, 2020; Zhang, 2020; Zhang et al., 2021) from rural locale (Kawa & Shafi, 2015) with activation of the left superior medial frontal gyrus across game addict participants (Ding et al., 2014). Impulsivity shows positive influence on smartphone addiction (Kim et al., 2015), social media usage (Savci & Aysan, 2016) and game addiction (Blinka et al., 2016; Ryu et al., 2018). The UPPS-P impulsivity model posits four separate, albeit related, impulsive personality traits like negative urgency, lack of premeditation, lack of perseverance and sensation seeking were positively associated with indicators of all addiction-related behaviors except problematic use of Internet gaming (Thomsen et al., 2018). The most important traits within the model were urgency and lack of perseverance (Thomsen et al., 2018). Although, dysfunctional impulsivity is a risk factor for online gaming addiction but it does not have prominent explanatory value (Blinka et al., 2016). Gaming behaviour and impulsivity were low among normal controls in the study of Kim et al. (2019). They found gaming disorder participants showed

weakened connectivity of the bilateral OFC (orbitofrontal cortex) with the other cerebral cortex compared to NC (normal controls) (Kim et al., 2019). Another explanation is dysfunction in the Gray Matter brain area of the right dorsomedial prefrontal cortex (dmPFC), the bilateral insula and the OFC, the right amygdala and the left fusiform gyrus involved in the behavior inhibition, attention and emotion regulation might contribute to impulse control problems in adolescents with Internet Gaming Disorder (Du et al., 2016).

The study results of Bisen and Deshpande (2020) shows that internet addicts are high in impulsivity, and exist a strong positive relationship between Internet Addiction and planning impulsivity, motor impulsivity, attention impulsivity, depression and anxiety than in Non-Internet Addiction groups. In a study it was found that decreased functional connectivity in the frontostriatal network is associated with impulsivity control in the normal control group, however, internet gaming disorder participants show decreased frontostriatal connectivity and impulsivity control (Kim et al., 2019).

Blinka et al. (2016) found that problematic gamers high on impulsivity are more prone to relapse and reinstatement. Zhou et al. (2014) found internet addictive individuals share impulsivity and executive dysfunction with alcohol-dependent patients. Substance users are high on impulsivity and social anxiety in comparison to Internet Addicts (Kartari et al., 2015). Enagandula et al. (2018) found ADHD children are more prone to Internet addiction as compared to normal children. Yoo et al. (2004) found that ADHD group shows higher Internet addiction. Zhang et al. (2015) revealed that the relationship between impulsivity and IA was partially

mediated by meaning in life. They say that meaning in life and self-esteem can be protective factors to IA for highly impulsive individuals. Impulsivity could be significant predictor of IA (Lee et al., 2016; Lin, 2020; Lyvers et al., 2021; Zhang et al., 2021). Impulsivity, virtual social support, alexithymia, low subjective well-being and family function, older in age are independent predictive factors of IA (Lin, 2020). Research results obtained in the study conducted by Terroso et al. (2020) shows that individuals with high motor – attentional impulsivity and depression exhibits higher prevalence of Internet Addiction. Tang (2018), was found depression to be a stronger mediator on internet addiction than impulsivity.

Simsek et al. (2019) found no meaningful association between Internet addiction with impulsivity. Subscales of impulsivity and time spent on the Internet have found as predictive factors for Internet addiction in their study.

Webholism and Loneliness

Yao and Zhong (2014) found unhealthy Internet use will increase feelings of loneliness over time. there was positive correlation found between internet addiction and loneliness (Cao et al., 2020; Demir & Kutlu, 2016; Erol & Cirak, 2019; Karapetsas et al., 2015; Koyuncu et al., 2012; Oguz & Cakir. 2014; Oztekin & Oztekin, 2020; Shi et al., 2017) and found as the most important variable associated with IA (Bozoglan et al., 2013). Problematic internet usage positively predicts loneliness (Tabak & Zawadzka, 2017; Tras, 2019; Zhang et al., 2018). Recent research findings of Islam et al. (2023) shown that IA levels were noticeably greater among adolescents from English medium, belonged to upper social classes, had high incomes, had mobile internet access, played online games frequently, watched

online movies and not stay with family members. Social media usage predicts IA (Savci & Aysan, 2016).

Webholism and Emotion Regulation

Emotion regulation is associated with IA (Piri et al., 2020) and internet addicts have emotion dysregulation (Khodami & Sheibani, 2019). Difficulties in Emotion regulation increase the severity of Internet addiction (Evren et al., 2018; Quagliari et al., 2022). The findings of Cimino and Cerniglia (2018) show early emotion regulation has an impact on the emotional - behavioral functioning in middle childhood (8 years of age), which in turn has an influence on the onset of IA in adolescence. Adolescents with IA had greater difficulty in the identification and verbal expression of their feelings and emotion regulation and less perceived social support. Parents of adolescents with IA were more frequently inadequate in acceptance/ involvement, supervision/ monitoring and they had less emotional availability (Karaer & Akdemir, 2019). From a gender perspective, the research results of Ceyhan et al. (2019) reveal difficulties in emotional regulation (DER), anxiety and depression statistically significantly contributed to the risk for development of Internet addiction among males. According to Hormes et al. (2014), high internet users exhibit poorer emotion regulation on four sub-variables, including Non-acceptance of emotional responses, Limited access to emotion regulation strategies, Difficulty controlling impulses, and Difficulty engaging in goal-directed behaviors. In the study of Piri et al. (2020), significant positive relationship between the variables of DER except for lack of emotional awareness. Maladaptive coping strategy found mediator of the relationship between DER and

IA in their study. Contradictorily, Tsai et al. (2020) found no subscale on the DERS predicted the remission of IA and subscale of impulse control difficulties on the DERS predicted the incidence of IA among males during the 1-year follow-up period.

Age, emotion regulation strategies, personality traits (Sari & Alkar, 2019) and difficulties managing negative emotions could predict problematic use of the internet and its features were found as predictors of IA (Quagliari et al., 2022). Ercengiz and Sar (2017) explained internet addiction by external functional emotion regulation, external non-functional emotion regulation and internal non-functional emotion regulation positively and the internal functional emotion regulation was related to internet dependency negatively. Yildiz (2017) found external-dysfunctional emotion regulation, internal-dysfunctional emotion regulation, and internal-functional emotion regulation significantly predict Internet and smartphone addiction, but external-functional emotion regulation does not predict variables on significant levels. Trumello et al. (2018) found high cognitive reappraisal, low perceived maternal availability and high callousness found predictors of Internet addiction. In their study, IA was positively and weakly related to cognitive reappraisal and expressive suppression. On other side, cognitive reappraisal of emotion regulation had a significantly negative direct effect on Internet addiction (Liang et al., 2021; Sari & Alkar, 2019) because negative emotions mediated the relationships between expression suppression and IA and the relationship between cognitive reappraisal and IA (Liang et al., 2021). Cognitive reappraisal decreases and it increases IA among neurotic people (Sari & Alkar, 2019).

Through a different methodology, Elhai et al. (2018) explained that emotion regulation not related to psychopathology for participants in the imagined smartphone loss scenario but may be with imagined social media loss. Social media loss subjects evidenced stronger relations between suppressive emotion regulation with depression, anxiety, stress from imagined loss than smartphone loss group (Elhai et al., 2018). While controlling for age and gender, it was discovered that social media loss subjects' increased use of suppression and decreased use of cognitive reappraisal in emotion regulation were related to depression, stress, and (for suppression) anxiety because of imagined lost social media (Elhai et al., 2018).

Webholism and Interpersonal Rejection Sensitivity

There are very limited number of studies of Interpersonal rejection sensitivity and Internet Addiction. Eraslan-Capan (2015) found problematic Facebook use were predicted positively by interpersonal worry and dependency, low self-esteem, and unassertive interpersonal behaviour of Interpersonal Sensitivity. Interpersonal impulsivity and interpersonal sensitivity in adolescents with Internet addiction are more than those with normal adolescents (Lin et al., 2021; Jadidi & Sharifi, 2018). In the study of Lin et al. (2021), interpersonal sensitivity found positively related to the fear of missing out and smartphone addiction. Fear of missing out mediated the relationship between interpersonal sensitivity and mobile phone addiction (Lin et al., 2021). Along with that, fear of missing out and relational self-construal (in terms of one's close ties with others, one defines the self) play moderated mediation effect on the relationship between smartphone addiction and interpersonal sensitivity (Lin et al., 2021).

After controlling anxiety, depression, phobia and obsessions in hierarchical regression analysis, Yilmiz and Bekaroglu (2021) explained nomophobia (the dread of being unable to use or communicate on one's mobile device) with interpersonal sensitivity. They say that Fear of missing out on others' experiences (FoMO) is related to nomophobia makes people sensitive to interpersonal issues. In the study of Stavropoulos et al. (2021) adolescent popularity profiles (average confident, socially vulnerable and insecure bi-strategic) and their relationships with excessive Internet use and social sensitivity were investigated. The results of Stavropoulos et al. (2021) show that the Internet use and interpersonal sensitivity behaviours of the three profiles did not significantly differ from one another. Higher interpersonal sensitivity is predicted by lower self-perceived popularity, but excessive Internet use is predicted by higher actual popularity (Stavropoulos et al., 2021).

Gender and Webholism

There is some empirical evidence to support the idea that men are more susceptible to internet addiction. For instance, according to Morahan-Martin and Schumacker (2000), men (12%) were more likely than women (3%) to be pathological users, whereas women were more likely to have no symptoms of behavioural pathology (26%) compared to males (28%) or limited symptoms (males - 69% vs. females - 61%).

The studies conducted in Greece shows that the majority of those with internet addiction are young men, and the prevalence of the condition among women is rising as well (Lam et al., 2009). In contrast, Griffiths (1998)'s study revealed that from the 900 Taiwan college student responses they collected, 51 internet addiction

cases were males and three were females. Additionally, it was noted by Zhang et al. (2008) that men exhibit greater levels of internet addiction.

Research results of Scherer (1997) reveal that dependent internet users comprised a considerably higher proportion of men (71%) than women (29%) than non-dependent users (50% of men and women). This finding lends factual credence to the idea that men are more susceptible to internet addiction. Additionally, Lam et al., (2009) found that men are 50% more likely than women to be internet addicts. Furthermore, Chou et al., (2005) came to the conclusion that men utilize the internet differently than women (Jackson et al., 2001) and are more prone to develop online addiction. Women use it more to communicate and establish relationships online, whereas males are primarily interested in less relational activities (Torres, 2010). Young (1998) had stated that while men are more likely to access the internet to play interactive video games, women are often more drawn to its social and interactive features.

Age and Webholism

Compared to normal children, who only had 12% Internet addiction, ADHD children had 56%, which is a higher rate than normal children overall. According to Enagandula et al. (2018), ADHD children were 9.3 times more likely than typical kids to develop Internet addiction. Children who are addicted to the Internet exhibit symptoms such as anxiety or forgetfulness when not using a screen, have lost interest in previously enjoyed activities, have irregular sleep patterns, have more virtual friends than real-life friends, or neglect important schoolwork in favor of being online (Bahrainian & Khazae, 2014). In terms of internet-addiction salience,

the figure of urban left-behind children was obviously higher than that of non-left-behind children (Ge et al., 2014; Saikia et al., 2019).

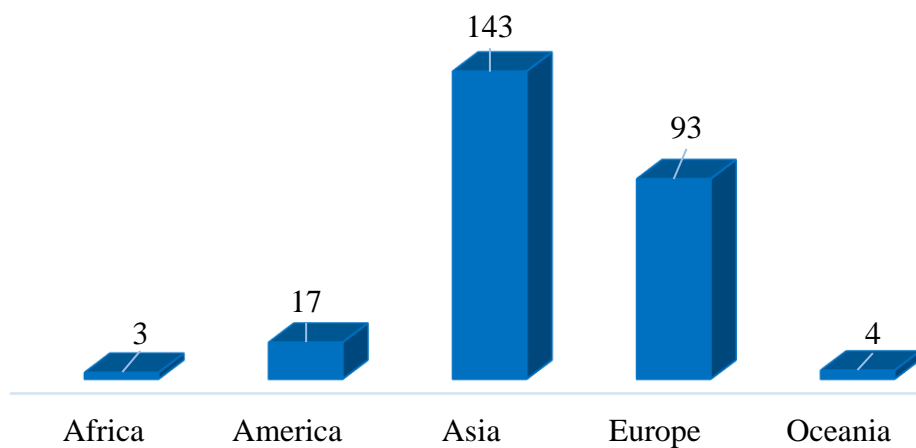
The prevalence of Internet addiction among adolescents has been estimated to be between 2% and 18% globally as per the studies from various countries (Bahrainian & Khazae, 2014; Ge et al., 2014; Kamal & Mosallem, 2013; Kormas, et al., 2011; Sharma et al., 2014). According to Kormas et al. (2011), there was a higher risk of hyperactivity and conduct issues coexisting in adolescents with potential Problematic Internet Use. Internet addiction has been linked to a number of mental health conditions in adolescents, including depression (Cheung & Wong, 2011), aggression (Ko et al., 2009), insomnia (Cheung & Wong, 2011), suicidal ideation (Fu et al., 2010), attention deficit hyperactivity disorder, social phobia and hostility (Ko et al., 2009), schizophrenia, obsessive-compulsive disorder (Ha et al., 2006), digital self-identity (Bayana & Sukanya, 2019a), drug (Gong et al., 2009) and alcohol use (Ko et al., 2008). Findings of Lozano-Blasco et al. (2022)'s meta-analytic study endorse that adult Internet addiction has been on the rise in recent years (2017–2020).

RESEARCH GAP

Analyzing the total studies (n = 260) on psychological independent variables included in the literature review, they were identified as belonging to 46 countries from different continents.

Figure 1

Number of studies included in the literature review from different Continents



From figure 17, it can be seen that more studies are from Asian countries. They include China, India, Korea, Iran, Malaysia, Taiwan, Hong Kong, Israel, Japan, Lebanon, Pakistan, Philippines, Indonesia, Azerbaijan, Bangladesh, Beijing, Malaysia, Riyadh, Singapore, Thailand, Vietnam and Zhejiang. Studies from European countries leading the second most in studies on Internet addiction like Turkey, Italy, Poland, Germany, Greece, Czech Republic, Spain, Sweden, UK, Austria, Belgium, Bulgaria, Denmark, England, Hungary, Netherlands, Slovakia and Ukraine. Studies from American countries (USA, Brazil, New York), African countries (Nigeria & Africa) and Australia from Oceania were also included in the review. The following Figure 2 and Table 1 show the country-wise details of research related to internet behaviour and psychological variables involved in this study.

Figure 2

Visual depict of Country-wise distribution of the number of research on Internet behaviour

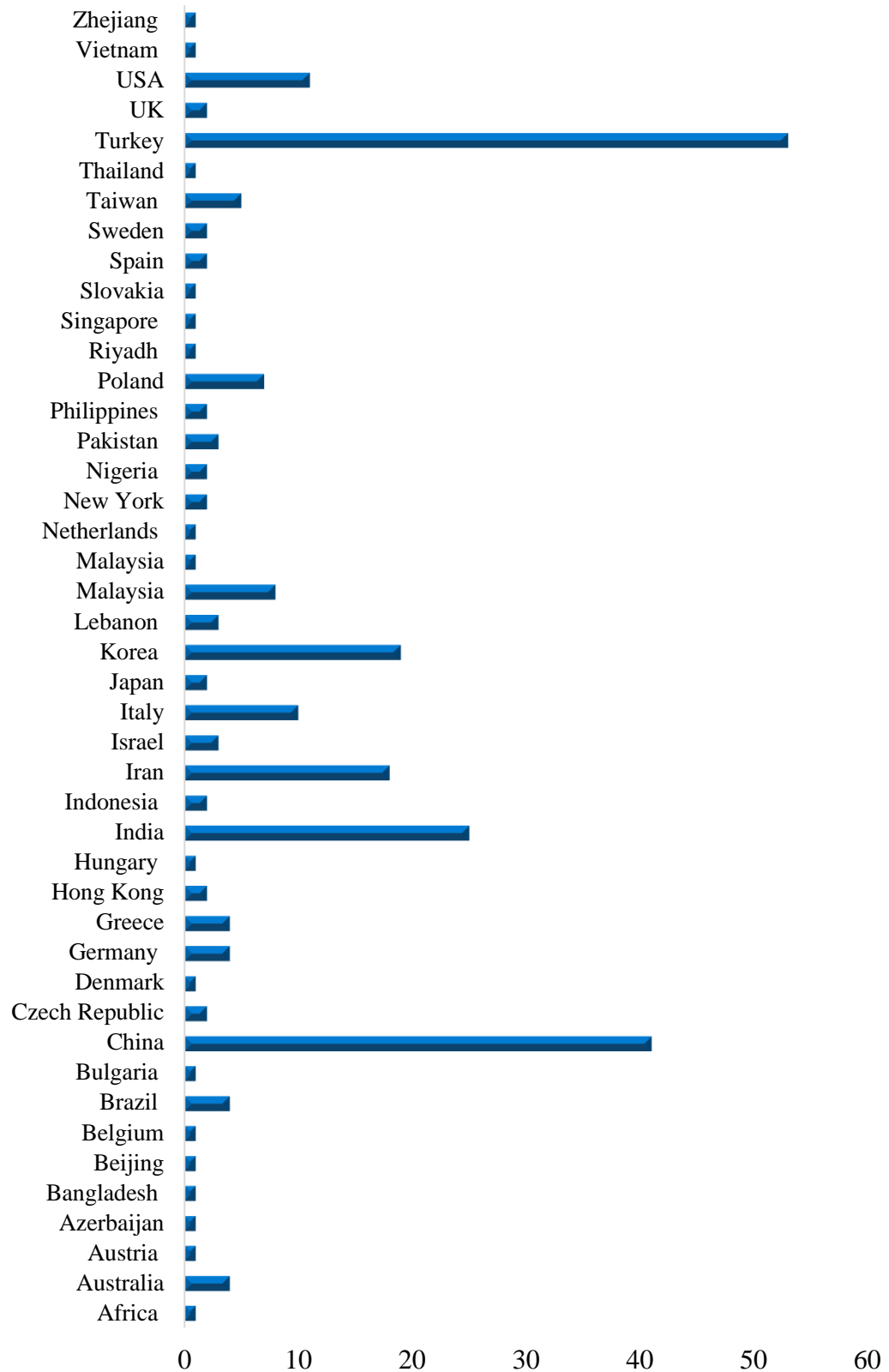


Table 1
Country-wise distribution of studies in the collected reviews all over the world on Internet Behaviour

Sl. Number	Name of the Country	Personality	Aggression	Psychopathology	Life satisfaction	Procrastination	Impulsivity	Loneliness	Emotion Regulation	Interpersonal sensitivity	Total (n=260)
1.	Africa	-	-	-	-	1	-	-	-	-	1
2.	Australia	2	-	1	-	-	1	-	-	-	4
3.	Austria	-	-	-	1	-	-	-	-	-	1
4.	Azerbaijan	1	-	-	-	-	-	-	-	-	1
5.	Bangladesh	-	-	-	1	-	-	1	-	-	2
6.	Beijing	1	-	-	-	-	-	-	-	-	1
7.	Belgium	-	-	-	-	-	1	-	-	-	1
8.	Brazil	-	-	1	1	-	1	-	1	-	4
9.	Bulgaria	-	-	-	1	-	-	-	-	-	1
10.	China	7	3	12	6	2	6	3	1	1	41
11.	Czech Republic	-	-	-	1	-	1	-	-	-	2
12.	Denmark	-	-	-	-	-	1	-	-	-	1
13.	England	1	-	-	-	-	-	-	-	-	0
14.	Germany	-	1	1	2	1	-	-	-	-	5
15.	Greece	2	-	-	-	-	-	1	-	1	4
16.	Hong Kong	1	-	1	-	-	-	1	-	-	3
17.	Hungary	-	-	-	1	-	-	-	-	-	1
18.	India	3	-	17	-	-	5	-	-	-	25
19.	Indonesia	-	-	2	-	-	-	-	-	-	2
20.	Iran	6	1	5	1	2	-	-	2	1	18
21.	Israel	1	1	-	1	-	-	-	-	-	3
22.	Italy	3	-	3	1	-	-	-	3	-	10
23.	Japan	2	-	1	-	-	-	-	-	-	3
24.	Korea	-	6	6	1	-	7	-	-	-	20
25.	Lebanon	-	1	-	2	-	-	-	-	-	3
26.	Malaysia	1	-	4	3	1	-	-	-	-	9
27.	Malaysia	-	-	1	-	-	-	-	-	-	1
28.	Netherlands	1	-	-	-	-	-	-	-	-	1
29.	New York	-	-	1	1	-	-	-	-	-	2
30.	Nigeria	-	-	-	1	1	-	-	-	-	2
31.	Pakistan	-	1	1	-	1	-	-	-	-	3
32.	Philippines	-	-	2	1	-	-	-	-	-	3
33.	Poland	2	1	1	1	1	-	1	-	-	7
34.	Riyadh	-	-	-	1	-	-	-	-	-	1
35.	Singapore	-	-	-	-	-	1	-	-	-	1
36.	Slovakia	1	-	-	-	-	-	-	-	-	1
37.	Spain	1	1	-	-	-	-	-	-	-	2
38.	Sweden	2	-	-	-	-	-	-	-	-	2
39.	Taiwan	-	-	2	1	-	1	-	1	-	5
40.	Thailand	1	-	-	-	-	-	-	-	-	1
41.	Turkey	6	2	13	13	3	2	8	5	2	54
42.	Ukraine	1	-	-	-	-	-	-	-	-	1
43.	UK	-	-	1	-	1	-	-	-	-	2
44.	USA	5	-	2	3	-	-	-	2	-	12
45.	Vietnam	-	-	-	1	-	-	-	-	-	1
46.	Zhejiang	-	-	-	-	1	-	-	-	-	1

It was found that more studies are from countries namely Turkey (n = 54), China (n = 41), India (n = 25) respectively. A fact worth noting is that the countries with the most Internet users in the world also have the largest number of Internet behaviour studies. Because, as of January 2023, China ranked first among the countries with the most internet users worldwide followed by India, the US, Indonesia, Brazil, Russia, Japan, Nigeria, Mexico, Germany, Philippines, Turkey, etc. Yet, since there are not as many studies being done in India as in China, the possibility of Indian research on this topic stands out. Notably, in 2022, internet users in Turkey reached 68.07 million from 47.16 million in 2017. Despite ranking twelfth globally in the number of internet users, this rapid growth in internet users may be the reason that more studies are coming from Turkey. Similarly, the increase in the number of internet users in India is also a reason for this study. Furthermore, no comprehensive study on Internet behaviour from Kerala has been found.

Moreover, the studies from these countries more focused on research related to Internet addiction and Psychopathology. So, it stands to reason that additional investigation into other variables is required.

We can observe an increase in online behaviour globally in the previous ten years by examining the 260 internet behaviour studies from 1998 to 2023 that were included in the literature review. The graph is depicted in the figure 3 while the table 2 below provides further specifics.

Figure 3

Year-wise distribution of studies on psychological variables in relation with internet behaviour

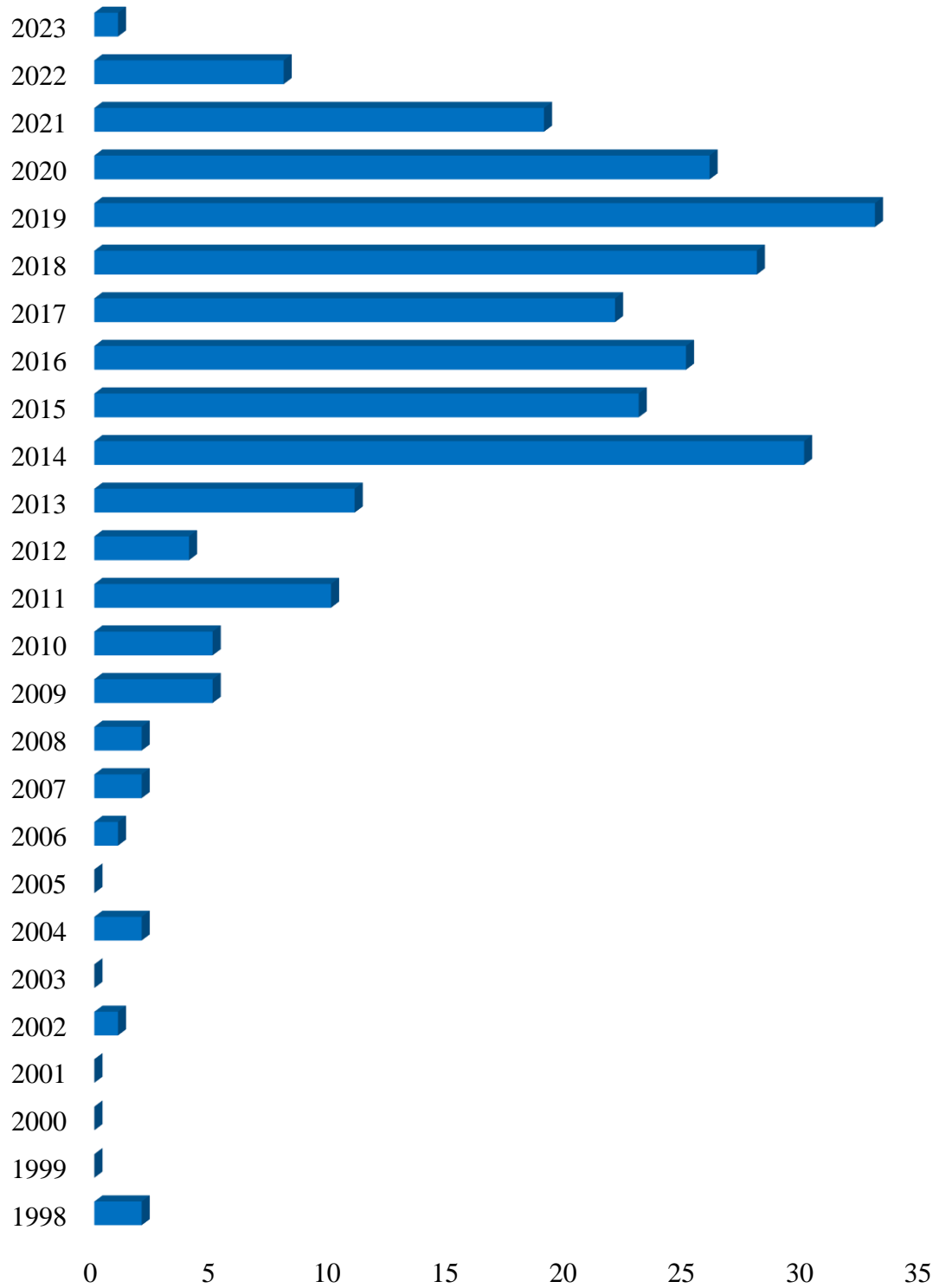


Table 2*Year-wise distribution of studies in Internet Behaviour*

Year	Personality	Aggression	Psychopathology	Life satisfaction	Procrastination	Impulsivity,	Loneliness	Emotion Regulation	Interpersonal Rejection Sensitivity	Total
1998	1	-	1	-	-	-	-	-	-	2
1999	-	-	-	-	-	-	-	-	-	0
2000	-	-	-	-	-	-	-	-	-	0
2001	-	-	-	-	-	-	-	-	-	0
2002	1	-	-	-	-	-	-	-	-	1
2003	-	-	-	-	-	-	-	-	-	0
2004	1	-	-	-	-	1	-	-	-	2
2005	-	-	-	-	-	-	-	-	-	0
2006	-	-	-	-	-	1	-	-	-	1
2007	-	1	-	1	-	-	-	-	-	2
2008	1	1	-	-	-	-	-	-	-	2
2009	1	2	2	-	-	-	-	-	-	5
2010	5	-	-	-	-	-	-	-	-	5
2011	3	1	3	2	1	-	-	-	-	10
2012	1	-	-	-	-	2	1	-	-	4
2013	1	1	4	4	-	-	1	-	-	11
2014	8	4	9	1	2	3	2	1	-	30
2015	3	2	8	2	2	4	1	-	1	23
2016	5	3	3	8	1	3	2	-	-	25
2017	3	-	8	6	1	1	2	2	-	22
2018	5	-	6	5	2	4	1	4	1	28
2019	5	2	13	2	1	2	2	4	-	33
2020	3	1	3	8	4	4	2	2	-	26
2021	1	-	10	2	1	2	-	1	3	19
2022	-	-	3	3	-	-	-	1	-	8
2023	-	-	-	-	-	-	1	-	-	1
Total	48	18	73	44	15	27	15	15	5	260

From the figure 3 and table 2, it can be understood that more studies have been done on Internet addiction after 2010. Twenty studies from 1998 to 2010 were

sorted into the review, while 240 studies conducted after 2010 were included. Table 2 shows studies in each year from 1998 - 2023 investigating relations between Personality, Aggression, Psychopathology (Depression, Anxiety, Stress), Life satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Regulation and Interpersonal sensitivity traits with Webholism.

Table 3

Details of participants included in the literature review

Variables	Participant's details						Tool	
	Adolescents	Adults	Elders	Age unknown	Total	Age range	Total Sample size	No. of studies used IAT
Personality	29	19	0	0	48	14 - 52	170472	21
Aggression	11	6	0	1	18	15 - 24	28954	9
Psychopathology (DAS)	51	22	0	0	73	12 - 32	58969	58
Life satisfaction	27	16	1	0	44	12 - 65	138307	21
Procrastination	7	8	0	0	15	13 - 25	6498	7
Impulsivity	12	14	0	1	27	11 - 34	13229	16
Loneliness	10	5	0	0	15	11 - 30	9861	11
Emotion Regulation	10	5	0	0	15	13 - 22	7033	10
Interpersonal sensitivity	4	1	0	0	5	16 - 21	3631	1
Total	161	96	1	2	260	11 - 65	436954	154

Limitations in the population investigated for online behaviour are another research gap. Table 3 gives information related to the participants in studies investigating relations between Personality, Aggression, Psychopathology (Depression, Anxiety, Stress), Life satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Regulation and Interpersonal sensitivity traits with Webholism and it can be seen that studies have been conducted on people between the ages of 11 and 65. A total of 260 studies have involved 436,954 people in studies related to internet behaviour. Adolescent internet usage has been the focus of the majority of

studies (63%). By looking at the table 3, it can be understood that except for psychopathology and impulsivity, all the other variables have been mostly studied in adolescents. 161 studies were conducted in adolescents and 96 studies were conducted in adults. At the time, only one study was conducted on people over the age of sixty (elders). Looking at the table will make it clear. Therefore, the researcher thinks that not only adolescents but also adults should be included in this study.

Additionally, the ways that different studies have measured the concept of Internet behaviour observed. Table 4 give information related to the Internet behaviour measurement tools.

Table 4

Name of the Psychological tools used to measure internet use behaviours

No.	Tools used to measure Internet addiction behaviours	No of studies used
1.	Addicted Internet Users Inventory	1
2.	Addiction-Engagement Questionnaire (AEQ)	1
3.	Addictive Tendencies Scale	2
4.	Adolescent Pathological Internet Use Scale (APIUS)	1
5.	Android application QT (www.qualitytimeapp.com)	1
6.	Assessment for Internet & Computer Game Addiction Scale (AICA-S)	1
7.	Bergen Facebook Addiction Scale (BFAS)	8
8.	Cakir Internet Addiction Scale	1
9.	Chen Internet Addiction Scale (CIAS)	17
10.	Clinical Interview for IA	1
11.	Compulsive Internet Use Scale (CIUS)	1
12.	Cyber Aggression Questionnaire	1
13.	Cyber Victimization Questionnaire	1
14.	Device type for Internet access	1
15.	Disordered online social networking use	1
16.	Facebook Intensity Scale (FBI)	2
17.	Facebook Intrusion Questionnaire	2
18.	Facebook Usage scale	1
19.	Facebook-Specific Questions	1
20.	Game Addiction Scale (GAS)	1
21.	Generalized Problematic Internet Use Scale (GPIUS)	1

No.	Tools used to measure Internet addiction behaviours	No of studies used
22.	Global Internet use Scale	1
23.	Instagram Addiction Scale (IAS)	1
24.	Internet activities Test	1
25.	Internet addiction inventory	1
26.	Internet Addiction Questionnaire (IAQ)	1
27.	Internet addiction scale (Gunuc & Kayri)	1
28.	Internet Addiction Scale (IAS) (Nichols & Nichi)	3
29.	Internet Addiction Test (IAT, Young)	154
30.	Internet and Computer Game Addiction Scale	1
31.	Internet Behaviours Questionnaire	1
32.	Internet Dependence Scale (IDS)	1
33.	Internet Dependency Questionnaire	1
34.	Internet Dependency Scale	1
35.	Internet Gaming Disorder Scale (IGDS)	5
36.	Internet Gaming Disorder Test	2
37.	Internet Multitasking Test	1
38.	Internet Related Experiences Questionnaire (IREQ-I)	1
39.	Internet Usage Questions	1
40.	Interview schedule	1
41.	Kwon's Smartphone Addiction Scale	1
42.	Mobile Phone Problem Usage Scale	2
43.	Motives for using SNS	1
44.	NISA Internet addiction Proneness Scale	2
45.	Nomophobia Questionnaire	1
46.	Online Cognition Scale (OCS)	5
47.	Online Pornography scale	1
48.	Online Shopping Addiction scale	1
49.	Pawlikowski's s-IAT	1
50.	Perceived Ease of Use (PEOU) Test	1
51.	Perceived Usefulness (PU) Test	1
52.	Pornography Craving Questionnaire (PCQ)	1
53.	Predictors of Instagram Addiction	1
54.	Prevalence of Cyber Loafing Scale	1
55.	Problematic Internet Use Questionnaire (PIUQ-9)	3
56.	Problematic Internet Use Scale (PIUS)	1
57.	Problematic Use of Social Network Scale (PUSNS)	1
58.	Questionnaire about New Digital Technologies (QNDT)	1
59.	Questionnaire for online activity	1
60.	Questionnaire on Differentiated Assessment of Addiction (QDAA)	1
61.	Single item internet use assessment	1
62.	Smart Mobile Phone Addiction Scale (MPAS)	1
63.	Smart Phone Addiction Scale (SAS-C)	1
64.	Smartphone Addiction Scale (SAS)	7
65.	Smartphone Application-Based Addiction Scale (SABAS)	1

No.	Tools used to measure Internet addiction behaviours	No of studies used
66.	Social Media Addiction Questionnaire (SMAQ)	1
67.	Social Media Addiction Scale	2
68.	Social Media Addiction Test	1
69.	Social Media Usage Scale (SMUS)	2
70.	Social Networking Sites (SNS) addiction scale	1
71.	South Oaks Gambling Screen (SOGS)	1
72.	Structured Clinical Interview for DSM-IV (SCID)	1
73.	Survey of internet use	1
74.	Violent Online Game Exposure Test	1
75.	Virtual Social Support Scale (VSSS)	1
76.	WeChat addiction	1

Among the total studies included in the literature review, 76 distinct types of tools were found used to examine Internet behavior. Where, in 60% of the research the consistent similarities in assessing internet behaviour observed and in those studies Young's 20-item questionnaire (IAT) or its short version was employed. Thus, Internet behaviour is studied in this research not only with Young's Internet Addiction Test. It is studied a little more broadly by taking into account what type of Internet behavior a person is prominent (cyber addiction pattern), what he feels in the absence of the Internet (digital detox experience), and whether there is an online compulsion behaviour (internet addiction). All these factors together constituted into the term '*Webholism*'. Researcher was decided that the Young's IAT can be utilized to assess online compulsion behaviours which contribute to Webholism, due to the prominence of that tool as it has been used in many previous studies.

Although there are researches concentrating on various topics, such as internet gaming addiction, social media addiction, and cybersex addiction, there haven't been studies that look at multiple aspects of internet behaviour at once. Study on psychological aspects of Webholism thus becomes a unique kind of research and fill the research gaps identified.

Some researchers have looked at the psychological impacts of online behaviour rather than the psychological factors that lead to it. According to the findings, Internet addiction is correlated with personality, aggression, psychopathology (depression, anxiety, stress), life satisfaction, procrastination, impulsivity, loneliness, emotion regulation, and interpersonal sensitivity factors. However, research on the psychological factors that contribute to Internet-dependent behaviour has produced conflicting findings. A further research gap is the inability to find predictors in studies that examine the connection between psychological factors and online behaviour. As a result, the focus of this study is on the predictors of Internet addiction rather than its effects.

Moreover, no studies have been found to associate Internet behaviour with variables such as personality, aggression, psychopathology, life satisfaction, procrastination, impulsivity, loneliness, emotion regulation, and interpersonal sensitivity together.

Summing up, the lack of Indian studies on Internet behaviour in proportion to Internet use and users, limitations in the population studied about internet behavior, the constant similarity in the way various studies have studied the construct of Internet behavior, researches that look at the relationship between psychological variables and Internet behavior and failure to identify predictors, etc., are identified as research gaps. In present study, adolescents and adults are included among the participants. This is because most studies have been conducted in adolescents. Furthermore, no comprehensive study on Internet behaviour from Kerala has been found.

RESEARCH QUESTIONS

1. Is Webholism prevalent in Kerala?
2. What will be the impressions of Digital Detox among Netizens?
3. What trends were visible in internet access, digital uses and psychological variables among Netizens (net users)?
4. Has Webholism changed by demographics (age, gender, marital status, occupation, locale, stay, hours of use, years of use & drug use)? Do differences in the effect of these variables appear between different groups, and if so, what are the differences?
5. Has the psychological variables (personality, aggression, psychopathology, life satisfaction, procrastination, impulsivity, loneliness, emotion regulation, interpersonal rejection sensitivity) led to Webholism?

STATEMENT OF THE PROBLEM

The aim of the present research was to explore Internet behaviour termed Webholism among Keralites. A total of 675 internet users participated in the prevalence study, 289 internet users were interviewed in the exploratory part and 1031 people responded to psychological assessment measures in the empirical part of the study so as to analyze and explore the psychological aspects of Webholism (internet-dependent behaviour).

The current study is entitled “WEBHOLISM: AN INVESTIGATION ON PSYCHOLOGICAL ASPECTS”

OBJECTIVES OF THE STUDY

The broad objectives of the present investigation are:

- 1) To check the prevalence of Internet Addiction among the Keralite population
- 2) To explore Webholism among Internet users
- 3) To develop a Digital Detox Experience Test (DDET)
- 4) To find the relationship between Webholism and psychological variables
- 5) To examine the role of socio-demographic variables on Webholism
- 6) To find the predictors of Webholism

HYPOTHESES OF THE STUDY

- 1) There is no significant relation between Webholism and Psychological variables (Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation, and Interpersonal Rejection Sensitivity).
- 2) There is no significant difference between Adolescents and Adults on Webholism.
- 3) There is no significant difference between males and females on Webholism.
- 4) There is no significant difference between Married and Unmarried participants on Webholism.
- 5) There is no significant difference between working, non-working, and student participants on Webholism.
- 6) There is no significant difference between rural and urban participants on Webholism.

- 7) There is no significant difference between people living with and without their families on Webholism.
- 8) There is no significant difference between substance users and non-users on Webholism.
- 9) The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Webholism.
- 10) The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Cyber Addiction Pattern.
- 11) The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Digital Detox Experience.
- 12) The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Internet Addiction.

WORKING DEFINITION OF KEY TERMS

Webholism: Webholism is the excessive usage of the internet in which time is spent online whether it is essential or not, whether one is aware of how much time is spent online or not, and whether there are overwhelming discomforts and negligible benefits to oneself in the absence of the Internet. Webholism encompasses the concepts of cyber addiction pattern, digital detox experience, and internet addiction.

Digital Detox Experience: physiological and psychological discomforts that a person experiences when there is no internet access, as well as the benefits that are felt and employed in its absence.

Cyber Addiction Pattern: any online-related compulsive behaviour with five distinct subtypes: cyber relationship addiction, information overload, computer addiction, net compulsions and cyber-sexual addiction (Young, 2005).

Internet Addiction: Internet addiction is an impulsive-control disorder that interferes with normal living and causes severe stress on family, friends, loved ones, and one's work environment (Young, 2005).

Investigation: A thorough examination or search to ascertain facts or gather information.

Psychological Aspects: An individual's psychological makeup includes their thoughts and feelings. It indicates how people interact with their environment, how they see themselves and the world, and how they communicate with one another (Lloyd, 2013). In this study, the psychological variables studied are:

Type A Personality: A pattern of behaviour and personality associated with high achievement, competitiveness, impatience, multitasking, and hostility.

Aggression: Behaviour or action taken that is hostile, destructive and/or violent. It can be verbal, physical, anger and hostility.

Psychopathology: Is referred as mental illness describes a wide array of mental health conditions, here limited to depression, anxiety and stress.

Life Satisfaction: The extent to which a person finds life rich, meaningful, full, or of high quality. Life satisfaction is a subjective assessment of the quality of one's life.

Procrastination: Act of delaying or putting off tasks until the last minute, or past their deadline. It is a form of self-regulation failure characterized by the irrational delay of tasks despite potentially negative consequences.

Impulsivity: A predisposition to rapid and unplanned reactions to internal and/or external stimuli without adequate regard for possible negative consequences. It can be attentional, motor and non-planning impulsiveness.

Loneliness: Is the state of distress or discomfort that results when one perceives a gap between one's desires for social connection and actual experiences of it.

Emotion Dysregulation: Emotion dysregulation is the inability to exert control over one's own emotional state. It involves non-acceptance of emotional responses, Difficulty engaging in Goal-directed behaviour, Impulse control difficulties, lack of emotional awareness, limited access to emotion regulation strategies and lack of emotional clarity.

Interpersonal Rejection Sensitivity: Is a personality tendency marked by constantly worrying about negative social evaluation, an undue or excessive awareness of and sensitivity to the behaviour and feelings of others. It comprises interpersonal awareness, separation anxiety, need for approval, timidity and fragile inner-self.

DESIGN OF THE RESEARCH PROCESS

The research method section of the present study is divided into several subsections, such as

Phase 1 – Part 1 - Prevalence Study

To check the prevalence of internet addiction among the Keralite population, a prevalence study was conducted along with the information acquired from expert interviews, observations, clinical visits, etc., as a pilot investigation.

Phase 1 - Part 2 - Qualitative study

To understand internet-dependent behaviour at a much deeper level, the researcher adopted a different kind of data collection and explained it in the qualitative research procedure. The results of the prevalence study provided assurance and scope for this part.

Phase 2 – Revision, Standardization and Development of tests

Based on the factors identified in Part 2 and from the literature review, the researcher sorted some psychological variables related to Webholism. So, to find out the predictors of Webholism, following psychological tests were identified and standardized. An outline:

1. Development of Digital Detox Experience Test
2. Revision of Cyber Addiction Pattern Scale
3. Standardization of Type A Behaviour Pattern Scale
4. Translation and Standardization of Aggression Questionnaire
5. Translation and Standardization of DASS₂₁
6. Translation and Standardization of Satisfaction With Life Scale
7. Translation and Standardization of Pure Procrastination Scale
8. Translation and Standardization of Barratt Impulsiveness Scale
9. Translation and Standardization of UCLA Loneliness Scale
10. Translation and Standardization of Difficulties in Emotion Regulation Scale
11. Translation and Standardization of Interpersonal Sensitivity Measure
12. Translation and Standardization of Internet Addiction Test

Part 3 - Empirical study

To find the predictors of Webholism, an empirical study was conducted with the help of standardized psychological tools.

CHAPTER II

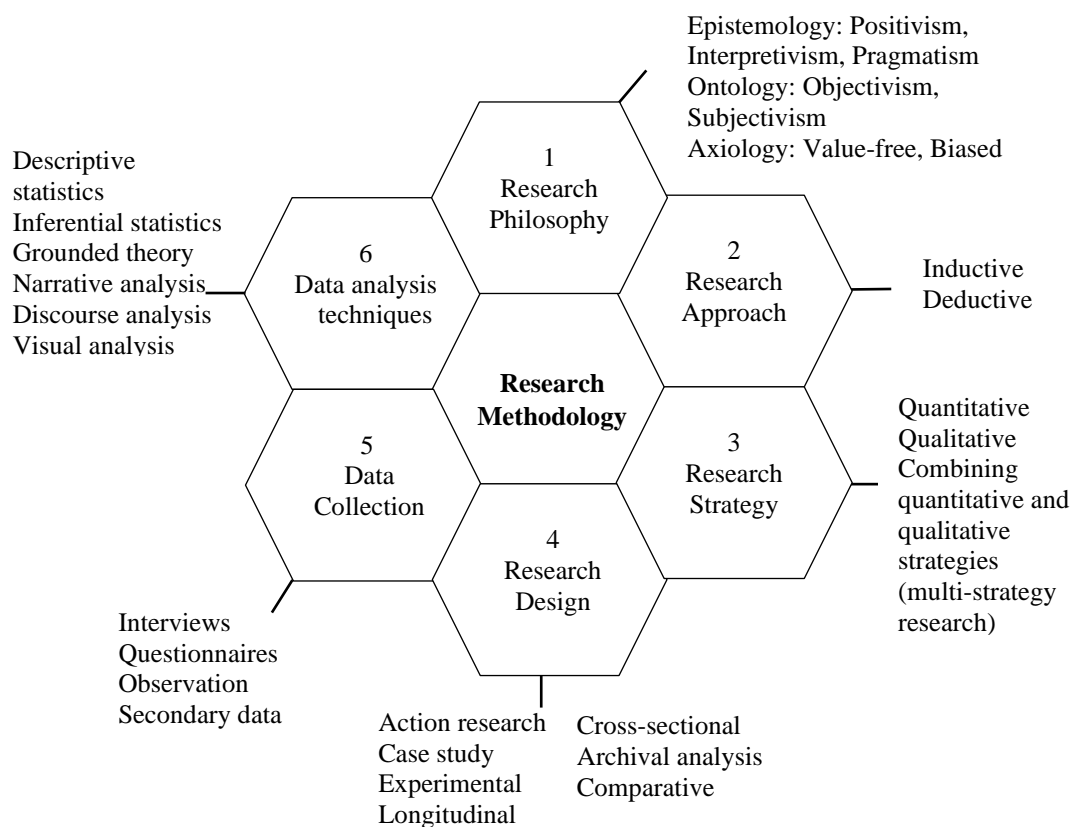
METHOD

- Phase I (Part 1) – Prevalence Study
- Phase I (Part 2) – Exploratory Study
- Phase III - Empirical Study

The steps taken to get the data needed to fulfil objectives and conduct hypothesis testing are method and data collection. The fundamental rule for the method section is that it ought to be comprehensive enough so that other researchers can read it and carry out the study again as described. (APA, 2010). Methodology is the approach and strategy used to conduct research (Somekh & Lewin, 2005; Wilson, 2013). The six main elements that combine to make up the centre segment of research methodology is the Honeycomb of Research Methodology – namely: (1) research philosophy (2) research approach (3) research strategy (4) research design (5) data collection and (6) data analysis techniques (Figure 4).

Figure 4

The Honeycomb of Research Methodology (Wilson, 2013)



Keeping this in mind every possible attempt is made to produce the present methodology a sound one. Research methodology paves the way to choosing appropriate research methods and thus is the beginning of any research.

According to Smith et al. (2018), there are three benefits to understanding philosophical concerns. It can first aid in the clarification of study designs. This requires thinking about the kind of evidence needed and how it will be gathered and analyzed. Second, understanding philosophy can aid the researcher in identifying the most effective designs. Thirdly, the researcher can find study designs and modify them in accordance with the limitations of various subject areas or knowledge structures with the aid of philosophical knowledge. Understanding research philosophy is crucial because it encourages researchers to consider their own roles in the field (Saunders et al., 2009). At the core, our study approach and strategy will likely be determined by the research philosophy we choose.

As the researcher takes a participatory and non-participatory role in this research, the Research philosophy of this study takes a stance on epistemology - pragmatism, ontology - subjective and objective, to research approach - inductive & deductive, followed by research strategy - qualitative and quantitative.

The methodology section of the present study is divided into several subsections, such as

3.1 RESEARCH DESIGN

3.2. PHASE 1 (Part 1) – Prevalence Study

Participants

Instruments

Procedure

Statistical analysis

3.3. PHASE 1 (Part 2) – Exploratory Study

Participants

Instruments

Procedure

Qualitative Analysis

3.4. PHASE 2 (Test Development, Revision, Translation & Standardization)

Item Writing

Preliminary Analysis

Participants

Instruments

Procedure

Scoring

Analysis

3.5. PHASE 3 (Empirical Study)

Participants

Instruments

Procedure

Statistical analysis

3.6. ETHICS APPROVAL

RESEARCH DESIGN

Research is a dynamic activity that finds a new thing from the unknown. The solving of a research problem depends upon the research design. The preparation of the design of a research project is popularly known as research design. Designing a research proposal contains “what, where, when, how, why” elements concerning an inquiry. A research design supports the setting of parameters for the collection and analysis of data that seeks to balance procedural costs with relevance to the study objectives. The study shall be completed within the sphere of research design. The central premise of this study was to explore the behaviour of Webholism. The broad objectives of the present investigation are:

- 1) To check the prevalence of Internet Addiction among the Keralite population
- 2) To explore Webholism among Internet users
- 3) To develop a Digital Detox Experience Test (DDET)
- 4) To find the relationship between study variables
- 5) To examine the role of sociodemographic variables on Webholism
- 6) To find the predictors of Webholism

To accomplish the objectives, the present study made use of a “Sequential Exploratory method research design”. In this method, a Quantitative study will be followed by a Qualitative investigation.

In the qualitative-descriptive procedure, the researcher aims to gather an in-depth understanding of human behaviour and the reasons that govern such behaviour. By using first-hand knowledge, reporting accuracy, and statements from real conversations, qualitative research seeks to gain a deeper understanding. It strives to

comprehend the way participants make sense of their environment and how that interpretation affects the way they behave (csulb.edu.com).

The methodological framework in the first phase of this study is the Qualitative approach and is focused on the Grounded Theory (GT) Approach as it is conceptual thinking and theory building based on data collected rather than theory or hypothesis testing (Glaser & Strauss, 1967), which is usually done in quantitative research approach. The major characteristics of the Grounded theory reported by Khan (2014) are presented in Table 5. The grounded theory approach of Charmaz (2006) - known as 'Constructivist Grounded Theory (CGT) - is used in this study.

Qualitative research is an interpretive and naturalistic approach. Subjectivism is connected to Interpretivism in qualitative research because the researcher looks at respondents' motivations and social interactions (Guba & Lincoln, 1994). Researchers need to understand the subjective beliefs and attitudes motivating respondents to act in a particular way. Perhaps, the researcher collects some kind of quantitative data as a pilot survey, and a certain amount of inductive–deductive overlap takes place in this phase (Phase I – Part 1 & Part 2) to decide how to go about the first phase of the research.

Table 5*Characteristics of the Grounded Theory (GT) approach (Khan, 2014)*

Characteristics	Grounded Theory
Focus	Developing a theory grounded in data from the field
Type of problem best suited for design	Grounding a theory in the views of participants
Discipline background	Drawing from sociology
Unit of analysis	Studying a process, action, or interaction involving many individuals
Data collection forms	Using primarily interviews with 20 – 60 individuals
Data analysis strategies	Analyzing data through open coding, axial coding, selective coding
Written report	Generating a theory illustrated in a figure

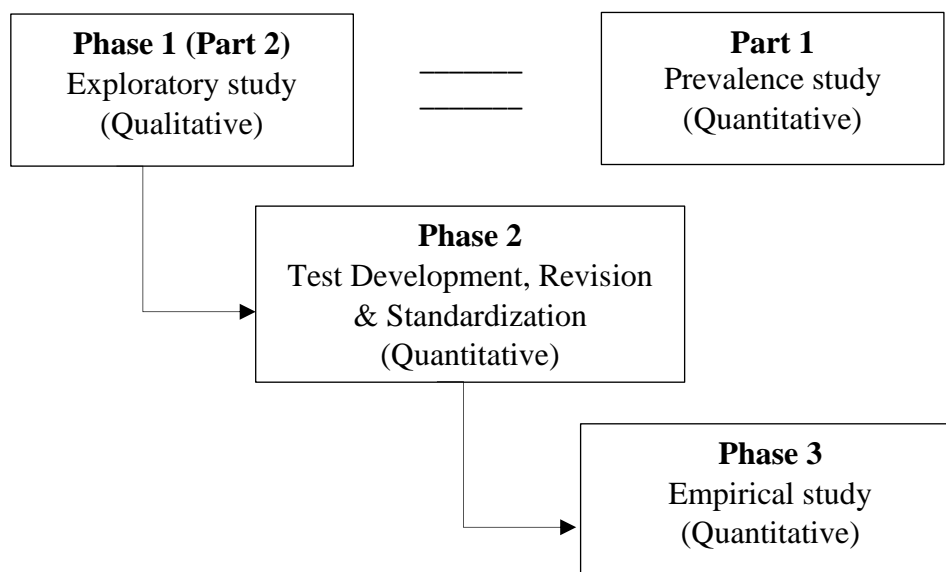
A Grounded Theory approach (Charmaz, 2006) was selected because of the lack of theoretical knowledge regarding the specific factors and factor relationships that comprise the process of problematic web use behavioural evolution. An iterative process of data collection and analysis was used to develop a theoretical explanation of human behaviour grounded in data collected from web users as well as those exhibiting that behaviour. In this phase, the grounded theory approach was used to develop a framework of the process by which being offline is adopted and maintained among internet users.

All observations are quantified in a quantitative-descriptive design using scales, ratings, test results, and other methods. The creation of top-notch research designs depends on the quantitative-descriptive procedures. Additionally, they tend to be the only design when manipulating variables would be unethical or too expensive and the variables are intrinsic to the subject and are unchangeable.

The methodological framework of this study is an exploratory study in parallel with the prevalence study in Phase 1, test development, revision, translation, and standardization contained in Phase 2, and empirical investigation in Phase 3, which follows a quantitative approach. Further in quantitative research, this phase of the study is focused on the ‘Retrospective causal-comparative approach’ depends on the cause–effect equation between two or more variables, where one variable is dependent on the other independent variable, which is usually done in quantitative research approach (Salkind, 2012). The researcher is investigating the research question after the effects have already occurred (Hussain, 2019). Quantitative research is a positivist approach truly objective, and associated with deductive and outcome-based approaches. Thus, this study follows a mixed-method approach. Based on this research design, the research implementing strategy is illustrated in Figure 5.

Figure 5

Illustration of research implementation strategy



PHASE I (PART I) PREVALENCE STUDY

- Design
- Sampling
- Participants
- Measures
- Procedure
- Scoring
- Statistical Analysis

The prevalence study was done in parallel with the Qualitative study by using a descriptive research design. It was felt that an internet addiction prevalence can be taken, from the '*cross comparison*' of 10 – 15 data obtained during the exploratory study. Because people used to say in the interview that if there was no internet, we felt nothing. So, the main objective of this study was to understand the frequency of mild, moderate, and severe internet users in Kerala. It is believed that understanding the level of Internet Addiction will help the researcher to boldly advance the exploratory part. Moreover, through discussion with experts and clinicians as well as through group discussion, an understanding of Internet usage trends was obtained.

PARTICIPANTS

Participants of Phase I - Prevalence study consist of 675 internet users (18 – 25 years) selected through convenient sampling, studying at different higher educational institutions situated in Kerala.

Sample Size: For sample size calculation, results of various studies on this subject were considered, and the lowest reported prevalence of Internet Addiction Disorder (IAD) was taken. For this, results of the study of Indore City of Madhya Pradesh (Malviya et al., 2014) were taken in which the prevalence of IAD was found to be 9.5%. The sample size was determined by using the formula $n = ((z_{1-\alpha/2})^2 pq) / d^2$ where $z_{1-\alpha/2} = 1.96$ (at 5% α error); $d=0.05$; and $p =$ expected proportion in the population. This has been taken from the literature (reference study of Malviya et al., 2014) where the prevalence of IAD was found to be 9.5% i.e. 0.095; $q= 1-p$. By using this formula sample size of 142 has been calculated. To make the sample more

representative of the target population, went on selecting participants who were willing to participate in the study and this gave a sample size of subjects.

MEASURES

Demographic Datasheet

Personal information like age, sex, place and hours of internet use was collected through the demographic data sheet. Along with the demographic data sheet, the research information form and consent form were included in each questionnaire booklet. Copies of which are attached as Appendix A and B. Demographic data sheet can be found in Appendix C.

Internet Addiction Test (IAT)

The IAT developed by Kimberly Young is designed for the experienced Internet user who utilizes this technology on a frequent basis. The 20-item questionnaire measures characteristics and behaviours associated with compulsive use of the Internet including compulsivity, escapism, and dependency which measures the mild, moderate, and severe levels of Internet Addiction (Young, 2005). Questions also assess problems related to addictive use in personal, occupational, and social functioning. Questions are randomized and each statement is weighted along a Likert-scale continuum that ranges from 0 = less extreme behaviour to 5 = most extreme behaviour for each item. A copy of the test is attached as Appendix D.

Reliability

It was determined that Cronbach α , internal consistency coefficient for the scale is 0.90. Spearman Brown's value for the scale is 0.86. Guttman Split-Half value

for the scale is 0.85. These calculated coefficients were all in the acceptable range, and these suggested that the test had internal reliability.

Validity

The test has construct validity as well as convergent validity that showed correlation coefficients of 0.62-0.84 in specific groups (Moon et al., 2018).

PROCEDURE

The respondents to the study are from various districts of Kerala's universities and affiliated colleges. The study's purpose and importance were briefly discussed with the Principals/Heads of Department after making prior arrangements to contact them. The Principal, Head, or Authorised Person then introduced the Scholar to the Study Participants. The investigator built a strong rapport with the group before distributing the instruments. Each participant received a resounding guarantee that the information collected from them would be kept strictly confidential and used only for research purposes. After a brief introduction and instructions on how to use each instrument, the instruments were then administered. The instruments were individually collected after responses to the data sheet were completed, and the investigator thanked and expressed appreciation to the participants for their cooperation and participation in the study.

SCORING

The IAT total score is the sum of the ratings given by the examinee for the 20-item responses. The minimum score is 0 and the maximum score is 100 points. The IAT total score ranges, with the higher score representing the higher level of severity

of Internet compulsivity and addiction. Total scores that range from 0 to 30 points are considered to reflect a normal level of Internet usage; scores of 31 to 49 indicate the presence of a mild level of Internet addiction; 50 to 79 reflect the presence of a moderate level; and scores of 80 to 100 indicate a severe dependence upon the Internet.

ANALYSIS

Microsoft Excel software was used to enter the data. Descriptive data were analyzed by percentages and diagrams were prepared in an Excel sheet.

PHASE I (PART 2) EXPLORATORY STUDY

- Design
- Sampling
- Participants
- Measures
- Procedure
- Scoring
- Qualitative Analysis

The exploratory study is using the qualitative-descriptive approach. It is an essential component of the current research. The researcher has to know about the situation of individuals without the Internet in order to comprehend what life would be like for people without it. The objective was to comprehend people's experiences without the internet and, in doing so, to research the problem of Internet addiction. Due to the absence of knowledge regarding the exact components and component connections that make up the process of developing a digital detox experience, a constructivist grounded theory method (Charmaz, 2006) was used. The development of a theoretical explanation of behaviour among individuals based on evidence gathered from persons displaying that behaviour was done through a repeated method of data gathering and analysis. In this study, a framework of the process by which “internet off” activity has been accepted and sustained among Keralites was developed using the grounded theory approach. The Institutional Review Board gave their approval to the research.

Sampling

Purposeful sampling methods (Patton, 1990) were used to gather information-rich cases, primarily criterion sampling. Criterion sampling refers to picking cases that meet some pre-specified criterion. The inclusion criteria for this study were Internet users, above 18 years of age, users of mobile applications, accounts on any social media platform, and expressed commitment to this study. Based on the focus of the study, it was crucial to only include virtually active participants. They had to be

currently active at recommended levels (CDC, 2001) for at least 1 year. People having difficulty accessing the internet, and non-internet users were excluded from the study.

Theoretical sampling (Strauss & Corbin, 1998) also was used to ensure that the male and female who participated in the study had adequately experienced the phenomenon to provide a rich description. The grounded theory approach relies heavily on theoretical sampling because it directs the researcher as to what data to gather next. In this way, sample size changes throughout the investigation as opposed to being predetermined before it starts (Strauss & Corbin, 1998). In order to develop a theory as it develops, the researcher co-collects, codes, and analyses her data while also deciding what data to gather next along with where to seek them (Glaser & Strauss, 1967). By directing the researcher to significant data, theoretical sampling helps to refine the theory development process and the theory itself. This data collection process continues until and unless new data stop emerging (meet saturation point) (Charmaz, 2003). In grounded theory, initial sampling is where you begin, whereas theoretical sampling points you in the right direction (Charmaz, 2006). When new concepts emerge in Constructivist Grounded Theory (CGT), the researcher may need to return to the field to collect additional information for a more comprehensive understanding.

As a result, 289 interview reports were gathered and examined as part of a digital fasting experiment that involved being offline for 24 hours.

Participants

Participants of the exploratory study consist of 289 male and female web users selected through purposive sampling from different districts of Kerala.

Table 6*Distribution of the participants in the Exploratory study*

Age range	Female	Male	Total
18 – 25	34	15	49
26 – 30	87	21	108
31 – 40	72	4	76
41 – 50	32	3	35
51 – 60	17	4	21
Total Count	242	47	289
% within Sex - Female	83.73%	-	100%
% within Sex - Male	-	16.27%	

Based on average hours of internet use per day, they were considered low (below 1 hour) medium (2 – 4 hours), and high (above 5 hours) users. There were 185 medium-level users, 33 high-level users, and 71 low-level users have participated. From the digital balance and screen time management options in the phone's settings, all users' screen time has been recorded. Despite not being part of the study, this classification was employed for constant comparison and data saturation.

Measures

Demographic Datasheet

Personal information like age, sex, place, hours of internet use, etc. was collected through the demographic data sheet (Appendix C).

Semi-Structured Interview Schedule

Internet fasting / digital detox experience (24 hours) was collected by interviewing the participants through a semi-structured interview schedule. The schedule consists of six open-ended questions each having sub-questions further. Based on the initial interviews, a few changes to the wording of the interview schedule

were suggested by participants and made accordingly. Any mention of internet addiction or internet dependence was deliberately avoided in the interview schedule, so as to not influence the participants towards that particular subject. A copy of the interview schedule is attached as Appendix E.

Based on the findings, a psychological test that measures Internet fasting experience namely DDET (Digital Detox Experience Test) was developed and used in the 3rd Phase of the study.

Procedure

The investigator personally contacted people, described the research, and explained the purpose and relevance of the study to them. Next, they were introduced to this phase of the research and inquired about their willingness and interest to participate. Some people rejected their participation while others accepted it as a challenge. A major number of people refused to participate in the study as they were not interested in switching off their mobile data for a day. Further, contact numbers of the people who showed a willingness to cooperate with the study were collected. Participants are requested to switch off their internet a day (24 hours) in their homes, offices, outside, etc., and allowed to use gadgets for only emergency calls – “Data off Activity”. They were allowed to clarify their doubts and queries with the investigator. On the next day, they were interviewed about the previous day’s experience.

Each interview lasted between 15 and 60 minutes. The interview was audio-recorded with the permission of participants. The researcher then made a verbatim transcription of them. It was found that the saturation had been reached, and thus no further data collection was necessary and thus data collection stopped.

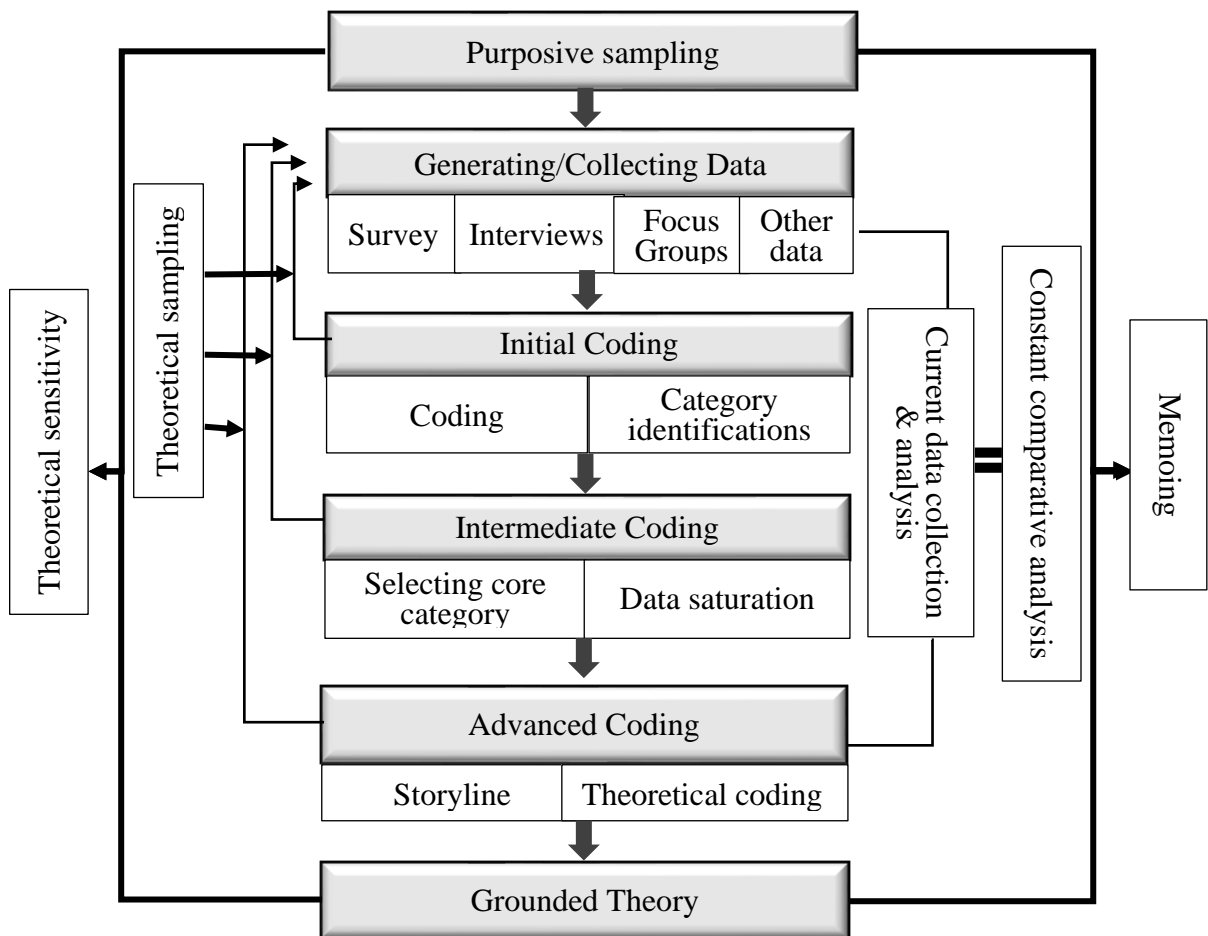
Each participant was willing to participate in this study and everyone was assured with confidentiality.

Analysis

The framework presented in Figure 6 by Thomas (2006) summarises the interactions and movements among the various processes and methods that support the development of a Grounded Theory (GT). This framework demonstrates that conducting a GT research study is an iterative and recursive process rather than a linear one.

Figure 6

Data analysis framework: summary of the interplay between the essential Grounded Theory (GT) methods and processes (Thomas, 2006)



The collection and generation of data are guided by the initial purposive sampling. The concurrent generation, collection, and analysis of data are essential components of the GT research design, so the researcher purposefully chose participants and data sources that could address the research question. Before undertaking further data generation or collection, the researcher first gathers, codes, and analyses this initial data. The initial data that the researcher analyses are provided by purposeful sampling. As was previously mentioned, theoretical sampling then starts using the codes and categories created from the first data set. Theoretical sampling is used as the study moves forward to find and follow hints from the analysis, fill in blanks, explain uncertainties, confirm suspicions, and test interpretations (Thomas, 2006).

Constant comparative analysis is an analytical process used in GT for coding and category development (Charmaz, 2006). This process commences with the first data generated or collected and pervades the research process as presented in Figure 6.

In a constructivist grounded theory-based analysis, the researcher typically examines the data in the following ways: identifying recurring themes by carefully going over the information; coding the emergent themes with words and phrases; classifying the codes into concepts in a hierarchical manner; and finally categorizing the concepts through relationship identification. In the end, a new theory is developed using the categories produced by this process and the connections discovered between them (Birks & Mills, 2015).

As described by Thomas (2006), transcripts from participants were analyzed using a general inductive approach. The coding process was done manually. The data

were scrutinized several times in order to initiate the development of the primary themes or categories and to understand the text as a whole. The category development process described by Thomas (2006) was followed - identifying “higher-level categories” or subthemes from the study objectives and developing “lower-level sections” or sub-themes from coding. This was followed by testing of the uncoded text and overlapping of categories. The process was finalized through a series of revisions of key themes and sub-themes, including redefining, merging, and separating themes until satisfactory results are achieved.

A word cloud was prepared for each major theme by entering the transcripts using NVivo 12 Plus (trial version) software.

Phase II, the Test development, revision and standardization were separated as the next chapter (Chapter 4) for convenience in understanding.

PHASE III EMPIRICAL STUDY

- Design
- Sampling
- Participants
- Measures
- Procedure
- Scoring
- Qualitative Analysis

The third phase of this research follows a Quantitative – descriptive research design. The purpose of this phase is to understand the correlates and predictors of Webholism. For that, on the basis of the literature review and Phase 1 exploratory study, nine independent variables were selected and psychological tests to assess them were standardized in phase 2. The dependent variable of Webholism is measured based on the total score of the three tests: Cyber Addiction Pattern Scale (CAPS), Digital Detox Experience Test (DDET), and Young Internet Addiction Test (IAT). They were developed or standardized in Phase 2. Those standardized tools are used for major data collection at this stage. The details of the participants, procedure, and measures used in phase 3 are discussed here.

PARTICIPANTS

Universe of the third phase of this study consists of all internet users and the population consists of adolescents and adults from different districts of Kerala.

Sampling Technique: This research adopted a random sampling procedure to collect first-hand data from the respondents.

Sample Size: The sample size was determined by using the website raosoft.com. and the optimum sample size of 385 has been obtained. To make the sample more representative of the target population, went on selecting participants who were willing to participate in the study and this gave the present sample size of participants in this phase.

A total of 1315 individuals were administered the study questionnaires via the direct paper–pencil method. Participants younger than age 15 or not indicating their age, partially filled questionnaires, double marked responses, questionnaires returned with missing pages, not retrieved questionnaires, and participants who quit the study were excluded from the analyses, resulting in a final sample of 1031 (male & female) responses. The response rate was 78.40% (1031/1315). All participants reported that they owned a smartphone and currently using the Internet. The characteristics of the participants are given in Table 7.

Table 7

Distribution of the participants in the Empirical study

Variables	Statistics	Age Group					Total	
		≤ 20	21 - 30	31 - 40	41 - 50	≥ 50		
Gender	Male	Observation	104	271	45	22	18	460
		% within Sex	22.61%	58.91%	9.78%	4.78%	3.92%	100.0%
		% within Age	10.09%	26.28%	4.36%	2.13%	1.75%	44.62%
	Female	Observation	333	134	54	37	13	571
		% within Sex	58.32%	23.47%	9.46%	6.47%	2.28%	100%
		% within Age	32.29%	12.99%	5.24%	3.59%	1.27%	55.38%
Total	Count	437	405	99	59	31	1031	
	% within Sex	42.39%	39.28%	9.60%	5.72%	3.01%	100%	
	% within Age	100.0%	100.0%	100.0%	100.0%	100.0%	100%	

Table 7 shows the age-gender distribution of participants in the study. There are 460 males and 571 females who participated in this study. Among them, 104 males and 333 females belong to below 20 years and 18 males and 13 females belong to the age 50 and above category. There were 271 males and 134 females who came under the 21 – 30-year category, 45 males and 54 females were 31 to 40 years old, 22 males

and 37 females were 41 – 50 years. Among the participants, 257 were married, 726 were unmarried, 37 people were in a relationship, 10 people were not interested in marriage and one was separated. Also, 204 people are employed, 90 participants are unemployed, 24 are in search of a job and the remaining 713 are students. There are 707 participants belonging to the rural area and 324 people from the urban area of Kerala. The detailed categorization of participants is given in Section 1 of the Result and Discussion chapter.

MEASURES

There are three parts of the instruments being designed in Phase 3. Part A is the general questions on respondents' demographics and internet usage. Part B targets Webholism which is comprised of three tests and Part C focuses on nine independent (psychological) variables. For all the psychological tests in Part B and C, the composite reliability found exceeded the recommended value of 0.7 (Hair et al., 2016). Correspondingly, the findings suggested that the latent constructs of the scales are acceptable.

Thus, the instruments used in the third phase of the study are:

Part A

1. Demographic Data Sheet

Part B

2. Digital Detox Experience Test (DDET) (Bayana & Sukanya, 2020)
3. Cyber Addiction Pattern Scale (CAPS) (Bayana et al., 2020)
4. Young Internet Addiction Test – SF (YIAT-SF) (Pawlikowski et al., 2013)

Part C

5. Scale of Type A Behaviour Pattern (Asha, 1999)
6. Aggression Questionnaire (BPAQ) (Buss & Perry, 1992)
7. DASS₂₁ (Lovibond & Lovibond, 1995)
8. Satisfaction With Life Scale (SWLS) (Pavot & Diener, 1993)
9. Pure Procrastination Scale (PPS) (Steel, 2010)
10. Barratt Impulsiveness Scale (BIS-11) (Spinella, 2007)
11. UCLA Loneliness Scale (Neto, 2014)
12. Difficulties in Emotion Regulation Scale (DERS-16) (Bjureber et al., 2016)
13. Interpersonal Rejection Sensitivity Measure (IPSM) (Todd et al., 1994)

Demographic Datasheet

Information about demographic parameters like age, gender, marital status, occupation, locale, living with family, and substance use was collected. Details about internet use were also collected like; hours of internet use per day, years of internet use and major purpose of internet use. A copy of the demographic datasheet is attached as Appendix C.

Digital Detox Experience Test (DDET)

The term “Digital Detox Experience” (DDE) refers to the physiological and psychological discomforts that a person experiences when there is no internet access, as well as the benefits that are felt and practiced in its absence (Bayana & Sukanya, 2020). The Digital Detox Experience Test was developed by Bayana and Sukanya (2020) can be used to evaluate the internet absence experience of internet users. This instrument composed of 35 items belongs to two subsets namely DDE-D (Digital Detox Experience – Discomforts) items ranged from 1 – 15 and DDE-B (Digital Detox Experience – Benefits) items ranged from 16 – 35.

The response category was designed in three levels of severity (internet absence in two days, one week and one month) so that the respondents could appropriately respond to how they would feel if they had no access to the internet. Researchers believe that by doing this, participants will find the responses more relatable and so more credible in their responses.

Digital Detox Experience – Discomforts (DDE-D): Discomforts are the emotional and physical challenges that people have when they are not accessing the Internet. It includes psychological difficulties, physical difficulties, and social concerns. People who struggle to function in an environment without the internet will have higher DDE-Discomforts scores.

Digital Detox Experience – Benefits (DDE-B): Benefits are the advantages that people enjoy when they avoid using the Internet. Benefits include improved in-person communication, engage in health promoting activities, physical advantages, psychological gains, engage in leisure activities. People who have more benefits in an environment without the internet will have higher DDE-Benefits.

Among these two dimensions, a high discomfort (DDE-D) and lesser benefits (DDE-B) indicate strivings with the absence of the internet. If the total score of the test is to represent it, the DDE-Benefits dimension needs to be reverse scored.

Scoring

The items are answered on a 5-point scale (Very much, More, Less, Very less, Never). Items 1 – 15 are scored 4, 3, 2, 1, 0; where 4 indicates the experience in high intensity. Items 16 – 35 are reverse scored. The maximum score for the perceived

discomfort (DDE-D) subscale is 60 and its minimum score is 0 and for practiced benefits (DDE-B), the maximum score is 80, and the minimum score is zero. The maximum total score for the whole test is 140 and the minimum score is zero. Higher scores on the Digital Detox Experience Test indicate strivings with the absence of the internet.

Reliability

This scale has obtained a reliable Cronbach alpha for different domains estimated: Digital Detox Experience - Discomforts ($\alpha=0.89$) and Digital Detox Experience - Benefits ($\alpha=0.92$). In the present study, Cronbach's α coefficient of the DDET was 0.962.

Validity

This scale has been established to have content validity as well as face validity.

A copy of the scale is attached as Appendix H.

Cyber Addiction Pattern Scale (CAPS)

The Cyber Addiction Pattern Scale was developed by Bayana et al. (2020) can be used to find the specific types of cyber addiction. This scale composed of 25 items belongs to five subscales namely Cyber Relationship Addiction (CRA) (items 1 – 5), Information Overload (IO) (items 6 – 10), Net Compulsion (NC) (items 11 – 15), Computer Addiction (CA) (items 16 – 20), and Cyber Sexual Addiction (CSA) (items 21 – 25).

- ***Cyber Relationship Addiction:*** Addiction to social networking in general has been referred to as cyber-relationship addiction. A space to communicate with new individuals is created by social networking sites like Facebook, Twitter, Skype, WhatsApp, etc. along with many more communication platforms. Over time, a person's virtual online friends begin to communicate with them more and take on more importance, eventually surpassing their actual family and friends (Saisan et al., 2014).
- ***Information Overload:*** Information overload is a type of compulsive behaviour involving extensive database and Internet searches. When someone has a screen addiction, they spend more time surfing the internet, gathering information, and organizing it. Reduced productivity at work and obsessive-compulsive tendencies are linked to this behaviour (Burkemann, 2012).
- ***Net Compulsions:*** The characteristics of Net compulsion include compulsive internet use, online gaming, shopping, or eBay. These emphasize winning and frequently result in financial difficulties, interpersonal issues, and issues at work for addicts. Playing slots, craps, blackjack, and roulette on tablets and

phones will enthrall gamblers. In addition, they take considerable measures to conceal their gambling. Problem gamblers frequently distance themselves from their loved ones, hide their whereabouts, and tell lies about what they've been doing. The same can be said for eBay users with issues and obsessive shoppers (Wallace, 2001).

- **Computer Addiction:** The excessive or compulsive use of computers that has lasting detrimental effects on a person's ability to function in their personal, social, or professional lives is known as computer addiction. The phrase "computer addiction" is typically used to describe compulsive online and offline gaming behaviour. Because the majority of computer addiction cases are linked to overuse of the internet, academics are paying more attention to online computer addiction (Pies, 2009).
- **Cyber Sexual Addiction:** It is characterized by virtual sexual behaviour on the internet that has detrimental effects on a person's physical, emotional, social, and/or financial welfare. This behaviour includes reading erotic fiction, viewing, downloading, or trading online pornography, participating in adult fantasy chat rooms, cybersex relationships, masturbating while engaged in online activity that causes one's sexual arousal, looking for offline sexual partners, and learning about sexual activity (Lai et al., 2013).

Scoring

The items are answered on a 5-point Likert scale (never to always). Items are scored 0, 1, 2, 3, 4; where 0 indicates *never*, 1 indicates *rarely*, 2 indicates *occasionally*, 4 indicates *often* and 5 indicates *always*. The score ranges between 0 to

100. Higher scores on each subset indicate that kind of cyber addiction and the total score indicates overall Cyber Addiction.

Reliability

Reliability coefficients of Cyber Relationship Addiction ($\alpha=0.89$), Information Overload ($\alpha=0.87$), Net Compulsion ($\alpha=0.92$), Computer Addiction ($\alpha=0.94$), Cyber Sexual Addiction ($\alpha=0.97$) which indicates the test has good internal consistency. In the present study, Cronbach's α coefficient of the CAPS was found 0.924.

Validity

Scale is assumed to have Content validity as well as face validity since it is based on the internet addiction theory of Young (2004).

A copy of the scale is attached as Appendix J.

Young Internet Addiction Test – Short Form (s-IAT)

The s-IAT is the shortened and modified version of the Internet Addiction Test (IAT) by Kimberly Young (2005). The s-IAT was standardized by Pawlikowski, Altstotter-Gleich and Brand (2013) and consists of 12 items which are rated on a 5-Point-Likert scale from 1 (never), 2 (rarely), 3 (sometimes), 4 (often) and 5 (always), with a total score range between 12 and 60 that measures the normal, mild, moderate and severe level of Internet Addiction. The items comprise facets of Internet addiction, such as loss of control/time management (Items 1, 2, 3, 4, 5, 6) and craving/social problems (Items 7, 8, 9, 10, 11, 12).

➤ ***Loss of control/time management:*** This subscale elicits information on how strongly a person suffers from time management problems in everyday life due

to his/her Internet use, information on the negative repercussions of problematic use of the Internet and the respondents were not able to control their Internet use and if an attempt has been made to reduce their Internet use and failed. All items do not assess the time spent online but assess if or not individuals had a feeling of a loss of control concerning their Internet use and challenges in their daily activities ever resulting from their Internet use.

- ***Craving/social problems:*** This subscale measures the impacts of problematic Internet use on social interactions and preoccupation with the medium. Items of this subscale also measure problems outside the user (interpersonal problems and mood regulation). All questions include the terms “Internet” or “online” in general without applying them to a specific area. The participants were informed in the instructions that all items have to do with their general use of the Internet including all applications used.

Scoring

The minimum score is 0 and the maximum score is 60 points. The IAT total score ranges, with the higher score representing the higher level of severity of Internet compulsivity and addiction. Total scores that range from 0 to 17 points are considered to reflect a normal level of Internet usage; scores of 18 to 29 indicate the presence of a mild level of Internet addiction; 30 to 47 reflect the presence of a moderate level, and scores of 48 to 60 indicate a severe dependence upon the Internet.

Reliability

For Factor 1 (loss of control/time management), Cronbach's alpha was 0.82. For Factor 2 (craving/social problems), Cronbach's alpha was 0.75. It was determined that Cronbach α , internal consistency coefficient for the scale is 0.90 and good test-retest reliability ($r = 0.85$) values). The 12-item form showed good concurrent validity with the IAT ($r = .83, p < .01$) (Kern & Acier, 2013). Spearman-Brown's value for the scale is 0.86 and Guttman's Split-Half value for the scale is 0.85. These calculated coefficients were all in the acceptable range, and these suggested that the test had reliability. In the present study, the Cronbach's α coefficient of the s-IAT was 0.903.

Validity

The test has construct validity as well as convergent validity

For the present study, the instrument was translated from English to Malayalam, Item analysis was done and standardized for collecting data. A copy of the short Young Internet Addiction Test is given in Appendix K.

WEBHOLISM

Summing the three scores of the Cyber Addiction Pattern Scale (CAPS), Digital Detox Experience Test (DDET) and Internet Addiction Test (IAT) gives the score of Webholism. Thus, the higher Webholism score will be 300 and the lower Webholism score will be Zero.

Scale of Type A Behaviour Pattern

The scale of Type A behaviour pattern is developed by Asha in the year 1999. This scale consists of 14 items that measure four variables related to type A behaviour, viz., 1) Urgency, 2) Competitiveness and Hostility, 3) Polyphasic behaviour, and 4) Goal-directedness without proper planning. Higher scores on this scale indicate more type A behaviour.

- ***Urgency***: is defined as aggressive involvement in a chronic, incessant struggle to achieve more and more in less and less time.
- ***Competitiveness and Hostility***: The tendency to challenge or having a strong urge to win even in non-competitive situations.
- ***Polyphasic behaviour***: concentrating on more than one activity at a time.
- ***Goal-directedness without proper planning***: setting a goal or ambition without thorough perusal and not arranging it in advance.

Scoring

This scale is a five-point scale. A score of 5, 4, 3, 2, and 1 is given to the category A, B, C, D, and E respectively. Items 1, 2, 8, 12, 13 and 14 represent the subtest urgency. Items 3, 4, 9, and 10 represent competitiveness and hostility. Items 6 and 11 represent Polyphasic behaviour and items 5 and 7 represent goal-directedness without proper planning.

The total score was computed by summing up the weights assigned to each item. The more score indicated the more Type A behaviour. The highest score will be

70 and the minimum score will be 14. Type A people are those who scored 35 or more, whereas Type B people are those who scored less than 35.

Reliability

The reliability and validity of the test are already established through many investigations and studies. In the present study, Cronbach's α coefficient of the TABP was 0.701.

Validity

This scale has content validity as well as face validity. A copy of the scale is given in Appendix L.

Buss and Perry Aggression Questionnaire – Short Form (BPAQ-SF)

The Buss and Perry Aggression Questionnaire – short form (BPAQ-SF) is a 12-item self-report measure developed by Bryant and Smith (2001). It is the refined version of the 29-item Aggression Questionnaire (AQ) developed by Buss and Perry (1992). It is a four-factor model questionnaire consisting of 12 Likert-type items. The BAPQ-SF is organized into four scales: Physical Aggression (PA - 3 items), Verbal Aggression (VA - 3 items), Anger (A - 3 items), and Hostility (H - 3 items). The first two factors represent a *motor or instrumental component*; anger, which implies psychological activation and preparation for aggression, is the *emotional or affective component*; and hostility represents the *cognitive component*.

Physical Aggression: behaviour that threatens or actually causes bodily harm to another person. Physical aggression also includes doing harm to another person or their property, such as punching, kicking, or stabbing them.

Verbal Aggression: communication with the intention to damage a person by words, tone, or manner, regardless of whether harm actually occurs. Which can include mocking, name-calling, and yelling.

Anger: a feeling that is characterized by hostility towards someone or something that one believes has intentionally wronged them.

Hostility: a hostile attitude towards other people is a personality or cognitive feature. One of the most problematic emotions is hostility, which at first causes strong guilt feelings.

Scoring

Items scored on a 5-point ordinal scale (1 = extremely uncharacteristic of me, 2 = somewhat uncharacteristic of me, 3 = neither uncharacteristic nor characteristic of me, 4 = somewhat characteristic of me, and 5 = extremely characteristic of me). Items 1, 2, and 6 represent *Verbal Aggression*, items 5, 9, and 11 represent *Physical Aggression*, items 4, 7, and 12 represent *Anger*, and items 3, 8, and 10 represent *Hostility*. The total score for Aggression is the sum of the factor scores. Sum scores are computed by adding up the scores on the items per subscale. Sum scores for the total BPAQ scale thus range between 12 and 60, and those for each of the subscales may range between 0 and 15. Aggression levels are high in people with scores of 30 or more and low in people with scores below 30.

Reliability

The Aggression Questionnaire scale has appropriate psychometric properties in terms of internal consistency, test-retest reliability, convergent validity and discriminant validity. Internal consistency ranged from 0.79 to 0.80 for physical aggression, 0.73 to 0.83 for verbal aggression, 0.71 to 0.76 for anger, and 0.70 to 0.75 for hostility (Brayant & Smith, 2001). Test – re-test reliability found 0.78. In the present study, the Cronbach’s α coefficient of the BPAq was 0.709.

Validity

The short version of the Aggression Questionnaire is consistent with the instrument proposed by Maxwell (2007) in China. Also, face validity and content validity were established. A copy of the scale is given in Appendix M.

Depression Anxiety Stress Scale (DASS-21)

The DASS-21 is the shortened version of the DASS (42 items) developed by Lovibond and Lovibond (1995) to assess symptoms of depression, anxiety and stress among adults. The DASS-21 is a self-report questionnaire consisting of 21 items, 7 items per subscale: Depression (3, 5, 10, 13, 16, 17, 21), Anxiety (2, 4, 7, 9, 15, 19, 20) and Stress (1, 6, 8, 11, 12, 14, 18). Every item score on a four-point scale from 0 (did not apply to me at all) to 3 (applied to me very much). Ranges of scores correspond to levels of symptoms, ranging from “normal” to “extremely serious”.

- ***Depression:*** the experience of having a ‘low mood’ and losing interest in activities that one typically finds enjoyable. Alterations in sleep and eating,

feelings of guilt and demotivation, and a general withdrawal from others are possible as well.

- **Anxiety:** Anxiety is the feeling that something awful is about to occur. Anxiety can be widespread or confined to a particular environment, circumstance, or object (phobia). Contrarily, anxiety is characterized by excessive worry that persists even in not having the presence of a stressor. Stress, insomnia, trouble with concentration, weariness, muscle tightness, and irritability are among the symptoms that anxiety causes.
- **Stress:** Stress is a response to the pressures of daily life or a dangerous circumstance. Between stress and anxiety, there is a thin line. While both are emotional reactions, stress is usually brought on by an outside trigger and anxiety is a response to stress. A sense of being overpowered is a common trait of stress. Stress causes both mental and physical symptoms in people, including irritation, rage, exhaustion, muscle pain, digestive issues, and trouble sleeping.

Scoring

Sum scores are computed by adding up the scores on the items per subscale and multiplying them by a factor of 2. Sum scores for the total DASS-total scale thus range between 0 and 120, and those for each of the subscales may range between 0 and 42. Cut-off scores of 60, 20, 14, and 26 are used for the total DASS score and for the subscales of depression, anxiety and stress respectively.

Table 8*Score ranges of DASS-21*

RANGE	Psychopathology dimensions		
	Stress	Anxiety	Depression
Normal	0-10	0-6	0-9
Mild	11-18	7-9	10-12
Moderate	19-26	10-14	13-20
Severe	27-34	15-19	21-27
Extremely severe	35-42	20-42	28-42

Reliability

The scale demonstrated adequate internal consistency (Cronbach α : 0.761 to 0.906). The reliability of DASS-21 showed that it has excellent Cronbach's alpha values of 0.81, 0.89 and 0.78 for the subscales of depression, anxiety and stress respectively. In the present study, the Cronbach's α coefficient of the DASS-21 was 0.906.

Validity

It was found to have excellent internal consistency and discriminative, concurrent and convergent validities. The depression and anxiety subscales of DASS-21 had good correlations with the self-rating depression scale and state-trait anxiety inventory. A copy of the scale is given in Appendix N.

Satisfaction With Life Scale (SWLS)

The degree to which a person believes their life to be full, rich, meaningful, or of high quality. The completion of one's wishes and needs for one's entire life is a prerequisite for feeling satisfied with one's life, as is satisfaction with or acceptance of one's life circumstances. Life satisfaction is essentially a judgment of one's

subjective life quality. The evaluation of life satisfaction includes a strong cognitive component.

The Satisfaction With Life Scale (SWLS; Pavot & Diener, 1993) is a 5-item scale designed to measure global cognitive judgments of one's life satisfaction (not a measure of either positive or negative affect). The scale does not assess satisfaction with life domains such as health or finances but allows subjects to integrate and weigh these domains in whatever way they choose. The SWLS is recommended as a complement to scales that focus on psychopathology or emotional well-being because it assesses an individual's conscious evaluative judgment of his or her life by using the person's own criteria. This is the strategy adopted by the principal version of SWLS (Diener et al., 1985).

Scoring

Participants indicate how much they agree or disagree with each of the 5 items on the scale using a 7-point scale that ranges from 7 strongly agree to 1 strongly disagree. Sum up scores on each item and there are some cut-offs to be used as benchmarks. They are: 31 – 35 are Extremely satisfied, 26 - 30 Satisfied, 21 - 25 Slightly satisfied, 20 Neutral, 15 - 19 Slightly dissatisfied, 10 - 14 Dissatisfied, and 5 - 9 Extremely dissatisfied. The possible range of scores is between 5 and 35 with greater scores signifying higher satisfaction with life.

Reliability

The scale's reliability showed good internal consistency ($\alpha=0.87$) and stability over time with a test-retest coefficient of 0.82. In the present study, the Cronbach's α coefficient of the Satisfaction With Life Scale was 0.744.

Validity

The tool has adequate criterion validity, and good convergent and discriminant validity. A number of studies were found to support the validity of the Satisfaction with Life Scale (Pavot & Diener, 1993). A copy of the scale is given in Appendix O.

Pure Procrastination Scale (PPS)

The practice of delaying or postponing tasks till the very last minute or after their due date is known as procrastination. It can be a type of self-regulation failure characterized by illogical task deferral in the face of potentially detrimental outcomes. Starting and completing even the simplest work can be challenging when one is overcome by feelings of helplessness, discouragement, and exhaustion.

Steel's (2010) Pure Procrastination Scale (PPS) is composed of 12 items used as an explicit measure of procrastination. The Pure Procrastination Scale is a composite measure created from the factor analysis of the Decisional Procrastination Questionnaire (PPS items 1 – 3), General Procrastination Scale (PPS items 4 – 8), and Adult Inventory of Procrastination (PPS items 9 – 12) (Steel, 2010). The word 'pure' reflects the fact that it has improved validity over previous instruments.

Scoring

Responses were made on a 5-point Likert scale ranging from strongly disagree (1) to strongly agree (5) with higher scores indicating greater agreement. All items are consistent with procrastination. The minimum score is 12 and the maximum score will be 60. Procrastination is high in people with scores of 30 or more, and it is low in people with scores below 30.

Reliability

The specific items used to create the Pure Procrastination Scale together have a reliability of .92. In the present study, the Cronbach's α coefficient of the PPS was 0.887.

Validity

Similar to the previous measures, the Pure Procrastination Scale directly measures assertions related to procrastination behaviours (e.g., I am not very good at meeting deadlines). Providing convergent validity is the PPS's correlation with the Satisfaction with Life Scale (Diener et al., 1985), the Susceptibility to Temptation Scale (Steel, 2002) and the Irrational Procrastination Scale (Steel, 2002). A copy of the scale is given in Appendix P.

Barratt Impulsiveness Scale (BIS-11)

The term impulsivity or impulsive behaviour refers to unplanned behaviours that are ill-advised, hastily stated, unduly dangerous, and inappropriate for the circumstance. In the present study, the Barratt Impulsiveness Scale (BIS) is used to assess impulsive behaviours.

BIS15 (Spinella, 2007) is the brief version of BIS-11 (Patton, Stanford & Barratt, 1995). The original form consists of 30 items. This is a self-report questionnaire comprised of 15 items designed to measure impulsiveness. BIS-15 consists of three subscales:

- ***Attentional Impulsiveness:*** being focused, vigilant and making quick cognitive decisions;

- **Motor Impulsiveness:** acting without thinking;
- **Non-planning Impulsiveness:** living for the moment as ‘present orientation’ or a lack of ‘futuring’. Collectively, the three sub-dimensions represent a total impulsivity score.

Scoring

All items are answered on a 4-point scale (Rarely/Never, Occasionally, Often, Almost Always/Always). Items are scored 1, 2, 3, and 4; where 4 indicates the most impulsive response. To avoid a response set, selected items were worded to indicate non-impulsiveness and were scored accordingly. Items 1, 5, 7, 8, and 15 belong to non-planning impulsivity, items 2, 9, 10, 12, and 13 belong to motor impulsivity and items 3, 4, 6, 11, and 14 belong to attentional impulsivity. Six items are formulated in a negative way (1, 4, 5, 7, 8, 15). The maximum score will be 60 and the minimum score will be 15. The higher the summed score for all items, the higher the level of impulsiveness. A score of 30 or more indicates strong levels of impulsivity, whereas a score of less than 30 indicates low levels of impulsivity.

Reliability

The reliability of BIS was evaluated with an analysis of the internal consistency and homogeneity of the items. Internal consistency coefficients for the BIS-15 total score that range from 0.79 to 0.83 for separate populations of undergraduates, substance-abuse patients, general psychiatric patients, and prison inmates. Test - retest-reliability was $r = 0.79$ for the BIS total score and ranged between $r = 0.61$ and 0.78 for the subscales. In the present study, the Cronbach's α coefficient of the BIS-11 was 0.694.

Validity

The BIS-15 has been widely applied around the world. Face validity and content validity were established. A copy of the scale is given in Appendix Q.

UCLA Loneliness Scale (ULS-6)

Loneliness is a terrible sensation when one feels a disconnect between their desires for social interaction and how they actually experience it, they are said to be lonely. A lonely person's social contacts are regarded by that person to be less numerous and especially of lower quality than anticipated. An individual can be alone without experiencing loneliness, and they can also experience loneliness while surrounded by others. Loneliness is a very subjective experience. The UCLA Loneliness Scale is used to assess the participant's level of loneliness in the present study.

ULS-6 is the revised UCLA Loneliness Scale (UCLA-R) constituted 20 statements by Russell (1996) designed to measure one's subjective feelings of loneliness as well as feelings of social isolation. ULS-6 is constituted by Neto (2014) and consists of six items of the UCLA-R that are representative of the full scale. Participants rate each item as either 4 (I often feel this way), 3 (I sometimes feel this way), 2 (I rarely feel this way), or 1 (I never feel this way).

Scoring

Items Score by making all Often = 4, all Sometimes = 3, all Rarely = 2 and all Never = 1. There is reverse scoring for item 2. High scores on the loneliness scale described themselves as lonelier than other people. High levels of loneliness are

indicated by scores of 12 or more, whereas low levels of loneliness are indicated by scores below 12.

Reliability

The measure is highly reliable, both in terms of internal consistency (coefficient α ranging from .89 to .96) and test-retest reliability over a 1-year period ($r = .73$). In the present study, the Cronbach's α coefficient of the ULS-6 was 0.868.

Validity

The content of the individual items provides face validity for the scale. Convergent validity for the scale was indicated by significant correlations with other measures of loneliness. Construct validity was supported by significant relations with measures of the adequacy of the individual's interpersonal relationships, and by correlations between loneliness and measures of health and well-being. A copy of the scale is given in Appendix R.

Difficulties in Emotion Regulation Scale (DERS-16)

The capacity to exert control over one's own emotional state is known as emotion management. It could entail actions like evaluating a stressful situation to lessen anger or anxiety, covering up obvious signs of fear or grief, or concentrating on things that make one feel joyful or peaceful. It is an individual's capacity to modulate a single emotion or a range of emotions. The Difficulties in Emotion Regulation Scale (DERS-16) is used to assess the level of emotion regulation among participants of the present study.

The DERS-16 is the shortened form of the original DERS (Gratz & Roemer, 2004) developed by Bjureberg et al. (2016). The original form consists of 36 items

loaded onto six sub-scales whereas the shorter version contains 16 items that load onto 5 subscales. In order to assess difficulties regulating emotions during times of distress, many items begin with “When I’m upset”. The items assess five domains of emotion dysregulation:

- ***Non-acceptance***: non-acceptance of negative emotions
- ***Goals***: inability to engage in goal-directed behaviours when distressed
- ***Impulse***: difficulties controlling impulsive behaviours when distressed
- ***Strategies***: limited access to emotion regulation strategies perceived as effective
- ***Clarity***: lack of emotional awareness and clarity

The DERS-16 was created by selecting items from the DERS based on their item-total correlations and their ability to represent or improve the construct validity of the subscale in questions, and by eliminating redundant items.

Scoring

Respondents are asked to indicate how often the items apply to themselves, with responses ranging from 1 to 5, where 1=almost never, 2=sometimes, 3=about half the time, 4 = most of the time, and 5=almost always. The maximum score is 80 and the minimum score is 16. There are no reverse-scored items. Higher scores suggest greater problems with emotion regulation. The measure yields a total score as well as scores on five subscales. Items 9, 10, and 13 represent the sub-scale *non-acceptance*; 3, 7, 15 represent *Goals*; 4, 8, 11 represent *Impulse*; 5, 6, 12, 14, 16 represent *Strategies*, and 1, 2, 14 represent *Awareness and Clarity*. An individual's level of emotion dysregulation is high if their score is 40 or more, and it is low if their score is less than 40.

Reliability

The test-retest reliability of the scale is 0.88 and has good internal consistency (Cronbach's alpha) for the total score ($\alpha=0.89$) and subscales ($\alpha>0.77$). In the present study, the Cronbach's α coefficient of the DERS was 0.917.

Validity

The test has content validity. Considering the construct validity, DERS total and subscales are significantly correlated with the Generalized Expectancy for Negative Mood Regulation Scale (NMR) and Emotional Expressivity Scale (EES). A copy of the scale is given in Appendix S.

Interpersonal Sensitivity Measure – Short Form (IPSM-SF)

The Interpersonal Sensitivity Measure – Short form (IPSM-SF) is a 15-item self-report inventory developed by Todd et al. (1994). The original form developed by Boyce and Parker (1989) included 36 items. The presentation of items in the shortened IPSM significantly altered from the original format. The 15 selected items are re-worded from statements into questions and the 4-point response set was replaced by a Yes / No option in the short form. This test measures interpersonal sensitivity; that is, hypersensitivity to interpersonal rejection. The scale comprises of five subscales which identify the underlying dimensions of the construct. The five subscales of IPSM are:

- **Interpersonal Awareness:** The state of being sensitive to interpersonal interactions is known as interpersonal awareness. It covers the effects of a negative or critical response as well as the perceived effect that a person has

on another. A high score on this dimension denotes heightened awareness of others' behaviour in an effort to predict their reactions as well as anxiety regarding social interactions. Four items comprised the test and measured interpersonal awareness. They are the items 2, 7, 10, and 11.

➤ ***Need for Approval:*** Need for approval is a reflection of a person's desire to keep relationships peaceful, to keep others happy, and to be liked by others rather than rejected. A high score implied giving up one's own needs in favor of others' desires. This subscale contained three items, numbered 13, 14, and 15.

➤ ***Separation Anxiety:*** Separation anxiety is fear regarding the sustainability of attachments. The tendency towards depression is thought to be accompanied by separation anxiety. Some people seem to avoid developing separation anxiety by becoming excessively concerned with any threat to the stability of their relationships with others. Four items, numbered 1, 4, 5, and 9, made up this subscale on interpersonal sensitivity.

➤ ***Timidity:*** The Inability to act assertively in interactions with others and social situations is referred to as timidity. It is the behavioural element of interpersonal sensitivity. The subscale timidity has two items with the numbers 6 and 12.

➤ ***Fragile inner self:*** Fragile inner self: The concept alludes to a crucial aspect of self-worth, particularly having an unlikable core self that must be concealed from others. High scorers on this dimension have fragile self-esteem that needs constant affirmation from others to maintain it. The majority of the variation

in the association between interpersonal sensitivity and low self-esteem was caused by this factor. This subscale's items are 3 and 8.

Scoring

All the “Yes” will be scored as 1 and “No” as 0. Higher total score reflecting greater interpersonal sensitivity. The maximum score will be 15 and the minimum score will be 0. A score of 7 or higher indicates high interpersonal rejection sensitivity, whereas a score of less than 7 indicates low interpersonal rejection sensitivity.

Reliability

The Interpersonal Rejection Sensitivity measure was reported to have a test-retest reliability of 0.85 for the total score and the coefficients ranged from .55 to .76 for the subscales. The scale has been used in the Indian setting and adequate test-retest reliability of 0.67 for four weeks was reported (Fashiya & Jayan, 2017). The Cronbach’s alpha of the re-standardized form of the Malayalam version has been found to be 0.79. In the present study, the Cronbach’s α coefficient of the IPSM was 0.724.

Validity

The clinical judgment of interpersonal sensitivity correlated highly with interpersonal sensitivity scores ($r=0.72$, $p<0.001$), supporting the validity of the scale. The total score of the interpersonal sensitivity measure correlated with the neuroticism score of the Eysenck Personality Inventory ($r=0.66$) in the non-clinical sample of medical students. The correlation between neuroticism and IPSM in the clinical group was 0.61. A copy of the scale is given in Appendix T.

PROCEDURE

The data were collected from college students, university students, married and unmarried people, employed and unemployed people in different districts of Kerala. If data collects from institutions, it was received prior permission from the Department's Head or Principal. The Principals of colleges or Heads of departments were contacted by prior appointments and had a brief discussion about the purpose of the study as well as its importance. Then, the Principal/Head/Authorized person introduced the investigator to the students who were the participants of the study.

Before administering the test, the investigator established a rapport with the participants. A firm assurance was given to each participant that the information gathered from them would be used only for research purposes and that everything, including their identity would be kept confidential. Then, they were allowed to do the tests. When data takes over from non-students, it got permission directly from individuals.

The investigator administered the Internet Addiction Test, Cyber Addiction Pattern Scale, Digital Detox Experience Test, Scale of Type A Behaviour Pattern, Aggression Questionnaire, DASS₂₁, Satisfaction with Life Scale, Pure Procrastination Scale, Barratt Impulsiveness Scale, UCLA Loneliness Scale, Difficulties in Emotion Regulation Scale and Interpersonal Sensitivity Measure to the individual by requesting not to open until instructed. After a brief introduction of the purpose of this study, and how to complete they were asked to open the booklet and start responding. Instructions for responding to the statements were printed in each test itself very

clearly. They were reminded to fill up the necessary bio-data required in the space provided.

Special instructions were given to fill out DDET. The DDET developed was meant to be used after experiencing no internet. But since the scenario without the internet is not working for many people, it is said to imagine and respond. This instruction tense was converted to future tense and was given to them. Imagine the following experiences: How would you feel if you turned off the Internet for two days, how would you feel if you turned off the Internet for two weeks, and how would you feel if you turned off the Internet for a month? and write your opinion. As a result, participants could think about the anticipated circumstance and respond to the questions at their discretion.

The confidentiality of the test was assured. After completing, the tests were collected back individually and the investigator appreciated and thanked the participants who participated and co-operated in this study. The amount of time required to complete the questionnaires was approximately 20 - 30 minutes. The data collection stage spanned from December 2020 to May 2022. The unexpected outbreak of COVID-19 and the accompanied Lockdown made the data collection time longer.

SCORING

Scoring was done as per the manuals of the tests and the score of Webholism was attained adding scores of Cyber Addiction Pattern Scale (CAPS), Digital Detox Experience Test (DDET) and Internet Addiction Test (IAT).

STATISTICAL ANALYSIS

Microsoft Excel software was used to enter the data. Descriptive data were analyzed by percentage, mean, and standard deviation. SPSS-21 package software program was used in the analysis of the data obtained from the research. Skewness and Kurtosis values were checked in order to determine whether the data showed a normal distribution. As a result of the assessment, it was seen that the data were not normally distributed. Accordingly, non-parametric tests were used.

Preliminary Analysis

Preliminary analysis is a basic step in statistical analysis that provides a clear picture of the nature of the distribution of variables. It includes basic descriptive statistics such as arithmetic mean, median, mode, standard deviation, skewness, kurtosis and Kolmogorov-Smirnov Z.

Arithmetic Mean: The best measure of central tendency is the ordinary average called mean calculated by the sum of all the scores divided by the number of scores. The average or mean of a group of scores is a representative value.

Median: The Median is another measure of central tendency and is an alternative to the mean. The median is the middle score when all the scores in a distribution are arranged in ascending or descending order of magnitude. If the number of values is odd, then the median is equal to the middle value. If the number of values is even, the median is equal to the average of the two middle values.

Mode: Mode is another measure of central tendency. The mode is the most common single value in a distribution. In a perfectly symmetrical unimodal distribution, the mode is the same as the mean. However, if the mean and mode are not the same, the mode is usually not a very good way of describing the central tendency of the scores in the distribution (Aron et al., 2006).

Skewness: Skewness refers to the lack of symmetry. It is the extent to which a frequency distribution has more scores on one side of the middle as opposed to being perfectly symmetrical. In a skewed distribution, the scores pile up on one side of the middle and are spread out on the other side and the distribution is asymmetrical. The distributions deviate from normal and the values mean, median and mode are different and there is no symmetry between the right and the left halves of the curve. It is said to be positively skewed when the larger frequencies tend to be concentrated towards the low end of the variable and the smaller frequencies towards the high end. The distribution is referred to as being negatively skewed if the opposite is true and the larger frequencies are concentrated towards the high end of the variable and the smaller frequencies towards the low end. (Chen, 2023).

Kurtosis: It is the extent to which a frequency distribution deviates from a normal curve, having tails that are too thick or too thin. It can be ‘flattened’ or ‘peaked’. Kurtosis typically comes in three forms: Leptokurtic distributions have more peaks on one side than the other. It is referred to as platykurtic if it has fewer peaks. Mesokurtic refers to the normal distribution, which lies between the leptokurtic and platykurtic distributions (Investopedia, 2021).

Normality Testing

The normality of the scores was tested by using the Kolmogorov-Smirnov test.

Kolmogorov-Smirnov Z: The One-sample Kolmogorov-Smirnov test is a non-parametric goodness of fit that produces test statistics that are used along with a degree of freedom parameter to test for normality. It is used to determine whether two distributions differ, or whether an underlying probability distribution differs from a hypothesized distribution. It is used when we have two samples coming from two populations that can be different.

Correlation Analysis

Correlation was done by using Spearman's Rank correlation

Spearman's Rank correlation: The correlation between study variables was done by using Spearman's Rank correlation. Correlation coefficients measure the strength of the relationship between two variables. A correlation between variables indicates that as one variable changes in value, the other variable tends to change in a particular direction. The relationship is understood to be useful because we can use the value of one variable to predict the value of another variable.

Group Comparison Analysis

To compare the two groups not following normal distribution, the Whitney U test was used.

Mann-Whitney U test: The Mann-Whitney U test is used to compare differences between two independent groups that are ordinal or continuous and not normally distributed.

Variables tested under the Mann-Whitney U test are below.

Dependent Variables	Non- parametric tests used
1. Cyber Relationship Addiction	Mann Whitney U test to compare between
2. Information Overload	
3. Computer Addiction	
4. Net Compulsion	
5. Cyber Sexual Addiction	
6. Cyber Addiction Pattern	
7. DDE-Discomforts	
8. DDE-Benefits	
9. Digital Detox Experience	
10. Loss of Control/Time Manage	
11. Craving/Social Problem	
12. Internet Addiction	
13. WEBHOLISM	

Kruskal-Wallis test: The Kruskal-Wallis test is a nonparametric method for testing used for comparing two or more independent samples of equal or different sample sizes. It is used to compare more than two groups while the Mann-Whitney U test compares two groups.

To compare three groups not following normal distribution, Kruskal Walli's test was used. Variables tested under Kruskal Walli's test are below

Dependent Variables	Test used
1. Cyber Relationship Addiction	Kruskal Walli's ANOVA followed by Mann Whitney U test for pairwise comparison between Occupation categories
2. Information Overload	
3. Computer Addiction	
4. Net Compulsion	
5. Cyber Sexual Addiction	
6. Cyber Addiction Pattern	
7. DDE-Discomforts	
8. DDE-Benefits	
9. Digital Detox Experience	
10. Loss of Control/Time Manage	
11. Craving/Social Problem	
12. Internet Addiction	
13. WEBHOLISM	

Prediction Analysis

The predictors were found using step-wise regression.

Step-wise Multiple Regression: It is an exploratory procedure in which all the potential predictor variables that have been measured are tried in order to find the predictor variable that produces the best prediction. Then each of the remaining variables is tried to find the predictor variable which in combination with the first produces the best prediction. This process continues until adding the best-remaining variable does not provide a significant improvement.

ETHICS APPROVAL

Ethics approval for the conduct of the study and study instruments was given by the Institutional Ethical Committee of the Prajyoti Niketan College (No. PNC/2023/REC).

The necessary ethical permissions were received from the Institutional Review Board at Prajyoti Niketan College prior to the initiation of the research. In every phase of the research, participants were informed about the study protocol and gave their written informed consent. All participants were provided with a consent form about the purpose of the study and their role in the study. The participation was voluntary, and they had the option to refuse to take part in the study. There were no physical or psychological risks by being in this study. And there was no direct benefit to participants. As all of them were literate, they had no problem in understanding the instruments. All of them are mobile literate and have been using electronic gadgets like smartphones, tablets, and laptops. A copy of the ethical clearance certificate is attached as Appendix U. Plagiarism Certificate attached as Appendix V.



CHAPTER III

**REVISION, TRANSLATION,
STANDARDIZATION AND
DEVELOPMENT OF TESTS**

PHASE II

TEST DEVELOPMENT

- Digital Detox Experience Test (DDET)

TEST REVISION

- Cyber Addiction Pattern Scale (CAPS)

TEST STANDARDIZATION

- Type A Behaviour Pattern Scale (TABP)

TEST TRANSLATION & STANDARDIZATION

- Internet Addiction Test – SF (sIAT)
- Aggression Questionnaire (BPAQ)
- Depression Anxiety Stress Scale (DASS₂₁)
- Satisfaction with Life Scale (SWLS)
- Pure Procrastination Scale (PPS)
- Barratt Impulsiveness Scale (BIS-11)
- UCLA Loneliness Scale
- Difficulties in Emotion Regulation Scale (DERS-16)
- Interpersonal rejection Sensitivity Measure (IPSM)

Based on the factors assumed in Phase 1 - Part 2 (Loneliness and Interpersonal rejection sensitivity) and identified from the literature review (Type A Personality, Aggression, Psychopathology, Life satisfaction, Procrastination, Impulsivity and Emotion Regulation), the researcher sorted nine psychological variables related to Webholism. So, to find out the correlates and predictors of Webholism in further empirical research, necessary psychological measures were identified and were developed, revised, translated and standardized by the researcher. They are:

TEST DEVELOPMENT

Development of Digital Detox Experience Test (DDET)

Digital detox/ Internet Fasting is a period of time during which a person refrains from using electronic devices such as smartphones or computers, regarded as an opportunity to reduce stress or focus on social interaction in the physical world (Syvertsen & Enli, 2020). The term “Digital Detox Experience” (DDE) refers to the physiological and psychological discomforts that a person experiences when there is no internet access, as well as the benefits that are felt and employed in its absence (Bayana & Sukanya, 2020). Researchers created the Digital Detox Experience Test (DDET) in order to assess the extent of internet users’ digital detox experience. It has two dimensions – Discomforts and Benefits.

Digital Detox Experience – Discomforts (DDE-D): Discomforts are the emotional and physical challenges that people have when they are not accessing the Internet. It includes feelings like anxiety, stress, difficulty focusing, restlessness, loneliness,

disappointment, anger, and the want to be online, as well as headaches, interrupted sleep, laziness at work, irregular routines, and others.

Digital Detox Experience – Benefits (DDE-B): Benefits are the advantages that people enjoy when they avoid using the Internet. Improved child care, better partnership, better parent communication, improved school and workplace communication, improved neighborhood ties, visiting relatives, seeing friends, planning things, completing them on time, getting some eye relief, Exercise, watching TV, gardening, free time, good sleep, feeling refreshed, calmness/peace, reading books and newspapers, leisure activities, etc. are some of them.

This scale was developed by the scholar along with the supervisor on the basis of literature and themes formulated in the first phase (Part 2) of the study. This includes factors such as Perceived discomforts and Practiced benefits. The instrument was designed in the Malayalam language to understand the behavioural condition of a regular internet user if he does not use it for a day. This tool, which was developed based on previous research and feedback from people about a day without internet use in the Phase 1 Exploratory study, can also be used to predict and respond to no-internet conditions.

Item writing

After analyzing the digital detox experience interview transcripts of people, many numbers of items were written/ prepared with a five-point Likert-type anchor. Items are not in complete sentence format but in coded words. 37 items were arranged under three subsets namely Perceived Feelings (10 items), Physical Vicissitudes (5 items) and Practiced Benefits (22 items).

The prepared items in the Digital Detox Experience Test (DDET) were presented to language experts and then to the subject experts for comments. After getting suggestions, some items were omitted, re-written, and some items even were added. Meaningfully repetitive questions and questions that only married people can answer are omitted (E.g. Good communication with a partner, and good interaction with children). Finally, the scale consists of 35 items under two dimensions - perceived discomforts and practiced benefits. Perceived Feelings and Physical Vicissitudes were combined into a single subscale called “Digital Detox Experience - Discomforts (DDE-D)” with 15 items (1 – 15) and 20 items (16 – 35) in “Digital Detox Experience - Benefits (DDE-B)”. This tool measures how people feel when they are not using the Internet. This is the first draft of the test and a copy of the first draft scale is attached as Appendix F.

For a test to be standardized; more participants are needed but based on early experience investigators are aware that many people are unwilling to switch off their internet access. As a result, researchers won't have availability to a sufficient number of participants for test standardization. Thus the test was instructed to reply to the test items with the assumption there was no internet. Additionally, looking at the practical side, it was decided to construct and standardize the test in this manner since in phase 3 of this research, the researcher will only receive the data of the responses that presume the digital detox experience. This test also helps to understand any difference when the internet is not for two days, a week, or a month. The response to each item should be recorded by assuming the digital detox experience. This is the final draft of the test and a copy of the final draft scale is attached as Appendix G.

Preliminary try-out

To know the appropriateness of the construct, language, and presentation, this scale was administered to around 45 Students and Adults from the College. More people are being included in the preliminary tryout to ensure consistency because of the items that are needed to be answered in anticipation of an experience. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

Data was collected from people above 18 years old using the Internet. The selection of the participants was based on the comprehension of both Malayalam and English languages. A total number of 400 voluntarily interested participants were randomly selected as per investigator's convenience. There were 233 females and 167 males included in the collected data.

Procedure

The Scholar met the participants personally were explained the purpose and relevance of the study. A self-introduction and rapport were established and obtained consent. Then, explained the purpose, nature and relevance of the instrument to the participants. They were encouraged to report any difficulty they had faced in understanding any of the items. All the participants were firmly convinced that their identity and information gathered would be treated as confidential and used for research purposes only. After completion, the instrument was collected back and checked for omissions. As the response of 6 people was incomplete and noted double marking, they were excluded and the remaining 394 responses were considered for the analysis.

Scoring

The Digital Detox Experience Test (DDET) consists of 35 items. It is a five-point scale that gives a score of 0 = Never, 1 = Very less, 2 = Less, 3 = Much, and 4 = Very much. Items 1 – 15 (Discomforts) are scored 4, 3, 2, 1, 0; where 4 indicates the experience in high intensity. The test yields scores on two subscales separately. Items 16 – 35 (Benefits) gives a reverse score of 0, 1, 2, 3, 4; where 4 indicates the experience in low intensity.

People who struggle to function in an environment without the internet will have higher DDE-Discomforts and lesser DDE-Benefits. Among these two dimensions of the test, a high score on DDE-D and DDE-B indicate strivings with the absence of the internet. So, in order to obtain the total score of the test, the DDE-Benefits dimension are reverse scored. High and low scores will be 0 – 60 and 0 – 80 for discomforts (DDE-D) and benefits (DDE-B) respectively. Thus, higher scores on the Digital Detox Experience Test indicate strivings with the absence of the internet. The total score gives an overall Digital Detox Experience (DDE) and the score ranges from 0 - 140.

Item analysis

The score of each item of the participant was entered into the spreadsheet. The sum total of all the items in the Digital Detox Experience Test (D-DET) was calculated. Then, the scores were arranged in ascending order and the top 106 (27%) and bottom 106 (27%) data were selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results are presented in the table 9.

Table 9

Mean, S.D and t-value of each item in the Digital Detox Experience Test (D-DET) (N=394)

Item no	Groups	Mean			SD			t-value		
		For 2 days	For 1 week	For 1 month	For 2 days	For 1 week	For 1 month	For 2 days	For 1 week	For 1 month
1.	L	0.41	0.37	0.56	0.83	0.85	1.09	11.37*	12.06*	10.34*
	H	2.62	2.70	2.83	1.25	1.23	1.30			
2.	L	0.34	0.31	0.41	0.71	0.75	0.83	10.51*	10.96*	10.27*
	H	2.23	2.35	2.48	1.20	1.23	1.32			
3.	L	0.19	0.17	0.24	0.54	0.46	0.50	10.29*	11.20*	10.96*
	H	1.92	2.12	2.28	1.18	1.26	1.35			
4.	L	0.24	0.15	0.29	0.68	0.45	0.62	11.61*	14.59*	12.29*
	H	2.35	2.52	2.60	1.23	1.17	1.32			
5.	L	0.22	0.20	0.25	0.53	0.52	0.51	9.85*	10.92*	10.35*
	H	2.07	2.22	2.30	1.35	1.33	1.44			
6.	L	0.32	0.12	0.25	0.84	0.46	0.71	10.20*	13.42*	11.68*
	H	2.32	2.38	2.45	1.26	1.22	1.27			
7.	L	0.17	0.19	0.25	0.46	0.57	0.58	12.48*	11.97*	12.43*
	H	2.40	2.37	2.57	1.30	1.29	1.32			
8.	L	0.20	0.12	0.25	0.61	0.38	0.63	9.83*	10.97*	10.00*
	H	2.10	2.18	2.23	1.36	1.41	1.39			
9.	L	0.07	0.07	0.19	0.25	0.25	0.39	9.03*	9.78*	8.52*
	H	1.72	1.92	1.92	1.39	1.44	1.52			
10.	L	0.12	0.17	0.24	0.38	0.50	0.47	10.51*	10.16*	10.59*
	H	1.98	2.15	2.37	1.32	1.42	1.48			
11.	L	0.20	0.19	0.24	0.66	0.47	0.47	7.88*	8.12*	7.85*
	H	1.72	1.68	1.78	1.33	1.35	1.45			
12.	L	0.15	0.14	0.24	0.58	0.39	0.43	8.45*	8.77*	8.73*
	H	1.82	1.82	1.97	1.41	1.43	1.47			
13.	L	0.27	0.14	0.20	0.83	0.43	0.41	8.03*	9.17*	9.19*
	H	2.05	2.05	2.07	1.50	1.56	1.52			
14.	L	0.19	0.24	0.34	0.60	0.68	0.71	8.51*	8.46*	8.54*
	H	1.80	2.03	2.25	1.34	1.50	1.58			
15.	L	0.31	0.27	0.37	0.75	0.64	0.67	13.22*	12.51*	11.49*
	H	2.68	2.57	2.60	1.17	1.27	1.34			
16.	L	0.86	0.61	0.66	1.43	1.22	1.14	9.54*	13.23*	11.48*
	H	3.03	3.18	3.12	1.01	0.87	1.19			
17.	L	0.95	0.66	0.80	1.43	1.20	1.21	12.40*	13.50*	13.86*
	H	3.53	3.27	3.40	0.72	0.88	0.79			
18.	L	0.66	0.39	0.66	1.17	0.91	1.04	12.77*	14.26*	13.91*
	H	3.17	3.03	3.22	0.96	1.10	0.96			
19.	L	0.64	0.53	0.61	1.14	1.10	1.02	11.94*	12.88*	13.27*
	H	3.07	3.05	3.15	1.07	1.03	1.07			
20.	L	0.69	0.51	0.66	1.15	1.04	0.98	11.81*	14.39*	14.80*
	H	3.07	3.13	3.25	1.04	0.95	0.93			
21.	L	0.85	0.63	0.66	1.35	1.24	1.11	11.23*	10.93*	14.25*
	H	3.22	3.00	3.28	0.90	1.12	0.88			

Item no	Groups	Mean			SD			t-value		
		For 2 days	For 1 week	For 1 month	For 2 days	For 1 week	For 1 month	For 2 days	For 1 week	For 1 month
22.	L	0.68	0.56	0.59	1.11	1.00	0.93	13.87*	14.16*	17.48*
	H	3.12	3.10	3.38	0.78	0.95	0.80			
23.	L	0.85	0.56	0.47	1.24	1.13	0.90	12.87*	13.66*	18.46*
	H	3.28	3.10	3.30	0.76	0.88	0.77			
24.	L	0.80	0.54	0.54	1.24	1.09	0.90	10.034*	12.03*	15.18*
	H	2.93	2.95	3.13	1.07	1.10	0.96			
25.	L	0.83	0.54	0.61	1.29	1.09	1.07	10.32*	13.94*	12.85*
	H	3.12	3.20	3.20	1.12	0.99	1.13			
26.	L	0.76	0.44	0.59	1.26	0.99	1.08	10.22*	13.30*	11.19*
	H	2.93	2.98	2.98	1.04	1.10	1.24			
27.	L	0.93	0.66	0.88	1.39	1.21	1.31	8.67*	11.61*	9.66*
	H	3.00	3.12	3.13	1.21	1.09	1.23			
28.	L	0.86	0.54	0.76	1.32	1.07	1.19	8.86*	12.71*	11.30*
	H	2.83	3.05	3.12	1.09	1.08	1.08			
29.	L	0.90	0.56	0.71	1.39	1.21	1.19	11.78*	15.30*	15.21*
	H	3.40	3.45	3.53	0.87	0.81	0.79			
30.	L	0.98	0.54	0.86	1.37	1.16	1.28	9.99*	14.62*	13.34*
	H	3.17	3.30	3.45	0.98	0.87	0.77			
31.	L	1.42	0.83	1.07	1.49	1.35	1.39	9.67*	11.80*	12.38*
	H	3.52	3.33	3.58	0.75	0.91	0.72			
32.	L	1.24	0.80	0.95	1.57	1.41	1.38	8.36*	10.92*	12.20*
	H	3.20	3.22	3.45	0.90	0.96	0.77			
33.	L	1.24	0.90	1.08	1.50	1.47	1.44	7.43*	9.54*	9.74*
	H	3.07	3.15	3.32	1.16	1.07	1.02			
34.	L	1.32	0.86	1.14	1.56	1.41	1.44	9.30*	11.30*	11.22*
	H	3.43	3.35	3.55	0.79	0.95	0.81			
35.	L	1.22	0.92	1.03	1.52	1.47	1.38	9.46*	12.08*	12.37*
	H	3.32	3.47	3.55	0.77	0.70	0.75			

*significant at 0.001 level; L: Low; H: High

From table 9, it can be observed that all items in the Digital Detox Experience Test can discriminate the low scores and high scores in the scale since the calculated ‘t’ values are greater than the table value. Hence the investigator decided to keep all the items in the scale. The scale for digital detox experience with 35 items was finalized from Phase I was administered.

Reliability

This scale has obtained a reliable Cronbach alpha for different domains estimated are Digital Detox Experience - Discomforts ($\alpha=0.89$) and Digital Detox Experience - Benefits ($\alpha=0.92$). In the present study, Cronbach's α coefficient of the DDET was 0.962.

Validity

This scale has assumed to have Content validity as well as face validity.

- *Content Validity*: Examining each question on a test and consulting experts to determine whether it addresses traits that the instrument is intended to cover constitutes content validity. In this procedure, the test undergoes expert rating as each test item is “essential”, “useful; but not necessary”, or “not necessary” (Lawshe, 1975) in relation to its objectives and the construct's theoretical parameters. Researchers rigorously assess each component's contribution and make sure that no element is missed. The Content Validity Ratio (CVR) for each question is calculated by the equation proposed by Lawshe (1975). The formula for the content validity ratio is below.

$$CVR = \frac{N_e - (\frac{N}{2})}{N/2}$$

Where:

N_e = Number of “essentials” for an item

N = Number of experts

For each question, this formula will yield a score ranging from -1 (complete disagreement) to +1 (perfect agreement). Scores above 0 represent a consensus among more than 50% of the experts. The mean CVR for all items makes up the content validity index (CVI), which offers a comprehensive evaluation of the measurement tool. Values nearer to 1 are preferable (Lawshe, 1975).

- *Face Validity*: In order to determine whether an instrument is suitable for its stated purpose on the surface, face validity must be considered. Any reviewer of a measure who believes it appears to be measuring what it should measure will think it has good face validity. Through face validity, it was determined that the test is adequate for its intended use, absolutely relevant for the variables it is assessing, and appropriate for the participants.

A copy of the final scale is attached as Appendix H.

TEST REVISION

Cyber Addiction Pattern Scale (CAPS)

The earlier version of CAPS was developed by Bayana and Manikandan in 2015 which can measure the degree of cyber addiction and its pattern among people. The decision to revise the earlier tool was made because of the timely changes in the use of the Internet by people and a large number of items in the old tool. Thus, the scale was revised by the investigator along with the supervisor and subject experts on the basis of the theoretical framework. Young (2004) defined Cyber Addiction as *“any online-related, compulsive behaviour which interferes with normal living and causes severe stress on family, friends, loved ones, and one’s work environment”*. This includes factors such as cyber sexual addiction, cyber relationship addiction, information overload, net compulsions and computer addiction.

Here the investigator followed the same factor format for revising the instrument to assess the internet usage pattern of users who can read and write Malayalam language. The name of the scale “Cyber Addiction Pattern Scale (CAPS)” kept unchanged. The pattern refers to understanding which areas of the Internet a person has more consumption and addiction.

Item Writing

After reviewing the theory and current empirical studies, many numbers of items were written/ prepared for each factor with a five-point Likert-type anchor. In the earlier version, there were 16 items in cyber relationship addiction, 13 items in information overload, 21 items in net compulsions, 24 items in computer addiction

and 24 items in cyber sexual addiction. Some items were omitted, added and sustained in the revised instrument in each subscale. Each item was recorded in English along with Malayalam.

The prepared items in the revised Cyber Addiction Patten Scale (CAPS) were presented to language experts and then to the subject experts for comments. After getting suggestions, some items were omitted, re-written and some items even were added. Finally, the scale consists of 25 items, where five items come under five dimensions, namely, Cyber Relationship Addiction (CRA) (items 1 – 5), Information Overload (IO) (items 6 – 10), Net Compulsion (NC) (items 11 – 15), Computer Addiction (CA) (items 16 – 20) and Cyber Sexual Addiction (CSA) (21 – 25) and a copy of draft scale is attached as Appendix I.

Preliminary tryout

For knowing the appropriateness of the construct, language and presentation, this scale was administered to around 19 Scholars and Post Graduate students from the Department of Psychology, Prajyoti Niketan College. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

Data was collected from people above 18 years old using the internet. The selection of the participants was based on the comprehension of both Malayalam and English languages. A total number of 318 voluntarily interested participants were selected through convenient sampling. There were 192 females and 126 males included in the collected data.

Procedure

To standardize the scale, data was taken from young adults. After obtaining prior consent from the concerned authority, the investigator visited various institutions. The purpose and relevance of the study were explained to the head of the institution. A self-introduction and rapport with participants were established. The investigator then explained the purpose, nature and relevance of the instrument to the students. Clarified their doubts and then administered the revised Cyber Addiction Pattern Scale. All the participants were firmly convinced that their identity and the information gathered would be treated as confidential and used for research purposes only. After completion, the instrument was collected back and checked for omissions.

Scoring

Cyber Addiction Pattern Scale consists of 25 items. It is a five-point scale that give a score of 0 = Never, 1 = Rarely, 2 = Occasionally, 3 = Often and 4 = Always. There is no reverse scoring. This scale yields scores on five subscales separately and gives the pattern of addiction among people. Higher scores contribute to Cyber Addiction Behaviour. The maximum score for every subscale is 20 and the minimum score is 0. The high score for the whole scale is 100 and the minimum score is 0.

Item analysis

The score of each item of the participant were entered into a spreadsheet. The sum total of all the items in the Cyber Addiction Pattern Scale (CAPS) was calculated. Then, the scores were arranged in ascending order and the top 86 (27%) and bottom 86 (27%) data were selected for item analysis. The performance of high and low

groups in each item was compared using the t-test, and the results are presented in table 10.

Table 10

Mean, S.D and t-value of each item in the Cyber Addiction Pattern Scale (CAPS) (N=318)

Item No	Groups	Mean	SD	t-value	Item No	Groups	Mean	SD	t-value
1	L	0.36	0.76	7.93*	14	L	0.03	0.26	7.17*
	H	1.98	1.38			H	1.30	1.33	
2	L	0.10	0.30	10.35*	15	L	0.08	0.28	9.44*
	H	1.77	1.20			H	1.78	1.35	
3	L	0.14	0.39	9.37*	16	L	0.00	0.00	5.46*
	H	1.88	1.38			H	0.77	1.08	
4	L	0.22	0.59	9.18*	17	L	0.08	0.34	9.09*
	H	1.85	1.23			H	1.52	1.17	
5	L	0.08	0.28	11.39*	18	L	1.62	1.26	8.75*
	H	1.95	1.23			H	0.00	0.00	
6	L	0.12	0.38	11.34*	19	L	1.17	1.25	7.16*
	H	1.88	1.14			H	0.02	0.13	
7	L	0.68	0.88	10.57*	20	L	1.13	1.32	6.46*
	H	2.70	1.18			H	0.02	0.13	
8	L	0.22	0.46	12.81*	21	L	1.32	1.32	7.52*
	H	2.47	1.27			H	0.00	0.00	
9	L	0.07	0.31	10.95*	22	L	1.00	1.24	6.22*
	H	1.82	1.19			H	0.00	0.00	
10	L	0.25	0.68	9.08*	23	L	1.00	1.21	6.36*
	H	1.93	1.25			H	0.00	0.00	
11	L	0.05	0.22	8.08*	24	L	1.03	1.26	6.29*
	H	1.55	1.41			H	0.00	0.00	
12	L	0.02	0.13	10.22*	25	L	0.73	1.09	5.18*
	H	1.87	1.38			H	1.62	1.26	
13	L	0.00	0.00	8.90*					
	H	1.52	1.31						

**significant at 0.001 level*

From the table 10, it can be observed that all items in the Cyber Addiction Pattern Scale (CAPS) can discriminate the low scores and high scores in the scale since the calculated ‘t’ values are greater than the tabled value. Hence the investigator

decided to keep all the items in the scale. A copy of the final scale is appended as Appendix J.

Reliability

For the present scale, Cronbach's alpha was found to establish its reliability. Reliability coefficients for different domains estimated are Cyber Relationship Addiction ($\alpha=0.89$), Information Overload ($\alpha=0.87$), Net Compulsion ($\alpha=0.92$), Computer Addiction ($\alpha=0.94$), Cyber Sexual Addiction ($\alpha=0.97$), and of the entire scale is $\alpha=0.98$ (N=318) which indicates the test have good internal consistency.

Validity

Scale is assumed to have Content validity as well as face validity since it is based on the internet addiction theory of Young (2004).

TEST STANDARDIZATION

Type A Behaviour Pattern Scale (TABP)

Standardization is the scientific procedure that enhances the reliability and validity of the research. The scale of Type A Behaviour Pattern was developed by Asha in the year 1999. The TABP is a reliable bilingual (English & Malayalam) instrument that has been used in many studies. The researcher decided to standardize and use it in order to establish reliability over time.

Procedure

The researcher met participants personally and explained the purpose and relevance of the study to them. A self-introduction and rapport were established and obtained consent. The investigator then explained the purpose, nature and relevance of the data collection to the participants. Clarified their doubts and then administered the TABP Scale. All the participants were firmly convinced that their identity and the information gathered will be treated as confidential and used for research purposes only. After completion, the instrument was collected back and checked for omissions.

Participants

Data was collected from people age ranges between 18 - 40 years old. A total number of 240 voluntarily interested participants were selected through convenient sampling. There were 143 females and 97 males included in the collected data. Of these, 57 were working, 72 were non-working and 111 were students.

Scoring

No change in scoring when standardizing the tool. Scoring done as per the original scale.

Item analysis

The score of each item of the participant were entered into a spreadsheet. The sum total of all the items in the Type A Behaviour Pattern Scale (TABP) was calculated. Then, the scores were arranged in ascending order and the top 65 (27%) and bottom 65 (27%) data were selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results are presented in table 11.

Table 11

Mean, S.D and t-value value of each item in the TABP Scale (N=240)

Item No	Groups	Mean	SD	t-value	Item No	Groups	Mean	SD	t-value
1	L	1.38	0.52	8.89*	8	L	1.17	0.42	11.31*
	H	3.13	1.43			H	3.17	1.30	
2	L	1.30	0.59	10.69*	9	L	1.10	0.30	10.76*
	H	3.25	1.28			H	3.05	1.37	
3	L	1.45	0.62	10.16*	10	L	1.18	0.43	11.45*
	H	3.22	1.19			H	3.28	1.35	
4	L	1.33	0.51	11.77*	11	L	1.08	0.28	12.65*
	H	3.47	1.31			H	3.25	1.30	
5	L	1.15	0.36	14.69*	12	L	1.12	0.32	9.91*
	H	3.50	1.19			H	2.92	1.37	
6	L	1.05	0.22	9.58*	13	L	1.17	0.42	14.37*
	H	2.63	1.26			H	3.63	1.26	
7	L	1.22	0.42	14.61*	14	L	1.12	0.32	9.53*
	H	3.32	1.03			H	2.95	1.41	

**significant at 0.001 level*

All items in the Type A Behaviour Pattern Scale (TABP) can discriminate the low scores and high scores in the scale since the calculated 't' values are greater than the tabled value. Hence the investigator decided to keep all the items in the scale. A copy of the scale is attached as Appendix L.

Reliability and Validity

The Cronbach's α coefficient of the TABP was found 0.701. The scale has established face validity and content validity.

TRANSLATION AND STANDARDIZATION OF TOOLS

Next, the test translation and standardization of the psychology tools used for this research is discussed. Test translation is a linguistically – focused process. It is used to create an instrument in one language that is linguistically equivalent to a testing instrument in another language. Translation methods will help reduce bias and enhance the equivalence of multilingual versions of a test. For this study, the Malayalam – English version of the measurements was utilized. Twelve psychological instruments along with a demographic datasheet are needed to use in the next phase (Phase 3) of this research. Nine instruments, except the Scale of Type A Behaviour Pattern, Cyber Addiction Pattern Scale and Digital Detox Experience Test were translated and standardized.

After seeking permission from the authors, the researcher herself translated the tests from the English version to Malayalam. This is version 1 of the scale and was developed following the guidelines given by the authors in translation. After that, two independent (bilingual) linguists translated the scale into Malayalam and developed versions 2 and 3 of the scale. Then both the (bilingual) linguistic experts discussed each item with the subject experts and version 4 was prepared. This version 4 was later translated into English by two other linguists. This phase resulted in version 5.

This fifth version was then compared with the original scale and points of conceptual and translational differences were discussed with subject matter experts. In assessing equivalence, attention was paid to vocabulary, idiom, syntax, and tone. The review also noted any errors in spelling, punctuation and grammar. Language experts and bilingual psychologists as a subject experts verified the consistency. The

language was revised again and a modified Malayalam version 6 was created for try-out. This made the instrument easier to understand and more appropriate for the Kerala context.

The translation was done following the same procedure for these nine tools Aggression Questionnaire (BPAQ), DASS₂₁, Satisfaction with Life Scale (SWLS), Pure Procrastination Scale, Barratt Impulsiveness Scale (BIS-11), UCLA Loneliness Scale (UCLA-6), Difficulties in Emotion Regulation Scale (DERS-16), and Interpersonal Rejection Sensitivity Measure. After item analysis, the tools were standardized and reliability found.

Internet Addiction Test (s-IAT)

Item translation

The original IAT scale consists of 20 items developed by Kimberly Young (2005). The 12 item short version were standardized by Pawlikowski, Altstotter-Gleich and Brand (2013) will be used in third phase of this study. Thus the s-IAT were carefully translated to Malayalam.

Preliminary try out

To evaluate the adequacy of the translation and for knowing the appropriateness of the construct, language and presentation, this scale was administered to around 21 bilinguals who are fluent in both languages and familiar with both cultures. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

The selection of the participants was based on the comprehension of both English and Malayalam languages. A total number of 375 voluntarily interested participants were selected through convenient sampling. The selected participants were formally educated in the Malayalam medium (mode of instruction and evaluation). The participants were asked to complete the scales after the final translated scale version was administered.

Procedure

Investigator met the participants personally and explained the purpose and relevance of the study to them. A self-introduction and rapport were established and obtained consent. The investigator then explained the purpose, nature and relevance of the instrument to the participants. They informed that the scale assesses their internet usage. Clarified their doubts and then administered the short version of Young's Internet Addiction Test (s-IAT). Confidentiality is assured and convinced that the results are used for research purposes only. After completion, the instrument was collected back and there were no omissions.

Scoring

There is no scoring difference in the Malayalam version and is the same as the English original version.

Item analysis

The score of each item of the participant were entered into a spreadsheet. The sum total of all the items in the Loneliness Scale was calculated. Then, the scores were arranged in ascending order and the top 101 (27%) and bottom 101 (27%) data were

selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results are presented in table 12.

Table 12

Mean, S.D and t-value value of each item in the Internet Addiction Test (s-IAT) (N=375)

Item No	Groups	Mean	SD	t-value	Item No	Groups	Mean	SD	t-value
1	L	0.71	0.83	11.55*	7	L	0.07	0.25	12.90*
	H	3.30	1.51			H	2.62	1.50	
2	L	0.31	0.50	13.09*	8	L	0.20	0.45	13.69*
	H	2.78	1.37			H	2.90	1.45	
3	L	0.29	0.53	14.03*	9	L	0.08	0.34	11.57*
	H	2.82	1.28			H	2.43	1.52	
4	L	0.12	0.46	10.14*	10	L	0.05	0.22	11.52*
	H	2.42	1.68			H	2.37	1.53	
5	L	0.59	0.81	13.90*	11	L	0.08	0.28	10.58*
	H	3.45	1.36			H	2.25	1.55	
6	L	0.53	1.16	8.64*	12	L	0.07	0.31	12.81*
	H	2.65	1.49			H	2.65	1.52	

**significant at 0.001 level*

All items in the Internet Addiction Test (s-IAT) can discriminate the low scores and high scores in the scale since the calculated 't' values are greater than the tabled value. Hence the investigator decided to keep all the items in the scale. A copy of the scale is attached as Appendix K.

Reliability and Validity

Cronbach's alpha was 0.82 for Factor 1 (lack of control/time management) and 0.75 for Factor 2 (craving/social issues). The whole scale's internal consistency coefficient Cronbach's alpha was found to be 0.90.

The scale has established face validity and content validity.

Buss and Perry Aggression Questionnaire (BPAQ)

Item translation

The tool was developed by Buss and Perry (1992). The questionnaire consist of 12 items were carefully translated from English to Malayalam.

Preliminary try out

To evaluate the adequacy of the translation and for knowing the appropriateness of the construct, language and presentation, this scale was administered to around 24 bilinguals who are fluent in both languages and familiar with both cultures. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

The selection of the participants was based on the comprehension of both English and Malayalam languages. A total number of 219 voluntarily interested participants were selected through convenient sampling. The selected participants were formally educated in the Malayalam medium (mode of instruction and evaluation). The participants were asked to complete the scale after the final translated scale version was administered.

Procedure

Investigator met the participants personally and explained the purpose and relevance of the study to them. A self-introduction and rapport were established and obtained consent. The investigator then explained the purpose, nature and relevance of the instrument to the participants. They informed that the scale assesses their level

of aggression. Clarified their doubts and then administered Aggression Questionnaire. Confidentiality is assured and convinced that the results are used for research purposes only. After completion, the instrument was collected back and checked for omissions.

Scoring

There is no score difference in the Malayalam version and is the same as the English original version.

Item analysis

The score of each item of the participant were entered into a spreadsheet. The sum total of all the items in the Aggression Questionnaire was calculated. Then, the scores were arranged in ascending order and the top 59 (27%) and bottom 59 (27%) data were selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results are presented in table 13.

Table 13

Mean, S.D and t-value value of each item in the Aggression Questionnaire (N=219)

Item No	Groups	Mean	SD	t-value	Item No	Groups	Mean	SD	t-value
1	L	1.57	1.125	6.50*	7	L	1.20	0.684	6.85*
	H	3.10	1.458			H	2.73	1.593	
2	L	1.40	0.960	5.90*	8	L	1.85	1.055	8.86*
	H	2.78	1.541			H	3.70	1.225	
3	L	2.33	1.084	5.07*	9	L	2.88	1.497	6.40*
	H	3.48	1.384			H	4.37	0.991	
4	L	1.97	1.207	7.60*	10	L	1.50	0.948	10.85*
	H	3.67	1.244			H	3.75	1.297	
5	L	2.63	1.473	8.55*	11	L	1.52	0.948	8.30*
	H	4.47	0.769			H	3.35	1.424	
6	L	1.67	1.115	11.20*	12	L	2.52	1.408	4.76*
	H	3.93	1.103			H	3.67	1.230	

**significant at 0.001 level*

All items in the Aggression Questionnaire can discriminate the low scores and high scores in the scale since the calculated 't' values are greater than the tabled value. Hence the investigator decided to keep all the items in the scale. A copy of the scale is attached as Appendix M.

Reliability and Validity

The Cronbach's α coefficient of the BPAQ was 0.709. The scale has established face validity and content validity.

Depression Anxiety Stress Scale (DASS₂₁)

Item translation

DASS₂₁ was developed by Lovibond and Lovibond (1995). After seeking permission from the authors, translation was done from the English version. The 21 items were carefully translated from English to Malayalam. This scale measures the negative emotional states depression, anxiety and stress.

Preliminary try out

To evaluate the adequacy of the translation and for knowing the appropriateness of the construct, language and presentation, this scale was administered to around 39 bilinguals who are fluent in both languages and familiar with both cultures. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

A number of 252 people age ranges between 18 – 40 years who can manage both English and Malayalam languages were selected.

Procedure

Investigator met the participants personally were explained the purpose and relevance of the study. A self-introduction and rapport were established and obtained consent. Then explained the purpose, nature and relevance of the instrument to the participants. They were encouraged to report any difficulty they had faced in understanding any of the items. All the participants were firmly convinced that their identity and information gathered will be treated as confidential and used for research purposes only. After completion, the instrument was collected back and checked for omissions. As the response of 12 people was incomplete, they were excluded and the remaining 240 responses were considered for the analysis.

Scoring

There is no score difference in the Malayalam version and is same as the English original version.

Item analysis

The score of each item of the participant was entered into a spreadsheet. The sum total of all the items in the DASS-21 was calculated. Then, the scores were arranged in ascending order and the top 64 (27%) and bottom 64 (27%) data were selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results are presented in table 14.

Table 14*Mean, S.D and t-value value of each item in the DASS₂₁ (N=240)*

Item No	Groups	Mean	SD	t-value	Item No	Groups	Mean	SD	t-value
1	L	0.56	0.60	7.75*	12	L	0.14	0.35	10.22*
	H	1.79	1.07			H	1.72	1.14	
2	L	0.36	0.48	10.68*	13	L	0.37	0.67	8.10*
	H	1.82	0.94			H	1.72	1.10	
3	L	0.32	0.51	11.99*	14	L	0.14	0.35	8.94*
	H	2.11	1.03			H	1.59	1.20	
4	L	0.24	0.43	10.34*	15	L	0.15	0.36	8.41*
	H	1.67	0.98			H	1.33	1.01	
5	L	0.29	0.46	8.11*	16	L	0.22	0.46	8.49*
	H	1.64	1.20			H	1.51	1.07	
6	L	0.51	0.68	8.10*	17	L	0.10	0.48	11.69*
	H	1.84	1.07			H	1.80	1.01	
7	L	0.42	0.72	6.31*	18	L	0.41	0.59	10.21*
	H	1.52	1.13			H	2.00	1.05	
8	L	0.25	0.51	7.30*	19	L	0.03	0.18	10.69*
	H	1.30	0.97			H	1.62	1.13	
9	L	0.05	0.22	7.50*	20	L	0.03	0.18	9.98*
	H	1.21	1.17			H	1.51	1.12	
10	L	0.14	0.39	7.37*	21	L	0.05	0.22	9.67*
	H	1.31	1.16			H	1.57	1.19	
11	L	0.39	0.59	12.08*					
	H	2.16	0.97						

**significant at 0.001 level*

All items in the Aggression Questionnaire can discriminate the low scores and high scores in the scale since the calculated 't' values are greater than the tabled value. Hence the investigator decided to keep all the items on the scale. As per the request, a copy of the DASS₂₁ Malayalam translated version sent to authors after standardization. A copy of the scale is attached as Appendix N.

Reliability and Validity

The Cronbach's α coefficient of the DASS-21 was 0.906. The scale has established face validity and content validity.

Satisfaction With Life Scale (SWLS)

Item translation

The scale developed by Pavot and Diener (1993) consists of five items that were carefully translated into Malayalam.

Preliminary try out

To evaluate the adequacy of the translation and to know the appropriateness of the construct, language and presentation, this scale was administered to around 20 bilinguals who are fluent in both languages and familiar with both cultures. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

The selection of the participants was based on the comprehension of both English and Malayalam languages. A total number of 223 voluntarily interested participants were selected through convenient sampling. The selected participants were formally educated in the Malayalam medium (mode of instruction and evaluation). The participants were asked to complete the scale after the final translated scale version was administered.

Procedure

Investigator met the participants personally and explained the purpose and relevance of the study to them. A self-introduction and rapport were established and obtained consent. The investigator then explained the purpose, nature and relevance of the instrument to the participants. They informed that the scale assesses their level of satisfaction with life. Clarified their doubts and then administered Satisfaction With Life Scale. Confidentiality is assured and convinced that the results are used for research purposes only. After completion, the instrument was collected back and there were no omissions.

Scoring

There is no score difference in the Malayalam version and is the same as the English original version.

Item analysis

The score of each item of the participant were entered into a spreadsheet. The sum total of all the items in the SWLS was calculated. Then, the scores were arranged in ascending order and the top 60 (27%) and bottom 60 (27%) data were selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results are presented in table 15.

Table 15

Mean, S.D and t-value value of each item in the Satisfaction With Life Scale (N=223)

Item No	Groups	Mean	SD	t-value
1	L	3.73	1.75	10.62*
	H	6.28	0.66	
2	L	3.41	1.58	11.75*
	H	6.05	0.76	
3	L	3.53	1.72	12.29*
	H	6.57	0.88	
4	L	2.47	1.44	13.60*
	H	5.54	0.99	
5	L	2.22	1.44	15.08*
	H	5.87	1.20	

**significant at 0.001 level*

All items in the SWLS can discriminate the low scores and high scores in the scale since the calculated 't' values are greater than the tabled value. Hence the investigator decided to keep all the items in the scale. A copy of the scale is attached as Appendix O.

Reliability and Validity

The Cronbach's α coefficient of the Satisfaction With Life Scale was found 0.744. The scale has established face validity and content validity.

Pure Procrastination Scale (PPS)

Item translation

The Pure procrastination scale was developed by Steel (2010) contain 12 items that were carefully translated from English to Malayalam.

Preliminary try out

To evaluate the adequacy of the translation and for knowing the appropriateness of the construct, language and presentation, this scale was administered to 32 bilinguals who are fluent in both languages and familiar with both cultures. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

People who can manage both English and Malayalam were selected. 258 people who can manage both English and Malayalam languages were selected.

Procedure

Scholar met the participants personally were explained the purpose and relevance of the study. A self-introduction and rapport were established and obtained consent. Then explained the purpose, nature and relevance of the instrument to the participants. They were encouraged to report any difficulty they had faced in understanding any of the items. All the participants were firmly convinced that their identity and information gathered will be treated as confidential and used for research purposes only. After completion, the instrument was collected back and checked for omissions. As the response of 18 people was incomplete, they were excluded and the remaining 240 responses were considered for the analysis.

Scoring

There is no score difference in the Malayalam version and is same as the English original version.

Item analysis

The score of each item of the participant were entered into a spreadsheet. The sum total of all the items in the PPS was calculated. Then, the scores were arranged in ascending order and the top 59 (27%) and bottom 59 (27%) data were selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results presented in table 16.

Table 16

Mean, S.D and t-value value of each item in the Pure Procrastination Scale (N=240)

Item No	Groups	Mean	SD	t-value	Item No	Groups	Mean	SD	t-value
1	L	2.15	1.20	8.79*	7	L	2.07	1.14	14.86*
	H	4.00	1.09			H	4.57	0.62	
2	L	2.15	1.06	9.57*	8	L	1.83	0.89	14.58*
	H	3.88	0.90			H	4.20	0.88	
3	L	1.92	1.09	10.87*	9	L	2.12	0.97	13.97*
	H	3.90	0.90			H	4.33	0.75	
4	L	2.20	1.08	11.20*	10	L	1.75	0.86	12.75*
	H	4.15	0.80			H	3.95	1.02	
5	L	1.78	0.93	16.16*	11	L	1.64	0.80	13.68*
	H	4.25	0.73			H	3.92	1.00	
6	L	1.83	1.09	12.44*	12	L	1.64	0.80	8.90*
	H	4.13	0.93			H	3.42	1.31	

**significant at 0.001 level*

All items in the Pure Procrastination Scale can discriminate the low scores and high scores in the scale since the calculated ‘t’ values are greater than the tabled value. Hence the investigator decided to keep all the items in the scale. A copy of the scale is attached as Appendix P.

Reliability and Validity

The Cronbach’s α coefficient of the Pure Procrastination Scale found 0.887. The scale has established face validity and content validity.

Barratt Impulsiveness Scale (BIS-11)

Item translation

Spinella (2007) developed the tool which consists of 15 items that assess impulsivity. The items were carefully translated to Malayalam.

Preliminary try out

To evaluate the adequacy of the translation and for knowing the appropriateness of the construct, language and presentation, this scale was administered to around 27 bilinguals who are fluent in both languages and familiar with both cultures. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

The selection of the participants was based on the comprehension of both English and Malayalam languages. A total number of 298 voluntarily interested participants were selected through convenient sampling. The selected participants were formally educated in the Malayalam medium (mode of instruction and evaluation). The participants were asked to complete the Impulsivity scale.

Procedure

Investigator met the participants personally and explained the purpose and relevance of the study to them. A self-introduction and rapport were established and obtained consent. The investigator then explained the purpose, nature and relevance of the instrument to the participants. They informed that the scale assesses their level

of impulsiveness. Clarified their doubts and then administered Barratt Impulsiveness Scale. Confidentiality is assured and convinced that the results are used for research purposes only. After completion, the instrument was collected back and there were no omissions.

Scoring

There is no score difference in the Malayalam version and is the same as the English original version.

Item analysis

The score of each item of the participant were entered into a spreadsheet. The sum total of all the items in the BIS-11 was calculated. Then, the scores were arranged in ascending order and the top 80 (27%) and bottom 80 (27%) data were selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results are presented in table 17.

Table 17

Mean, S.D and t-value value of each item in the Barratt Impulsiveness Scale (N=298)

Item No	Groups	Mean	SD	t-value	Item No	Groups	Mean	SD	t-value
1	L	2.82	0.885	14.58*	9	L	2.66	0.921	14.13*
	H	1.79	0.773			H	1.64	0.774	
2	L	2.49	0.845	15.04*	10	L	2.85	0.849	18.61*
	H	1.52	0.662			H	1.61	0.716	
3	L	2.60	0.889	14.68*	11	L	2.62	0.879	17.92*
	H	1.59	0.734			H	1.45	0.649	
4	L	0.92	0.915	11.97*	12	L	3.00	0.866	17.51*
	H	0.84	0.840			H	1.74	0.822	
5	L	2.89	0.935	9.87*	13	L	2.60	1.023	11.69*
	H	2.10	0.935			H	1.64	0.899	
6	L	2.69	1.106	6.66*	14	L	2.84	1.019	13.06*
	H	2.09	1.012			H	1.73	0.992	
7	L	2.79	0.884	16.80*	15	L	2.28	1.132	4.16*
	H	1.63	0.732			H	1.89	1.052	
8	L	3.03	0.990	8.24*					
	H	2.27	1.182						

*significant at 0.001 level

All items in the BIS-11 can discriminate the low scores and high scores in the scale since the calculated 't' values are greater than the tabled value. Hence the investigator decided to keep all the items in the scale. A copy of the scale is attached as Appendix Q.

Reliability and Validity

For the present scale, Cronbach's alpha was found to establish its reliability. The reliability coefficient of the scale is $\alpha=0.796$ (N=118) which indicates the test has good internal consistency.

The scale has established face validity and content validity.

UCLA Loneliness Scale

Neto (2014) developed the loneliness scale that consists of six items that were carefully translated from English to Malayalam. The translation process took full account of linguistic and cultural differences among the populations for whom adapted versions of the instrument were intended.

Preliminary try out

To evaluate the adequacy of the translation and to know the appropriateness of the construct, language and presentation, this scale was administered to around 16 bilinguals who are fluent in both languages and familiar with both cultures. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

A number of 240 people above 18 years old who can manage both English and Malayalam languages were selected.

Procedure

The investigator met the participants personally were explained the purpose and relevance of the study. A self-introduction and rapport were established and obtained consent. Then, explained the purpose, nature and relevance of the instrument to the participants. They were encouraged to report any difficulty they had faced in understanding any of the items. All the participants were firmly convinced that their identity and the information gathered would be treated as confidential and used for

research purposes only. After completion, the instrument was collected back and checked for omissions. There were no omissions.

Scoring

There is no score difference in the Malayalam version and is the same as the English original version.

Item analysis

The score of each item of the participant were entered into a spreadsheet. The sum total of all the items in the UCLA Loneliness Scale was calculated. Then, the scores were arranged in ascending order and the top 59 (27%) and bottom 59 (27%) data were selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results are presented in Table 18.

Table 18

Mean, S.D and t-value value of each item in the UCLA Loneliness Scale (N=240)

Item No	Groups	Mean	SD	t-value	Item No	Groups	Mean	SD	t-value
1	L	1.07	0.31	14.67*	4	L	1.03	0.18	17.28*
	H	3.03	0.99			H	2.90	0.82	
2	L	1.13	0.34	17.57*	5	L	1.03	0.18	14.63*
	H	3.13	0.81			H	3.00	1.03	
3	L	1.05	0.22	18.54*	6	L	1.02	0.13	14.64*
	H	3.02	0.79			H	2.93	1.01	

**significant at 0.001 level*

All items in the Loneliness Scale can discriminate the low scores and high scores in the scale since the calculated ‘t’ values are greater than the tabled value.

Hence the investigator decided to keep all the items in the scale. A copy of the scale is attached as Appendix R.

Reliability and Validity

The Cronbach's α coefficient of the ULS-6 was 0.868. The scale has established face validity and content validity.

Difficulties in Emotion Regulation Scale (DERS-16)

Item translation

The 16 item DERS scale authored by Bjureber et al. (2016) that were carefully translated to Malayalam.

Preliminary try out

To evaluate the adequacy of the translation and for knowing the appropriateness of the construct, language and presentation, this scale was administered to around 20 bilinguals who are fluent in both languages and familiar with both cultures. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

The selection of the participants was based on the comprehension of both English and Malayalam languages. A total number of 304 voluntarily interested participants were selected through convenient sampling. The selected participants were formally educated in the Malayalam medium (mode of instruction and

evaluation). The participants were asked to complete the scale after the final translated scale version was administered.

Procedure

Investigator met the participants personally and explained the purpose and relevance of the study. A self-introduced, rapport was established and obtained consent. The investigator then explained the purpose, nature and relevance of the instrument to the participants. They informed that the scale assesses their level of emotion regulation behaviours. Clarified their doubts and then administered the test. Confidentiality is assured and convinced that the results are used for research purposes only. After completion, the instrument was collected back and there were omissions in six responses. Thus 298 responses were eligible for analysis.

Scoring

There is no score difference in the Malayalam version and is the same as the English original version.

Item analysis

The score of each item of the participant were entered into a spreadsheet. The sum total of all the items in the Difficulties in Emotion Regulation Scale (DERS) was calculated. Then, the scores were arranged in ascending order and the top 80 (27%) and bottom 80 (27%) data were selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results are presented in the table 19.

Table 19*Mean, S.D and t-value value of each item in the DERS (N=298)*

Item No	Groups	Mean	SD	t-value	Item No	Groups	Mean	SD	t-value
1	L	1.38	0.52	8.89*	9	L	1.10	0.30	10.76*
	H	3.13	1.43			H	3.05	1.37	
2	L	1.30	0.59	10.69*	10	L	1.18	0.43	11.45*
	H	3.25	1.28			H	3.28	1.35	
3	L	1.45	0.62	10.16*	11	L	1.08	0.28	12.65*
	H	3.22	1.19			H	3.25	1.30	
4	L	1.33	0.51	11.77*	12	L	1.12	0.32	9.91*
	H	3.47	1.31			H	2.92	1.37	
5	L	1.15	0.36	14.69*	13	L	1.17	0.42	14.37*
	H	3.50	1.19			H	3.63	1.26	
6	L	1.05	0.22	9.58*	14	L	1.12	0.32	9.83*
	H	2.63	1.26			H	2.95	1.41	
7	L	1.22	0.42	14.61*	15	L	1.22	0.42	8.72*
	H	3.32	1.03			H	2.75	1.30	
8	L	1.17	0.42	11.31*	16	L	1.18	0.60	11.92*
	H	3.17	1.30			H	3.47	1.36	

**significant at 0.001 level*

All items in the DERS can discriminate the low scores and high scores in the scale since the calculated 't' values are greater than the tabled value. Hence the investigator decided to keep all the items in the scale. A copy of the scale is attached as Appendix S.

Reliability and Validity

The Cronbach's α coefficient of the DERS was 0.917. The scale has established face validity and content validity.

Interpersonal Sensitivity Measure (IPSM)

Item translation

Boyce and Parker (1994) were developed the tool which consist 15 items in the scale were carefully translated from English to Malayalam.

Preliminary try out

To evaluate the adequacy of the translation and for knowing the appropriateness of the construct, language and presentation, this scale was administered to around 18 bilinguals who are fluent in both languages and familiar with both cultures. All the participants agreed on the scale then the investigator proceeded with the next step.

Participants

People who can manage both English and Malayalam were selected. 320 people who can manage both English and Malayalam languages were selected.

Procedure

Investigator met the participants personally were explained the purpose and relevance of the study. A self-introduction and rapport were established and obtained consent. Then explained the purpose, nature and relevance of the instrument to the participants. They were encouraged to report any difficulty they had faced in understanding any of the items. All the participants were firmly convinced that their identity and information gathered will be treated as confidential and used for research purposes only. After completion, the instrument was collected back and checked for omissions. As the response of seven people was incomplete and found double

marking, they were excluded and the remaining 313 responses were considered for the analysis.

Scoring

There is no score difference in the Malayalam version and is same as the English original version.

Item analysis

The score of each item of the participant were entered into a spreadsheet. The sum total of all the items in the IPSM was calculated. Then, the scores were arranged in ascending order and the top 84 (27%) and bottom 84 (27%) data were selected for item analysis. The performance of high and low groups in each item was compared using the t-test, and the results are presented in table 20.

Table 20

Mean, S.D and t-value value of each item in the Interpersonal Sensitivity Measure (N=313)

Item No	Groups	Mean	SD	t-value	Item No	Groups	Mean	SD	t-value
1	L	0.50	0.50	7.19*	9	L	0.73	0.45	3.76*
	H	0.98	0.13			H	0.97	0.18	
2	L	0.47	0.50	7.71*	10	L	0.37	0.49	10.10*
	H	0.98	0.13			H	1.00	0.00	
3	L	0.05	0.22	6.11*	11	L	0.17	0.38	10.17*
	H	0.48	0.50			H	0.85	0.36	
4	L	0.05	0.22	6.11*	12	L	0.42	0.50	3.90*
	H	0.48	0.50			H	0.75	0.44	
5	L	0.30	0.46	9.32*	13	L	0.65	0.48	5.19*
	H	0.93	0.25			H	0.98	0.13	
6	L	0.43	0.50	5.85*	14	L	0.62	0.49	5.60*
	H	0.88	0.32			H	0.98	0.13	
7	L	0.17	0.38	10.66*	15	L	0.40	0.49	8.85*
	H	0.87	0.34			H	0.98	0.13	
8	L	0.07	0.25	3.23*					
	H	0.28	0.45						

**significant at 0.001 level*

All items in the IPSM can discriminate the low scores and high scores in the scale since the calculated 't' values are greater than the tabled value. Hence the investigator decided to keep all the items in the scale. A copy of the scale is attached as Appendix T.

Reliability and Validity


The Cronbach's α coefficient of the Interpersonal Rejection Sensitivity IPSM was 0.724. The scale has established face validity and content validity.

In a nutshell, the researcher developed, revised, translated and standardized the psychological tests used in subsequent empirical research. Using Cronbach's alpha, the internal consistency was calculated. The following guidelines for alpha coefficient were published by George and Mallery (2019): >0.9 excellent, >0.8 good, >0.7 acceptable, >0.6 questionable, >0.5 poor and <0.5 unacceptable. Internal consistency for all the instruments used in this research study falls within the cut-off limits which indicates that the measurements for this research data are all highly reliable. The measures have established face validity and content validity.



CHAPTER IV

RESULTS AND DISCUSSION

- Phase I (Part 1) (Prevalence Study)
 - Phase I (Part 2) (Exploratory Study)
 - Phase 3 (Empirical Study)
- 

**PHASE I (PART I)
PREVALENCE STUDY**

As a pilot study, the aim of this parallel research with a qualitative approach was to investigate internet addiction prevalence among internet users in Kerala and thereby meeting the first research objective of this study. Due to the likelihood that Internet use and Internet Dependence Behaviour (IDB) may rise as this technology develops, researchers need to keep updated on prevalence rates (Hall & Parsons, 2001). They are depicted in the table and figures and discussed below.

Demographic results

The details of the participants are given below.

Table 21

Demographic data of participants – Prevalence study

Age Range (years)	Male (%)	Female (%)	Total (%)
18 – 19	91 (13.5)	249 (36.9)	340 (50.4)
20 – 22	93 (13.8)	216 (32.0)	309 (45.8)
23 – 25	6 (0.90)	20 (3.00)	26 (3.8)
Total (%)	190 (28.1)	485 (71.8)	675 (100.0%)

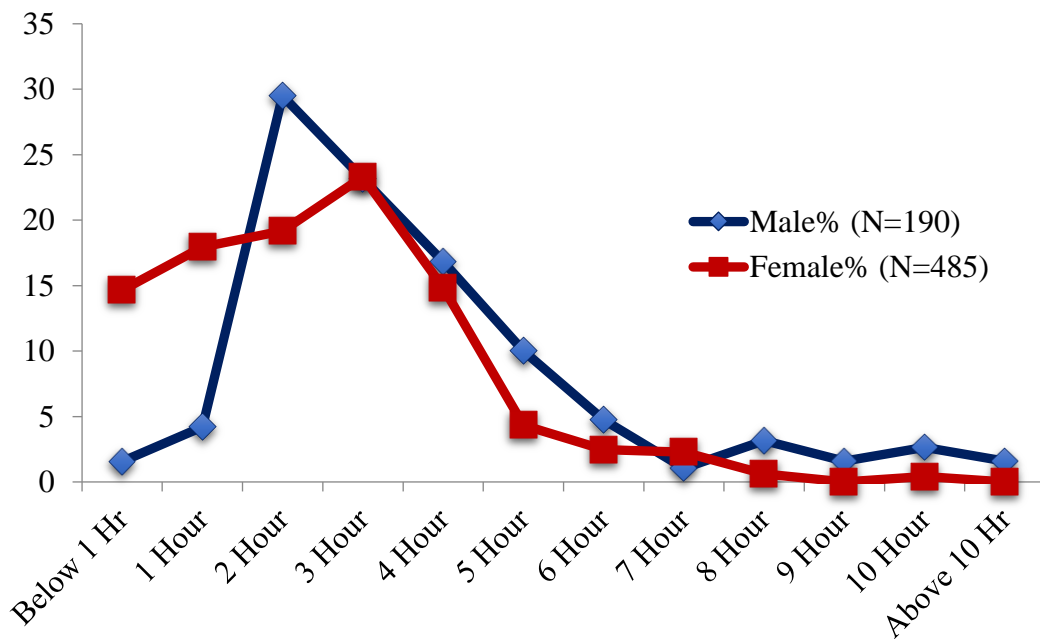
Among the total (n=675) sample of youngsters, 190 (28.15%) were males and 485 (71.85%) were females. Out of 190 males, 91 (13.5%) participants belong to the age group of 18-19, 93 (13.8%) to the age group of 20 - 22 and the six respondents belong to the age group of 23 and above. Among females (n=485), 249 (36.9%) came from the age group of 18-19, 216 (32%) belonged to the age group 20 - 22, and 20 (3%) were in the age group of 23 and above.

The investigator requested participants to record their average internet usage per day. Figure 7 shows the frequency distribution of the time spent by youngsters in

their daily lives. Among the 190 male participants, 3 (1.57%) were using the Internet for less than 1 hour per day. 4.21% (n=8) are using the Internet for 1 hour. A total of 56 (29.5%), 44 (23.15%), and 32 (16.83%) participants used the internet for 2 hours, 3 hours, and 4 hours respectively. Among them, 19 (10%) males use the internet for a duration of 5 hours per day. The remaining male participants like 9 (4.74%), 2 (1.05%), 6 (3.16%), 3 (1.58%), and 5 (2.63%) used the net for 6, 7, 8, 9, and 10 hours respectively. There were three males (1.58%) who use the internet for more than 10 hours per day.

Figure 7

Socio-Demographic Results – Time spent on the internet



For female participants, among the 485 female participants, 71 (14.64%) were using the Internet for less than 1 hour per day. There were 87 (17.94%) females using the net for 1 hour in a day. A number of 93 (19.18%), 113 (23.31%) and 72 (14.85%) female participants make use of the internet for 2 hours, 3 hours and 4 hours

respectively. Among them, 21 (4.33%) females use the net for a duration of 5 hours per day. Female participants like 12 (2.47%), 11 (2.27%), 3 (0.62%), and 2 (0.41%) were utilized net for 6 hours, 7 hours, 8 hours, and 10 hours respectively. There were no female participants who use the internet above 10 hours per day. Addictive teenagers used the Internet more frequently and for longer periods of time than their non-addicted counterparts, both on a daily and weekly basis (Kuss, 2013). Regarding daily time spent online, Goorah and Azhar (2018) reported 48.1% of participants spent between 4 to 8 hours whilst 39.8% spent less than 4 hours online. Among the participants, 8.9% spent between 8 to 12 hours and 1.1% spent more than 12 hours online. The mean time spent online every day in a study was 4.9 hours (Goorah & Azhar, 2018).

From figure 7, it can see that girls use the internet below one hour than males. At the same time, female participants who were using the internet spent their time in internet for an average of 4 hours than male participants, 3 hours. There are restrictions for girls to use mobile in Kerala culture, especially during their college days. Recently, the Kerala High Court has held that discipline shall not be enforced by blocking the ways and means of students to acquire knowledge. Mobile restriction is an infringement of fundamental rights, including right to privacy, right to expression and right to education. There was a higher percentage of males (14.74%) use net above five hours than female (5.77%) participants. If so, 85.26% males and 94.25% females use internet below 5 hours per day.

An extensive study by Young and Rogers in 1998 defined heavy internet use as 38 hours or more of non-work, non-school online activity, and this usage is linked to major impairments in social, psychological, and occupational domains. The

findings of a study by Twenge and Campbell (2018) that was published in the journal *Preventive Medicine Reports* state that four hours a day is considered moderate screen use, and seven hours is considered high screen use. Young and Rogers (1998) claim that this kind of use has negative consequences that include decreased productivity at work among employees, strained relationships, conflict between couples, and low academic achievement in students. Students' well-being significantly improved when they limited their daily social media use to 30 minutes (Hunt et al., 2018).

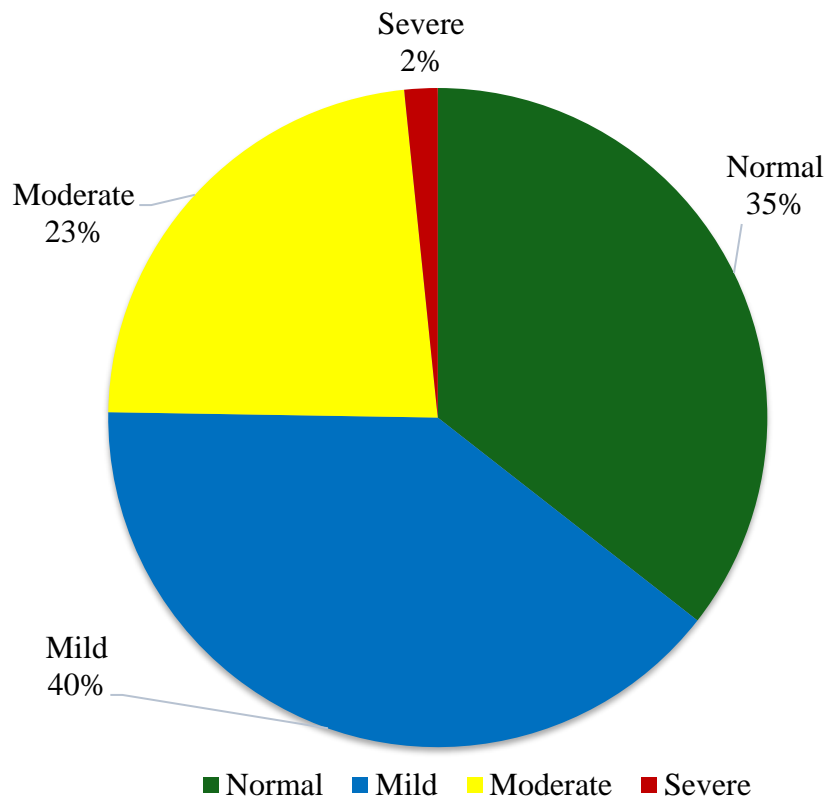
Madhav et al. (2017) pointed out that adults who use computers or watch TV for six hours or longer a day have a higher chance of developing depression. According to Berchtold et al. (2018), adults should keep their daily screen time outside of work to no more than two hours. One should engage in physical activity with any extra time that they would normally spend in front of a screen. Twenge and Campbell (2018) discovered that young people who engage with screens for seven hours or more a day have twice the likelihood of receiving a diagnosis of anxiety or depression compared to those who use screens less frequently. However, Lower psychological well-being has also been linked to moderate screen use (Twenge & Campbell, 2018).

Prevalence of Internet addiction among Participants

Figure 8 shows levels (normal, mild, moderate and severe) of internet addiction among participants. Overall prevalence of severe internet addiction is found to be 2%, among males it is 1.71% and among females it is 0.29%. Internet addiction shows elements such as excessive use, withdrawal symptoms, tolerance and negative repercussions for interpersonal or personal well-being.

Figure 8

Distribution of participants according to internet addiction among them as per Young's score



A total of 11 (2%) participants were severely addicted to the net. Among them, 9 were males and 2 were females. A total of 156 (23%) participants are moderately addicted, 268 (40%) participants are mildly addicted and 240 (35%) were found as normal users of the internet. Moderate levels of addiction appear to be at par with what has been reported elsewhere in the literature in the same population. Mild Internet addiction is marginally at the higher end.

According to estimates based on Young's Internet Addiction Test (1998), this is at the lower end of estimates that range from 1.5% in Greece (Kormas et al., 2011), 1.6% in Finland (Heino et al., 2004), 3.7% in the Dutch (Kuss, 2013), 8% in China (Cao et al., 2011) and 10.7% in South Korea (Park et al., 2008). Countries in Southeast

Asia like Taiwan, Singapore, South Korea, and China, have reported higher prevalence rates. Compared to them, it can be said that internet addiction prevalence is less in Kerala.

The prevalence of Internet addiction in other Indian states are as 0.3% in Jabalpur city of Madhya Pradesh (Sharma et al., 2014), 0.4% in Wardha city of Maharashtra (Gedam et al., 2017), 0.4% in Guntur of Andhra Pradesh (Srijampana et al., 2021), 0.4% in Mangalore city of Karnataka (Anand et al., 2018b), 0.4% in Rewa city of Madhya Pradesh (Goswami, Singh & Kumar, 2018), 0.5% in Silchar of Assam (Nath et al., 2016), 0.7% in Mumbai city of Maharashtra (Goel et al., 2013), 0.8% for South Indian cities of Bangalore, Mangalore and Trissur (Anand et al., 2018a), 0.26% of Nagpur city of Maharashtra (Bagdey et al., 2018), 1.06% in Nagpur of Maharashtra (Bisen & Deshpande, 2020), 1.33% in Jabalpur district of Madhya Pradesh (Thakur et al., 2018), 3.3% in Jodhpur district of Rajasthan (Jaiswal et al., 2020).

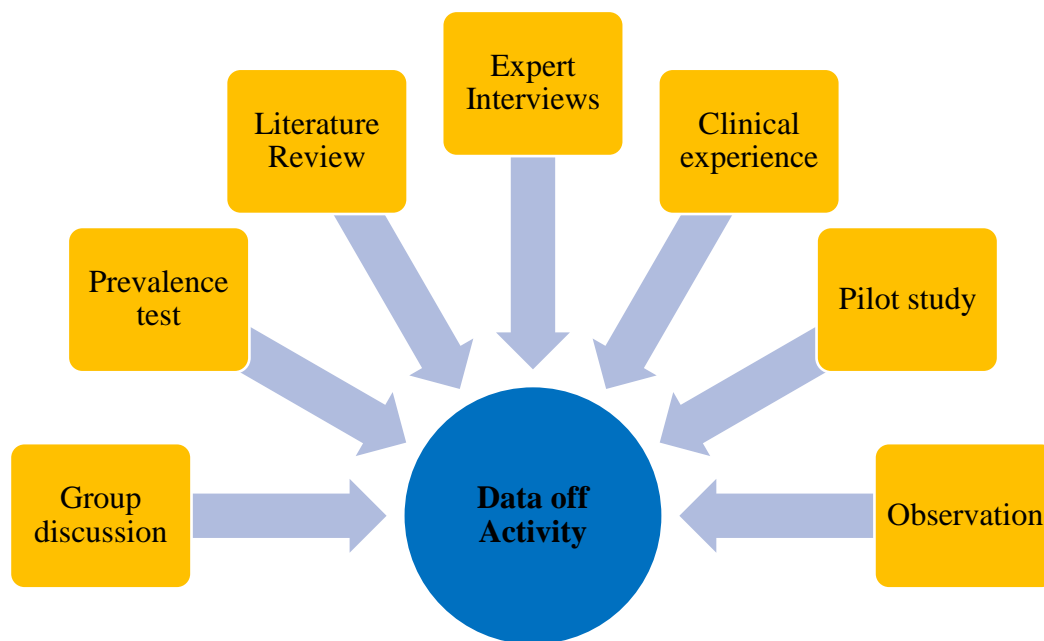
Moderate levels of internet addiction were 9.5% in Indore city of Madhya Pradesh (Malviya et al., 2014), 11.8% in Ahmedabad of Gujrat (Yadav et al., 2013), 25.3% in North India (Gupta et al., 2018), 40% in MBBS students of Delhi (Basu et al., 2018), and 58.87% in Western Maharashtra (Chaudhari et al., 2015). In contrast, 1.71% of severe level addiction is found in the Varanasi district of Uttar Pradesh during Covid lockdown (Prakash et al., 2020). A study conducted in Bengaluru found that the prevalence of severe levels of addiction as 8% which was higher than global past estimates, whereas moderate Internet addiction of 34% was almost on the similar lines (Krishnamurthy & Chetlapalli, 2016).

**PHASE I (PART 2)
EXPLORATORY STUDY**

The second and third research objectives were met through exploratory study. The results from the exploratory phase of the research are explained in this section. The pilot study that revealed the prevalence of Internet addiction, literature analysis, expert interviews, group discussions, and clinical experience supported the investigator in the conviction that there is Internet dependence among Keralites. Among these, the findings of literature analysis, expert interviews, group discussions, and clinical experience are not reported here. However, it merely serves to indicate that the researcher's idea and conception of "data off activity" was based on all of them.

Figure 9

Sources that led the investigator into the idea of Digital Detox Activity



The literature analysis here means the reading and understanding of the published articles of experts regarding internet addiction in the daily newspapers and magazines of Kerala. In order to better comprehend internet dependent behaviour, the

researcher decided to explore the situation when people's internet is turned off (Data off Activity & digital detox) and how individuals could react in that scenario (Figure 9). When using the internet, people are unable to clearly explain internet usage and its effects.

Digital detox is defined as a "period of time during which a person refrains from using their electronic devices, such as smartphones, regarded as an opportunity to reduce stress or focus on social interaction in the physical world" (Oxford Dictionaries, 2019). Investigating how people cope with a world without the Internet can help create methods to reduce Webholism.

This exploratory study was governed by the fundamental ideas of grounded theory data analysis (Strauss & Corbin, 1998). All interviews were subjected to keen analysis to make sure no significant concepts or notions were missed. Each new concept was given its own set of codes, and themes that were discovered to share a theoretically similar nature or have a comparable meaning were grouped together as concepts. The most pertinent concepts were then combined to create a theoretical framework after these ideas were further developed through constant comparison. The study's final output, a framework, both explains the main theme of the data and compensates for deviations.

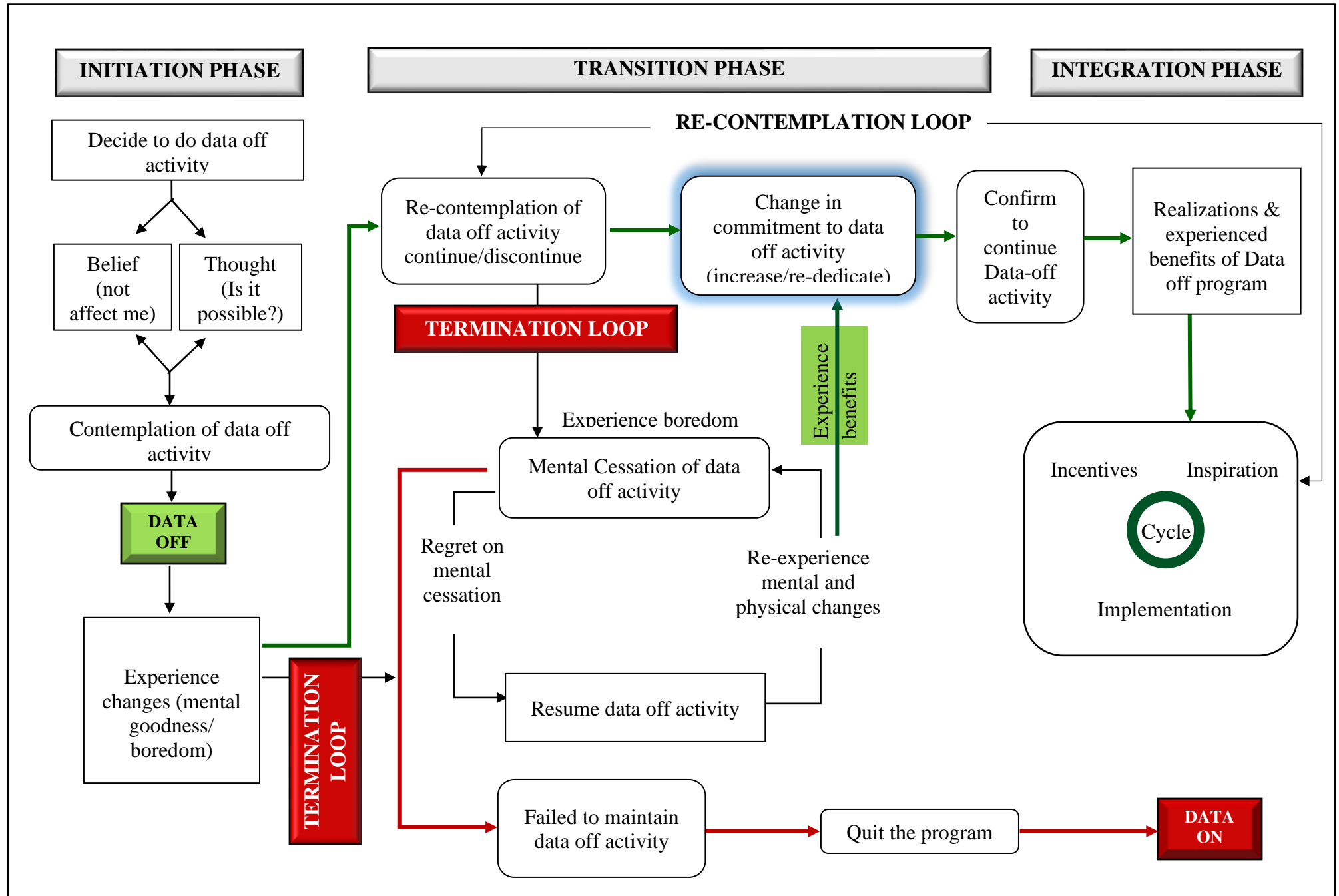
The data collected were immersed in the huge amount of information that emerged from the discussions and interviews to the participants. The main focus was given to the different perceptions of web users related to their digital detox.

Digital Detox Experience Development Model

The framework outlining the process of ‘data off activity’ acceptance and operation was built on the participant’s detailed and vivid explanations. The data off activity development framework or model depicts the psychological and behavioural changes that internet users underwent during the process of becoming digitally detoxed (see Figure 10). The model shows the primary flow through which participants move in addition to two alternate loops. Three phases, the Initiation Phase, Transition Phase, and Integration Phase define the process’s flow. The Termination Loop and the Re-contemplation Loop are alternate loops. Each critical step in the process denotes a psychological or behavioural shift that is significant. Moving from each step to the next and entering and leaving the loops are indicated by arrows. The process’ existence inside the participants’ lives’ setting — in this instance, the social and cultural milieu of Kerala - is a key aspect of the process. Through the development of the digital detox, a number of factors — including other people’s agreement, the kinds of discomforts felt, and the kinds of advantages felt — also came to be seen as crucial for sustaining data off activity.

Figure 10

Digital detox experience development framework



Initiation Phase

The first phase of the process, the Initiation Phase, is characterized by the early decision-making and initiation behaviours of the ‘data off’ process. The participants entered the activity by contemplating whether or not to start the ‘Data Off Activity’ (DOA). Although not the only reason, many of the participants cited that they considered it a challenge, and thereby an impetus to begin this program. In this phase, participants were experimenting with the ‘data off activity’ and began to experience some of the discomforts associated with participating in it. It was during the initiation phase of the process that participants began to learn how difficult the activity is, how much they enjoyed being online, how much different online activities were fit into their daily schedules, and which ones might meet the needs that prompted to terminate the DOA participation (e.g., job related communication, emptiness feeling). One female participant said of starting her ‘data off’ program,

“I know I’m not much of an internet user. It is only used to call my husband and occasionally watch something on YouTube. Then I decided to turn off the data because I didn’t turn off the net yet. I had earlier told husband about turning it off...”

Shortly, after three to six hours of engaging in the ‘data off activity’, the participants started experiencing mixed feelings. They discussed mental feelings such as feeling good, free flow of daily routines, feeling more alert, and they were taking time for themselves or taking care of themselves. Other benefits were the discovery of activities that brought them offline enjoyment or enabled them to do other activities during their routine activities such as reading, praying, or gardening. Although mental

benefits dominated the discussion of ‘data off activity’ experiences, some of the participants experienced physical benefits such as reduced eye strain, good sleep, although majority of these benefits occurred later in the process. Other important benefits experienced during the initiation phase included having more free time, and doing work without any delays. One of the male participants said of the feelings he was experiencing,

“.....I have been thinking of doing something like this for a while, but could not. This is something that I needed to do because it makes me feel good and it relieves stress... even though I have official communications online..... my mind feels more free.... I feel more relaxed..... Or if I wake up in the morning even if there is no need, my hand will reach out to the phone. That day, my hand extended towards the phone but felt relieved as I am in a data off activity and did not have to pick up the phone....”

A person who hasn’t seen a movie with or without his family in eight years stated that snapping images, uploading them on social media, and enjoying them is what makes him happy. There were others with similar views. Many of the participants are juggling with academics, careers, and family; so taking time out for themselves was another important benefit of ‘data off activity’. One woman explained,

“I had a lot of work to do at home and a little time for myself. I started enjoying it... I started liking it... thank you...”

Transition Phase

Participants entered into the Transition phase after going through the Initiation phase (0–6 hours). The duration required to reach this stage ranged from six or seven to twelve or thirteen hours. People started to become more aware of mobile and internet activities as they moved into the Transition phase. This was characterized by a re-contemplation of their activity. This need developed as a result of a variety of circumstances, such as not being able to browse, not hearing beep sounds and ringtones, not enjoying videos/online visual treats, or not experiencing online text-audio-video communication with loved ones. During the Initiation Phase, participants began the ‘data off activity’ and attempted to gain experience, insight and understanding. They then reconsider their choice to carry on with the activity during the Transition Phase.

The participants will decide to finish the 24-hour “data off” process once they are aware that their “data off activity (DOA)” does not require any revision with regard to its continuity. Certain participants advance ahead in the DOA due to benefits they have already experienced, some people consider it as a challenge to their accomplishment of a “data off” day, and some people see it as a commitment to the researcher. Some of the participants found that making this commitment required them to reorder many of their personal priorities or to devote more time to an active day that was both mentally and physically detoxed from technology. Others perceived it as a reconfirmation of their challenge. This crucial phase in the Digital Detox Experience Development Framework Model is shaded to emphasize its significance in the entire process. The participants would not have advanced in the process, gained

more experience with, becoming more accustomed to and dedicated to a full day of “data off activity” without this conscious commitment to the activity. Words like “breakthrough,” “crucial,” and “survival” were sometimes used by participants when addressing this stage. For example, one man said,

“I realized that I was using the internet very well, not necessarily a little. I doubt whether to carry out the task or not”.

Highlighting the words of commitment,

“....Madam told me to turn off the net, So I thought I want to do and complete the activity. I have already been without the Internet for many hours. If I turn it on now, I will have to do it again another day”.

The realization that *“The act of ‘data off’ was something I wanted to do in my life for a long time but had never actually done, yet now it was accomplished in my life”* was shared by participants. They finally understood that a lot of their time is being wasted by the internet. Some of the participants who had been doing the “data off” experience for the participants first time realized.

“I would look at the mobile (internet activities) between my work. It seems like I’d watch it for 10 - 15 minutes.... But I didn’t realize that a few minutes together could turn into hours. I felt like I had a lot of time and it felt like a day without great haste. I enjoyed the time I spent alone for myself and with others”.

One housewife commented that she felt very lonely because she did not have net. In the experience of some participants, they felt angry and frustrated for no reason.

“... I was angry that the net could not be turned on. I do not know anything; I was disappointed at what might have happened in the friend groups.....”

Other mental feelings experienced by participants include sadness, laziness, anxiety, stress, tension, restlessness, panic, and poor concentration. They also experienced dizziness, headaches, disturbed sleep and disordered daily routines. As one male participant said:

“...Today all information is known through online and social media. If we do not know things one day, we will be too late to know the next day. When the net was off, I thought about it and felt panic or terrified...”

In the words of another participant (Female, 29 years):

“...My parents are abroad. I call my parents every day. Talk for a while. It is a good relief to be able to talk. When the net was turned off, I felt very sad and upset. Unable to pay attention to anything, something a feeling of isolation...”

Another person (Male, 42 years):

“...that flow of a normal day is lost there. The routine of doing things seemed to have changed. I could not sleep early at night and could not sleep after lying down. Occasionally there was a slight headache. To be honest, I was angry...”

However, at the end of the activity, the participants, who were curious as to whether there were any messages on the phone. They said that when they picked up the phone after the task, there were only one or two personal messages and some group

messages. Many people are convinced that something happens online every day and that the thought of losing everything if they miss something is unfounded. Even though, everyone wanted the 24 hour to end somehow during the task. Also, they were happy, eager and hopeful that the net would be turned on after 24 hours. This means that while some people have only a few minutes of experience in the transition phase, others have had difficulty figuring out whether or not data off activity should continue and experienced for a longer period of time in transition phase.

Transition Phase was a tough experience for participants. The discomfort of not having internet bothered many. Everyone commented that there was a thought of turning on the net. Very few people commented that there was nothing difficult with not having the net. Clearly, the notion of ‘data off’ activity as a source of personal time or relaxed day from other online interruptions was an important benefit for these busy participants. Those participants further entered to next phase of the process. i.e., The things they did to overcome Transition Phase and move forward led them to the Integration Phase. At the same time, participants re-contemplate and failed to continue the ‘data off’ activity, turned into Termination loop.

Integration Phase

The final stage of the 24-hour “data off” process’ main flow is represented by the Integration Phase. Participants started to notice some of the improved outcomes from their digital detox day as well as positive results that took longer to become evident. The participants gained from a variety of these benefits on a personal, social, and familial level. Doing things on time, rest for a while, spending more time with those close to them, paying more attention to their children, reading books, caring for

plants, having meaningful conversations between husband and wife, talking directly to people in the neighbourhood, and doing many of the tasks that are pending, are all the integrated feelings they experience.

“.....There was talk between us every day, but when we had a phone, it seemed as if we were unknowingly speeding up the conversation to pick up the gadget. We talked about a lot of little things because the net was off.....”

“.... Since the boy in the neighbourhood and my child are in the same class, his mother and I chat or talk on WhatsApp almost every day in order to learn information about the school. But when the net was off, I thought I could go and talk. The direct speaking experience is different. When things only happen over the phone we can only do what we need at the moment. There is an emotional exchange going on in direct communication. Through the net, everyone is close to us, beyond a screen. But I felt that those who were physically close to us really gave us comfort. Because I do not know who is behind the screen - the divider. Also, there seems to be a glimmer of hope in something that says ‘OK, see you later’ when speaking directly....”

Another person:

“.... I might be more at ease speaking online because my job involves computers and the internet. When it’s online, you don’t have to see anyone’s face in person. We are free to speak with anyone we wish and can cease. No matter how we’re feeling, all we need to do is add some emoticons and stickers to the online chat. Since the subjects/topics are piling up one after another, there is no time to process anything. When we say something to

someone offline in a public place like at work, many people will intervene, many others will comment, and a third person will listen to the conversation between the two and review what we said to each other... To be honest, such things make me angry. As more people come to chat, I slowly turn my attention to my phone. Then quickly end the conversation and will head to my cabin. On the day the net was turned off, I had to talk more with the people I worked with directly at the workplace. I thought why use a phone if there is no internet access. I felt as if I had come down to earth. It seemed to strengthen me personally and taught me how to deal with face-to-face interactions with people.....”

Doing exercise, or other entertainment modes like watching TV

Enhanced benefits also include health benefits, spiritual benefits such as reduced eye strain, good day sleep and night sleep, and time for prayer and rituals.

“.... Usually after dinner I just scroll my phone. It will be between 12 - 1 a.m. when the phone is taken out of the hand. It didn't happen anyway because the net was turned off. Besides, everyone ate dinner and spoke until 10 or 10:30 before going to sleep. There is nothing else to do! I also felt relieved that I didn't have to check social media. Moreover, I was able to wake up early in the morning feeling refreshed. I think it's because I slept without gazing at my phone too much, and my eyes felt good.....”

Muscle relaxation, shoulder pain relief, and good relief in the head or physically more active.

“... The online game was not played because the net was turned off. That was the change I have experienced. I thought I was not doing this task since I was unable to prevent myself from playing the game. Then I took this as a challenge. Due to not playing the game, the fingers felt a little looseness. I am a person who spends a lot of time playing games. Not only that, but it may be due to playing while bent over, the shoulder always hurts in the morning. I didn't feel that pain when I woke up this morning....”

“... to be honest, I engage in a lot of online chatting. But I simultaneously enjoy and dislike it... Every now and then I check my phone to see if someone has sent me a message. If someone has sent a message, I should reply to them... It was a relief that I didn't have to look at WhatsApp since the data was off. My brain was relaxed and my mind felt at ease...”

“... I realized that I don't make any expressions on my face when I am in online activities. Whether it is a chat or a game, a smiley is used to get things done. I had to look for direct entertainment after being off the net for a whole day. Talking and laughing with the family, the muscles of the face twitched.... I became terribly energetic...”

Kerala has a culture that embraces all religious people. Rituals and prayers are very important among the people of Kerala. That's probably why most people, especially women, have made special mention of finding time for prayer in their day-to-day activities without the Internet. It was noted with pride by participants that extra time had been set aside for prayer and worship.

A Muslim woman said:

“I was able to get up early in the morning. At 4.30 am, the night special prayer (tahajjud) was offered. I read the Qur’an for some time. I was able to read 3 juz today. Normally not even a juz would be completed...”

Man belongs to Hindu religion regarding prayer:

“I am a believer, but I don’t always pray and do things perfectly. I don’t have time. It is my wife who regularly lights the evening lamp and prays at home. The day I put away my phone due to lack of internet, when I saw her doing prayers, I joined her in those things, after a long time. Along with following religious practices, cooperation with my family made me happy...”

Lady belongs to the Christian religion:

“...Another thing is that yesterday I managed to pray the rosary without interruption and was able to complete peacefully... I spent a lot of time crying and praying to God... I felt a great sense of relief. I always wish I could spend more time in the prayer room. But every day, after doing all my work, when I come to pray, some work comes in between. Unknowingly I will be engaged on the phone. When the net was off, I was able to do all the household chores earlier. I think that is why yesterday I was able to pay more attention and pray longer....”

It is an integrated experience that seems to have a lot of time when there is no internet. It is a feeling that all participants experienced equally. When they got free time during the day, they used to spend their leisure time for relaxing, reading books, gardening and taking care of plants.

Many found time to read the books that had been left unread. In addition, parents were careful to spend time fruitfully with their children. One mother said:

“... When the child came home from the nursery, I did not pay any attention to her studies at home. But I focused on her study last night. Yesterday I realized that I used to be busy with some of my things on the phone while she was doing homework. I sang nursery rhymes to the child. How happy the child was!”

Another person:

“... he usually reads and learns all the school books himself. Today I just looked at his homework and gave him the help he needed...”

Another integrated benefit is the realization that parents’ phone use is what draws their children to it (the phone). A mother:

“...my boy came with the phone and asked for the password and put the phone on. I told him. ‘Mom is on a task today and won’t use the phone’. Then my son said: ‘Then I do not want to’. I thought he would cry for the phone for not getting it. But he never asked for the phone again...”

Another mother had this experience:

“.....My baby is five and a half months old. I am a nursing mother. I look at my mobile while breastfeeding my baby. I nursed my child after keeping aside my mobile phone as the net was turned off. I looked at my baby’s face. The milk was given by caressing the face and forehead. My baby was looking at

me too. My baby's laughter and the experience touched me deeply. For so long I had felt that what I had done to my baby was wrong".

When the Internet and gadgets were kept away, people were looking for ways to interact directly. They spent more time talking to their parents, and instead of chatting online, they went to see and talk to friends in person. Moreover, many things that were often procrastinated without being done were completed during the data off activity. These include going to family homes, spraying pesticides on plants, and planning various things at home and at work. Some participants found time for exercising. Some people use TV as an alternative entertainment. One person stated:

"...One of the most significant advantages I experience when the internet is off is being able to complete tasks on time. I was able to plan what to accomplish the following day in addition to finishing tasks that I had been putting off by saying, 'I will do it later' ..."

A housewife remarked like this:

"...I always think that Garam masala, ginger-garlic paste, etc. should be prepared in advance in the kitchen. I wouldn't have done it because I was too lazy to do it and didn't have the time. All of the stuff was done yesterday. I did a good job of cleaning the house. I wiped the dust from the showcase, TV stand, and doors. I felt very peaceful..."

Some participants commented that the annoyance of the phone's intermittent notification tone was avoided, so the data off activity gave them a sense of calm and peace. Participants were motivated to increase data off activity from 24 hours (one

day) to 36 or 48 hours (two days) after experiencing increased or integrated benefits.

People who participated in the study expressed their realization that:

“...data off activity was something I should have done earlier in life, but I have done it now.”

They recommended that everyone must engage in such an activity on a weekly or monthly basis.

They ultimately came to the realization that the internet was a significant time waster. For the first time, a few of the participants engaged in a “data off”/ digital detox experience. They came to pass the realization as follows:

“...I would look at the mobile internet activities in between my works. It seems like 10 – 15 minutes to watch... but I didn’t realize that a few minutes together could turn into hours. I felt like I have a lot of time and felt like a day without great haste. I enjoyed the time I spent alone and with others for myself...”

Participants now moved into the stage of the Incentives - Inspiration - Implementation cycle. This cycle shows that after a successful (e.g., offline hours and understandings) and maintained (e.g., control urge to go online) data off activity program was decided and implemented; enhanced or integrated benefits/incentives were noticed and these benefits (incentives) provided inspiration to continue the activity in the future, creating a circular process outline. The cycle placed at the end of the process is due to the fact that achieving long-term, significant benefits from data off activity requires effort and perseverance. Despite the fact that there are short-term immediate benefits, it took time to put into effect and fully experienced by severe web users the Incentives - Inspiration - Implementation cycle.

Internet users began to believe that data off activity or controlled usage could become incorporated into their lives as a result of experiencing the cycle. Even though they still had to put forth a lot of effort on their own to maintain the digital detox behaviour, some of the initial struggles and efforts were lessened once they realized how much “data off activity” affected them. Webbers (web users) have variously expressed their sense of integration like:

“I think it will not frustrate me again this much. This should be done occasionally to understand the value of time. I understood I am at that point. Everyone should do this. Only by turning off the net can we understand how much the Internet affects us. Children grow up watching what adults do. Therefore, we must alert and handle online with caution...”

Termination Loop

The termination loop was a crucial component of the “data-off activity” framework’s dynamic nature. The analysis revealed that there were instances when people were either temporarily unable to maintain their DOA programme or were unable to do so at all. The Termination Loop can be reached directly from the Initiation Phase, via the Re-contemplation Loop in the Transition Phase, or via both, as shown by the arrows.

Some have moved to the termination loop directly from the Initiation Phase due to personal needs and the mental/psychological distress they experience when mobile data turned off. They quit the ‘data off’ activity and turned on the data.

This loop takes into account the circumstance that the participant’s revealed, where data off activity had to be mentally or physically stopped for a variety of reasons.

As mentioned earlier, participants experienced mixed feelings, some of them told like this:

“.....normally I pick up my mobile phone after sending children to school and morning household work. As usual, I went to pick up the phone but I remembered the activity. Suddenly I felt angry...”

Additionally, participants entered the termination loop at a preliminary stage of their data-off experience was due to fulfil their urgent needs. Since they believed their task could not be effectively accomplished, they stopped taking part in the activity.

Re-contemplation Loop

The Re-Contemplation Loop was a crucial dynamic element of the successful “data off” activity, even though the Incentives – Inspiration - Implementation cycle appears to be the final box in the process. In each interview, it was clear that all of the participants struggled with the decision of whether to start or keep up this activity. The feedback arrows at the top of the main flow, labelled “Re-contemplation Loop,” show that after experiencing the cycle and integration, people found that they needed to continue their data-off activity in the future in order to adapt to changes in their daily lives.

People have learned from this experience to brainstorm on what alternatives there are when the internet is turned off.

The realization of participants that a change in the days of internet usage was desired or necessary set off the Re-contemplation Loop. It was determined by the choice to uphold their dedication to data off activity and implement the necessary

adjustments. They put themselves in a position to continue seeing results and to conquer the challenge by deciding to alter their normal routine with internet activities and continue with Data off activity.

As a result, they gained more knowledge about the cycle of Incentives – Inspiration - Implementation. For instance, this is how one person describes re-contemplation associated with "data off activity":

“...Why am I turning off the net? Even if I turn it off, I will not feel anything. I also had the impression that I didn’t spend much time on the phone. On the day I turned off the internet, I had finished all of my housework by noon. Because the phone was not checked from time to time, everything was done quickly in one flow. I realized that even though I occasionally browse the internet, I actually spend a lot of time online a day... Therefore, I decided that the ‘data off activity’ would continue anyway....”

On the other hand, participants encountered instances where they were unable to finish the one-day “data off activity” or were unwilling to continue with the program, which led to their transient involvement through the Termination Loop.

Context and Cultural Aspects

The process of “data off activity” and digital detox behaviour took place in the circumstances and settings of the participants’ lives. It includes information about their shared online interactions, online social lives, cultural backgrounds, and aspects of their individual internet usage and activities such as online shopping, social media usage, online employment, and prior data about experiences and advantages realized.

When people turn off the internet on their own phones, they have to inform others in advance and women get consent from their husbands shows the cultural background of the present study in today's digital social context.

In the Kerala context, mobile and internet usage has become a platform for portraying one's identity. When the researcher interacted with internet users in 2015 related to internet usage, some of their reply was, "*Hey... I have no Facebook...*", "*She/he has, I have no phone or internet ... I'm not that type ...*". That is to say, using the phone and engaging in internet activities was seen as a disgrace. But today, people proudly say, "*I have social media accounts and I use the internet for many things*" and "*I have my own YouTube channel*" and are not ashamed to respond if they are asked about Internet use. In a very short period of time, Kerala has experienced a remarkable expansion of Internet usage.

The social perception of mobile usage in Kerala has undergone a number of changes. In Kerala, the analogy "even a fisherman has a phone" was revised to "even a beggar man has a phone," and later that line of reasoning on mobile usage was ultimately abandoned. The dual-triple SIM phones and 2G to 5G SIMs are already commonplace, and discussions and debates around mobile radiation have vanished. The smartphone started to resemble a body part or an accessory. Technologies are developing and disseminating very quickly. It matters in this context that there has been an increase in Internet usage together with the widespread use of mobile devices.

However, there are still women in Kerala who do not have the freedom to use mobile phones. There are some people who do not pick up the phone in front of their parents or among other people out of respect and courtesy. But that is not the case

with married people. The female participants in the data off activity task commented that if the husband's mother hear or see the girl talking on the phone at her husband's house, they find fault with it. She said she would not be allowed to hold the phone in her hand when going anywhere. She added that the gaze attached to their question, "Why are you holding this?" it was all-encompassing.

Sometimes, ladies will use their phones as a weapon of choice. Participants used a film scene as an example to reference the subject at hand. There is a scene in the Malayalam movie "The Great Indian Kitchen" where the members of a religious local community gather to persuade the heroine to delete a social media post in which a feminist discusses a contentious issue in Kerala. They visited the heroine at her husband's residence, where they informed her husband and her husband's father of the situation and made their demand. The background of the heroine is that of a newlywed who strives to live up to the expectations of her husband and his family for her to be a subservient wife. The eldest man in the group probes, "Does this behaviour befit well-brought-up women?" and those who had come departed after hearing her husband's response that "she will delete it". When he demanded that his wife erase it, she responded, "I shared it because I believe it was right, I won't delete it." She is marking her identity when she says, "I won't delete it." This was endorsed by the majority of the women who took part in the study. When women feel oppressed by their husbands' domestic issues, the Internet and social media enable them to speak up instead of yelling at their kids.

But for some, the experience has changed. The mother-in-law and father-in-law, who said not to use it also have a mobile phone now. They don't need a TV when

they have the internet. They can watch old songs and movies on YouTube, watch the news and watch their favorite things.

There are also young adult ladies who hold the phone in their hands to ensure that they have a place of their own. They say,

“.....My phone is my favorite item. Earlier, I used to be afraid to pick up and spend time on the phone in front of my husband’s family. Then I myself brought a change in that regard. At first, they were annoyed but then it got better.”

It is a setback for the male-dominated society that women are expressing their opinions through the online platform.

Being able to portray one’s own ideas and opinions is a freedom of expression for anyone. Online media provides a platform for those who wish to showcase their personalities. In addition to having their personal needs met, Internet users are also attempting to enhance their personalities and offer a more polished and pruned image to the outside world. A platform like social media can help an internet user to influence the viewer’s thoughts through what is posted on social media and decide how others should look at themselves. According to Golbeck (2023), comparing profiles with more casual images to those with well-composed, brightly coloured, more professional photos, which people are more likely to trust and be interested in following. This gives the impression that people's appealing work employing aesthetic photo quality influences the number of followers, perceived trust and reliability on social media (Golbeck, 2023). It can be said that every person knowingly or unknowingly expresses their inner self through social media.

Field Experiences

Here are a few experiences that can be included that were acquired during data collection.

Attitude about Mobile usage was mentioned by a few persons as well. The perception of mobile usage varies significantly between young and old people. With the exception of phone calls, many older married women are reluctant to personally handle their social media profiles. Some people choose not to utilize it out of disinterest or concern for retaining their individuality. That is, they believe that refraining from using the Internet is a virtue and that it affirms their identity. Some people are afraid of technology (technophobia - phobia due to technological advancement). So they avoid using the internet. However, some women believe that relying on the husband for such things is sufficient. A few men rely on their wives in this way. But each has a different set of reasons.

When the scholar asked about the social media use of a woman who did not have a social media account, she said: *“My husband has one, so why should I?”* According to some women, husbands do not like it when their wives use the internet and mobile devices. One woman who took part in the exploratory study claimed that after telling her husband about her involvement in the ‘Data off activity’, he made the mocking remark that it was *“a good thing”*. That ironic statement was meant to imply that you spend most of your time online. People are neglecting that women have the same right to use phones as men do. Many are still in accordance with our centuries-old patriarchal cultural standards. The issue is that some men and women still refuse the freedom to women to use mobile devices and the internet on their will.

A few men have other viewpoints. They worry that their relationship will suffer if their ladies get their own phones and social media accounts. Some men experience possessive feelings even when they observe their children conversing on the phone with their mothers. Those who don't let their spouses use the phone. If the husband disagrees with his wife's use of the phone, instead of being positively handled through open conversation and making things right, these feelings are suppressed. Families and marriage relationships are negatively impacted by this and fosters an unpleasant environment. One person said that his wife showed him more consideration and care after she turned off the internet. All of this suggests that a mobile phone and a social media account enable the development of a unique identity for a woman which is not absolutely accepted by society.

It's necessary to explain online communication. Men and women who responded agreed that the explanation for the digital divide between the sexes was that women would get lost if they utilized their phones. That is due to some internet scams and cheats that are frequently reported. The fact that both sexes are present in every incident is often forgotten. Even though there is still a gender gap in users (54% men), 57% of all new users in India in 2022 were females (Kaura, 2023). By 2025, it is predicted that 65% of all new users will be women, bridging the gender gap (IAMAI, 2023). The United Nations chose "DigitALL: Innovation and Technology for gender equality" as the theme for this year's International Women's Day in 2023. This subject was in line with the importance of innovation, technological advancement, and digital age education for attaining gender equality, empowering all women, and closing gender gaps.

Codes, Themes and Concepts developed

Additionally, Digital detox experiences were categorized into three categories: psychological feelings, benefits, and discomforts. The resulting codes were used in the Digital Detox Experience Test (DDET) development process. A word cloud based on each theme was also prepared. The comments of participants regarding digital detox can be visualized as word clouds, which is a simple and artistic approach to draw attention to important information, address it, and identify recurring themes. It is added below.

Internet Fasting - Psychological Feelings

A word cloud provides a graphical representation of knowledge that allows a viewer to form a quick, intuitive sense of a text. This tool is an easy way to share high-level data without information overload for the user (Depaolo & Wilkinson, 2014).

Table 22

Selected examples on Significant Statements of Webbers on digital detox and formulated dimensions

Dimensions	Evidence - Illustrative quotes for selected conditions
Usage Intention	<i>“oh... I had frequent urges to grab my phone... but since I was participating in the study at the time, I prevented myself from doing so.”</i>
Emptiness	<i>“I am a teacher and I have made it a habit to check my social media accounts during the in breaks between my classes... but that day it felt like my mind was blank...”</i>
Irritation	<i>“Actually, I am not an addict. However, I get annoyed and agitated when I purposefully go offline... I feel a kind of impatience...”</i>
Anger	<i>“I turned off my mobile data in the morning and I completed my household chores. After that I intended to take my mobile to get online. That is when I thought about the task. Honestly, I got angry... I got angry at you, ma'am...”</i>
Sad	<i>“Today, I felt like I had nothing else to focus on and nothing to do to pass the time. I felt bored... and I felt like crying. I am not an addict, but my husband is an addict... he uses his mobile phone after his office, until he goes to bed...”</i>
Heaviness	<i>“You know ma'am; I was thinking about reducing my internet usage when you invited me to participate in this study. Oh... it was very challenging for me... my chest felt quite heavy... I kept feeling the urge to use the internet on my phone...”</i>
Tremors	<i>“Every day, at all times, I like to keep my mobile with me. But because of you, I didn't take my phone today... I didn't even receive a single call today. Somewhat like drug addicts, I've experienced shivering sensations in my fingers and palms. I've even experienced a feeling of looseness in my palms”</i>
Thinking about messages	<i>“...Although I didn't bring my phone, I often assumed that my phone would receive the messages. However, when I turned on my mobile data after 24 hours, I discovered that there weren't many messages or notifications on my phone. I had only gotten two or three group messages. I realized a lot from this task...”</i>
Hopes about being online	<i>“..... I turned off mobile data when you told me to... I'm glad that I succeeded in finishing the task. I had hoped to check my messages the following day, after the 24-hour period... I patiently waited for the time to get over...”</i>

Participants shared a variety of experienced benefits. The benefits that online users experience in response to offline hours were the focus of 932 significant statements that were taken from 289 verbatim transcripts of Webbers (n=289). Table 23 includes examples of significant statements and dimensions.

Table 23

Selected examples on Significant Statements of Webbers on experienced benefits of digital detox and formulated themes

Dimensions	Significant statement
Talk to Neighbors	<i>“Most of the time I give excuses to my neighbours saying that I am busy, and that I have no time to chat with them. But today I felt like I had a lot of time. I met my neighbours and talked to them. I even visited a bedridden patient”</i>
Talk to Parents	<i>“What can I say.... ah...my routine was like this- I’d wake up late in the morning, take a bath and have breakfast. Then I’d go to the office and come back home by evening. I’d have tea, spend some time on my phone, and take a short nap. Then, I’d have dinner with my family. I’d barely get enough time to talk to my parents. But yesterday, I talked a lot with them... I saw happiness in my mom’s and dad’s eyes...I felt very happy and content...”</i>
Talk to Partner	<i>“...My wife always complains about my net usage. She complains that I am an addict, yet I never considered her words. But when I went offline, I was really shocked by the changes in my daily routine... we talked, laughed together... and did much more...”</i>
Attended Family	<i>“...I had planned several times to go for an outing with my family. Since it was a holiday and I didn’t have access to the internet, it felt like I was sitting idle. So I decided to go out... I planned a family trip to Athirappilly and we all felt refreshed. We decided to hold small trips like this once or twice a week, or once a month...”</i>

Dimensions	Significant statement
More care for kids	<i>“...I have a baby... I am a nursing mother... I like to check my social media accounts while feeding my baby. But today, as I decided to remain offline while nursing, I kissed my child, looked at her face, and caressed her head... I realized that I had missed many precious moments with her...”</i>
Slept well	<i>“...When I’m done with my household chores, I like to go online and visit my social media accounts and go through updates. Then I’d watch films and programs on YouTube. But as my net was turned off, I had nothing else to do, so I took a nap. After a long time, I was able to sleep in the afternoon. That hour of rest helped me feel more energetic and relaxed...”</i>
Forgot gadgets	<i>“...actually I felt that the phone was a burden... If we are online, people send messages and we have to reply and start unnecessary conversations...But today, I forgot my phone... I felt quite at peace, mentally...”</i>
Finished works	<i>“...I finished my domestic chores within a short span of time... Oh my God, I didn’t anticipate this... Instead of checking my social media accounts in between tasks, I completed my work in one go. As a result, I was able to leave my kitchen early....”</i>
Got up early	<i>“...this was something unusual...I woke up early today morning, without any sleep sickness. Since I was participating in the study, I went to bed early without scrolling through my mobile phone... this helped me have plenty of time to prepare food for my husband and children and do other chores”</i>
Engaged with activities	<i>“...I engaged in other fruitful activities to spend the time which I usually spend on screen...”</i>

Table 24

Examples of significant statements and dimensions on time spent methods during digital fasting

Dimensions	Significant statement
Reading	<i>"...every week my daughter brings library books from school for me. I like to read books... but I never read it completely, or sometimes she'll read it and then return it. This time, however, as I was not using the internet, I took the book and finished reading it that day itself... it was a novel called 'Sugandhi'..."</i>
Exercise	<i>"...there is treadmill here, but I'm lazy to work out. But yesterday...I don't know, I had a good work out... ha...ha... sweat made me happy..."</i>
Prayer	<i>"...Actually I am not a heavy net user... but yesterday I understood how much the internet affects me. Normally I do my prayers and go to do other work... but yesterday, I spent more time praying and reading our holy book. The talk between me and my God gave me immense pleasure and confidence..."</i>
Cleaning	<i>"...there are many corners in my room and home that I intended to clean days ago. As I have nothing to do, I cleaned and removed unwanted things and waste from my home. When my husband and children came back, they appreciated me seeing the well-kept home... (smiles)"</i>
Talk to acquaintances	<i>".... Just like other people, I also keep saying "I'm busy, so I cannot talk to anyone". But yesterday I understood the reason behind why I (stressed) was busy, I shared some curry with my neighbour and talked a lot to her. Don't assume that we do not talk to each other... we do talk, but through WhatsApp. At last I told her about the study and we decided to do it in future also... oh...! Direct communication is so rejuvenating..."</i>
Stitching	<i>"...in my school days, I had participated in stitching competitions and had won prizes. But now I don't have time to do that (laughs)... ah... I can't say any time... I stitched a cute pillow for my child yesterday... her birthday is nearing. My creativity got polished again...it was not only a pending project, but also a project that I had dropped"</i>
Outing	<i>"...Normally, after my office hours...I'd come to my room and watch comedy shows and trolls to laugh at and relax... but as my net is turned off today, I took my vehicle and went outside...to the beach... spent some time there... and asked two of my friends to come. We spent time there by talking and flying a kite, and we had dinner from one of friend's house..."</i>

Dimensions	Significant statement
Writing	<p><i>“..It has been a long time since I took a pen to write something... In my school - college days I used to write poems... after marriage, I left everything... I used to believe that I did not do these activities because I didn't have enough time. But when I was compelled to stay offline, I took my pen... Yesterday was the first time I spent offline ever since I started using the internet,”</i></p>
Nostalgic memories	<p><i>“...I can't clearly tell how I spent the day yesterday... I slept... ah... I thought about my past... I lied down on the bare floor, staring at the ceiling. Since I live in an apartment here, I often think about my home... the plants there, my siblings, my childhood friends, and many other things... I even called two of my best friends. I also told my husband about my interest in planting a few plants in the balcony”</i></p>
Child Caring	<p><i>“...ha... ha... my daughter's hair is curly... my hands get stuck in her hair when I help her with it... I often think about helping her clean her hair. Today I was free when she came back from school so I did it...I also helped to get rid of some lice...”</i></p>
Prepared spices	<p><i>“...It was boring without the internet... To get rid of the boredom I engaged in my household chores... Actually it was something I had pending due to lack of time. To cook easily, I grinded spices like cardamom, cinnamon, and cumin; and made a ginger – garlic paste which I kept in the fridge... it will save my time...”</i></p>
Painting	<p><i>“...I am a painter... I have won prizes in university competitions also... but now, I do not have the time for that. Surprisingly, I took my brush and canvas yesterday and painted a flower... look how good it is...”</i></p>
Read children's books	<p><i>“...My child has an exam the coming week. Whenever he has exams, I think about reading his book to help him study... but very often, my plan does not work out. Since I was free yesterday, I read his book, went through the content and noted down how I could make it more understandable for him”</i></p>
Gardening	<p><i>“...look... there are lot of plants in our yard... she often tells me to arrange them and cut unwanted branches from the small trees. I don't have time for that... look... something happened yesterday- as I spent time gardening, she and my two kids also joined...”</i></p>
Family visits	<p><i>“Relationships are in virtual world today... our close relatives, both his and mine, all live in nearby locations... but gatherings are rare. Yesterday I told him that I wanted to visit them... he asked me, don't you have unfinished work?, I said, I am free now, we can go...”</i></p>

The Codes, Primary Themes and Major Themes developed from Digital Detox Experience are combined and depicted in table 25 below.

Table 25
Digital Detox Experience – Codes, Primary Themes and Major Themes developed

Codes	Primary themes	Major themes
Anxiety		Discomforts
Stress		
Lack of concentration		
Restlessness		
Panic	Psychological difficulties	
Loneliness		
Disappointment		
Grief		
Anger		
Eagerness to be online		
Tremors	Physical	Digital Detox Experience
Headache	Vicissitudes	
Disrupted sleep		
Laziness at work	Social disquiets	
Irregular routine		
Improved child care		
Better relationship with the partner		
Better communication with parents		
Improved communication at school/workplace	Sense of belonging	
Better neighbourhood relations		
Family visit		Benefits
Visit friends		
Plan activities	Punctuality/organized life	
Do the activities on time		
Relief		
Reading newspaper / book		
Exercise		
Watching T. V		
Gardening	Health-promoting Activities	
Leisure time		
Rest		
Good sleep		
Refreshment		
Calmness / Peace		
Eye relief		
Other leisure activities	Mood enhancers	

Digging into online relations

In this research, social media users made up the majority of participants in the “Data off Activity”, which led the researcher to more inquiries concerning online communication. The information gathered about online communication and virtual relations is addressed below based on those people’s experiences.

Online communication has a means of reducing the distance between people by speaking once or twice, as opposed to offline communication, which may take place in person. Online communication may be easily expanding and manipulated, which is one of the reasons. In online chats, expressing and employing kind phrases is simple. Many people find it difficult to communicate internet slang phrases like “OK dear,” “thank you dear,” “love you,” “take care” etc., and when speaking to someone in person. But with online chat, it’s simpler with hugs and kisses stickers, or emojis. Many intimate relationships benefit from the sharing of memes, and this benefit is somewhat dependent on the individual’s sense of humour and the goals of the meme-sharing process (Brody & Cullen, 2023).

There are only two participants in a casual online personal chat. The conversation between two people is secret to a third party. Some participants claimed that when they express intimacy to the person they are conversing with, other people are unaware of it, and it has no negative effects on other relationships or not causes others to feel possessive. It indicates that people are reluctant to show their affection and concern for others in public. Many people have a sensitivity to interpersonal rejection and worry that displaying love to one person will make the other person dislike them and therefore alienate them.

Some people's response was like this. *"Being so used to interacting online every day, sometimes I don't even realize whether I am talking to a human being or something"*. It may be argued that users of social media do not connect conceptually with the individuals they interact. However, they are replying to people, much like responding to notifications and popups from apps and websites. There are instances where individuals later fail to recall that they ever having an online conversation. A girl said: *"She used to talk to me intimately about everything on WhatsApp. But when we came to college, she didn't give intimate attention. She forgot everything..."*. This was not just one person's opinion. The majority of participants believe that when people meet in person, they don't exhibit the same level of closeness that they do when they communicate online. This may be due to not seeing the look and feel of the person interacting online.

Online interactions between people can be characterized as peripheral rather than personalized and insightful. Such communication can make interpersonal closeness and feelings shallow and prevent deeper relationships from forming. Although there are many people in life, the feeling will change to the level that no one is there when a difficult situation comes – loneliness.

It could be understood that Webber's memories of their surroundings are linked to the mobile or virtual world. Whatever they say with others in online have the option to 'delete' or 'clear chat'. This makes people feel as if all those experiences have been erased and removed from their minds. Not only the sender but the receiver also feels it, though sometimes a bit late. Just like when bad experiences and unnecessary things are deleted/missed, good experiences are also devalued.

Participants who find fun in photographing life's exciting moments have the same experience when their phone is changed, formatted or deleted. Forgetting a worthwhile life experience might leave a person disappointed since they may come to assume that their life was devoid of alluring moments.

Next, participants commented on having trouble maintaining eye contact while speaking. In real life, we can shift our gaze during a conversation to show we are no longer paying attention to the other person and the priority ascribed to them has altered, according to its implied meaning (Wohltjen & Wheatley, 2021). However, this is not the case for text, voice, or video chats conducted online. Particularly in voice or text messages. We are unable to figure out whether the other person is paying attention to us and responding appropriately. The message sender feels comforted and accepted when the recipient just responds. The sender can think through lines, make changes, and filter their messages while texting. Meanwhile, in order to respond and achieve a more natural flow of speech, offline verbal communication necessitates a quicker reaction time than Internet communication.

For some participants, the concerns regarding eye contact apply to video chats as well, despite the fact that they take place online.

Online communication is devoid of human touch. The simultaneous communication of a person with whom he has been involved (such as family, friends, relatives, children, community organizations, co-workers, etc.) is not feasible in real life. If you wish to personally meet someone, you have to cross the physical distance. Virtual distance, however, allows for constant communication with everyone and is immediately available. For these reasons, online communication is preferred.

It will be more feasible to maintain a positive online relationship between two individuals if they understand and recognize the depth of their offline relationship and act appropriately online. Based on the opinions of the participants, it was understood that people do not like the freedom shown by a person in their personal relationship who is only familiar with the posts he/she puts on social media every day. Sometimes the primary purpose of social media posts/status/stories is to get people's attention. Besides, people don't like being questioned about it. They are ready to respond when others who are close to them in real life ask about it online, yet they have no interest in answering questions from internet acquaintances.

For instance, a participant who is male made the following comment: "*When I post a photo of an outing with my friends, I don't like everyone's questions like 'Who's with you?', 'Wow, where are you hanging out?', etc.*" Meanwhile, a businessman claimed that he enjoys having inquiries regarding his posts. Because he posts his advertisements. Therefore, it can be claimed that people's interest in responding can vary based on the content that people post in social media platforms.

The responses or inquiries that are made in reaction to posts may inquisitive, impolite, teasing, expressing over intimacy, or just curious. It doesn't necessarily get consideration and recognition in every online relation. On the contrary, it will feel like an invasion of personal space and thus will avoid responding to them and will keep a safe distance from them online. Sometimes the comments given by viewers on statuses and posts are inappropriate for their relationship. Not only women but also men and students all have these experiences. One thing can be learned from such experiences that we should not respond to every post we see. It is for these reasons

that one needs to block certain contacts. participants claimed that the use of “block”, “status privacy except”, “profile locking” etc. systems in social media accounts is a help for the same. This is crucial if a connection between two strangers begins online. Avoid using excessive liberties when interacting online. It might be difficult and confusing to determine the actual depth of online interpersonal relationships.

Participants also provide an explanation for why people are reluctant to reply in the manner mentioned above. The question tends to be not asked when the person is in the same mental state as when they posted. When people approach a person online, neither his current psychological state nor his level of comfort is taken into account. In addition, despite difficulties in their actual lives, people attempt to retain the ideal selves they have established online. We observe that no one makes an effort to present a negative image of themselves online. It starts to conflict with how you see yourself and becomes incongruent with your self-image. Therefore, in these circumstances, talking with everyone will result in information overload. That may result in cognitive stress, which is mental tension brought on by difficulties coordinating information rather than a specific stressor. It can have a variety of negative effects that are quite stressful for people.

Therefore, not just while reacting to posts, but in other online interpersonal interactions as well, people’s moods should be anticipated. This is due to the fact that online users pay attention to a wide range of online content in addition to the topic we are communicating. The main explanation for how the Internet affects our ability to pay attention is that it offers an endless stream of distinct kinds of digital media through hyperlinks, updates, notifications, and prompts, which encourages us into a

behaviour pattern namely “media multitasking” where engage with numerous inputs at once, albeit superficially (Firth et al., 2019). The physical process of communication connects our mind and body, and forces a larger area of our brains to participate in the communication process.

Although several studies have examined how the Internet affects teenagers (Zelviene et al., 2023; Zhang, 2023), there are less studies that explain adult and female views. So, the context and culture as well as field experiences of this research that included here off course, explains the study’s findings.

DISCUSSION

Every day, people spend countless hours online. Undoubtedly, we are more linked than ever, but is this increased connectivity beneficial to our well-being? Tromholt’s (2016) study indicates that the response is no. Our well-being is being significantly impacted in a number of ways by the major ways we use the Internet, including as a tool for communication, discovering information, entertainment, and as a frequent activity.

In the present study, data collection was completed in several stages until the data saturation point was reached. Observations, ideas, and reminders are stored using memos in the scholar’s diary during data collection. After open coding (initial coding), many questions that were not asked in the first interviews were added in the later interviews. Instead of taking the response of those who said “I was fine the day I turned off the internet”, they made understood themselves deeply and were able to bring out their experiences as responses through probing and connecting questions.

Through further coding (intermediate coding), reassembled the data that were fractured during preliminary open coding. The investigator used coding colors (like coding stripes in NVivo) to remind the way emergent concepts were created. After nine interviews, one of the most commonly referenced initial node was “not affected”. To gain insight into how the “data off activity (DOA)” works in a person, the researcher examined all the data coded at this node and used the coding colors to identify any potential relationships with other emergent themes. This revealed that much of the data coded at high levels of “not affected” was also coded at the Benefits of the DOA node whereas low levels of “not affected” were often coded at Discomforts at data off activity. Those who did not frequently utilize the internet were willing to DOA in the first stage of data collection. It was discovered that they use the internet less frequently. The causes of it have already been discussed. Therefore, despite the challenge of recruiting participants who had using the Internet for a considerable amount of time, purposefully included in the study.

The second coding stage of grounded theory, known as axial coding (focused/advanced coding), allowed for the establishment of linkages between concepts in the data. Despite the fact that many people have had a variety of experiences and spent their time in various ways, some common points of the codes have been brought to the theme, and some common elements of the themes developed into concepts (Discomforts and Benefits). Codes and themes were examined by properly probing the data gathered. The development of the framework for the digital detox experience (Figure 10) resulted from an attempt to transform qualitative data, such as transcripts from in-depth interviews, into a new theoretical framework through the use of axial coding.

First, the current study is evidenced by the discomforts participants experienced in the study's Initial phase, ensuring that people will have withdrawal symptoms if the internet isn't available. People encounter challenges when there is no internet during the first stage of the Data-off activity, the initial phase. Those who decide to leave didn't find it simple to do so (Delsing, 2015). Everyone agreed that their hand tended to check the phone. However, it seems sense that people feel less difficulty connected to it in the morning and more discomfort related to it in the evening. This is due to the fact that individuals are busy in the morning and do not have the time or habit of checking their phones at such times.

The absence of technology insists on symptoms like agitation, unrest, sweating, nervousness, disorientation, and tachycardia (Bhattacharya et al., 2019). Hadlington and Scase (2018) commented that people responded in maladaptive ways such as becoming irate, anxious, or depressed when anything happens wrong with digital means that prevent us from being online. They are not only ineffective, but they also negatively affect productivity and goal-setting, which can result in poor job performance (Hadlington & Scase, 2018).

Second, the current study offers support for the idea that giving up the internet raises levels of cognitive and emotive well-being. After abstaining from the internet for a day, the individuals reported much higher levels of happiness and considerably improved emotional and physical health. Keeping in mind that these results depict typical outcomes. Definite causality is nearly never apparent in the social sciences due to the complexity of individuals. Instead, assert that the results may locate instances of probable causal relationship where, on average, persons are impacted by internet abstention. For heavy Facebook users, quitting the internet will

make a big impact and is the best option, but it is unnecessary for light users (Fioravanti et al., 2020; Tromholt, 2016). Because each social network offers a unique set of technological elements that could show particular relationships with well-being indicators, it is impossible to generalize the results of the study on the consequences of leaving Facebook on well-being to other social networking sites (Fioravanti et al., 2020). Wiederhold (2017) argues in the ‘Cyberpsychology, behavior and social networking’ journal’s editorial that giving up Facebook results in higher levels of happiness and life satisfaction.

The advantages of internet detox were felt by people during the second stage, the transition phase. People are relieved that they are not required to take the phone till a specific hour. Connecting to the internet is the major reason they pick up their phone. The potential cause may be that most of the study participants’ predominant online activity was related to social media. Due to the abundance of social information that social media users are exposed to, which encourages social comparison, jealousy associated with ‘Social media-related envy’ is a common emotion among social media users (Tromholt, 2016). It is important to note that, despite the fact that users may be interested in internet information, it doesn’t actually make them feel happy. Additionally, the impact of the social network depends on how frequently it is used, and Facebook users who use Facebook carelessly are more likely to experience negative impacts (Przybylski et al., 2021).

According to research by Lambert et al. (2022), giving up social media for a week significantly improves well-being, mood, anxiety, depression, and sadness. A slight enhancement in well-being after an absence from social media seems to be caused by changes in the quality of sleep (Graham et al., 2021). According to an article

by Pathak (2016) titled “Digital Detox in India,” there will be good mental health, better interpersonal relationships, increased productivity, and good posture as a result of digital detox. It may even have unforeseen negative effects of its own to entirely give up using digital devices (Ellis & Davidson, 2019).

People spent most of their time in their houses during the Covid-19 lockdown using their mobile devices and the internet. Because of the “data off activity” carried out by certain participants, a useful comparison of internet usage was made feasible in the context of online classes and work that took place online. It was great when things went online at the beginning of the lockdown. Kids and adults started YouTube channels, did TikToks, watched movies, and played online games together. Teenagers were simultaneously overwhelmed by the popularity of K-pop music during this lockdown (Bayana & Menon, 2021a). It has been discussed among the experts that it deserves the attention of psychological counselling. But when study and work came to WhatsApp, YouTube, and other online platforms with clear guidelines, the internet and phone became annoying for children and adults. Because people’s attention is not getting to studies as much as it is to entertainment, the digital divide has been observed among people, especially among children (Bayana & Menon, 2021c), and technophobia (Bayana & Menon, 2022) among adults due to the inadequacy of digital skills.

The finding that people are not addicted to the internet, but rather to its services, will fill the current research gap and answer the question “Does internet addiction exist?”. Addiction should be determined not by the amount of time a person spends on the Internet, but by understanding why and how he spends that time. An example of this is that during the Kerala flood, people actively coordinated rescue

operations on social media day and night (Bayana & Menon, 2021b). Online counselling is very common in the field of psychology today (Bayana & Menon, 2019b; Bayana & Menon, 2023). All of which require longer online time. Thus again, not all conditions brought on by a lack of access to the Internet may be categorized as Internet addiction due to the fact that the Internet has become an indispensable basic need like power and transportation infrastructure.

Finally, when people reach the integration phase, they are able to control themselves even if they don't have the internet. But that doesn't mean it is okay if they do not have internet anymore. People think they can hold on to the "data off activity" till the time suggested by the researcher. Some people said they were looking at old photos on their phones. According to Brown and Kuss (2020), quitting social media usage (SMU) made people feel as though they needed to occupy their time with activities other than social media. In other means, people should just be holding their phones. It should need always be close to them. If there is no internet, the phone has to be put away and a kind of separation anxiety is felt. This no mobile phone phobia is termed as Nomophobia in DSM-IV (Bhattacharya et al., 2019). This clearly shows that a special attachment is formed with the gadget by the people.

In light of attachment theory, this association with mobile can be explained. According to Bowlby (1982), the pioneer of the attachment theory, children have an inbuilt desire to develop bonds with their carers from birth. Children who remained close to an attachment figure were more inclined to experience comfort and safety and, as a result, were more likely to adapt to adulthood. He says that a motivational system intended to control attachment arose through the process of natural selection. A person's source of pleasure might become a source of attachment (Freud, 1938).

However, as technology advanced and became accessible to all, Artificial Intelligence and the Internet started to make gadgets smarter than people in understanding. In survival of the fittest, the internet is likely to overtake humans. Because the internet and mobile phones today provide greater pleasure to humans, individuals are more attached to the gadgets that are adjacent than to the people around them.

Despite the benefits of a digital detox, people believe that if it lasts for too long, it will make them uncomfortable and even maladaptive. Then, how can the impacts of digital detox interventions - good, bad, and nil - be explained? The possibility that other factors act as mediators in the relationship between Internet use and well-being. Chai et al. (2019) and Hanna et al. (2017) support this assumption. So, the necessity to identify the predictors of Internet use or Webholism is relevant.

Practical Implications

The following crucial lessons can be drawn for subsequent attempts at intervention design even if the process model suggested in this study is a novel framework for understanding the development of the digital detox experience among Kerala People. The following points should be taken into consideration. firstly, learning techniques to ease discomforts, enjoy benefits, and plans for dealing with alternative ways to pass time after the integration phase. Second, is learning how to deal with life changes and possible challenges during the Initiation Phase. Thirdly, People should be confident enough to put their gadgets away during the Initiation Phase and prepare for potential addiction tendencies that will aid in keeping the effort going. Finally, Take short breaks from the internet. Because the experiences that online resources provide do not contribute to offline experiences to the same extent.

It will be better to change the perception that we have to know and up to date with everything that appears on the internet. It will help reduce Webholism. There's no need for Fear of Missing Out (FoMO) of thinking you are offline and outdated when everyone else is online.

Some people turn to using their phones and being online to get away from the oppression experienced by people around them and to show them that they have their own space, interest, and discourse area. It should be noticed and handled with adequate digital detox care. Otherwise may leads to develop Phubbing. Cambridge Dictionary defines Phubbing as the practice of disregarding a companion in favour of paying attention to the device you are using. Researchers discovered that Phubbing had an impact on nearly half of the relations. Research findings of Knausenberger et al. (2022) showed that Phubbing threatens basic human requirements and depresses mood in a manner similar to that of ostracism (rejection by others). These negative effects, however, work against the Phubber because those who were phubbed more frequently displayed less behavioural trust towards their phubbers, which lessens their chances of reaping the rewards that they can typically derive from interpersonal relationships (Knausenberger et al., 2022). It can be claimed that the online world is a medium that can dehumanize human beings by expressing inanimate feelings. Today we are ruled by technology. But we realized that it was our skill not to get addicted to it. Internet users should, in fact, receive proper instruction on how to view and engage with social media and other online platforms.

**PHASE III
EMPIRICAL STUDY**

The fourth and fifth research objective were met through empirical phase of the study. This part deals with the analysis of the collected data with statistical techniques and the discussion of results. Different statistical techniques were used in this study. Results are arranged with respect to the hypotheses formulated. The first part contains sociodemographic details. The second part involves preliminary analysis and correlation results, the third part consists of regression findings. These results are presented with the help of tables.

PHASE III - SECTION 1: SOCIO-DEMOGRAPHIC INFORMATION

A sample of 1031 adolescents and adults participated in the study. The age of the participants of the study ranges between 15 and 60 years. The break-ups of the total sample according to District, Age, Marital Status, Gender, Occupation, Location, residing with family, overuse, time spent online, years of internet use, personal habits, priority in internet use, and average time spent online according to years of internet use are presented in Tables 26, 27, 28, 29, 30, 31, 32 and 33 respectively.

Table 26

District-wise distribution of the respondents (n=1031)

District	Frequency	Percent	District	Frequency	Percent
Trivandrum	96	9.3	Thrissur	167	16.2
Kollam	56	5.4	Palakkad	80	7.8
Pathanamthitta	72	7.0	Malappuram	130	12.6
Alappuzha	34	3.3	Kozhikode	56	5.4
Kottayam	96	9.3	Wayanad	33	3.2
Idukki	45	4.4	Kannur	38	3.7
Ernakulam	87	8.4	Kasarcode	41	4.0
Total			1031 (100.00%)		

The study includes participants from all districts. Districts with the highest and lowest representation are Thrissur and Wayanad, respectively.

Table 27

Distribution of the respondents based on demographic variables (n=1031)

Variables	Categories	Frequency	Percent	N	
Age group	Adolescents (≤ 20)	437	42.4	1031 (100.00%)	
	Adults	21-25	325		31.5
		26-30	80		7.8
		30-40	99		9.6
		40-60	90		8.7
Gender	Male	460	44.6	1031 (100.00%)	
Female	571	55.4			
Marital Status	Married	257	24.9	1031 (100.00%)	
	Unmarried	774	75.1		
Occupation	Working	203	19.7	1031 (100.00%)	
	Not working	115	11.1		
	Student	713	69.2		
Location	Rural	711	69.0	1031 (100.00%)	
	Urban	320	31.0		
Stay	With family	776	75.3	1031 (100.00%)	
	Not with family	255	24.7		

Demographic details of the participants are presented in table 27. Adolescence is defined broadly to include not only the purely physical components of growth but also the psychological, social, and moral spheres. The age range between 12 and 20 is commonly referred to as adolescence in such societies (Csikszentmihalyi, 2023). In this study, adults made up 57.6% of the participants while adolescents made up 42.4%.

Table 28*Classification of the respondents based on internet over use (n=1031)*

Response	Frequency	Percent
Over use? - Yes	604	58.6
Over use? - No	427	41.4
Total	1031	100.0

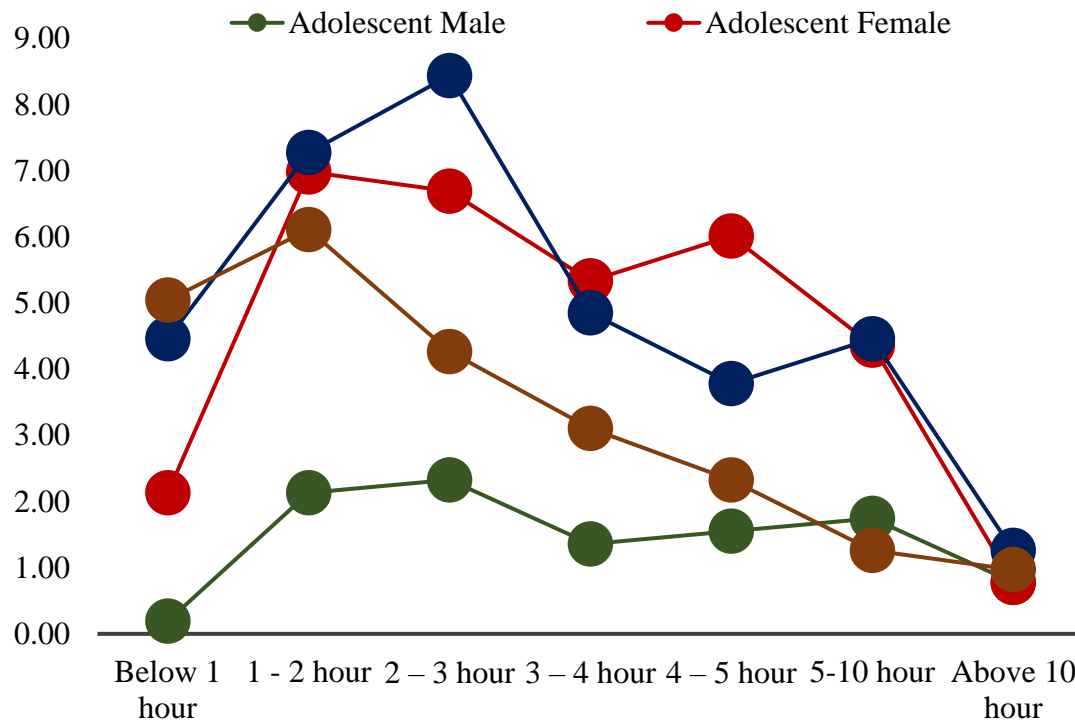
Table 28 reveals, by responding Yes or No to the question about whether they use the internet excessively or not, respondents were divided into internet-over users and internet non-over users. Whether the participant uses the internet excessively or not is determined by a self-evaluation of the participant rather than a typical psychological technique.

Table 29*Frequency and percentage of participants based on average time spent online per day (n=1031)*

Time spent	Adolescent Male	Adolescent Female	Adult Male	Adult Female	Total (%)	Category
Below 1 hour	2 (0.19)	22 (2.13)	46 (4.46)	52 (5.04)	122 (11.83)	Low 578 (56.06)
1 - 2 hr	22 (2.13)	72 (6.98)	75 (7.27)	63 (6.11)	232 (22.50)	
2 - 3 hr	24 (2.33)	69 (6.69)	87 (8.44)	44 (4.27)	224 (21.73)	
3 - 4 hr	14 (1.36)	55 (5.33)	50 (4.85)	32 (3.10)	151 (14.65)	Medium 292 (28.33)
4 - 5 hr	16 (1.55)	62 (6.01)	39 (3.78)	24 (2.33)	141 (13.68)	
5-10 hr	18 (1.75)	45 (4.36)	46 (4.46)	13 (1.26)	122 (11.83)	High 161 (15.61)
Above 10 hour	8 (0.78)	8 (0.78)	13 (1.26)	10 (0.97)	39 (3.78)	
Total	104 (10.09)	333 (32.30)	356 (34.53)	238 (23.08)	1031 (100.00)	1031 (100.00)

Figure 14

Distribution of hours of internet use among participants – graphical representation



Based on table 29 and figure 14, below in descending order of preference, are the number of hours each adolescent male, adolescent female, adult male, and adult female spent online.

- Adolescent Males: 2 – 3 hour > 1 - 2 hour > 5-10 hour > 4 – 5 hour > 3 – 4 hour > Above 10 hours > Below 1 hour
- Adolescent Females: 1 - 2 hour > 2 – 3 hour > 4 – 5 hour > 3 – 4 hour > 5-10 hour > Below 1 hour > Above 10 hour
- Adult Males: 2 – 3 hour > 1 - 2 hour > 3 – 4 hour > 5-10 hour > Below 1 hour > 4 – 5 hour > Above 10 hour
- Adult Females: 1 - 2 hour > Below 1 hour > 2 – 3 hour > 3 – 4 hour > 4 – 5 hour > 5-10 hour > Above 10 hour

This result was prepared based on the responses received during data collection based on the demographic details of the respondents who were asked how many hours a day they spend on the Internet. The majority of time spent online is by men. In Kerala, individuals use the internet on average for three - four hours every day. Teenage girls are more likely to use the Internet less than an hour and they are use it for more than four hours, while adult women are more likely to use the Internet less than an hour and they are use it for more than four hours.

Because of their limited or absent parental supervision and the psychological and developmental aspects of early adulthood, college students are more likely to engage in online friendships, which most frequently develop into online addiction (Thakur et al., 2018).

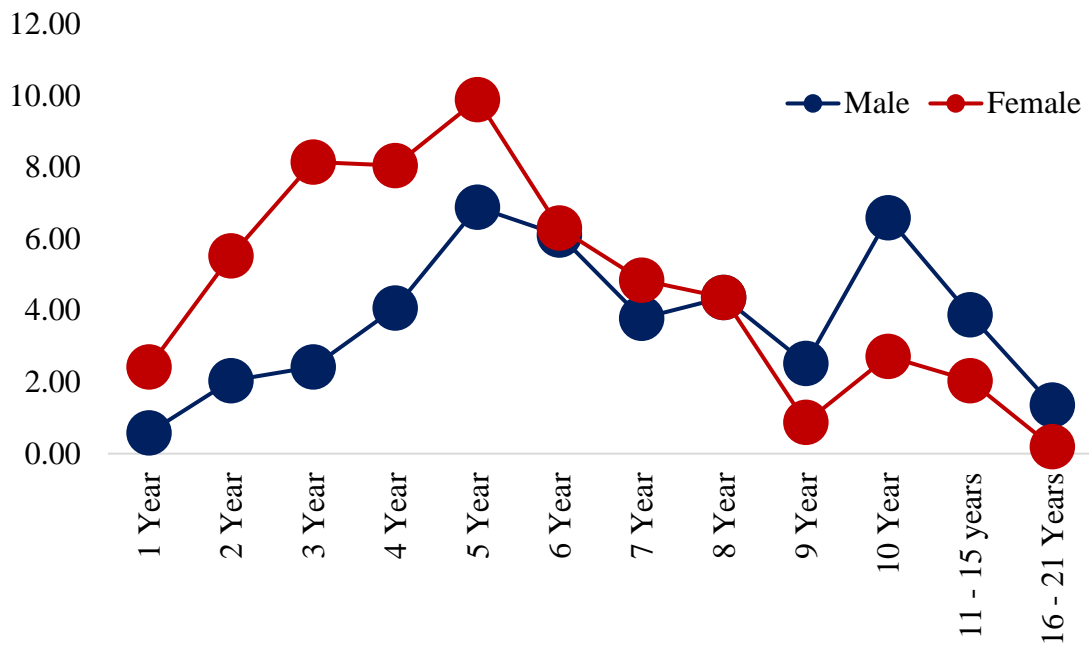
Table 30

Frequency and percentage of male and female participants based on years of internet use (n=1031)

No. of years	Male	Female	Total
1 Year	6 (0.58)	25 (2.42)	31 (3.01)
2 Year	21 (2.04)	57 (5.53)	78 (7.57)
1 – 5 years	25 (2.42)	84 (8.15)	109 (10.57)
4 Year	42 (4.07)	83 (8.05)	125 (12.12)
5 Year	71 (6.89)	102 (9.89)	173 (16.78)
6 Year	63 (6.11)	65 (6.30)	128 (12.42)
7 Year	39 (3.78)	50 (4.85)	89 (8.63)
6 – 10 years	45 (4.36)	45 (4.36)	90 (8.73)
9 Year	26 (2.52)	9 (0.87)	35 (3.39)
10 Year	68 (6.60)	28 (2.72)	96 (9.31)
Above 10 years	40 (3.88)	21 (2.04)	61 (5.92)
16 - 21 Years	14 (1.36)	2 (0.19)	16 (1.55)
Total	460 (44.62)	571 (55.38)	1031 (100.00)

Figure 15

Distribution of years of Internet use among participants - graphical representation



It is clear from the results in Table 30 and Figure 15 that men have started using the internet more years earlier than women and that in an average of five years, internet use has become nearly common in Kerala.

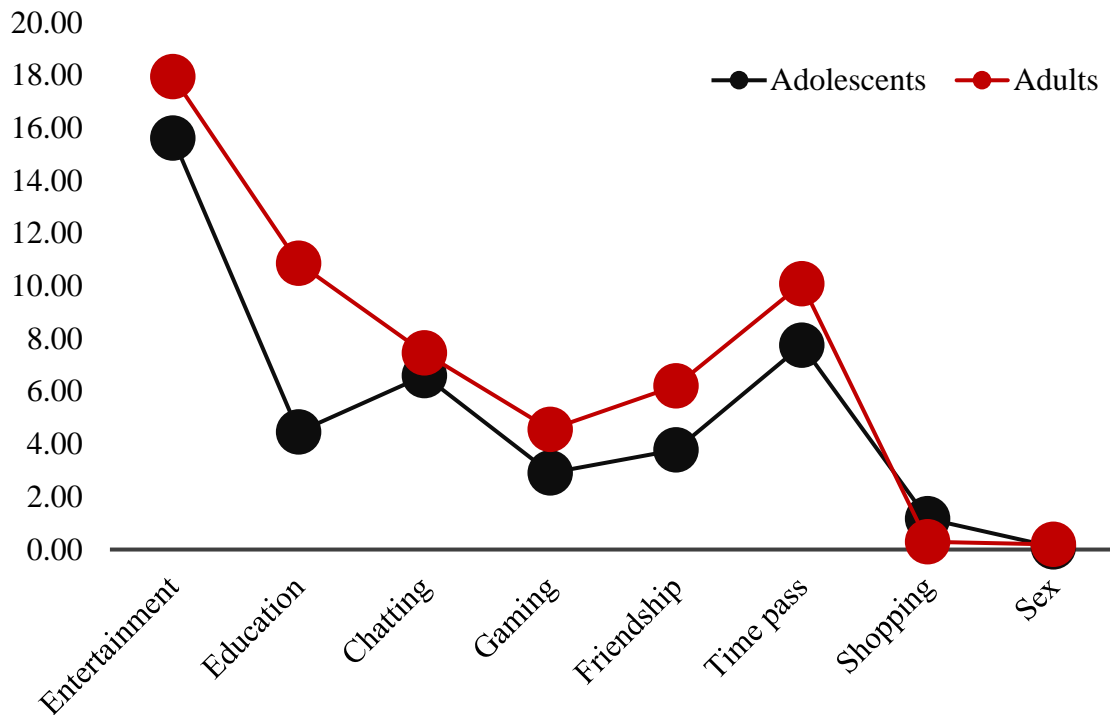
Table 31

Priority in using the internet among Adolescents and Adults (n=1031)

Priority of use	Adolescents	Adults	Total	Rank
Entertainment	161 (15.62)	185 (17.94)	346 (33.56)	1
Education	46 (4.46)	112 (10.86)	158 (15.32)	3
Chatting	68 (6.60)	77 (7.47)	145 (14.06)	4
Gaming	30 (2.91)	47 (4.56)	77 (7.47)	6
Friendship	39 (3.78)	64 (6.21)	103 (9.99)	5
Time pass	80 (7.76)	104 (10.09)	184 (17.85)	2
Shopping	12 (1.16)	3 (0.29)	15 (1.45)	7
Sex	1 (0.10)	2 (0.19)	3 (0.29)	8
Total	437 (42.39)	594 (57.61)	1031 (100.0)	-

Figure 16

Priorities of Internet use among Adolescents and Adults - graphical representation



Based on table 31 and figure 16, adolescents and adults prioritize the main purpose of Internet use as follows:

- Adolescent Males: Entertainment > Gaming > Time pass > Education > Chatting > Friendship > Sex > Shopping
- Adolescent Females: Entertainment > Time pass > Chatting > Friendship > Education > Shopping > Gaming > Sex
- Adult Males: Entertainment > Education > Chatting > Gaming > Time pass > Friendship > Sex > Shopping
- Adult Females: Entertainment > Time pass > Education > Friendship > Chatting > Gaming > Shopping > Sex

The main purpose of adolescent boys on the Internet is mainly Entertainment, Gaming, Time pass, Education, Chatting, Friendship, Sex and Shopping. But the main purpose of adolescent girls on the internet is Entertainment, Time pass, Chatting, Friendship, Education, Shopping, Gaming and Sex. While both groups place a high priority on entertainment, boys and girls rank gaming differently in terms of importance. Gaming comes as the second most priority for boys and the second least priority for girls. Obsessive computer game playing is the main feature of computer addiction and compulsive use of adult websites for cybersex and cyber porn is cyber sexual addiction (Young, 1998). Previous research indicates that unlike other game forms, such as browser and offline games, online games appear to have a high addictive potential, so that vulnerable people may develop addiction as a consequence of frequent engagement (Kuss & Griffiths, 2011).

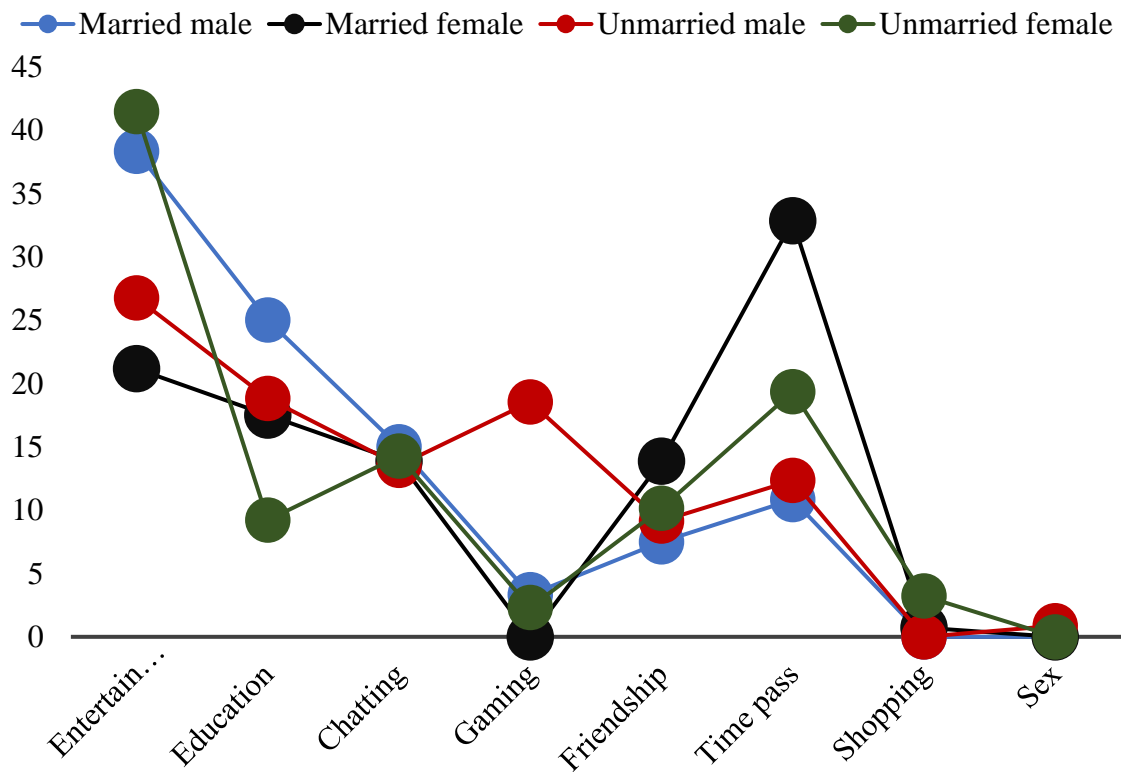
Table 32

Priority in using the Internet among married and unmarried participants (n=1031)

Priority	Married Male	Married Female	Unmarried Male	Unmarried Female	Total
Entertainment	46 (38.33)	29 (21.17)	91 (26.76)	180 (41.47)	346 (33.56)
Education	30 (25.00)	24 (17.51)	64 (18.82)	40 (9.22)	158 (15.33)
Chatting	18 (15.00)	19 (13.87)	46 (13.53)	62 (14.28)	145 (14.06)
Gaming	4 (3.33)	0 (0.00)	63 (18.53)	10 (2.31)	77 (7.47)
Friendship	9 (7.50)	19(13.87)	31 (9.13)	44 (10.14)	103 (9.99)
Time pass	13 (10.84)	45 (32.85)	42 (12.35)	84 (19.35)	184 (17.85)
Shopping	0 (0.00)	1 (0.73)	0 (0.00)	14 (3.23)	15 (1.45)
Sex	0 (0.00)	0(0.00)	3 (0.88)	0 (0.00)	3 (0.29)
Total	120 (100)	137 (100)	340 (100)	434 (100)	1031 (100)

Figure 17

*Internet use priority difference among married and unmarried participants (n=1031)
– a graphical representation*



Referring table 32 and figure 17, Married and Unmarried participants prioritize the main purpose of Internet use as follows:

- Married Males: Entertainment > Education > Chatting > Time pass > Friendship > Gaming > Shopping & Sex
- Unmarried Males: Entertainment > Education > Gaming > Chatting > Time pass > Friendship > Sex > Shopping
- Married Females: Time pass > Entertainment > Education > Chatting & Friendship > Shopping > Gaming & Sex
- Unmarried Females: Entertainment > Time pass > Chatting > Friendship > Education > Shopping > Gaming > Sex

Married men use the internet more for 'education' purposes and 'chatting'. Internet is used by unmarried men for 'gaming', whereas the Internet is not a main priority for married women, but among unmarried women, there are those who use the Internet for 'gaming'. Additionally, married women use the internet more for time pass and friendship. While Internet shopping is not a priority for men, single women see the Internet as a high priority for online shopping than married women. Both married and unmarried individuals use the Internet primarily for entertainment and time pass. Here, only unmarried males exhibit Cyber Sexual Addiction, albeit they come in last among the Internet's top priorities.

The reason could be that having a family requires more time and comes with obligations, which limits many leisure activities like using the Internet. Contrarily, unmarried people might spend more time online to make up for missing out on social interactions and family time. According to Prakash, Yadav and Singh's (2020) study in the Indian state of Uttar Pradesh's Varanasi district, there is a strong correlation between marital status and Internet Addiction. However, Debb et al. (2021) asserts that there is no connection between one's marital status and IA. The difference between married and single is less well researched.

Table 33

Personal habits of the respondents (n=1031)

Habits	Frequency	Percent
Smoking alone	31	3.01
Drug abuse alone	14	1.36
Both	18	1.75
Total substance abuse	63	6.11
No substance use	968	93.89

The table 33 provides data on the number of people who regularly use drugs. A total of 6% of the participants in the study used drugs. Smokers make up 3% of them. 94% of participants do not use any kind of substances.

Table 34

Average time spent online according to years of internet use (n=1031)

Time spent online per day	Years of Internet use						Total
	Below 1 Years	2-3 Years	4-5 Years	6-7 Years	8-9 Years	≥ 10 Years	
Below 1 Hour	12 (38.7)	40 (21.4)	35 (11.7)	18 (8.3)	9 (7.2)	8 (4.6)	122 (11.8)
1 - 2 Hour	5 (16.1)	56 (29.9)	66 (22.1)	50 (23)	24 (19.2)	31 (17.9)	232 (22.5)
2 – 3 Hour	5 (16.1)	36 (19.3)	57 (19.1)	43 (19.8)	32 (25.6)	51 (29.5)	224 (21.7)
3 – 4 Hour	3 (9.7)	21 (11.2)	51 (17.1)	39 (18)	21 (16.8)	16 (9.2)	151 (14.6)
4 – 5 Hour	3 (9.7)	17 (9.1)	43 (14.4)	38 (17.5)	20 (16)	20 (11.6)	141 (13.7)
5-10 Hour	3 (9.7)	13 (7)	35 (11.7)	21 (9.7)	13 (10.4)	37 (21.4)	122 (11.8)
Above 10 Hour	0 (0)	4 (2.1)	11 (3.7)	8 (3.7)	6 (4.8)	10 (5.8)	39 (3.8)
Total	31 (100)	187 (100)	298 (100)	217 (100)	125 (100)	173 (100)	1031 (100)

Spearman's Rank correlation = 0.212** (P-value, 0.001)

***significant at 0.01 level; values in the brackets are percentages*

Results presented in the table 34 shows that there is a significant positive correlation ($r=0.212$, $P=0.001$) between the number of years of internet use and the amount of time spent online. Time spent online per day increases in relation to years of internet use.

PHASE III - SECTION 2: PRELIMINARY ANALYSIS

In Section 2 of the analysis, each variable namely personality, aggression, psychopathology (depression, anxiety, stress), life satisfaction, procrastination, impulsivity, loneliness, emotion regulation, Interpersonal rejection sensitivity, cyber addiction pattern, digital detox experience, internet addiction and Webholism is undergone preliminary analysis. As a preliminary analysis, classification of the respondents based on psychological variables with respect to high and low group of Webholism (categorised based on mean value) is presented. Descriptive statistics computed for all the variables are: mean, median, mode, skewness and kurtosis and the normality of the scores was tested by using the Kolmogorov-Smirnov test. Thereafter, the relation between nine independent variables with Webholism and its dimensions are also obtained. The results are organized under 10 headings Type A Behaviour Pattern, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation, Interpersonal Rejection Sensitivity and Webholism. Then, the role of sociodemographic variables (age, gender, marital status, occupation, locale, staying status, and substance abuse) on Webholism and its dimensions, Interrelations of Webholism and its dimensions (CAP, DDE, IA) are also included.

For that, the statistical techniques used in this section are Descriptive statistics, Kolmogorov-Smirnov Test, Mann-Whitney U test, Kruskal Wallis's Test and Spearman's Rank Correlation.

Later, Step-wise multiple regression analysis was used in Section 3 of this phase.

1. Type A Behaviour Pattern (TABP)

The type A behaviour pattern (TABP) was described in the 1950s by cardiologists Meyer Friedman and Ray Rosenman. The Type A Behaviour Pattern (TABP) is typically characterized by individuals who are highly competitive, ambitious, work-driven, time-conscious, and aggressive (Petticrew et al., 2012). Here, the classification of respondents based on Type A personality, data normality testing and the correlation of scores of TABP with Webholism and its dimensions Cyber Addiction Pattern, Digital Detox Experience and Internet Addiction are discussed below.

Figure 18

Classification of the respondents-based level of Type A Personality

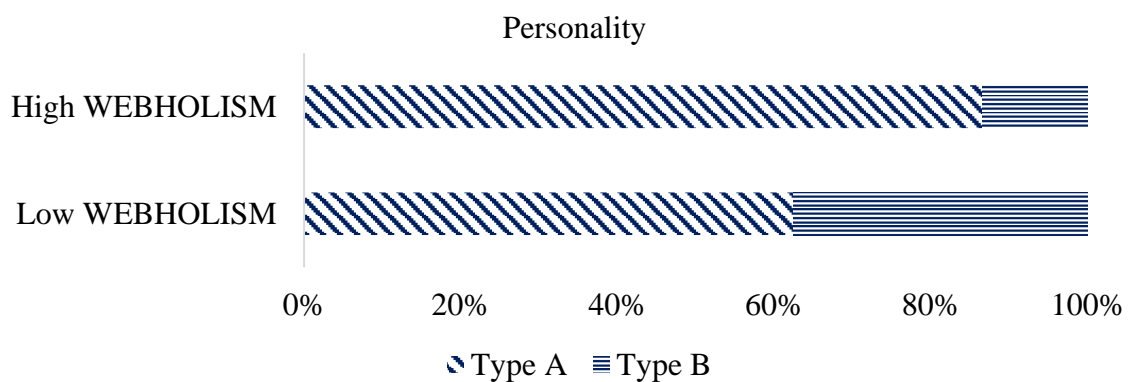


Figure 18 shows the classification of the respondents based on level of Type A behaviour pattern. Among the participants high Webholics show Type A behaviour (Type A – 86.59%, Type B – 13.41%) more than low Webholics (Type A – 62.38%, Type B – 37.62%). Among the total participants involved in the study, there are 297

(28.8%) participants show Type A behaviour and 734 show Type B behaviour (71.2%).

Table 35

Results of One-Sample Kolmogorov-Smirnov Test for testing normality of scores of Scale of Type A Behaviour Pattern

Dimensions	Mean	Median	Mode	Skewness	Kurtosis	Kolmogorov-Smirnov Z	P-value
Urgency	17.33	17	19	0.054	-0.020	2.056*	100.0 ∇
Competitiveness & Hostility	10.11	10	10	0.402	-0.095	3.037*	
Polyphasic behaviour	5.25	5	5	0.327	-0.318	4.176*	
Goal-directedness without proper planning	5.70	6	6	0.000	-0.613	3.496*	
Overall Type A behaviour Pattern	38.39	39	41	0.210	0.565	1.214 ^{ns}	

**significant at 0.01 level; ns: non-significant*

Personality assessment was done using Scale of Type A Behaviour Pattern. Table 35 shows the results of the One-Sample Kolmogorov-Smirnov test for testing the normality of scores of Type A Personality. From the table 34, it can see that the P-value corresponding to the overall Type behaviour pattern is greater than 0.05 which indicates that only that variable is following a normal distribution. All sub-dimensions are not following a normal distribution. Consequently, the nonparametric method called Spearman's rank correlation was used to examine the data for correlation.

Table 36

Spearman's rank-order correlation coefficients between Type A behaviour and its dimensions with Webholism

Variables	Cyber Addiction Pattern	Digital Detox Experience	Internet Addiction	WEBHOLISM
Urgency	0.141**	-0.006	0.166**	0.102**
Competitiveness & Hostility	0.313**	0.065*	0.285**	0.245**
Polyphasic behaviour	0.057	-0.003	0.047	0.027
Goal-directedness without proper planning	0.278**	0.084**	0.308**	0.244**
Overall Type A behaviour Pattern	0.275**	0.042	0.285**	0.215**

***significant at 0.01 level; *significant at 0.05 level*

The table 36 shows the Spearman's rank-order correlation coefficients between Type A behaviours and Webholism. Webholism is the sum of the scores of variables cyber addiction pattern (CAP), digital detox experience (DDE) and internet addiction (IA). It can be seen that urgency is positively significantly correlated with Cyber Addiction Patterns, Internet Addiction and Webholism whereas negatively correlated with the Digital detox experience yet not significant. The variable Competitiveness & hostility and Goal-directedness without proper planning show a significant positive correlation with Webholism and its dimensions. There is no significant relation between polyphasic behaviour and Webholism and its sub-dimensions. Considering the overall TABP with Webholism, it can be seen that there is a significant positive correlation between TABP and cyber addiction patterns, internet addiction and Webholism except for the digital detox experience. Thus, as Type A personality characteristics such as urgency, competitiveness and hostility and goal-directedness without proper planning increases, it is seen that Webholism also increase in people.

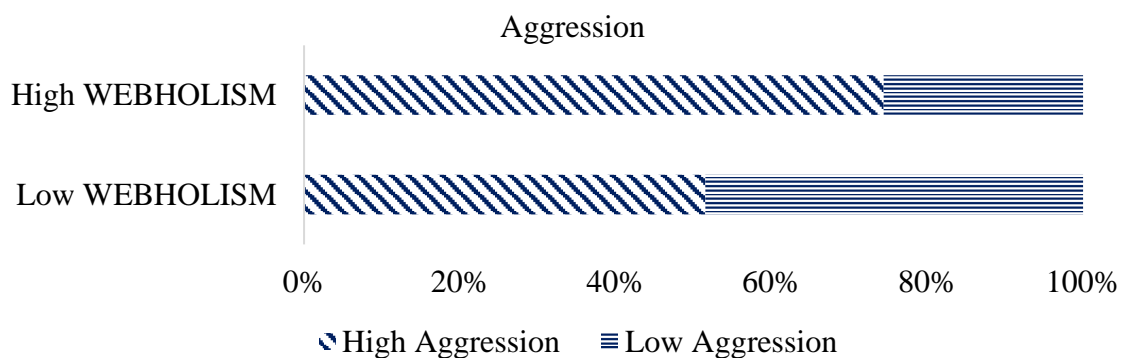
This finding is supported by an Iranian study conducted by Sepehrian and Lotf (2011) reported that individuals with personality type A is more addicted to the internet than type Bs. They assert that their study is the first to connect Type A behaviour with Internet addiction.

2. Aggression

Aggression refers to a range of behaviours that can result in both physical and psychological harm to oneself, others, or objects in the environment. Aggression centers on hurting another person either physically or mentally. Aggression involves Physical Aggression, Verbal Aggression, Anger, and Hostility where studies revealed that anger is the bridge between both physical and verbal aggression and hostility (Buss & Perry, 1992). Here, the classification of respondents based on aggression, data normality testing and the correlation of scores of Aggression with Webholism and its dimensions Cyber Addiction Pattern, Digital Detox Experience and Internet Addiction are discussed below.

Figure 19

Classification of the respondents based on level of Aggression



From figure 19, it can see that high Webholics shows more aggression (High - 74.39%, Low – 25.61%) than less Webholics (High - 51.52%, Low – 48.47%). There are 74% people (n=759) shows less aggression and 26% people (n=272) show high aggression behaviour among total participants.

Table 37

Results of One-Sample Kolmogorov-Smirnov Test for testing normality of scores of the Aggression Questionnaire

Dimensions	Mean	Median	Mode	Skewness	Kurtosis	Kolmogorov-Smirnov Z	P-value
Physical	9.22	9	11	-0.169	-0.614	2.798**	<0.001
Verbal	6.38	6	3	0.707	-0.066	4.106**	<0.001
Anger	7.81	8	6	0.211	-0.348	3.231**	<0.001
Hostility	7.95	8	7	0.266	-0.422	3.077**	<0.001
Overall Aggression	31.36	31	31	0.086	-0.347	1.279ns	0.076

**significant at 0.01 level; ns: non-significant*

Table 37 shows that the P-value corresponding to only overall aggression is greater than 0.05 which indicates that only that variable is following a normal distribution. All sub-dimensions are not following a normal distribution. So, the nonparametric method called Spearman's rank correlation was used to examine the data for correlation.

Table 38

Spearman's rank-order correlation coefficients *between Aggression and its different dimensions with Webholism*

Variables	Cyber Addiction Pattern	Digital Detox Experience	Internet Addiction	WEBHOLISM
Physical Aggression	0.115**	0.002	0.188**	0.102**
Verbal aggression	0.275**	0.126**	0.250**	0.265**
Anger	0.194**	0.139**	0.237**	0.238**
Hostility	0.206**	0.125**	0.248**	0.230**
Overall Aggression	0.257**	0.124**	0.302**	0.270**

***significant at 0.01 level*

The correlation results between Aggression behaviours and Webholism are presented in table 38. It can see that all the variables physical aggression, verbal aggression, anger, hostility and overall aggression is positively significantly correlated with cyber addiction patterns, digital detox experience, internet addiction and Webholism but insignificant positive correlation between physical aggression and digital detox experience. It can be understood that as Webholism increases, various types of anger behaviours are increases in people.

This finding is supported by previous research results (Agbaria, 2020; Evren et al., 2019; Lim et al., 2015; Obeid et al., 2019) which found that aggression is positively correlated to internet addiction. In contradiction, Sahin (2014) found no correlation between Aggression and Internet addiction.

3. Psychopathology

In this study, Psychopathology involves depression, anxiety and stress. Depression is extreme sadness or despair that lasts more than days. It interferes with the activities of daily life and can cause physical symptoms such as pain, weight loss or gain, sleeping pattern disruptions, or lack of energy (www.apa.org). People with depression may also experience an inability to concentrate, feelings of worthlessness or excessive guilt, and recurrent thoughts of death or suicide (Beckham, 2000).

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure (Kowalski, 2000). Recurrent intrusive thoughts or worries are typical in people with anxiety disorders. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness, or a rapid heartbeat (Kowalski, 2000).

Stress is a normal reaction to everyday pressures, but can become unhealthy when it upsets your day-to-day functioning. Stress involves changes affecting nearly every system of the body, influencing how people feel and behave (Meaney, 2000). Lazarus and Folkman (1984) suggested that stress occurs when people perceive that, demands from external situations are beyond their ability to cope (Suzuki & Ito, 2013).

Here, the classification of respondents based on depression, anxiety and stress, data normality testing and the correlation of scores of depression, anxiety and stress with Webholism and its dimensions Cyber Addiction Pattern, Digital Detox Experience and Internet Addiction are discussed below.

Figure 20

Classification of the respondents-based on levels of Psychopathology

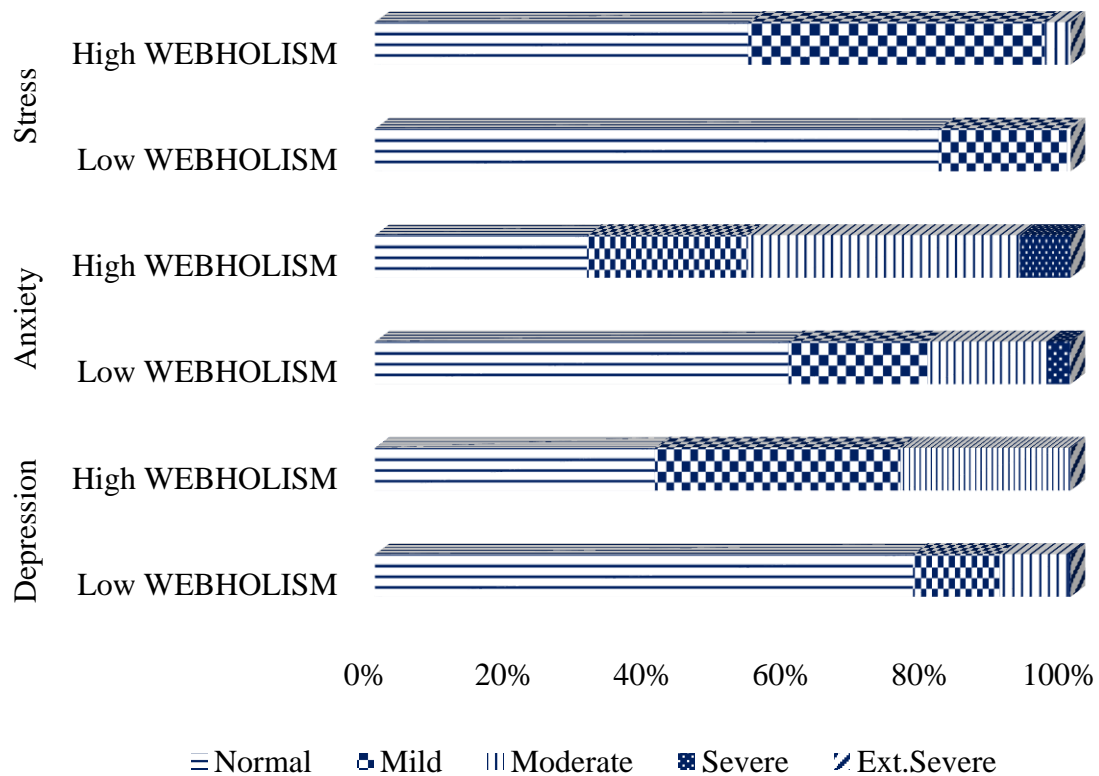


Figure 20 shows the classification of the respondents-based on levels of Psychopathology. Among high Webholics (n=82), participants reported having a prevalence of 59.76%, 69.51%, and 46.34%, respectively for symptoms of depression, anxiety, and stress. Among low Webholics (n=949), the prevalence for symptoms of depression, anxiety, and stress is 22.66%, 40.57%, and 18.97%, respectively. Compared to high Webholics, low Webholics are more in the healthy range of depression, anxiety and stress. 40.24% of high Webholics and 77.34% low Webholics are with normal levels of depression. Normal anxiety levels were reported by 30.49% of respondents in high Webholism groups and 59.43% with low Webholism groups. 53.66% of high Webholic respondents and 81.03 percent of low Webholic respondents reported having typical levels of stress.

Among the total participants (n=1031), prevalence of Depression, Anxiety, and Stress found 25.61%, 42.87% and 21.14% respectively. It can also understand that Anxiety (severe, n=39) is more prominent among whole participants than Depression (severe, n=3) and Stress (severe, n=0).

Table 39

Results of One-Sample Kolmogorov-Smirnov Test for testing normality of scores of DASS₂₁ (Depression Anxiety Stress Scale)

Dimensions	Mean	Median	Mode	Skewness	Kurtosis	Kolmogorov-Smirnov Z	P-value
Depression	6.18	5	1	0.639	-0.345	3.432**	<0.001
Anxiety	6.13	6	1	0.565	-0.287	3.223**	<0.001
Stress	6.96	7	7	0.492	-0.337	2.735**	<0.001

***significant at 0.01 level*

P-values corresponding to depression, anxiety and stress in table 39 are found less than 0.05 which indicates that scores of these three variables are not following normal distribution. Hence, the data were analyzed for correlation using Spearman's rank correlation, a nonparametric method.

Table 40

The Spearman's rank-order correlation coefficients between Psychopathology and Webholism

Variables	Cyber Addiction Pattern	Digital Detox Experience	Internet Addiction	WEBHOLISM
Depression	0.448**	0.276**	0.398**	0.474**
Anxiety	0.439**	0.213**	0.381**	0.428**
Stress	0.431**	0.192**	0.391**	0.413**

***significant at 0.01 level*

The correlation results between depression, anxiety and stress behaviours with Webholism is presented in table 40. It can see that all the variables depression, anxiety and stress is positively significantly correlated with cyber addiction patterns, digital detox experience, internet addiction and Webholism. It can be understood that as Webholism increases, various types of poor mental health behaviours like depression, anxiety and stress can increase among people.

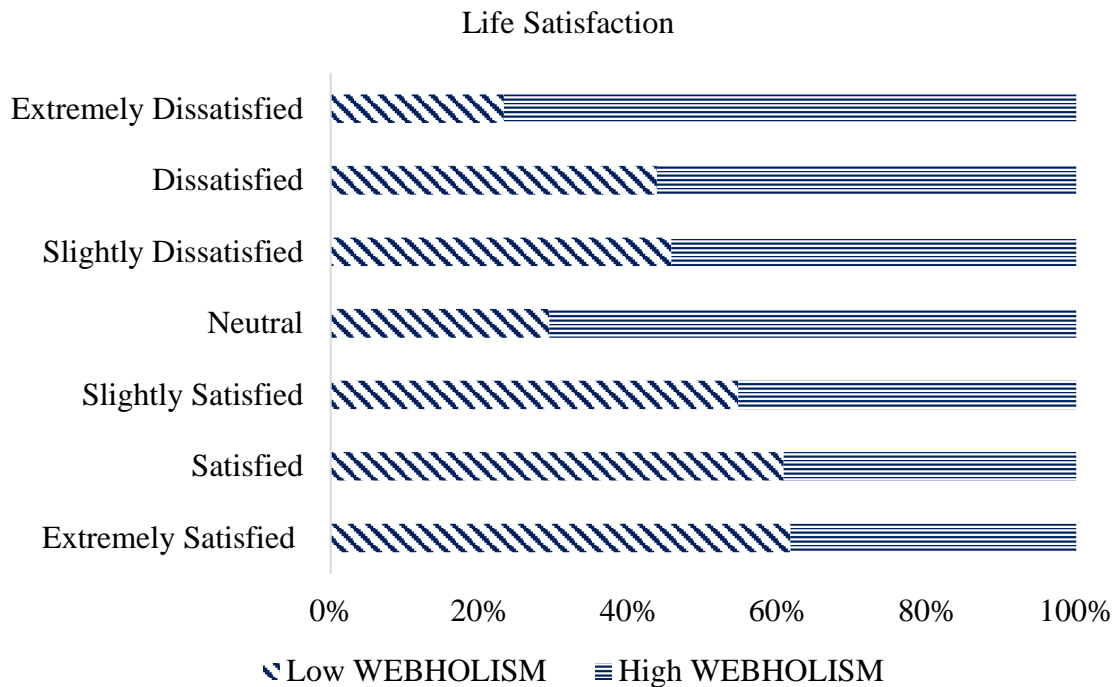
This finding is in line with previous studies (Jaafar et al., 2022; Lodha, 2018; Saikia et al., 2019; Seifi et al., 2014) which obtained a positive correlation between internet addiction and psychopathology (depression, anxiety, stress). In other studies, stress, depression and internet addiction are found positively correlated (Javaeed et al., 2019; Sharma et al., 2015) but anxiety obtained no correlation with internet use (Vishwakarma & Sharma, 2022; Javaeed et al., 2019; Sharma et al., 2015). Stankovic et al. (2021) and Tas (2019) found a significant negative association between internet addiction and depression, anxiety, and stress.

4. Life Satisfaction

According to the definition of Sousa and Lyubomirsky (2001), one's life satisfaction refers to the acceptance of one's life situation and the extent that a person can fully fulfil all that he desires. It is an endorsement of or positive attitude toward one's life overall (Hall, 2014). Here, the classification of respondents based on life satisfaction, data normality testing and the correlation of scores of Life Satisfaction with Webholism and its dimensions Cyber Addiction Pattern, Digital Detox Experience and Internet Addiction are discussed below.

Figure 21

Classification of the respondents-based level of satisfaction with life



From Figure 21, it can be seen that high Webholics experience extreme dissatisfaction in their life (7.32%) than low Webholics (2.21%). Whereas, low Webholics shows extreme satisfaction in life (9.80%) than their counterparts (6.09%). High Webholics show higher levels of dissatisfaction in life (extremely dissatisfied, dissatisfied, slightly dissatisfied) and low Webholics show higher satisfaction levels (extremely satisfied, satisfied, slightly satisfied) about their life. With regard to their lives, the participants as a whole are 15.9% Extremely Satisfied, 43.52% Satisfied, 53.79% Slightly Satisfied, 17.25% Neutral in Opinion, 42.66% Slightly Dissatisfied, 17.34% Dissatisfied, and 9.53% Extremely Dissatisfied.

Table 41

Result of One-Sample Kolmogorov-Smirnov Test for testing normality of scores of Life Satisfaction

Variable	Mean	Median	Mode	Skewness	Kurtosis	Kolmogorov-Smirnov Z	P-value
Life Satisfaction	22.66	23	25	-0.336	-0.490	2.573*	<0.001

**significant at 0.01 level*

P-value corresponding to the scores of satisfaction with life is less than 0.05 which indicates that these scores are not following a normal distribution. As a result, the data were examined for correlation using a nonparametric technique known as Spearman's rank correlation.

Table 42

The Spearman's rank-order correlation coefficients between Life Satisfaction with Webholism and its dimensions

Variable	Cyber Addiction Pattern	Digital Detox Experience	Internet Addiction	WEBHOLISM
Life Satisfaction	-0.273*	-0.117*	-0.235*	-0.257*

**significant at 0.01 level*

The table 42 shows the correlation results between Life satisfaction and Webholism. It can see that Life satisfaction is negatively significantly correlated with cyber addiction patterns, digital detox experience, internet addiction and Webholism. It can be understood that as Webholism increases, satisfaction with life can decrease among people.

Ayten and Acat (2019), Błachnio et al. (2018) and Kula (2020) support this finding where they found a negative significant correlation between internet addiction

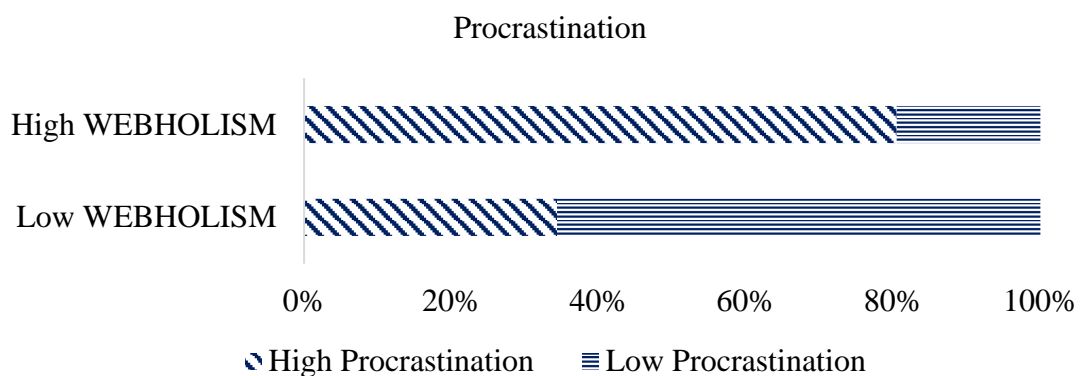
and life satisfaction. Entienza (2021), Lan et al. (2020), and Wee and Ling (2020) found no correlation between internet addiction and life satisfaction. Controversely, Lissitsa and Bolotin (2016) found that internet adoption and digital uses increase life satisfaction.

5. Procrastination

Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline. Some researchers define procrastination as a form of self-regulation failure characterized by the irrational delay of tasks despite potentially negative consequences (Prem, et al., 2018). So, procrastination is the act of voluntarily delaying or postponing an action unnecessarily, knowing that doing so will have negative consequences. Below, the classification of respondents based on procrastination, data normality testing and the correlation of scores of Procrastination with Webholism and its dimensions Cyber Addiction Pattern, Digital Detox Experience and Internet Addiction are discussed here.

Figure 22

Classification of the respondents-based level of Procrastination



The figure 22 illustrates that high Webholics are high in procrastination behaviour (high - 80.49%, low – 19.51%) than less Webholics (high - 34.35%, low – 65.65%). Considering the total participants, 43 percent of respondents procrastinate more than usual, 57 percent of respondents do so less frequently. This shows that the prevalence of this trait is high in people. In this study, procrastination is the high prevalent psychological variable among nine independent variables.

Table 43

Results of one-sample Kolmogorov-Smirnov test for testing normality of scores of the Pure Procrastination Scale

Variable	Mean	Median	Mode	Skewness	Kurtosis	Kolmogorov-Smirnov Z	P-value
Procrastination	34.85	35	38	0.140	-0.187	0.989 ^{ns}	0.282

ns: non-significant

In table 43, the P-value corresponding to the scores of procrastination is greater than 0.05 which indicates that these scores are following a normal distribution. In order to assess the data for correlation, Spearman's rank correlation was applied.

Table 44

The Spearman's rank-order correlation coefficients between Procrastination and Webholism

Variable	Cyber Addiction Pattern	Digital Detox Experience	Internet Addiction	WEBHOLISM
Procrastination	0.261*	0.112*	0.374*	0.288*

**significant at 0.01 level*

The correlation results of procrastination and Webholism is presented in table 44. It can see that procrastination shows a significant positive correlation with cyber addiction patterns, digital detox experience, internet addiction and Webholism. It can

be understood that as Webholism increases, procrastinating behaviour can also increase among people. So it can be claimed that people who spend too much time on the Internet can be said to be procrastinators.

This finding is supported by Reinecke et al. (2018) and others (Geng et al., 2018; Przepiorka et al., 2016; Saleem et al., 2015) who found a positive correlation between internet addiction and procrastination. Yet Odaci (2011) found that there is no relation between Problematic internet use and procrastination. Not general procrastination, but academic procrastination and IA have been the subject of several studies (Nwosu et al., 2020; Tezer et al., 2020; Tras & Gokcen, 2020). However, they also show a positive correlation.

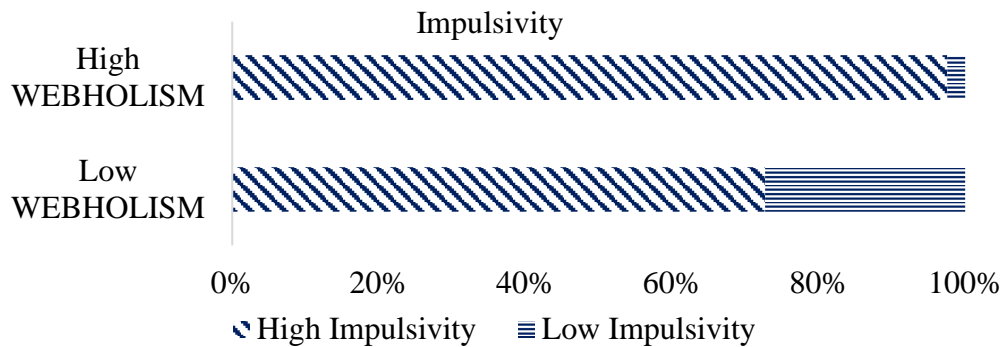
6. Impulsivity

According to Moeller et al. (2001), impulsivity involves the readiness to take immediate and unplanned action as a response to internal and external stimuli, with no regard for its negative consequences for themselves or others. Barratt (1994) distinguished three dimensions of impulse such as a motor (action without thinking), cognitive (quick cognitive decision-making), and non-planning (decrease in orientation towards future) factors. Several psychological processes may lead to impulsive behaviours, such as the inability to store multiple choices in memory in order to evaluate them (working memory), or inability to predict actions (Bakhshani, 2014).

Below, the classification of respondents based on Impulsivity, data normality testing and the correlation of scores of Impulsivity with Webholism and its dimensions Cyber Addiction Pattern, Digital Detox Experience and Internet Addiction are discussed here.

Figure 23

Classification of the respondents-based level of impulsivity



Considering the impulsivity behaviour among participants, from the figure 23 it can understand that high Webholics are more impulsive (high - 97.56%, low - 2.44%) than low Webholics (high - 72.70%, low – 27.29%). It can also see that among the total participants, 743 (72%) participants are low and 288 participants (28%) are high on this variable.

Table 45

Results of One-Sample Kolmogorov-Smirnov Test for testing normality of scores of Barratt Impulsiveness Scale (BIS)

Dimensions	Mean	Median	Mode	Skewness	Kurtosis	Kolmogorov-Smirnov Z	P-value
Attentional	11.29	11	11	0.124	-0.313	2.618*	<0.001
Motor	10.78	11	10	0.333	0.089	2.739*	<0.001
Non-planning	12.01	12	13	-0.066	-0.237	2.756*	<0.001
Overall Impulsiveness	34.08	34	37	-0.077	0.281	1.762*	0.004

**significant at 0.01 level*

P-value corresponding to all dimensions and overall impulsiveness were less than 0.05 which indicates that scores of these three variables are not following normal

distribution. Thus, Spearman's rank correlation, a non-parametric test, was used to analyse data for correlation.

Table 46

Spearman's rank-order correlation coefficients between Impulsivity and its dimensions with Webholism

Variables	Cyber Addiction Pattern	Digital Detox Experience	Internet Addiction	WEBHOLISM
Attentional	0.283*	0.134*	0.255*	0.270*
Motor	0.309*	0.156*	0.288*	0.305*
Non-planning	0.128*	0.186*	0.020	0.163*
Overall impulsivity	0.331*	0.236*	0.265*	0.352*

**significant at 0.01 level*

The table 46 shows the correlation results of Impulsivity and Webholism. It can be seen that Impulsivity (attentional, motor, non-planning and overall impulsivity) shows a significant positive correlation with all the variables of cyber addiction patterns, digital detox experience, internet addiction and Webholism. It can be understood that as Impulsiveness increases Webholism also increases. The only insignificant positive correlation exists between non-planning impulsiveness and internet addiction. These results indicate that Webholism may be accompanied by impulsive behaviour.

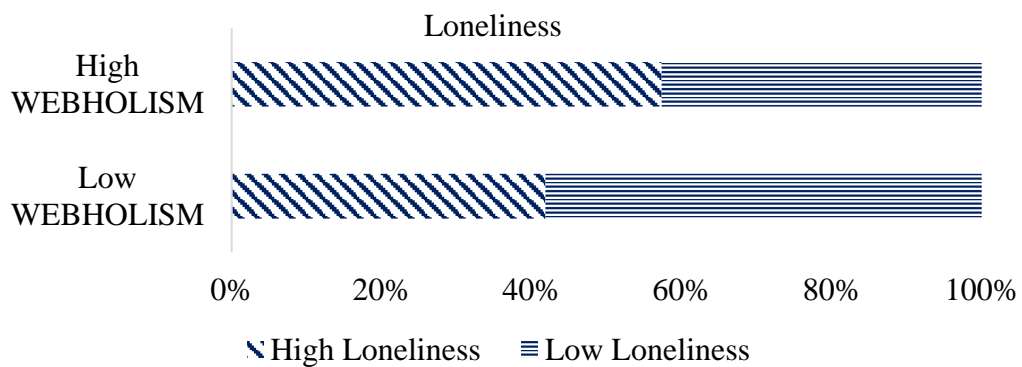
Previous studies also found a positive correlation between internet addiction and impulsivity (Ryu et al., 2018; Zhang, 2020; Zhang et al., 2021). Contradicting this finding, Simsek (2019) found no relationship between internet addiction and impulsivity among Turkish adults.

7. Loneliness

Loneliness is defined as a distressing feeling that accompanies the perception that one’s social needs are not being met by the quantity or especially the quality of one’s social relationships (Pinquart & Sorensen, 2001). Perceptions of social isolation or loneliness increase vigilance about what might happen, increase feelings of vulnerability, but also heighten the desire to reconnect (Hawkley & Cacioppo, 2010). Below, the classification of respondents based on loneliness, data normality testing and correlation of scores of Loneliness with Webholism and its dimensions Cyber Addiction Pattern, Digital Detox Experience and Internet Addiction are discussed below.

Figure 24

Classification of the respondents-based level of Loneliness



From the figure 24, it can be seen that high Webholic participants experience more loneliness (high – 57.32%, low – 42.68%) than low Webholics (high – 41.83%, low – 58.17%). Considering the loneliness among overall participants, it can be seen that 939 (91%) participants are low in experiencing loneliness and 92 participants (9%) experience high loneliness. Thus a small percentage of people experience loneliness in the present population of this study.

Table 47

Results of One-Sample Kolmogorov-Smirnov Test for testing normality of scores of Loneliness

Variable	Mean	Median	Mode	Skewness	Kurtosis	Kolmogorov-Smirnov Z	P-value
Loneliness	11.93	12	6	0.511	-0.536	3.448*	<0.001

**significant at 0.01 level*

The P-value corresponding to the scores of Loneliness is less than 0.05 which indicates that these scores are not following normal distribution. As a result, the nonparametric test of Spearman's rank correlation was used to analyse the data for correlation.

Table 48

Spearman's rank-order correlation coefficients between Loneliness and Web holism

Variable	Cyber Addiction Pattern	Digital Detox Experience	Internet Addiction	WEBHOLISM
Loneliness	0.312*	0.802*	0.755*	0.697*

**significant at 0.01 level*

The correlation results of Loneliness and Webholism is presented in table 48. It can see that loneliness shows a significant positive correlation with all the variables of cyber addiction patterns, digital detox experience, internet addiction and Webholism. It can be understood that as loneliness increases Webholism also increases. Therefore, the positive relationship between loneliness and Webholism can be established through this.

There are many studies that support this finding (Cao et al., 2020; Demir & Kutlu, 2016; Erol & Cirak, 2019; Karapetsas et al., 2015; Koyuncu et al., 2012; Oguz

& Cakir, 2014; Oztekin & Oztekin, 2020; Shi et al., 2017; Zhang et al., 2018) where internet addiction and loneliness are positively correlated.

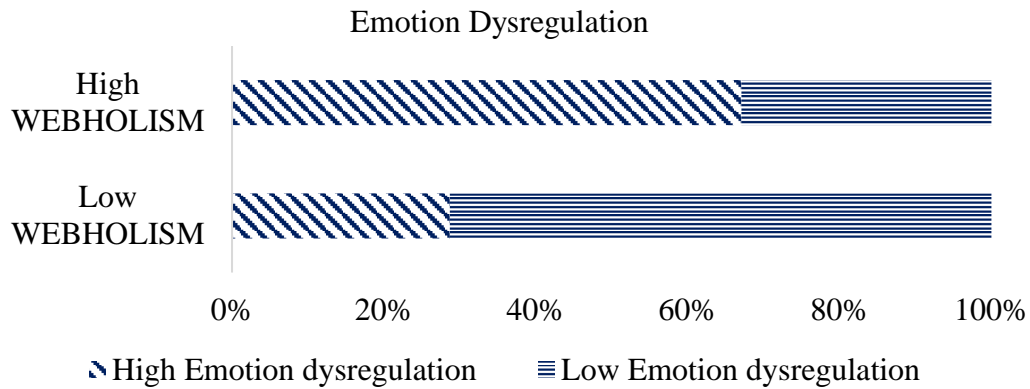
8. Emotion Dysregulation

Emotion Regulation generally refers to the process of modulating one or more aspects of an emotional experience or response (Chambers et al., 2009). It is the ability to control one's own emotional state. These may include behaviours such as reframing a challenging situation to reduce anger or anxiety, masking visible signs of sadness or fear, or focusing on reasons to feel happy or calm. But, deficient, inflexible, maladaptive, or ineffective emotion regulation strategies lead to emotion dysregulation (Thompson, 2019). Emotion dysregulation can be defined as patterns of emotional experience or expression that interfere with goal-directed activity.

Here, the classification of respondents based on emotion regulation, data normality testing and correlation of scores of emotion dysregulation with Webholism and its dimensions Cyber Addiction Pattern, Digital Detox Experience and Internet Addiction are discussed below. The sub-variables of emotion dysregulation include Non-acceptance of negative emotions (Non-acceptance), Inability of engage in goal-directed behaviours (Goals), Difficulties in controlling impulsive behaviour (Impulse), Limited access to emotion regulation strategies (Strategies) and Lack of emotional awareness and clarity (Clarity).

Figure 25

Classification of the respondents based on level of Emotion Regulation



A high score on the Difficulties in Emotion Regulation Scale (DERS) means that the person has low emotion regulation / high emotion dysregulation, and a low score on the Difficulties in Emotion Regulation Scale (DERS) means that he has high emotion regulation / low emotion dysregulation. From the figure 25, it can see that high Webholic group shows more emotion dysregulation (high – 67.07%, low – 32.93%) than low Webholics (high – 28.66%, low – 71.34%). Considering the Emotion regulation among total participants, 902 (87.5%) participants are high in emotion regulation and 129 participants (12.5%) shows less difficulties in emotion regulation.

Table 49

Results of One-Sample Kolmogorov-Smirnov Test for testing normality of scores of Difficulties in Emotion Regulation Scale

Dimensions	Mean	Median	Mode	Skewness	Kurtosis	Kolmogorov-Smirnov Z	P-value
Non-acceptance	6.43	6	3	0.791	-0.156	4.766**	< 0.001
Goals	6.70	6	6	0.644	-0.239	4.38**	< 0.001
Impulse	6.33	6	3	0.904	0.263	5.319**	< 0.001
Strategies	8.37	8	4	0.783	0.036	4.455**	< 0.001
Clarity	6.47	6	5	0.830	0.212	4.69**	< 0.001
Overall Emotion dysregulation	34.31	32	16	0.700	0.178	2.595**	< 0.001

***significant at 0.01 level*

The P-value corresponds to all sub-dimensions and overall emotion dysregulation are not following a normal distribution. As a result, the nonparametric test of Spearman's rank correlation was used for the data in correlation analysis.

Table 50

The Spearman's rank-order correlation coefficients between Emotion Dysregulation and its dimensions with Webholism

Variables	Cyber Addiction Pattern	Digital Detox Experience	Internet Addiction	WEBHOLISM
Non-acceptance	0.457**	0.211**	0.430**	0.444**
Goals	0.408**	0.116**	0.397**	0.365**
Impulse	0.452**	0.211**	0.430**	0.441**
Strategies	0.522**	0.232**	0.470**	0.499**
Clarity	0.448**	0.181**	0.457**	0.430**
Overall Emotion dysregulation	0.535**	0.227**	0.511**	0.513**

***significant at 0.01 level*

The table 50 shows the correlation between emotion dysregulation and Webholism. It can see that all the dimensions - non-acceptance of negative emotions, inability to engage in goal-directed behaviours, difficulties in controlling impulsive behaviour, limited access to emotion regulation strategies, lack of emotional awareness and clarity, and overall emotion dysregulation show a significant positive correlation with all the variables of cyber addiction patterns, digital detox experience, internet addiction and Webholism. It can be understood that as emotion dysregulation increases Webholism also increases. In other words, as emotion regulation increases, Webholism decreases.

This finding is supported by previous research conducted by Khodami and Sheibani (2019), Quagliari et al. (2022) and Yildiz (2017). Piri et al. (2020) found a significant positive relationship between the variables of emotion dysregulation except for lack of emotional awareness. Tsai et al. (2020) found no correlation between internet addiction and emotion regulation.

9. Interpersonal Rejection Sensitivity

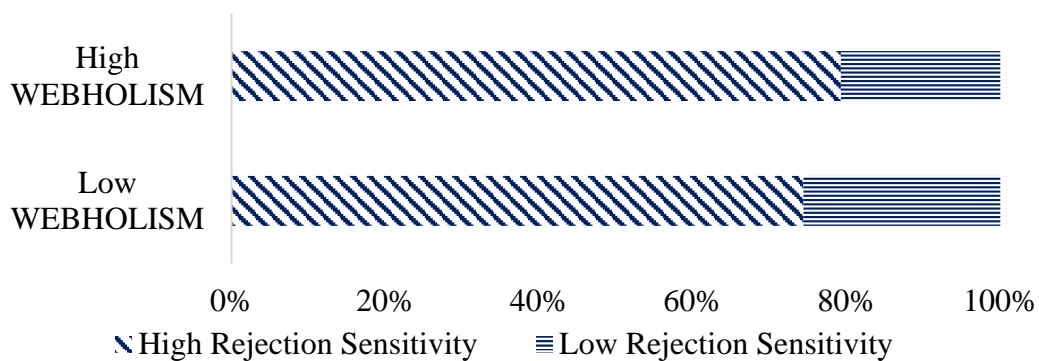
Interpersonal sensitivity (emotional and social) is the ability to accurately assess others' abilities, states, and traits from nonverbal cues (Carney & Harrigan, 2003). Individuals with high interpersonal sensitivity are preoccupied with all types of rejection - both perceived rejections and actual rejections (Preti et al., 2020). Feeling rejected by someone is a painful experience for everyone. However, some individuals feel the pain of rejection more acutely than others and have an exaggerated fear of rejection by those around them. These people are said to have high rejection

sensitivity as a trait. They are cautious of observing and monitoring the moods and behaviours of others and are overly sensitive to interpersonal issues (Morin, 2021).

Here, the classification of respondents based on Interpersonal rejection sensitivity, data normality testing and relations of scores of Interpersonal rejection sensitivity with Webholism and its dimensions Cyber Addiction Pattern, Digital Detox Experience and Internet Addiction are discussed below.

Figure 26

Classification of the respondents-based level of interpersonal rejection sensitivity



A higher score indicates higher rejection sensitivity and a lower score indicates lower rejection sensitivity. High Webholics are high interpersonal rejection sensitive (79.27%) than low Webholics (74.39%). It can be stated that interpersonal rejection sensitivity is experienced by high and low Webholics on approximately the same levels. In view of the Interpersonal rejection sensitivity among whole participants, 260 (25%) are low in interpersonal rejection sensitivity whereas 771 participants (75%) show higher interpersonal rejection sensitivity.

Table 51

Results of One-Sample Kolmogorov-Smirnov Test for testing normality of scores of Interpersonal rejection sensitivity

Dimensions	Mean	Median	Mode	Skewness	Kurtosis	Kolmogorov-Smirnov Z	P-value
Interpersonal awareness	2.52	3	3	-0.393	-0.717	6.046**	< 0.001
Need for approval	2.43	3	3	-1.397	1.172	11.609**	< 0.001
Separation anxiety	2.45	3	3	-0.474	-0.322	8.503**	< 0.001
Timidity	1.13	1	1	-0.168	-0.880	8.573**	< 0.001
Fragile inner self	0.49	0	0	1.124	-0.203	12.786**	< 0.001
Overall Interpersonal Rejection Sensitivity	9.01	9	9	-0.472	0.346	3.598**	< 0.001

***significant at 0.01 level*

The P-value corresponding to all sub-dimensions and overall, interpersonal sensitivity is not following a normal distribution. Therefore, Spearman's rank correlation, a nonparametric test, was used to analyse data for correlation.

Table 52

The Spearman's rank-order correlation coefficients between Interpersonal rejection sensitivity and its dimensions with Webholism

Variables	Cyber Addiction Pattern	Digital Detox Experience	Internet Addiction	WEBHOLISM
Interpersonal awareness	0.140**	-0.008	0.191**	0.110**
Need for approval	-0.125**	-0.191**	-0.015	-0.176**
Separation anxiety	0.171**	-0.048	0.150**	0.078*
Timidity	0.086**	-0.013	0.083**	0.052
Fragile inner self	0.452**	0.207**	0.298**	0.407**
Overall Interpersonal Rejection Sensitivity	0.231**	-0.012	0.237**	0.156**

***significant at 0.01 level; *significant at 0.05 level*

The table 52 shows the correlation between Interpersonal rejection sensitivity and Webholism. It can see that the dimensions of interpersonal awareness, separation anxiety, timidity, fragile inner self and overall interpersonal rejection sensitivity show a significant positive correlation with cyber addiction pattern though need for approval shows a significantly negative correlation with Cyber addiction pattern.

Need for approval negatively and fragile inner self positively shows significant correlation with digital detox experience. All the other variables interpersonal awareness, separation anxiety, timidity and overall interpersonal rejection sensitivity show negative correlation with digital detox experience. But the results are not significant.

Interpersonal awareness, separation anxiety, timidity, fragile inner self and overall interpersonal rejection sensitivity show a significant positive correlation with internet addiction. The need for approval shows a negative correlation with internet addiction.

Rejection sensitivity dimensions such as interpersonal awareness, separation anxiety, fragile inner self and overall interpersonal rejection sensitivity shows a significant positive correlation with Webholism. The need for approval shows a significant negative correlation with Webholism. There is a positive correlation between timidity and Webholism, but not significant.

A study conducted by Lin et al. (2021) among Chinese students supports this finding that they found a positive correlation between internet addiction and interpersonal rejection sensitivity. According to Jadidi and Sharifi (2017),

interpersonal impulsivity and interpersonal sensitivity are high among adolescents with internet addiction.

Based on the results obtained (table 36, 38, 40, 42, 44, 46, 48, 50 and 52), the first hypothesis “There is no significant relation between Webholism and psychological variables (Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity)” is not accepted.

As an overview and summary, the figure 27 below displays the correlates that has been provided thus far between 9 independent variables and dependent variable Webholism and its three dimensions (CAP, DDE, IA).

Figure 27

Relation between Webholism and Independent Variables – summary chart



Note: (ns) - not significant, CAP - Cyber Addiction Pattern, DDE - Digital Detox Experience, IA - Internet Addiction, WEB - Webholism

10. Webholism

Now provided are the Webholism-related findings. The classification of respondents based on Webholism, data normality testing, the association of socio-demographic variables on Webholism and its dimensions are discussed below.

Table 53

Classification of the respondents-based level of Webholism and its dimensions

Dimensions	Levels	Frequency	Percent	Total (Percent)
Cyber relationship Addiction	Low	874	84.80	1031
	High	157	15.20	(100)
Information overload	Low	819	79.40	1031
	High	212	20.60	(100)
Computer Addiction	Low	935	90.70	1031
	High	96	9.30	(100)
Net compulsion	Low	958	92.90	1031
	High	73	7.10	(100)
Cyber sexual addiction	Low	956	92.70	1031
	High	75	7.30	(100)
Overall Cyber Addiction (0-100)	Low (≤ 50)	955	92.60	1031
	High (>50)	76	7.40	(100)
Discomforts (0 – 60)	Low (≤ 30)	766	74.30	1031
	High (>30)	265	25.70	(100)
Benefits (0 – 80)	Low (≤ 40)	772	74.88	1031
	High (>40)	259	25.12	(100)
Overall DDE (0 -140)	Low (≤ 70)	790	76.63	1031
	High (>70)	241	23.37	(100)
Internet Addiction (0 – 60)	Normal (0-17)	490	47.50	
	Mild (18-29)	365	35.40	1031
	Moderate (30-47)	168	16.30	(100)
	Severe (48-60)	8	0.80	
WEBHOLISM (0 – 300)	Low (≤ 150)	949	92.05	1031
	High (Above 150)	82	7.95	(100)

The degree of Webholism is measured by the nature of their online activity engaged in (Cyber Addiction Pattern) how they feel when they are disconnected from it (Digital Detox Experience), and how often people use the internet (Internet Addiction).

In Cyber Addiction Pattern Scale (CAPS), a higher score indicates a higher addictive tendency in that respective category of cyber involvement and a lower score indicates lower addiction tendencies. The table 53 reveals that, of the five forms of cyber addiction patterns, information addiction/digital overload is most common in those with high scores (21%). The next three were Cyber Relationship Addiction (15%), which was followed by computer addiction (9%) and Cyber Sexual Addiction (7.3%). The group with the lowest percentage of addicts is Net Compulsion (7.1%). In view of the total Cyber Addiction among participants, it can see that 955 (93%) participants are low in cyber addiction whereas 76 participants (7%) show higher cyber addiction behaviours.

The main online activities of young people reported in a study comprised preferentially of information searching (94.9%) chatting/ communicating (90.6%) and downloading media content (87.9%) (Goorah & Azhar, 2018). The main online activities in a study of young Indian people (Goel et al., 2013) also involved social networking, chatting, and downloading media files. Similarly, a study carried out in China (Xin et al., 2018) showed that the five most popular online activities were social networking, school work, entertainment, internet gaming and online shopping and a study carried out in Jordan showed that chatting was the main online activity (Malak et al., 2017).

Digital Detox Experience (DDE) has two sub-variables, discomforts and benefits. The high-level score of the DDET dimension discomfort experience is greater than 30 and the low level digital detox discomfort experience score is less than or equal to 30; whereas the high level score of the digital detox dimension benefit experience is higher than 44 and the low level digital detox benefit experience score is less than or equal to 44. Among those who participated in the research, 25.7 percent said that there would be higher discomforts if they did not use the Internet, and 25.1 percent said that there would be higher benefits if they did not use the Internet. Looking at overall DDE, it can be seen from the table 53, that 15 percent of people experience digital detox at a high level and 85 percent experience fewer levels.

The Internet Addiction Test (IAT) has four scoring categories - normal, mild, moderate and severe. Among the participants, from table 53, it can see that 47.5% (N=490) people are normal users, 35.4% (N=365) are mild users, 16.3% (N=168) are moderate users and 0.8% (N=8) are severe internet users. As seen in other studies including moderate and severe internet addicts, it can be said that the Internet Addiction prevalence based on Young's IAT in Kerala is 17.1 percent. This is consistent with the prevalence in China in 2011 (Cao et al., 2011). In China, 13% is the internet addiction prevalence according to a recent study (Gao et al., 2022). If considering the total of mild, moderate and severe Internet addicts, it can be said here that the response of those who said that they use the Internet more (59%) in demographic details (see Table 28) is nearly consistent with the IAT score of the psychological assessment (52.5%).

Among the participants, from table 53, it can be seen that 7.95% (N=82) people are high Webholics and 92.05% (N=949) are low Webholics. Webholism is the combined score of total cyber addiction, overall digital detox experience and total internet addiction.

That is to say, when all three sub-dimensions are joined together, we can find the exact problematic Internet users when understanding Internet addiction by taking into account the things experienced in the state of not having the Internet and the things that happen while using the Internet along with finding the area of problematic involvement/addiction pattern in the Internet.

According to statistics, Gen Z uses screens for nine hours a day on average (Howarth, 2023). Indians will be using their smartphones for an average of 7.3 hours a day in 2022, which is a surprising amount more than Chinese (5.3 hours) and Americans (7.1 hours), and it will rank among the highest in the world (Banerjee, 2022). The average screen time among Indians increased by 0.4 percent between 2021 and 2022 (Howarth, 2023). These statistics demonstrate beyond a shadow of a doubt that Indians spend a lot of time in front of screens.

Table 54

Descriptive statistics and results of One-Sample Kolmogorov-Smirnov Test for testing normality of scores of Webholism and its dimensions

Dimensions	Mean	Median	Mode	SD	Skewness	Kurtosis	Kolmogorov-Smirnov Z (P-value)
Cyber relationship Addiction	5.66	5	0	4.31	0.521	-0.475	3.486** (< 0.001)
Information overload	6.83	7	3	4.38	0.309	-0.558	2.592** (< 0.001)
Computer Addiction	3.61	2	0	4.38	1.150	0.341	7.265** (< 0.001)
Net compulsion	3.25	2	0	3.89	1.292	0.851	6.767** (< 0.001)
Cyber sexual addiction	2.36	0	0	4.13	1.769	2.096	11.018** (< 0.001)
Overall CAP	21.71	18.00	0	16.29	0.834	0.187	3.130** (< 0.001)
Discomforts	20.37	19.33	0	13.83	0.452	-0.418	2.260** (<0.001)
Benefits	31.25	27.67	38	18.95	0.631	-0.179	2.731** (<0.001)
Overall DDET	51.62	52.00	76	20.21	-0.148	-0.757	2.490** (<0.001)
Loss of control/time management	10.35	10	9	6.09	0.342	-0.065	1.616* (0.011)
Craving/social problems	8.26	7	6	5.63	0.614	-0.183	3.465** (<0.001)
Overall Internet addiction	18.61	18	18	10.91	0.340	-0.26	1.657** (0.008)
WEBHOLISM	91.93	87.67	76	36.24	0.297	-0.501	1.777** (0.004)

***significant at 0.01 level; *significant at 0.05 level*

P-value corresponding to all sub dimensions and overall cyber-Addiction pattern, digital detox experience, internet addiction and Webholism is not following

normal distribution. Hence, for further analysis, data were subjected to nonparametric tests.

Table 55

Comparison of scores of different dimensions and overall CAP, DDE, IA and Webholism among Adolescents and Adults

	Dimensions	Adolescents (≤ 20)	Adults (above 20)	Z-value (P-value)
Cyber Addiction Pattern (CAP)	Cyber relationship Addiction	5.89 \pm 4.28	5.49 \pm 4.32	1.549 ^{ns} (0.121)
	Information overload	7.13 \pm 4.28	6.61 \pm 4.44	2.044* (0.041)
	Computer Addiction	3.49 \pm 4.27	3.7 \pm 4.47	0.123 ^{ns} (0.902)
	Net compulsion	3.01 \pm 3.69	3.42 \pm 4.02	1.13 ^{ns} (0.259)
	Cyber sexual addiction	1.89 \pm 3.61	2.71 \pm 4.44	2.943** (0.003)
	Overall CAP	21.41 \pm 14.92	21.92 \pm 17.24	0.504 ^{ns} (0.614)
Digital Detox Experience (DDE)	Discomforts	21.51 \pm 14.29	19.53 \pm 13.43	2.104* (0.035)
	Benefits	29.06 \pm 18.12	32.86 \pm 19.40	2.907** (0.004)
	Overall DDE	50.57 \pm 19.99	52.39 \pm 20.35	1.383 ^{ns} (0.167)
Internet Addiction (IA)	Loss of control/ time management	11.26 \pm 6.14	9.68 \pm 5.97	3.815** (<0.001)
	Craving/social problems	8.59 \pm 5.52	8.02 \pm 5.70	1.941 ^{ns} (0.052)
	Overall Internet addiction	19.85 \pm 10.84	17.69 \pm 10.88	2.973** (0.003)
WEBHOLISM		91.83 \pm 35.30	92.01 \pm 36.96	0.137 ^{ns} (0.891)

**significant at 0.01 level; *significant at 0.05 level; ns non-significant

Results given in table 55 show that P-values corresponding to the dimensions such as Cyber Relationship Addiction, Computer Addiction, Net compulsion, Overall CAP, Overall DDE, Craving/social problems and Webholism are greater than 0.05

and so Z-value is non-significant indicating that there is no significant difference in these dimensions among adolescents and adults.

However, the Z-value corresponding to Information overload (0.041), Cyber sexual addiction (0.003), discomforts (2.104), benefits (2.907), Loss of control/ time management (3.815) and Overall Internet addiction (2.973) was found to be significant indicating that there exists significant difference in information overload, cyber sexual addiction, digital detox discomforts, digital detox benefits, loss of control/ time management and overall Internet addiction between adolescents and adults.

Comparison of mean scores shows that adolescents has significantly higher mean score for digital detox discomforts (21.51 ± 14.29), loss of control/ time management (11.26 ± 6.14) and overall Internet addiction (19.85 ± 10.84) compared to adults - information overload (6.61 ± 4.44), digital detox discomforts (19.53 ± 13.43), loss of control/ time management (9.68 ± 5.97) and overall Internet addiction (17.69 ± 10.88). Comparing the mean scores, adults shows higher mean score for and digital detox benefits (32.86 ± 19.40) than adolescents - digital detox benefits (29.06 ± 18.12).

Although adolescents and adults do not differ in Webholism, the areas of the Internet in which they are engaged differ. Comparison of mean scores shows that adolescents has significantly higher mean score for information overload (7.13 ± 4.28) than adults (6.61 ± 4.44) and adults has significantly higher mean score for cyber sexual addiction (2.71 ± 4.44) than adolescents (1.89 ± 3.61). Thus, addiction to

cybersex is more prevalent in adults and information overload is more prevalent in adolescents.

Information overload is a pattern of screen addiction spending greater amounts of time searching and collecting data from the web and organizing information. It can also weaken concentration, leaving more susceptible to making bad decisions, and as a result, more likely to overload a person from other sources of information as a means of procrastinating on important tasks (Soule et al., 2016). Internet addicted adolescents play online games for significantly more hours per week than non-addicted adolescents (Kuss, 2013).

According to Stein et al. (2009), Cyber Sexual Addiction is characterised by virtual internet sex that has a major detrimental impact on a person's physical, emotional, social, and/or financial welfare. According to Laier et al. (2013), it includes behaviours like reading erotic fiction, viewing, downloading, or trading online pornography, participating in adult fantasy chat rooms, cybersex relationships, masturbating while engaged in online activity that causes one's sexual arousal, looking for offline sexual partners, and learning about sexual activity. Previous research has found that both women and men use all types of online sexual activities but women were more interested in interactive online sexual activity while men were more interested in visual oriented online sexual activity (Flood, 2010).

There is no significant difference between Adolescents and adults on Webholism. So, the second hypothesis "There is no significant difference between Adolescents and Adults on Webholism" is accepted.

Table 56

Comparison of scores of different dimensions and overall cyber-Addiction pattern among male and female

	Dimensions	Male	Female	Z-value (P-value)
Cyber Addiction Pattern (CAP)	Cyber relationship Addiction	6.16 ± 4.4	5.25 ± 4.19	3.398** (0.001)
	Information overload	7.26 ± 4.33	6.48 ± 4.39	2.805** (0.005)
	Computer Addiction	4.71 ± 4.62	2.73 ± 3.97	7.046** (<0.001)
	Net compulsion	3.78 ± 4.27	2.82 ± 3.49	3.021** (0.003)
	Cyber sexual addiction	3.54 ± 4.63	1.42 ± 3.39	10.571** (<0.001)
	Overall Cyber Addiction Pattern	25.45 ± 17.03	18.69 ± 15.02	6.59** (<0.001)
Digital Detox Experience (DDE)	Discomforts	21.14 ± 14.13	19.75 ± 13.56	1.373 ^{ns} (0.170)
	Benefits	32.48 ± 18.46	30.26 ± 19.30	2.082* (0.037)
	Overall DDE	53.62 ± 19.89	50.00 ± 20.33	2.731** (0.006)
Internet Addiction (IA)	Loss of control/ time management	10.96 ± 6.25	9.86 ± 5.91	2.567* (0.01)
	Craving/social problems	8.70 ± 5.68	7.90 ± 5.56	2.352* (0.019)
	Overall Internet addiction	19.67 ± 11.07	17.76 ± 10.71	2.706** (0.007)
WEBHOLISM		98.74 ± 36.73	86.45 ± 34.94	5.596** (<0.001)

***significant at 0.01 level; *significant at 0.05 level; ns: non-significant*

From the table 56, it can see that the Z-value corresponding to Cyber Relationship Addiction (0.001), Information overload (0.005), Computer Addiction (P<0.001), Net compulsions (0.003), Cyber sexual addiction (<0.001), overall CAP (<0.001), benefits (0.037), overall DDE (0.006), loss of control/ time management (0.01), Craving/social problems (0.019), overall Internet addiction (0.007) and

Webholism ($P < 0.001$) except digital detox discomforts (0.170) was found to be significant indicating that there exists significant difference between males and females in these dimensions. Comparison of mean scores shows that males has significantly higher mean score for all the variables Cyber Relationship Addiction (male: 6.16 ± 4.4 ; female: 5.25 ± 4.19), Information overload (male: 7.26 ± 4.33 ; female: 6.48 ± 4.39), Computer Addiction (male: 4.71 ± 4.62 ; female: 2.73 ± 3.97), Net compulsions (male: 3.78 ± 4.27 ; female: 2.82 ± 3.49), Cyber sexual addiction (male: 3.54 ± 4.63 ; female: 18.69 ± 15.02), overall CAP (male: 25.45 ± 17.03 ; female: 18.69 ± 15.02), digital detox discomforts (male: 21.14 ± 14.13 ; female: 19.75 ± 13.56), benefits (male: 32.48 ± 18.46 ; female: 30.26 ± 19.30), overall DDE (male: 53.62 ± 19.89 ; female: 50.00 ± 20.33), loss of control/ time management (male: 10.96 ± 6.25 ; female: 9.86 ± 5.91), Craving/social problems (male: 8.70 ± 5.68 ; female: 7.90 ± 5.56), overall Internet addiction (male: 19.67 ± 11.07 ; female: 86.45 ± 34.94) and Webholism (male: 98.74 ± 36.73 ; female: 86.45 ± 34.94).

The findings of present study suggest that males tend to use the Internet more frequently than females. These findings are supported by the findings of various studies in the literature (Grover et al., 2010; Korkelia et al., 2009; Krishnamurthy & Chetlapalli, 2016; Lam et al., 2009; Morahan-Martin & Schumacher, 2000).

Although many studies have reported that the male gender is associated with internet addiction (Durkee et al., 2016; Goel et al., 2013; Kuss et al., 2014; Lee et al., 2014; Missaoui et al., 2015; Xin et al., 2018) this was not found to be the case in a study from Mauritius where the prevalence of internet addiction as reported by them

was 4.9% among males and 5.4% among females (5.1% overall) (Goorah & Azhar, 2018).

There is gender difference exist in Webholism. So the third hypothesis “There is no significant difference between males and females on Webholism” is not accepted.

Table 57

Comparison of scores of different dimensions and overall Cyber Addiction Pattern among groups based on marital status

	Dimensions	Married	Unmarried	Z-value (P-value)
Cyber Addiction Pattern (CAP)	Cyber relationship Addiction	4.34 ± 4.14	6.09 ± 4.27	6.034** (<0.001)
	Information overload	5.28 ± 4.44	7.34 ± 4.23	6.874** (<0.001)
	Computer Addiction	2.31 ± 3.67	4.04 ± 4.51	6.427** (<0.001)
	Net compulsion	2.6 ± 3.64	3.46 ± 3.95	3.323** (0.001)
	Cyber sexual addiction	1.42 ± 3.29	2.68 ± 4.33	4.333** (<0.001)
	Overall CAP	15.95 ± 15.84	23.62 ± 16	7.743** (<0.001)
	Digital Detox Experience (DDE)	Discomforts	17.91 ± 14.67	21.19 ± 13.45
Benefits		32.78 ± 19.59	30.74 ± 18.72	1.182 ^{ns} (0.237)
Overall DDE		50.68 ± 20.67	51.93 ± 20.05	0.889 ^{ns} (0.374)
Internet Addiction (IA)	Loss of control/time management	7.37 ± 5.69	11.34 ± 5.89	9.188** (<0.001)
	Craving/social problems	6.58 ± 5.73	8.82 ± 5.49	6.286** (<0.001)
	Overall Internet addiction	13.95 ± 10.93	20.16 ± 10.46	8.168** (<0.001)
WEBHOLISM		80.58 ± 34.68	95.70 ± 35.99	5.997** (<0.001)

**significant at 0.01 level; *significant at 0.05 level; ns: non-significant

From the table 57, it can see that the Z-value corresponding to Cyber Relationship Addiction ($P < 0.001$), Information overload ($P < 0.001$), Computer Addiction ($P < 0.001$), Net compulsions ($P < 0.001$), Cyber sexual addiction ($P < 0.001$), overall CAP ($P < 0.001$), digital detox discomforts ($P < 0.001$), loss of control/ time management ($P < 0.001$), Craving/social problems ($P < 0.001$), overall Internet addiction ($P < 0.001$) and Webholism ($P < 0.001$) except benefits (0.237) and overall DDE (0.374) was found to be significant indicating that there exists a significant difference between married (living with a legal partner) and unmarried (not living with a legal partner) respondents in these dimensions.

Comparison of mean scores shows that unmarried people has significantly higher mean score for all the variables Cyber Relationship Addiction (unmarried: 6.09 ± 4.27 ; married: 4.34 ± 4.14), Information overload (unmarried: 7.34 ± 4.23 ; married: 5.28 ± 4.44), Computer Addiction (unmarried: 4.04 ± 4.51 ; married: 2.31 ± 3.67), Net compulsions (unmarried: 3.46 ± 3.95 ; married: 2.6 ± 3.64), Cyber sexual addiction (unmarried: 3.46 ± 3.95 ; married: 2.68 ± 4.33), overall Cyber Addiction (unmarried: 23.62 ± 16 ; married: 15.95 ± 15.84), digital detox discomforts (unmarried: 21.19 ± 13.45 ; married: 17.91 ± 14.67), overall digital detox experience (unmarried: 51.93 ± 20.05 ; married: 50.68 ± 20.67), loss of control/ time management (unmarried: 11.34 ± 5.89 ; married: 7.37 ± 5.69), Craving/social problems (unmarried: 8.82 ± 5.49 ; married: 6.58 ± 5.73), overall Internet addiction (unmarried: 20.16 ± 10.46 ; married: 13.95 ± 10.93) and Webholism (unmarried: 95.70 ± 35.99 ; married: 80.58 ± 34.68). Only on digital detox benefits (unmarried: 30.74 ± 18.72 ; married: 32.78 ± 19.59) married people show higher mean scores than unmarried people. But the result is not significant. The difference in overall digital detox experience is also not significant.

Marital status shows significant difference on Webholism. So the fourth hypothesis “There is no significant difference between Married and Unmarried participants on Webholism” is not accepted.

Table 58

Comparison of scores of different dimensions and overall cyber Addiction pattern among group based on occupation

	Dimensions	Working	Not Working	Student	χ^2 -value (P-value)
Cyber Addiction Pattern (CAP)	Cyber relationship	4.36 ±	4.69 ±	6.18 ±	39.833**
	Addiction	4.16 ^b	4.2 ^b	4.26 ^a	(<0.001)
	Information overload	5.32 ±	5.4 ±	7.49 ±	58.346**
	Computer Addiction	4.59 ^b	4.05 ^b	4.21 ^a	(<0.001)
	Net compulsion	2.56 ±	2.81 ±	4.04 ±	34.289**
		3.89 ^b	4.12 ^b	4.49 ^a	(<0.001)
	Cyber sexual addiction	2.57 ±	2.97 ±	3.49 ±	13.03**
		3.84 ^b	3.31 ^{ab}	3.97 ^a	(0.001)
Digital Detox Experience (DDE)	Cyber sexual addiction	1.99 ±	1.82 ±	2.56 ±	5.976 ^{ns}
		3.98	3.58	4.24	(0.051)
	Overall CAP	16.79 ±	17.68 ±	23.76 ±	54.346**
		16.88 ^b	15.51 ^b	15.84 ^a	(<0.001)
Internet Addiction (IA)	Discomforts	18.38 ±	18.78 ±	21.19 ±	11.113**
		14.26 ^b	14.89 ^{ab}	13.46 ^a	(0.004)
	Benefits	33.51 ±	33.29 ±	30.28 ±	5.634 ^{ns}
WEBHOLISM	Overall DDE	18.74	19.55	18.86	(0.06)
		51.89 ±	52.07 ±	51.47 ±	0.057 ^{ns}
		20.73	19.07	20.26	(0.972)
	Loss of control/ time management	7.73 ±	8.08 ±	11.46 ±	76.965**
Internet Addiction (IA)		5.87 ^b	5.56 ^b	5.91 ^a	(<0.001)
	Craving/social problems	6.79 ±	7.06 ±	8.87 ±	34.881**
		5.89 ^b	5.25 ^b	5.51 ^a	(<0.001)
WEBHOLISM	Overall Internet addiction	14.52 ±	15.14 ±	20.33 ±	60.486**
		11.25 ^b	10.35 ^b	10.46 ^a	(<0.001)
WEBHOLISM		83.20 ^b ±	84.89 ^b ±	95.56 ^a ±	26.34**
		36.41	34.94	35.86	(<0.001)

**significant at 0.01 level; ns: non-significant

Means having different letter as superscript differ significantly within a column

A Kruskal-Wallis test was calculated to test whether groups working, not working and student have an effect Webholism and its dimensions. Table 58 depicts

the comparison of scores of Webholism and its different dimensions among participants based on their occupation. The Kruskal-Wallis test revealed that there is significant difference between categories working, not working and student of the independent variables with respect to occupation.

From the results it can see that Z-value corresponding to Cyber Relationship Addiction ($P < 0.001$), Information overload ($P < 0.001$), Computer Addiction ($P < 0.001$), Net compulsions (0.001), overall CAP (< 0.001), digital detox discomforts (0.004), loss of control/ time management ($P < 0.001$), Craving/social problems ($P < 0.001$), overall Internet addiction ($P < 0.001$) and Webholism ($P < 0.001$) except Cyber sexual addiction (0.051), benefits (0.06) and overall DDE (0.972) was found to be significant indicating that there exists significant difference in Webholism and its dimensions between student, employed and unemployed people.

Comparison of mean scores shows that students has significantly higher mean score for Cyber Relationship Addiction (6.18 ± 4.26^a), Information overload (7.49 ± 4.21^a), Computer Addiction (4.04 ± 4.49^a), Net compulsions (3.49 ± 3.97^a), Cyber sexual addiction (2.56 ± 4.24), overall Cyber Addiction Pattern (23.76 ± 15.84^a), digital detox - discomforts (21.19 ± 13.46^a), loss of control/ time management (11.46 ± 5.91^a), craving/social problems (8.87 ± 5.51^a), overall Internet addiction (20.33 ± 10.46^a) and Webholism ($95.56^a \pm 35.86$) except benefits (student: 30.28 ± 18.86 ; unemployed: 33.29 ± 19.55 ; employed: 33.51 ± 18.74) and overall Digital Detox Experience (student: 51.47 ± 20.26 ; unemployed: 52.07 ± 19.07 ; employed: 51.89 ± 20.73).

Occupation status shows significant difference on Webholism. So, the fifth hypothesis "There is no significant difference between working, non-working and student participants on Webholism" is not accepted.

Table 59

Comparison of scores of different dimensions and overall cyber Addiction pattern among group based on location

Dimensions		Rural	Urban	Z-value (P-value)
Cyber Addiction Pattern (CAP)	Cyber relationship Addiction	5.63 ± 4.3	5.71 ± 4.31	0.264 ^{ns} (0.792)
	Information overload	6.78 ± 4.44	6.95 ± 4.23	0.411 ^{ns} (0.681)
	Computer Addiction	3.75 ± 4.42	3.31 ± 4.30	1.471 ^{ns} (0.141)
	Net compulsion	3.27 ± 3.97	3.19 ± 3.70	0.789 ^{ns} (0.430)
	Cyber sexual addiction	2.44 ± 4.20	2.19 ± 3.97	0.305 ^{ns} (0.760)
	Overall CAP	21.87 ± 16.44	21.35 ± 15.98	0.370 ^{ns} (0.712)
	Digital Detox Experience (DDE)	Discomforts	19.63 ± 13.89	22.02 ± 13.56
Benefits		32.51 ± 19.6	28.46 ± 17.13	2.642** (0.008)
Overall DDE		52.13 ± 20.54	50.48 ± 19.43	1.515 ^{ns} (0.13)
Internet Addiction (IA)	Loss of control/ time management	10.18 ± 6.2	10.73 ± 5.83	1.232 ^{ns} (0.218)
	Craving/social problems	8.25 ± 5.66	8.28 ± 5.56	0.132 ^{ns} (0.895)
	Overall Internet addiction	18.43 ± 11.09	19.01 ± 10.49	0.828 ^{ns} (0.408)
WEBHOLISM		92.43 ± 36.75	90.84 ± 35.14	0.636 ^{ns} 0.525

***significant at 0.01 level; ns: non-significant*

Table 58 displays the comparison of scores of different dimensions and overall Webholism among groups based on location. Results given in table 58 shows that P-values corresponding to the dimensions such as Cyber Relationship Addiction, Information overload, Computer Addiction, Net compulsions, Cyber sexual addiction,

overall CAP, overall DDE, loss of control/time management, Craving/social problems, overall Internet addiction and Webholism are greater than 0.05 and so Z-value is non-significant indicating that there is no significant difference in these dimensions among rural and urban internet users. However, Z-value corresponding to digital detox discomforts (2.564) and benefits (2.642) was found to be significant indicating that there exists a significant difference between rural and urban people in these dimensions. Comparing mean scores, urban people (22.02 ± 13.56) experience more digital detox-related discomforts than rural (19.63 ± 13.89) locales but rural people (32.51 ± 19.6) experience digital detox benefits than urban (28.46 ± 17.13) locales. Since DDE-benefits are reverse scored, higher DDE-benefits has the opposite meaning. So it can be said that the discomforts due to digital detox are more in urban locales and the benefits due to it are less in rural locales.

Survey results of Yoon et al. (2020) revealed that the likelihood of utilizing the Internet decreases considerably when minority status and poorer socioeconomic status are joined. According to Philip et al. (2017), deeply rural parts of Great Britain are negatively impacted by the digital divide in terms of their personal and professional lives. Ample infrastructure is primarily to blame for this digital gap. Kerala is a state that has taken necessary precautions to avoid the digital divide even during the time of Covid. So, the scholar is unsure if this result can be generalized mostly due to Kerala's internet infrastructure. Because Kerala provides internet infrastructure in rural as well as urban areas.

There is no significant difference between Webholics based on their locations. So the sixth hypothesis "There is no significant difference between rural and urban participants on Webholism" is accepted.

Table 60

Comparison of scores of different dimensions and overall cyber-Addiction pattern among group based on residing with family

	Dimensions	Living with family	Living not with family	Z-value (P-value)
Cyber Addiction Pattern (CAP)	Cyber relationship Addiction	5.71 ± 4.28	5.48 ± 4.39	0.902 ^{ns} (0.367)
	Information overload	6.91 ± 4.42	6.58 ± 4.24	1.127 ^{ns} (0.26)
	Computer Addiction	3.87 ± 4.48	2.82 ± 3.97	3.281** (0.001)
	Net compulsion	3.34 ± 3.93	2.98 ± 3.77	1.324 ^{ns} (0.186)
	Cyber sexual addiction	2.49 ± 4.18	1.98 ± 3.93	0.647 ^{ns} (0.518)
	Overall CAP	22.32 ± 16.4	19.84 ± 15.83	2.048* (0.041)
Digital Detox Experience (DDE)	Discomforts	21.11 ± 13.73	18.11 ± 13.91	3.365** (0.001)
	Benefits	32.22 ± 19.03	28.29 ± 18.43	3.245** (0.001)
	Overall DDE	53.33 ± 19.88	46.4 ± 20.34	4.569** (<0.001)
Internet Addiction (IA)	Loss of control/ time management	10.36 ± 6.14	10.32 ± 5.93	0.089 ^{ns} (0.929)
	Craving/social problems	8.45 ± 5.64	7.68 ± 5.56	1.96 ^{ns} (0.051)
	Overall Internet addiction	18.81 ± 10.95	18 ± 10.79	1.174 ^{ns} (0.24)
WEBHOLISM		94.46 ± 36.00	84.24 ± 35.98	4.088** (<0.001)

***significant at 0.01 level; *significant at 0.05 level; ns: non-significant*

Table 60 shows whether people exhibit Webholism changes based on their lives with their families. Hostel life, staying away from home for work, living with non-family members etc. do not come under stay with family category. Living with one's parents, grandparents, siblings, life partner, and kids is referred to as staying

with family. It can see that P-values corresponding to the dimensions such as Cyber Relationship Addiction, Information overload, Net compulsions, Cyber sexual addiction, overall DDE, loss of control/time management, Craving/social problems and overall Internet addiction are greater than 0.05 and so Z-value is non-significant indicating that there is no significant difference in these dimensions among people who are living with and without their families. However, Z-value corresponding to Computer Addiction (3.281), overall Cyber Addiction Pattern (2.048), digital detox - discomforts (3.365), benefits (3.245), and Webholism (4.088) was found to be significant ($P < 0.001$) indicating that there exists a significant difference in computer addiction, overall cyber addiction, discomforts, benefits and Webholism based on people residing with family.

Comparing mean scores, people living with family experience more computer addiction (3.87 ± 4.48), overall Cyber addiction (22.32 ± 16.4), digital detox related discomforts (21.11 ± 13.73), benefits (32.22 ± 19.03) and Webholism (94.46 ± 36.00) than those who do not live with their family. According to Chen et al. (2020), Internet addiction has been linked to a poor family environment and parents who did not restrict their children's time spent online. Shek and Yu (2016) discovered that adolescents' propensity to refrain from risky behaviours and IA was significantly influenced by a positive family environment. On the other hand, a dysfunctional family environment will encourage children to engage in the virtual world in order to find momentary emotional support and a sense of belonging (Yao et al., 2006). Nemati & Matlabi (2017) discovered a substantial link between Internet addiction behaviour of students and mother's literacy level.

Residing with family have significant difference on Webholism. So the seventh hypothesis “There is no significant difference people living with and without their family on Webholism” is not accepted.

Table 61

Comparison of scores of Webholism and its different dimensions among group based on substance use

	Dimensions	No Substance use	Have Substance use	Z-value (P-value)
Cyber Addiction Pattern (CAP)	Cyber relationship Addiction	5.56 ± 4.3	7.18 ± 4.16	3.072** (0.002)
	Information overload	6.81 ± 4.42	7.18 ± 3.76	0.977 ^{ns} (0.329)
	Computer Addiction	3.47 ± 4.28	5.76 ± 5.28	3.517** (<0.001)
	Net compulsion	3.18 ± 3.9	4.29 ± 3.66	3.294** (0.001)
	Cyber sexual addiction	2.15 ± 3.95	5.62 ± 5.36	6.932** (<0.001)
	Overall CAP	21.17 ± 16.08	30.02 ± 17.31	4.008** (<0.001)
Digital Detox Experience (DDE)	Discomforts	19.96 ± 13.58	26.74 ± 16.07	3.291** (0.001)
	Benefits	31.25 ± 19.15	31.33 ± 15.79	0.786 ^{ns} (0.432)
	Overall DDE	51.2 ± 20.01	58.06 ± 22.26	2.553* (0.011)
Internet Addiction (IA)	Loss of control/ time management	10.3 ± 6.06	11.16 ± 6.52	1.094 ^{ns} (0.274)
	Craving/social problems	8.23 ± 5.62	8.73 ± 5.74	0.827 ^{ns} (0.408)
	Overall Internet addiction	18.53 ± 10.89	19.89 ± 11.24	1.168 ^{ns} (0.243)
WEBHOLISM		90.89 ± 35.75	107.97 ± 40.23	3.599** (<0.001)

***significant at 0.01 level; *significant at 0.05 level; ns: non-significant*

Table 61 shows the comparison of scores of Webholism and its different dimensions among groups based on substance abuse (alcohol/drugs).

From the table 61, it can see that the Z-value corresponding to Cyber Relationship Addiction (0.002), Computer Addiction ($P < 0.001$), Net compulsions ($P = 0.001$), Cyber sexual addiction ($P < 0.001$), overall CAP ($P < 0.001$), digital detox discomforts ($P = 0.001$), overall DDE ($P = 0.011$), and Webholism ($P < 0.001$) except Information overload ($P = 0.329$), benefits ($P = 0.432$), loss of control/ time management ($P = 0.274$), craving/social problems ($P = 0.408$), overall Internet addiction ($P = 0.243$) was found to be significant indicating that there exists significant difference between participants in regard of substance abuse.

Comparison of mean scores shows that substance users has significantly higher mean score for the variables Cyber Relationship Addiction (substance abuse: 7.18 ± 4.16 ; no substance use: 5.56 ± 4.3), Computer Addiction (substance use: 5.76 ± 5.28 ; no substance use: 3.47 ± 4.28), Net compulsions (substance abuse: 4.29 ± 3.66 ; no substance use: 3.18 ± 3.9), Cyber sexual addiction (substance abuse: 5.62 ± 5.36 ; no substance use: 2.15 ± 3.95), overall Cyber Addiction Pattern (substance abuse: 30.02 ± 17.31 ; no substance use: 21.17 ± 16.08), digital detox - discomforts (substance use: 26.74 ± 16.07 ; no substance use: 19.96 ± 13.58), overall Digital Detox Experience (substance use: 58.06 ± 22.26 ; no substance use: 51.2 ± 20.01), and Webholism (substance use: 107.97 ± 40.23 ; no substance use: 90.89 ± 35.75). The mean scores of substance users show difference with their counterparts in these dimensions like Information overload (substance use: 7.18 ± 3.76 ; no substance use:), benefits (substance use: 31.33 ± 15.79 ; no substance use: 31.25 ± 19.15), loss of control/ time management (substance use: 11.16 ± 6.52 ; no substance use: 10.3 ± 6.06), craving/social problems (substance use: 8.73 ± 5.74 ; no substance use: 8.23 ± 5.62), overall Internet addiction (substance use: 19.89 ± 11.24 ; no substance use:

18.53 \pm 10.89), but the P value is not significant. According to Lee et al. (2013), people who are at high risk for internet addiction are also prone to other addictive behaviours like smoking and concurrent drug use.

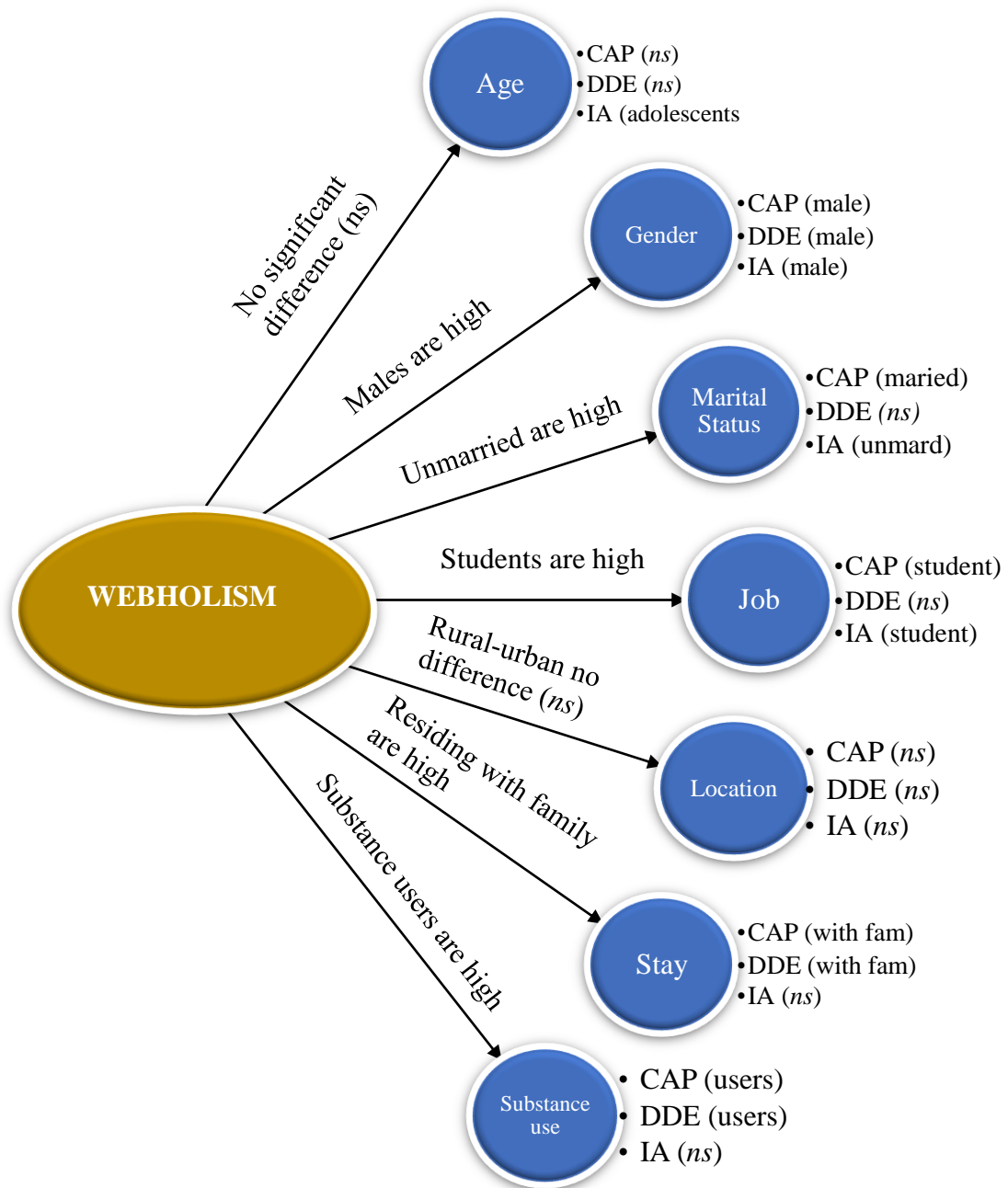
There is significant difference between substance users and non-users on Webholism. So, the eighth hypothesis “There is no significant difference between substance users and non-users on Webholism” is not accepted.

Considering all the demographics analyses, that P-values corresponding to variables namely gender, marital status, occupation, residing with family, substance abuse with Webholism are lesser than 0.05 and so Z-values of groups such as adolescents and adults (5.596), married and unmarried people (5.997), employed, unemployed and student population (26.34), people living and not living with family (4.088) and substance users and non-users (3.599) is indicating that there is significant difference exists among those category of participants with Webholism. Comparison of mean scores shows that male (98.74 \pm 36.73), unmarried (95.70 \pm 35.99), students (95.56 \pm 35.86), people living with family (94.46 \pm 36.00) and substance users (107.97 \pm 40.23) has significantly higher mean scores on Webholism while compared to female (86.45 \pm 34.94), married (80.58 \pm 34.68), employed / unemployed (83.20 \pm 36.41 / 84.89 \pm 34.94), not living with family (84.24 \pm 35.98), internet non over users (84.99 \pm 36.04) groups. However, P-value corresponding to the other two variables namely age group and location are greater than 0.05 and so Z-value is non-significant indicating that there is no significant difference in Webholism among adolescents and adults as well as rural and urban locale participants.

The figure 28 below shows the bird’s eye view of the Influencers of Webholism and its dimensions with Demographics.

Figure 28

Influencers of Webholism and its dimensions with Demographics – summary chart



Note: ns - not significant

Rank correlations of Webholism and its dimensions - CAP, DDE, IA

A correlation analysis was done to understand the inter-relation between the dependent variable Webholism and its dimensions like cyber addiction pattern and its five dimensions, digital detox experience and its two dimensions, internet addiction and its two dimensions. The inter-correlation can be seen in table 62.

In the table 62, all the variables Cyber Relationship Addiction (CRA), Information Overload (IO), Computer Addiction (CA), Net Compulsion (NC), Cyber Sexual Addiction (CSA) and overall Cyber Addiction Pattern (CAP) were found to be positively correlated with each other.

The sub-dimension of Digital Detox Experience (DDE) namely Benefits (DDE-B) show a negative significant correlation with discomforts (DDE-D) and a positive significant correlation with overall DDE. Discomforts were found to be positively correlated the with overall digital detox experience.

From table 62, it can see that control/time management (LC/TM), craving/social problems (C/SP), and overall Internet addiction (IA) shows significant positive correlation with each other.

The correlation of scores of Webholism (WEB) with Cyber Addiction Pattern (CAP), Digital Detox Experience (DDE) and Internet Addiction (IA) are discussed next.

Table 62

Rank correlations between Webholism and its dimensions

Variables		CRA	IO	CA	NC	CSA	CAP	DDE-D	DDE-B	DDE	LC/TM	C/SP	IA
Cyber Addiction Pattern (CAP)	CRA	-											
	IO	.635**	-										
	CA	.473**	.541**	-									
	NC	.374**	.407**	.519**	-								
	CSA	.356**	.411**	.588**	.519**	-							
	CAP	.780**	.818**	.794**	.677**	.683**	-						
Digital Detox Experience (DDE)	DDE-D	.347**	.412**	.340**	.327**	.283**	.459**	-					
	DDE-B	-.014	-.036	.098**	.055	.202**	.059	-.186**	-				
	DDE	.169**	.186**	.286**	.222**	.340**	.302**	.382**	.781**	-			
Internet Addiction (IA)	LC/TM	.562**	.610**	.444**	.361**	.384**	.640**	.415**	-.147**	.106**	-		
	C/SP	.581**	.625**	.497**	.407**	.419**	.677**	.480**	-.049	.231**	.760**	-	
	IA	.607**	.657**	.501**	.402**	.428**	.700**	.470**	-.100**	.180**	.936**	.934**	-
WEBHOLISM		.603**	.641**	.649**	.526**	.627**	.802**	.563**	.445**	.755**	.606**	.699**	.697**

***significant at 0.01 level*

Note: CRA: Cyber Relationship Addiction, IO: (Information Overload), CA: Computer Addiction, NC: Net Compulsion, CSA: Cyber Sexual Addiction, CAP: overall Cyber Addiction Pattern, DDE-D: Digital Detox Experience – Discomforts, DDE-B: Digital Detox Experience - Benefits), DDE: Digital Detox Experience, LC/TM: control/time management, C/SP: craving/social problems, IA: overall Internet Addiction, WEB: Webholism

The result of the Spearman's rank-order correlation coefficients of five types of cyber addiction patterns, two dimensions of digital detox experiences, two dimensions of internet addiction and Webholism with total cyber addiction pattern (CAP), digital detox experience (DDE), internet addiction (IA) and Webholism is presented in the table 62. The addiction patterns like Cyber Relationship Addiction, Digital overload, Computer Addiction, Net compulsions, Cyber sexual addiction shows significant positive correlation with Overall Cyber Addiction Pattern, Overall Digital Detox Experience, Internet Addiction and Webholism.

DDE has two sub-dimensions; discomforts and benefits. The variable discomfort shows a significantly positive correlation with overall cyber addiction patterns, overall digital detox experience, internet addiction and Webholism. So, when internet addiction increases, it means that the discomforts that may be manifested in the absence of the internet also increase. The variable benefits show a significant positive correlation with overall digital detox experience and Webholism. With internet addiction, the variable benefits show a significant negative correlation. There is positive relation found between overall cyber addiction patterns and benefits, but not significant.

The result of testing the correlation of control/time management and craving/social problems with overall cyber addiction patterns, overall digital detox experience, internet addiction and Webholism can also be seen in the table. Both the variables control/time management and craving/social problems shows a significantly positive correlation with overall cyber addiction patterns, overall digital detox experience, internet addiction and Webholism.

In the last column of the table 62, it can see the result of correlation of Webholism with overall cyber addiction patterns, overall digital detox experience, and overall internet addiction. Webholism shows a significantly positive correlation with overall cyber addiction patterns ($P=0.802$), overall digital detox experience ($P=0.755$) and overall internet addiction ($P=0.697$) scores. Three psychology tests Cyber Addiction Pattern Scale (CAPS), Digital Detox Experience Test (DDET) and Internet Addiction Test (IAT) were used to calculate the Webholism score, where Cyber Addiction Pattern Scale and Digital Detox Experience Test are developed by the investigators. As all three test scores show a significant positive correlation with the total score of Webholism, so it can be said that the tests are valid for measuring Webholism.

All the dimensions of Webholism are significantly positively correlated.

PHASE III - SECTION 3: MULTIPLE STEP-WISE REGRESSION ANALYSIS OF WEBHOLISM AND ITS DIMENSIONS

Multiple Regression Analysis was done to find out the predictor variable which may best predict the dependent variables. In this analysis the dependent variable is Webholism which has 3 dimensions such as CAP, DDE and IA. There are 13 regression results, which include Webholism, it's three dimensions, and their sub-dimensions. They are:

- 1. Cyber Addiction Patterns (CAP)**
2. Cyber Relationship Addiction (CRA)
3. Information Overload (IO)
4. Computer Addiction (CA)
5. Net Compulsion (NC)
6. Cyber Sexual Addiction (CSA)
- 7. Digital detox experience (DDE)**
8. Discomforts (DDE-D)
9. Benefits (DDE-B)
- 10. Internet Addiction (IA)**
11. Loss of Control/Time management
12. Craving/Social problems
- 13. WEBHOLISM**

The predictor variables include Personality (4 dimensions), Aggression (4 dimensions), Depression, Anxiety, Stress, Life satisfaction, Procrastination, Impulsivity (3 dimensions), Loneliness, Emotion Regulation (5 dimensions) and Interpersonal Rejection sensitivity (5 dimensions). Stepwise regression procedure was

adopted to find out the best prediction variable. Even though Webholism showed substantial correlations with independent factors in correlation analysis, relatively few relevant predictors could be found when step-wise regression was conducted with the independent variable total score. To further comprehend the predictors, step-wise regression was performed with the inclusion of their sub-variables. Below are the 27 independent variables that were used in regression analysis:

Type A Personality

1. Urgency
2. Competitiveness and Hostility
3. Polyphasic Behaviour
4. Goal-Directedness Without Proper Planning

Aggression

5. Physical Aggression
6. Verbal Aggression
7. Anger
8. Hostility

Psychopathology

9. Depression
10. Anxiety
11. Stress
- 12. Life Satisfaction** (no sub dimension)
- 13. Procrastination** (no sub dimension)

Impulsivity

- 14. Attentional Impulsivity
- 15. Motor Impulsivity
- 16. Non-Planning Impulsivity
- 17. Loneliness** (no sub dimension)

Emotion Dysregulation

- 18. Non-Acceptance of Negative Emotions
- 19. Inability to engage in Goal-directed Behaviours
- 20. Difficulties controlling Impulsive Behaviours
- 21. Limited access to Emotion Regulation Strategies
- 22. Lack of Emotional Awareness and Clarity

Interpersonal Rejection Sensitivity

- 23. Interpersonal Awareness
- 24. Need for Approval
- 25. Separation Anxiety
- 26. Timidity
- 27. Fragile Inner Self.

The step-wise regression procedure was done for dimensions of dependent variables separately and the results are given below. Results of multiple regression analysis with Webholism as dependent variable are given in Table 63.

Table 63

Results of multiple regression analysis (Stepwise) with Webholism as the dependent variable

Independent variable	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	34.881	6.401		5.449**	<0.001
Limited access to emotion regulation strategies (LERS)	1.357	0.391	0.136	3.47**	0.001
Fragile Inner self (FIS)	10.996	1.318	0.220	8.341**	<0.001
Anxiety (ANX)	0.934	0.303	0.110	3.082**	0.002
Need for approval (NFA)	-6.587	1.088	-0.150	6.053**	<0.001
Verbal Aggression (VAG)	1.789	0.352	0.138	5.086**	<0.001
Non-planning impulsiveness (NIM)	0.884	0.3	0.073	2.952**	0.003
Non-acceptance of negative emotions (NNE)	1.169	0.421	0.099	2.776**	0.006
Attentional impulsiveness (AIM)	0.849	0.363	0.064	2.342*	0.019
Physical Aggression (PAG)	-1.367	0.352	-0.113	3.886**	<0.001
Goal-directedness without proper planning (GWPP)	1.043	0.473	0.059	2.203*	0.028
Depression (DEP)	0.647	0.292	0.085	2.219*	0.027
Procrastination (PRO)	0.221	0.108	0.057	2.04*	0.042
Anger (ANG)	0.822	0.418	0.057	1.967*	0.049
F-value = 52.771**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.635					
$R^2 = 0.403$					

***significant at 0.01 level; *significant at 0.05 level*

The table 63 shows the results of step-wise multiple regression analysis with Webholism as the dependent variable. In this table, the F-value (52.771) found significant ($P < 0.001$) which indicated the overall significance of the model. Among the 27 predictor variable, variables entered in the stepwise procedure model are Limited access to emotion regulation strategies perceived as effective, Fragile Inner self, Anxiety, Need for approval, Verbal aggression, Non-planning impulsiveness, Non-acceptance of negative emotions, Attentional impulsiveness, Physical aggression, Goal-directedness without proper planning, Depression, Procrastination and Anger.

Among these variables Limited access to emotion regulation strategies perceived as effective, Fragile Inner self, Anxiety, Verbal aggression, Non-planning impulsiveness, Non-acceptance of negative emotions, Attentional impulsiveness, Goal-directedness without proper planning, Depression, Procrastination and Anger influence Webholism positively whereas Need for approval and Physical aggression influence Webholism negatively.

The coefficient of multiple correlation (R) is 0.635 which measures the correlation of the dependent variable with all the predictor variables included in the model. The coefficient of determination (R^2) is 0.403 which indicates 40.3 percent of the variability in Webholism is due to the thirteen predictor variables included in the model. The standardized regression coefficient (β) of the Webholism predictor variable Fragile Inner self is found higher in this model. This reveals that Fragile Inner self is the most influencing variable of Webholism. Second influencing variable is Need for approval followed by Verbal aggression, Limited access to emotion regulation strategies perceived as effective, Physical aggression, anxiety, non-acceptance of negative emotions, Depression, Non-planning impulsiveness,

attentional impulsiveness, Goal-directedness without proper planning, Procrastination and Anger. Based on the partial regression coefficient values (b), the regression equation of Webholism (WEB) is:

$$\begin{aligned} \text{WEB} = & 34.881 + 1.357 (\text{LERS}) + 10.996 (\text{FIS}) + 0.934 (\text{ANX}) - 6.587 (\text{NFA}) \\ & + 1.789 (\text{VAG}) + 0.884 (\text{NPI}) + 1.169 (\text{NNE}) + 0.849 (\text{AIM}) - 1.367 \\ & (\text{PAG}) + 1.043 (\text{GWPP}) + 0.647 (\text{DEP}) + 0.221 (\text{PRO}) + 0.822 (\text{ANG}) \end{aligned}$$

So, the ninth hypothesis “The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Webholism” is not accepted.

Table 64

Results of multiple regression analysis (Step wise) with Cyber Relationship Addiction as dependent variable

Independent variable	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	-0.209	0.605		-0.345 ^{ns}	0.730
Limited access to emotion regulation strategies (LERS)	0.209	0.040	0.176	5.229**	<0.001
Fragile inner self (FIS)	0.888	0.176	0.149	5.046**	<0.001
Goal-directedness without proper planning (GWPP)	0.269	0.062	0.127	4.350**	<0.001
Stress (STR)	0.128	0.033	0.132	3.861**	<0.001
Separation Anxiety (SAX)	0.547	0.130	0.124	4.212**	<0.001
Verbal Aggression (VAG)	0.203	0.046	0.131	4.411**	<0.001
Need for Approval (NFA)	-0.451	0.162	-0.087	2.793**	0.005
Physical Aggression (PAG)	-0.101	0.044	-0.070	2.280*	0.023
Interpersonal Awareness (IPA)	0.257	0.115	0.070	2.232*	0.026
F-value = 37.088**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.496					
R ² = 0.246					

***significant at 0.01 level; *significant at 0.05 level; ns: non-significant*

In this case, F-value (37.088) was found to be significant (P<0.001) in table 64 which indicated the overall significance of the model. Among the 27-predictor variable, nine variables entered in the model in the stepwise procedure are Limited access to emotion regulation strategies perceived as effective, Fragile inner self, Goal-directedness without proper planning, Stress, Separation Anxiety, Verbal Aggression, Need for Approval, Physical Aggression and Interpersonal Awareness.

Among these variables, Limited access to Emotion regulation strategies, Fragile inner self, Goal-directedness without proper planning, Stress, Separation

Anxiety, Verbal Aggression and Interpersonal Awareness influences cyber relationship addiction positively and Need for Approval whereas Physical Aggression influences negatively.

Coefficient of multiple correlation (R) is 0.496 which measures the correlation of the dependent variable with all the predictor variables included in the model. Coefficient of determination (R^2) is 0.246 which indicates 24.6 percent of variability in cyber relationship Addiction is due to the nine-predictor variables included in the model. Standardised regression coefficient (β) of the predictor variable, Limited access to emotion regulation strategies perceived as effective, is higher. This reveals that Limited access to emotion regulation strategies perceived as effective is the most influencing variable. The second influencing variable is the Fragile inner self followed by stress and verbal aggression. The independent variables' proportion of influence to the dependent variable is shown by partial regression coefficient value (b). These values indicate that for each unit of change in the predictor independent variables, there will be respective 'b' unit changes in Cyber Relationship Addiction. So, the regression equation is:

$$\text{CRA} = -0.209 + 0.209 (\text{LERS}) + 0.888 (\text{FIS}) + 0.269 (\text{GWPP}) + 0.128 (\text{STR}) + 0.547 (\text{SAX}) + 0.203 (\text{VAG}) - 0.451 (\text{NFA}) - 0.101 (\text{PAG}) + 0.257 (\text{IPA})$$

Table 65

Results of multiple regression analysis (Step wise) with Information Overload as dependent variable

Independent variable	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	-3.001	0.678		4.428**	<0.001
Limited access to emotion regulation strategies perceived as effective (LERS)	0.096	0.049	0.080	1.960*	0.05
Stress (STR)	0.166	0.032	0.169	5.192**	<0.001
Procrastination (PRO)	0.049	0.014	0.105	3.520**	<0.001
Fragile Inner self (FIS)	0.652	0.166	0.108	3.937**	<0.001
Lack of emotional awareness and clarity (LEAC)	0.227	0.057	0.145	4.005**	<0.001
Competitiveness and hostility (CAH)	0.142	0.041	0.101	3.476**	0.001
Separation Anxiety (SAX)	0.382	0.121	0.085	3.160**	0.002
Inability to engage in goal directed behaviours (IEGB)	0.147	0.058	0.093	2.543*	0.011
Physical Aggression (PAG)	-0.153	0.042	-0.104	3.637**	<0.001
Verbal Aggression (VAG)	0.145	0.046	0.092	3.149**	0.002
Interpersonal awareness (IPA)	0.315	0.104	0.085	3.026**	0.003
Attentional Impulsiveness (AIM)	0.157	0.047	0.097	3.317**	0.001
Motor Impulsiveness (MIM)	-0.097	0.045	-0.066	2.157**	0.031
F-value = 43.732**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.599					
$R^2 = 0.359$					

***significant at 0.01 level; *significant at 0.05 level*

In this table 65, F-value (43.732) was found to be significant ($P < 0.001$) which indicated the overall significance of the model. Among the 27-predictor variable,

variables entered in the model in the stepwise procedure are Limited access to emotion regulation strategies perceived as effective, Stress, Procrastination, Fragile inner self, Lack of emotional awareness and clarity, Competitiveness and hostility, Separation Anxiety, Inability to engage in goal directed behaviours, Physical Aggression, Verbal Aggression, Interpersonal Awareness, Attentional Impulsiveness and Motor Impulsiveness.

Among these variables, Limited access to emotion regulation strategies perceived as effective, Stress, Procrastination, Fragile inner self, Lack of emotional awareness and clarity, Competitiveness and hostility, Separation Anxiety, Inability to engage in goal directed behaviours, Verbal Aggression, Interpersonal Awareness and Attentional Impulsiveness influences Information Overload positively whereas Physical Aggression and Motor Impulsiveness influences negatively.

The coefficient of multiple correlation (R) is 0.599 which measures the correlation of the dependent variable with all the predictor variables included in the model. Coefficient of determination (R^2) is 0.359 which indicates 35.9 percent of variability in Information Overload is due to the thirteen predictor variables included in the model. Standardised regression coefficient (β) of the predictor variable Stress is found higher. This reveals that Stress is the most influencing variable of Information Overload. Second influencing variable is Lack of emotional awareness and clarity followed by Fragile inner self and Procrastination. Based on the partial regression coefficient values (b), the regression equation of Information Overload (IO) is:

$$\text{IO} = -3.001 + 0.096 (\text{LERS}) + 0.166 (\text{STR}) + 0.049 (\text{PRO}) + 0.652 (\text{FIS}) + 0.227 (\text{LEAC}) + 0.142 (\text{CAH}) + 0.382 (\text{SAX}) + 0.147 (\text{IEGB}) - 0.153 (\text{PAG}) + 0.145 (\text{VAG}) + 0.315 (\text{IPA}) + 0.157 (\text{AIM}) - 0.097 (\text{MIM})$$

Table 66

Results of multiple regression analysis (Step wise) with Computer Addiction as dependent variable

Independent variables	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	0.124	0.939		0.132 ^{ns}	0.895
Fragile Inner self (FIS)	1.588	0.167	0.262	9.533**	<0.001
Limited access to emotion regulation strategies perceived as effective (LERS)	0.184	0.046	0.152	4.003**	<0.001
Need for approval (NFA)	-0.886	0.135	-0.167	6.566**	<0.001
Verbal Aggression (VAG)	0.238	0.046	0.152	5.210**	<0.001
Difficulties in controlling impulsive behaviours (DCIB)	0.152	0.054	0.102	2.804**	0.005
Anxiety (ANX)	0.085	0.031	0.083	2.750**	0.006
Non-Planning Impulsiveness (NPI)	0.087	0.037	0.059	2.312*	0.021
Hostility (HOS)	-0.147	0.047	-0.094	3.098**	0.002
Motor impulsiveness (MIM)	0.129	0.043	0.087	3.033**	0.002
Life satisfaction (LS)	-0.041	0.019	-0.059	2.162*	0.031

F-value = 53.743**; P-value < 0.001
Coefficient of multiple correlation (R) = 0.587
R² = 0.345

***significant at 0.01 level; *significant at 0.05 level; ns non-significant*

Table 66 shows the results of step-wise multiple regression analysis with Computer Addiction as dependent variable. In this table, F-value (53.743) found to be significant (P<0.001) which indicated the overall significance of the model. Among the 27-predictor variable, variables entered in the stepwise procedure model are

Fragile inner self, Limited access to emotion regulation strategies perceived as effective, Need for approval, Verbal Aggression, Difficulties in controlling impulsive behaviours, Anxiety, Non Planning Impulsiveness, Hostility, Motor impulsiveness and Life satisfaction. Among these variables Fragile inner self, Limited access to emotion regulation strategies perceived as effective, Verbal Aggression, Difficulties in controlling impulsive behaviours, Anxiety, Non Planning Impulsiveness and Motor impulsiveness influences Computer Addiction (CA) positively whereas Need for approval, Hostility and Life satisfaction influences negatively.

Coefficient of multiple correlation (R) is 0.587 which measures the correlation of the dependent variable with all the predictor variables included in the model. Coefficient of determination (R^2) is 0.345 which indicates 34.5 percent of variability in Computer Addiction is due to the ten predictor variables included in the model. Standardised regression coefficient (β) of the predictor variable Fragile inner self is found higher. This reveals that Fragile inner self is the most influencing variable of Computer Addiction. Second influencing variable is Need for approval followed by Limited access to emotion regulation strategies perceived as effective and Verbal aggression. Based on the partial regression coefficient values (b), the regression equation of Computer Addiction (CA) is:

$$CA = 0.124 + 1.588 (FIS) + 0.184 (LERS) - 0.886 (NFA) + 0.238 (VAG) + 0.152 (DCIB) + 0.085 (ANX) + 0.087 (NPI) - 0.147 (HOS) + 0.129 (MIM) - 0.041 (LS)$$

Table 67

Results of multiple regression analysis (Step wise) with Net Compulsion as dependent variable

Independent variables	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	0.773	0.59		1.311 ^{ns}	0.19
Fragile Inner self (FIS)	1.305	0.156	0.243	8.366**	<0.001
Anxiety (ANX)	0.126	0.029	0.139	4.296**	<0.001
Need for approval (NFA)	-0.929	0.136	-0.198	6.836**	<0.001
Limited access to Emotion Regulation Strategies (LERS)	0.152	0.035	0.143	4.373**	<0.001
Competitiveness and hostility (CAH)	0.100	0.039	0.080	2.527*	0.012
Separation Anxiety (SAX)	0.324	0.115	0.082	2.827**	0.005
Physical Aggression (PAG)	-0.130	0.039	-0.100	3.305**	0.001
Verbal Aggression (VAG)	0.120	0.043	0.086	2.788**	0.005
Polyphasic behaviour (POB)	0.129	0.058	0.063	2.243*	0.025
F-value = 39.528**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.508					
R ² = 0.258					

***significant at 0.01 level; *significant at 0.05 level; ns: non-significant*

The table 67 shows the results of step-wise multiple regression analysis with Net Compulsion as the dependent variable. In this table, the F-value (39.528) was found to be significant (P<0.001) which indicated the overall significance of the model. Among the 27 predictor variable, nine variables entered in the stepwise procedure model are Fragile inner self, Anxiety, Need for approval, Limited access to

emotion regulation strategies perceived as effective, Competitiveness and hostility, Separation Anxiety, Physical Aggression, Verbal Aggression and Polyphasic behaviour.

Among these variables Fragile inner self, Anxiety, Limited access to emotion regulation strategies perceived as effective, Competitiveness and hostility, Separation Anxiety, Verbal Aggression and Polyphasic behaviour influence Net Compulsion positively whereas Need for approval and Physical Aggression influence negatively.

The coefficient of multiple correlation (R) is 0.508 which measures the correlation of the dependent variable with all the predictor variables included in the model. The coefficient of determination (R^2) is 0.258 which indicates 25.8 percent of the variability in Net Compulsion behaviour is due to the nine predictor variables included in the model. The standardized regression coefficient (β) of the predictor variable Fragile inner self is found higher. This reveals that Fragile inner self is the most influencing variable of Net Compulsion. Second influencing variable is Need for approval followed by Limited access to emotion regulation strategies perceived as effective and Anxiety. Based on the partial regression coefficient values (b), the regression equation of Net Compulsion (NC) is:

$$\text{NC} = 0.773 + 1.305 (\text{FIS}) + 0.126 (\text{ANX}) - 0.929 (\text{NFA}) + 0.152 (\text{LERS}) + 0.100 (\text{CAH}) + 0.324 (\text{SAX}) - 0.130 (\text{PAG}) + 0.120 (\text{VAG}) + 0.129 (\text{POB})$$

Table 68

Results of multiple regression analysis (Step wise) with Cyber Sexual Addiction as dependent variable

Independent variables	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	2.235	0.972		2.3*	0.022
Fragile Inner self (FIS)	1.516	0.16	0.266	9.449**	<0.001
Need for approval (NFA)	-1.255	0.133	-0.252	9.452**	<0.001
Anxiety (ANX)	0.125	0.03	0.129	4.098**	<0.001
Limited access to emotion regulation strategies (LERS)	0.135	0.038	0.119	3.528**	<0.001
Competitiveness and hostility (CAH)	0.119	0.039	0.089	3.029**	0.003
Physical Aggression (PAG)	-0.174	0.041	-0.126	4.284**	<0.001
Loneliness (LON)	0.05	0.026	0.057	1.94 ^{ns}	0.053
Timidity (TIM)	0.366	0.158	0.061	2.321*	0.021
Non-planning Impulsiveness (NPI)	0.087	0.036	0.063	2.4*	0.017
Verbal Aggression (VAG)	0.109	0.044	0.073	2.461*	0.014
Life satisfaction (LS)	-0.039	0.019	-0.06	2.119*	0.034
Procrastination (PRO)	-0.026	0.013	-0.059	2.026*	0.043
F-value = 39.750**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.565					
R ² = 0.319					

***significant at 0.01 level; *significant at 0.05 level; ns: non-significant*

The table 68 shows the results of step-wise multiple regression analysis with Cyber Sexual Addiction as the dependent variable. In this table, the F-value (39.750) was found to be significant (P<0.001) which indicated the overall significance of the model. Among the 27 predictor variable, twelve variables entered in the stepwise procedure model are Fragile inner self, Need for approval, Anxiety, Limited access to

emotion regulation strategies perceived as effective, Competitiveness and hostility, Physical Aggression, Loneliness, Timidity, Non-planning Impulsiveness, Verbal Aggression, Life satisfaction and Procrastination.

Among these variables Fragile inner self, Anxiety, Limited access to emotion regulation strategies perceived as effective, Competitiveness and hostility, Loneliness, Timidity, Non-planning Impulsiveness and Verbal Aggression predicts Cyber Sexual Addiction positively whereas Need for approval, Physical Aggression, Life satisfaction and Procrastination influence Cyber Sexual Addiction negatively.

The coefficient of multiple correlation (R) is 0.565 which measures the correlation of the dependent variable with all the predictor variables included in the model. The coefficient of determination (R^2) is 0.319 which indicates 31.9 percent of the variability in Cyber Sexual Addiction is due to the twelve predictor variables included in the model. The standardized regression coefficient (β) of the Cyber Sexual Addiction (CSA) predictor variable Fragile inner self is found higher as seen in Computer Addiction (table 66) and Net Compulsion (table 67) models. This reveals that Fragile inner self is the most influencing variable of Cyber Sexual Addiction. Second influencing variable is Need for approval followed by Anxiety and Physical aggression. Based on the partial regression coefficient values (b), the regression equation of Cyber Sexual Addiction (CSA) is:

$$\text{CSA} = 2.235 + 1.516 (\text{FIS}) - 1.255 (\text{NFA}) + 0.125 (\text{ANX}) + 0.135 (\text{LERS}) + 0.119 (\text{CAH}) - 0.174 (\text{PAG}) + 0.050 (\text{LON}) + 0.366 (\text{TIM}) + 0.087 (\text{NPI}) + 0.109 (\text{VAG}) - 0.039 (\text{LS}) - 0.026 (\text{PRO})$$

Table 69

Results of multiple regression analysis (Step wise) with total Cyber Addiction Pattern as dependent variable

Independent variables	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	-0.952	2.321		0.410 ^{ns}	0.682
Limited access to emotion regulation strategies (LERS)	0.704	.176	0.157	3.993**	<0.001
Fragile Inner self (FIS)	6.262	.568	0.278	11.02**	<0.001
Anxiety (ANX)	0.606	.108	0.159	5.640**	<0.001
Need for approval (NFA)	-3.341	.497	-0.170	6.716**	<0.001
Verbal Aggression (VAG)	0.724	.157	0.124	4.619**	<0.001
Separation Anxiety (SAX)	1.687	.420	0.101	4.014**	<0.001
Competitiveness and hostility (CAH)	0.558	.140	0.106	3.982**	<0.001
Physical Aggression (PAG)	-0.613	.144	-0.113	4.258**	<0.001
Inability to engage in goal directed behaviours (IEGB)	0.397	.204	0.068	1.944 ^{ns}	0.052
Attentional Impulsiveness (AIM)	0.375	.154	0.062	2.439*	0.015
Non-acceptance of negative emotions (NNE)	0.386	.193	0.073	1.998*	0.046
F-value = 73.321**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.665					
R ² = 0.442					

***significant at 0.01 level; *significant at 0.05 level*

The table 69 shows the results of step-wise multiple regression analysis with total Cyber Addiction Pattern as the dependent variable. In this table, the F-value (73.321) was found to be significant (P<0.001) which indicated the overall

significance of the model. Among the 27 predictor variable, eleven variables entered in the stepwise procedure model are Limited access to emotion regulation strategies perceived as effective, Fragile inner self, Anxiety, Need for approval, Verbal Aggression, Separation Anxiety, Competitiveness and hostility, Physical Aggression, Inability to engage in goal directed behaviours, Attentional Impulsiveness and Non-acceptance of negative emotions.

Among these variables Limited access to emotion regulation strategies perceived as effective, Fragile inner self, Anxiety, Verbal Aggression, Separation Anxiety, Competitiveness and hostility, Inability to engage in goal directed behaviours, Attentional Impulsiveness and Non-acceptance of negative emotions influence total Cyber Addiction Pattern positively whereas Need for approval and Physical Aggression influence total Cyber Addiction Pattern negatively.

The coefficient of multiple correlation (R) is 0.665 which measures the correlation of the dependent variable with all the predictor variables included in the model. The coefficient of determination (R^2) is 0.442 which indicates 44.2 percent of the variability in Cyber Addiction is due to the eleven predictor variables included in the model. The standardized regression coefficient (β) of the Cyber Addiction Pattern (CAP) predictor variable Limited access to emotion regulation strategies perceived as effective is found higher as seen in Cyber Relationship Addiction (CRA) and Information Overload (IO) models. This reveals that Limited access to emotion regulation strategies perceived as effective is the most influencing variable of Cyber Addiction. Second influencing variable is Fragile inner self followed by Anxiety and

Separation anxiety. Based on the partial regression coefficient values (b), the regression equation of Cyber Addiction Pattern (CAP) is:

$$\begin{aligned} \text{CAP} = & - 0.952 + 0.704 (\text{LERS}) + 6.262 (\text{FIS}) + 0.606 (\text{ANX}) - 3.341 (\text{NFA}) \\ & + 0.724 (\text{VAG}) + 1.687 (\text{SAX}) + 0.558 (\text{CAH}) - 0.613 (\text{PAG}) + 0.397 \\ & (\text{IEGB}) + 0.375 (\text{AIM}) + 0.386 (\text{NNE}) \end{aligned}$$

So, the tenth hypothesis “The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Cyber Addiction Pattern” is not accepted. Regression results related to dimensions of Cyber Addiction Pattern (CAP) presented in tables 64, 65, 66, 67 and 68 support this hypothesis.

Table 70

Results of multiple regression analysis (Step wise) with DDE-Discomfort as dependent variable

Independent variables	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	1.099	2.201		0.5 ^{ns}	0.618
Depression (DEP)	0.503	0.099	0.174	5.09**	<0.001
Anger (ANG)	0.779	0.188	0.141	4.137**	<0.001
Urgency (URG)	0.391	0.098	0.118	3.981**	<0.001
Fragile inner self (FIS)	1.497	0.594	0.078	2.521*	0.012
Difficulties in controlling impulsive behaviour (DCIB)	0.424	0.158	0.090	2.685**	0.007
Physical Aggression (PAG)	-0.463	0.159	-0.10	2.906**	0.004
Verbal Aggression (VAG)	0.376	0.16	0.076	2.354*	0.019
Interpersonal awareness (IPA)	0.698	0.353	0.059	1.977*	0.048
F-value = 21.876**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.382					
R ² = 0.146					

***significant at 0.01 level; *significant at 0.05 level; ns: non-significant*

The table 70 shows the results of step-wise multiple regression analysis with Digital Detox Discomforts as the dependent variable. In this table, the F-value (21.876) was found to be significant (P<0.001) which indicated the overall significance of the model. Among the 27 predictor variable, eight variables entered in the stepwise procedure model are Depression, Anger, Urgency, Fragile inner self, Difficulties in controlling impulsive behaviour, Physical Aggression, Verbal Aggression and Interpersonal awareness.

Among these variables Depression, Anger, Urgency, Fragile inner self, Difficulties in controlling impulsive behaviour, Verbal Aggression and Interpersonal awareness influence DDE-Discomforts positively whereas Physical Aggression influence DDE-Discomforts negatively.

The coefficient of multiple correlation (R) is 0.382 which measures the correlation of the dependent variable with all the predictor variables included in the model. The coefficient of determination (R^2) is 0.146 which indicates 14.6 percent of the variability in digital detox Discomforts is due to the eight predictor variables included in the model. The standardized regression coefficient (β) of the DDE-D predictor variable Depression is found higher in this model. This reveals that depression is the most influencing variable of discomforts. Second influencing variable is Anger followed by Urgency and Difficulties in controlling impulsive behaviours. Based on the partial regression coefficient values (b), the regression equation of Digital Detox Experience – Discomforts (DDE-D) is:

$$\text{DDE-D} = 1.099 + 0.503 (\text{DEP}) + 0.779 (\text{ANG}) + 0.391 (\text{URG}) + 1.497 (\text{FIS}) + 0.424 (\text{DCIB}) - 0.463 (\text{PAG}) + 0.376 (\text{VAG}) + 0.698 (\text{IPA})$$

Table 71

Results of multiple regression analysis (Step wise) with DDE-Benefits as dependent variable

Independent variable	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	37.93	3.84		9.87**	<0.001
Need for approval (NFA)	-3.7	0.7	-0.161	5.289**	<0.001
Non-planning impulsiveness (NPI)	0.768	0.192	0.122	3.993**	<0.001
Urgency (URG)	-0.399	0.139	-0.088	2.867**	0.004
F-value = 20.143**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.236					
$R^2 = 0.056$					

***significant at 0.01 level*

The table 71 shows the results of step-wise multiple regression analysis with Digital Detox Benefits as the dependent variable. In this table, the F-value (20.143) was found to be significant ($P < 0.001$) which indicated the overall significance of the model. Among the 27 predictor variable, three variables entered in the stepwise procedure model are Need for approval, Non-planning impulsiveness and Urgency.

Among these variables Non-planning impulsiveness influence DDE- Benefits positively whereas Need for approval and Urgency influence DDE-Benefits negatively.

The coefficient of multiple correlation (R) is 0.236 which measures the correlation of the dependent variable with all the predictor variables included in the model. The coefficient of determination (R^2) is 0.056 which indicates 5.6 percent of the variability in digital detox Benefits is due to the three predictor variables included in the model. The standardized regression coefficient (β) of the DDE-B predictor

variable Need for approval is found higher in this model. This reveals that need for approval is the most influencing variable of benefits due to digital detox. Second influencing variable is non-planning impulsiveness followed by Urgency. Based on the partial regression coefficient values (b), the regression equation of Digital Detox Experience – Benefits (DDE - B) is:

$$\text{DDE-B} = 37.930 - 3.700 (\text{NFA}) + 0.768 (\text{NPI}) - 0.399 (\text{URG})$$

Table 72

Results of multiple regression analysis (Step wise) with total Digital Detox Experience (DDE) as dependent variable

Independent variable	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	40.67	3.635		11.19**	<0.001
Depression (DEP)	0.783	0.137	0.185	5.698**	<0.001
Need for approval (NFA)	-3.956	0.72	-0.162	5.492**	<0.001
Non-planning impulsiveness (NPI)	0.906	0.197	0.135	4.594**	<0.001
Fragile inner self (FIS)	2.644	0.854	0.095	3.098**	0.002
Anger (ANG)	0.839	0.275	0.104	3.053**	0.002
Physical Aggression (PAG)	-0.704	0.232	-0.104	3.033**	0.002
Verbal Aggression (VAG)	0.547	0.231	0.076	2.371*	0.018
F-value = 24.400**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.378					
R ² = 0.143					

***significant at 0.01 level; *significant at 0.05 level*

The table 72 shows the results of step-wise multiple regression analysis with total Digital Detox Experience as the dependent variable. In this table, the F-value

(24.400) was found to be significant ($P < 0.001$) which indicated the overall significance of the model. Among the 27 predictor variable, seven variables entered in the stepwise procedure model are Depression, Need for approval, Non-planning impulsiveness, Fragile inner self, Anger, Physical Aggression and Verbal Aggression.

Among these variables Depression, Non-planning impulsiveness, Fragile inner self, Anger, and Verbal aggression influence Digital Detox Experience positively whereas Need for approval and Physical aggression influence Digital Detox Experience negatively.

The coefficient of multiple correlation (R) is 0.378 which measures the correlation of the dependent variable with all the predictor variables included in the model. The coefficient of determination (R^2) is 0.143 which indicates 14.3 percent of the variability in digital detox experience is due to the seven predictor variables included in the model. The standardized regression coefficient (β) of the DDE predictor variable Depression is found higher in this model. This reveals that depression is the most influencing variable of DDE. Second influencing variable is Need for approval followed by non-planning impulsiveness, anger and physical aggression. Based on the partial regression coefficient values (b), the regression equation of Digital Detox Experience (DDE) is:

$$\text{DDE} = 40.67 + 0.783 (\text{DEP}) - 3.956 (\text{NFA}) + 0.906 (\text{NPI}) + 2.644 (\text{FIS}) + 0.839 (\text{ANG}) - 0.704 (\text{PAG}) + 0.547 (\text{VAG})$$

So, the eleventh hypothesis “The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not

predict Digital Detox Experience” is not accepted. Regression results related to dimensions of DDE presented in tables 70 and 71 support this hypothesis.

Table 73

Results of multiple regression analysis (Step wise) with Loss of control/time management as dependent variable

Independent variable	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	-2.139	0.976		2.191*	0.029
Limited access to emotion regulation strategies (LERS)	0.181	0.071	0.108	2.54*	0.011
Procrastination (PRO)	0.145	0.019	0.224	7.523**	<0.001
Competitiveness and hostility (CAH)	0.153	0.059	0.078	2.596**	0.01
Lack of emotional awareness and clarity (LEAC)	0.293	0.08	0.134	3.659**	<0.001
Fragile Inner self (FIS)	0.959	0.237	0.114	4.055**	<0.001
Goal-directedness without proper planning (GWPP)	0.249	0.086	0.083	2.898**	0.004
Non-acceptance of negative emotions (NNE)	0.172	0.078	0.087	2.216*	0.027
Non-planning impulsiveness (NPI)	-0.111	0.054	-0.055	2.061*	0.04
Verbal Aggression (VAG)	0.129	0.064	0.059	2.008*	0.045
F-value = 49.837**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.552					
R ² = 0.305					

***significant at 0.01 level; *significant at 0.05 level*

The table 73 shows the results of step-wise multiple regression analysis with Loss of control/time management as the dependent variable. In this table, the F-value (49.837) was found to be significant (P<0.001) which indicated the overall significance

of the model. Among the 27 predictor variable, nine variables entered in the stepwise procedure model are Limited access to emotion regulation strategies perceived as effective, Procrastination, Competitiveness and hostility, Lack of emotional awareness and clarity, Fragile Inner self, Goal-directedness without proper planning, Non-acceptance of negative emotions, Non-planning impulsiveness and Verbal Aggression.

Among these variables, Limited access to emotion regulation strategies perceived as effective, Procrastination, Competitiveness and hostility, Lack of emotional awareness and clarity, Fragile Inner self, Goal-directedness without proper planning, Non-acceptance of negative emotions and Verbal aggression influence Loss of control/time management positively whereas Non-planning impulsiveness influence Loss of control/time management negatively.

The coefficient of multiple correlation (R) is 0.552 which measures the correlation of the dependent variable with all the predictor variables included in the model. The coefficient of determination (R^2) is 0.305 which indicates 30.5 percent of the variability in Loss of control/time management is due to the nine predictor variables included in the model. The standardized regression coefficient (β) of the Loss of control/time management predictor variable procrastination is found higher in this model. This reveals that procrastination is the most influencing variable of Loss of control/time management. Second influencing variable is Lack of emotional awareness and clarity followed by Fragile Inner self and Limited access to emotion regulation strategies perceived as effective. Based on the partial regression coefficient values (b), the regression equation of Loss of control/time management (LC/TM) is:

$$\text{LC/TM} = -2.139 + 0.181 (\text{LERS}) + 0.145 (\text{PRO}) + 0.153 (\text{CAH}) + 0.293 (\text{LEAC}) + 0.959 (\text{FIS}) + 0.249 (\text{GWPP}) + 0.172 (\text{NNE}) - 0.111 (\text{NPI}) + 0.129 (\text{VAG})$$

Table 74

Results of multiple regression analysis (Step wise) with craving/social problem as dependent variable

Independent variable	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	-2.71	0.678		3.999**	<0.001
Limited access to emotion regulation strategies (LERS)	0.167	0.065	0.108	2.589**	0.010
Goal-directedness without proper planning (GWPP)	0.313	0.078	0.113	3.989**	<0.001
Procrastination (PRO)	0.083	0.018	0.139	4.67**	<0.001
Fragile Inner self (FIS)	1.204	0.218	0.155	5.512**	<0.001
Verbal Aggression (VAG)	0.197	0.056	0.097	3.512**	<0.001
Lack of emotional awareness and clarity (LEAC)	0.233	0.074	0.116	3.145**	0.002
Anxiety (ANX)	0.104	0.042	0.079	2.457*	0.014
Difficulties in controlling impulsive behaviour (DCIB)	0.141	0.072	0.074	1.963*	0.05
F-value = 54.899**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.548					
R ² = 0.301					

***significant at 0.01 level; *significant at 0.05 level*

The table 74 shows the results of step-wise multiple regression analysis with craving/social problem as the dependent variable. In this table, the F-value (54.899) was found to be significant (P<0.001) which indicated the overall significance of the model. Among the 27 predictor variable, eight variables entered in the stepwise procedure model are Limited access to emotion regulation strategies perceived as effective, Goal-directedness without proper planning, Procrastination, Fragile Inner

self, Verbal Aggression, Lack of emotional awareness and clarity, Anxiety and Difficulties in controlling impulsive behaviour. All the variables influence craving/social problem positively in the model.

The coefficient of multiple correlation (R) is 0.548 which measures the correlation of the dependent variable with all the predictor variables included in the model. The coefficient of determination (R^2) is 0.301 which indicates 30.1 percent of the variability in Craving/social problem is due to the eight predictor variables included in the model. The standardized regression coefficient (β) of the Craving/social problem predictor variable Fragile Inner self is found higher in this model as seen in Computer addiction, Net compulsion, Cyber Sexual addiction models. This reveals that Fragile Inner self is the most influencing variable of craving/social problem in Internet addiction. Second influencing variable is Lack of emotional awareness and clarity followed by Fragile Inner self and Limited access to emotion regulation strategies perceived as effective. Based on the partial regression coefficient values (b), the regression equation of Craving/social problem (C/SP) is:

$$C/SP = -2.710 + 0.167 (LERS) + 0.313 (GWPP) + 0.083 (PRO) + 1.204 (FIS) + 0.197 (VAG) + 0.233 (LEAC) + 0.104 (ANX) + 0.141 (DCIB)$$

The next table (table 75) verifies twelfth hypothesis “The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Internet Addiction”.

Table 75

Results of multiple regression analysis (Step wise) with Internet Addiction as dependent variable

Independent variable	Partial regression coefficient (b)	SE of estimate	Standardized Coefficients (β)	t-value	P-value
(Constant)	-6.966	1.375		5.066**	<0.001
Limited access to emotion regulation strategies (LERS)	0.364	0.124	0.121	2.947**	0.003
Procrastination (PRO)	0.233	0.033	0.201	6.978**	<0.001
Fragile Inner self (FIS)	2.134	0.41	0.142	5.206**	<0.001
Goal-directedness without proper planning (GWPP)	0.56	0.149	0.105	3.754**	<0.001
Lack of emotional awareness and clarity (LEAC)	0.556	0.139	0.142	4.001**	<0.001
Verbal Aggression (VAG)	0.314	0.112	0.080	2.808**	0.005
Competitiveness and hostility (CAH)	0.259	0.102	0.074	2.525*	0.012
Non-acceptance of negative emotions (NNE)	0.306	0.135	0.086	2.271*	0.023
F-value = 67.095**; P-value < 0.001					
Coefficient of multiple correlation (R) = 0.587					
$R^2 = 0.344$					

***significant at 0.01 level; *significant at 0.05 level*

The table 75 shows the results of step-wise multiple regression analysis with Internet Addiction as the dependent variable. In this table, the F-value (67.095) was found to be significant ($P < 0.001$) which indicated the overall significance of the model. Among the 27 predictor variable, eight variables entered in the stepwise

procedure model are Limited access to emotion regulation strategies perceived as effective, Procrastination, Fragile Inner self, Goal-directedness without proper planning, Lack of emotional awareness and clarity, Verbal Aggression, Competitiveness and hostility, and Non-acceptance of negative emotions. All these variables influence Internet Addiction positively in the model.

The coefficient of multiple correlation (R) is 0.587 which measures the correlation of the dependent variable with all the predictor variables included in the model. The coefficient of determination (R^2) is 0.344 which indicates 34.4 percent of the variability in Internet Addiction is due to the eight predictor variables included in the model. The standardized regression coefficient (β) of the Internet Addiction predictor variable Procrastination is found higher in this model. This reveals that procrastination is the most influencing variable of Internet Addiction. Second influencing variable is Lack of emotional awareness and clarity and Fragile Inner self followed by Limited access to emotion regulation strategies perceived as effective and Goal-directedness without proper planning. Based on the partial regression coefficient values (b), the regression equation of Internet Addiction (IA) is:

$$IA = -6.966 + 0.364 (\text{LERS}) + 0.233 (\text{PRO}) + 2.134 (\text{FIS}) + 0.560 (\text{GWPP}) + 0.556 (\text{LEAC}) + 0.314 (\text{VAG}) + 0.259 (\text{CAH}) + 0.306 (\text{NNE})$$

Thus, the twelfth hypothesis is not accepted.

Figure 29 and 30 below shows the summary of step-wise regression results where figure 29 depicts the number of times each independent variable entered in the 13 models. Figure 30 shows all the predictor variables which predict respective dependent variables.

Figure 29

Independent variables/ its sub-dimensions entered as predictors of Webholism and its dimensions in step-wise regression analysis – Frequency chart

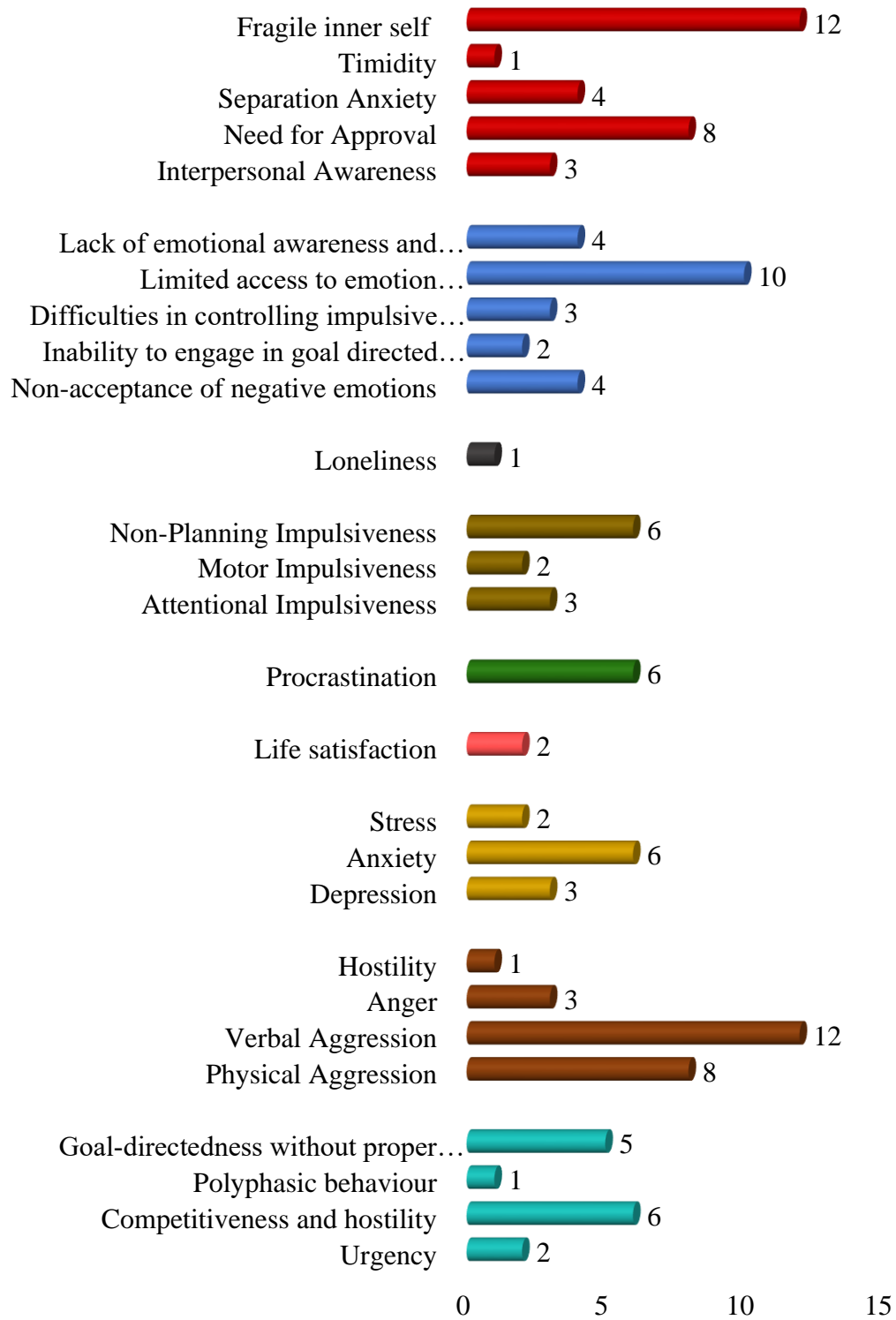


Figure 30
Predictors of Webholism and its dimensions – Summary chart

▶ Anger	•DDE-D, DDE, WEB)
▶ Anxiety	•CA, NC, CSA, CAP, C/SP, WEB)
▶ Attentional Impulsiveness	•(IO, CAP, WEB)
▶ Competitiveness and hostility	•(IO, NC, CSA, CAP, LC/TM IA)
▶ Depression	•(DDE-D, DDE, WEB)
▶ Difficulties in controlling impulsive behaviour	•(CA, DDE-D, C/SP)
▶ Fragile Inner self	•(CRA, IO, CA, NC, CSA, CAP, DDE-D, DDE, LC/TM, C/SP, IA, WEB)
▶ Goal-directedness without proper planning	•(CRA, LC/TM, C/SP, IA, WEB)
▶ Hostility	•(CA*)
▶ Inability to engage in goal directed behaviours	•(IO, CAP ^{ns})
▶ Interpersonal Awareness	•(CRA, IO, DDE-D)
▶ Lack of emotional awareness and clarity	•(IO, LC/TM, C/SP, IA)
▶ Life satisfaction	•(CA*, CSA*)
▶ Limited access to emotion regulation strategies perceived as effective	•(CRA, IO, CA, NC, CSA, CAP, LC/TM, C/SP, IA, WEB)
▶ Loneliness	•(CSA) ^{ns}
▶ Motor Impulsiveness	•(IO*, CA)
▶ Need for approval	•(CRA*, CA*, NC*, CSA*, CAP*, DDE-B*, DDE*, WEB*)
▶ Non-acceptance of negative emotions	•(CAP, LC/TM, IA, WEB)
▶ Non-planning impulsiveness	•(CA, CSA, DDE-B, DDE, LC/TM*, WEB)
▶ Physical Aggression	•(CRA*, IO*, NC*, CSA*, CAP*, DDE-D*, DDE*, WEB*)
▶ Polyphasic behaviour	•(NC)
▶ Procrastination	•(IO, CSA*, LC/TM, C/SP, IA, WEB)
▶ Separation Anxiety	•(CRA, IO, NC, CAP)
▶ Stress	•(CRA, IO)
▶ Timidity	•(CSA)
▶ Urgency	•(DDE-D, DDE-B*)
▶ Verbal Aggression	•(CRA, IO, CA, NC, CSA, CAP, DDE-D, DDE, LC/TM, C/SP, IA, WEB)

Note: CRA: Cyber Relationship Addiction, IO: Information Overload, CA: Computer Addiction, NC: Net Compulsion, CSA: Cyber Sexual Addiction, CAP: Cyber Addiction Pattern, DDE-D: Discomforts, DDE-B: Benefits, DDE: Digital Detox Experience, LC/TM: Loss of Control/Time Management, C/SP: Craving/Social Problems, IA: Internet Addiction, WEB: Webholism

**negatively predict variables, others are positively predicting Webholism and its dimensions*

ns: not significant

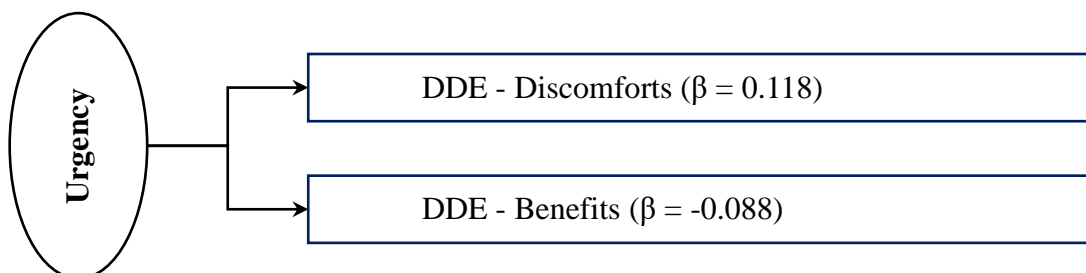
Figure 30 showing which independent variables predict the dependent variable Webholism and its dimensions. Personality, Aggression, Psychopathology (Depression, Anxiety, Stress), Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Regulation and Interpersonal Rejection Sensitivity are working as independent variables in this study. Based on the regression analysis, the following discussion threw light on it.

DISCUSSION

Considering Type A personality as the first variable, it has 4 dimensions. Urgency, Competitiveness and hostility, polyphasic behaviour and goal-directedness without proper planning. This behaviours was identified as Type A behaviour by Friedman and Rosenman in 1976. They later conducted research to demonstrate that people with type A personalities are more likely than type Bs to have heart disease and high blood pressure. Friedman and Rosenman initially referred to it as the ‘Type A personality,’ but it is now thought of as a collection of behavioural reactions known as the ‘Type A behaviour Pattern.’

Figure 31

Webholism dimensions predicted by the TABP sub-variable Urgency



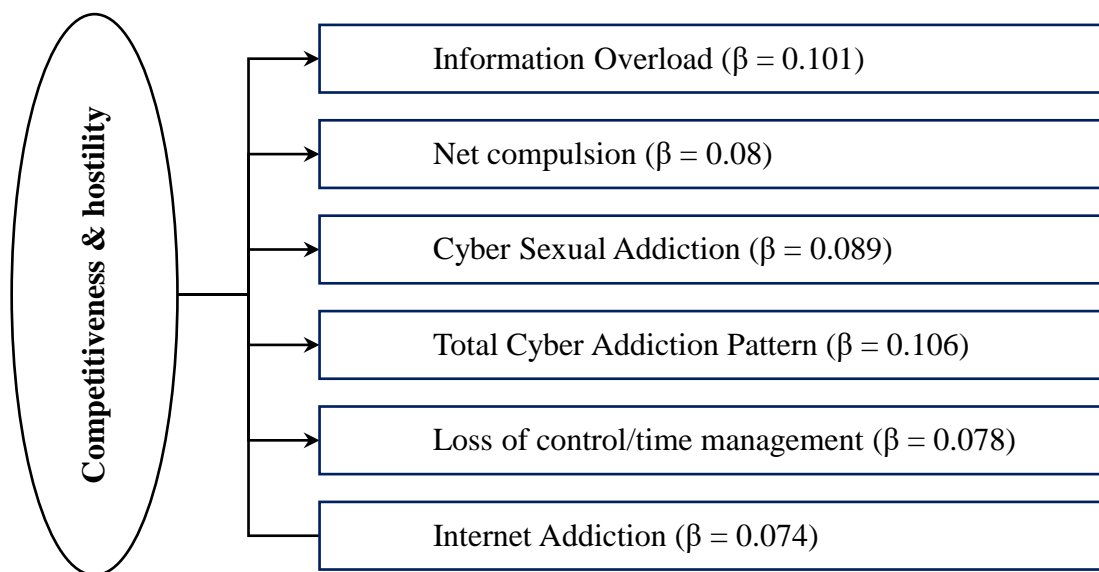
Urgency is a time-based concept that forces people to act quickly. It is a psychological trigger that is deeply rooted in our brains. Here, the variable urgency has come as a predictor of Digital Detox Experience – Discomforts (DDE-D) and Digital Detox Experience – Benefits (DDE-B), which are sub-dimensions of Webholism. In other words, if there is no internet for people with a sense of urgency, there will be more difficulties related to it. The behaviour urgency is related to human loss aversion or fear of missing out (FOMO) (Overchuk & Potaieva, 2021). FOMO is a form of social anxiety where people want to keep up with everyone around them and constantly follow what they're doing. Along with sensation seeking among those with urgency behaviour, FOMO is associated with the category of novelty seeking as a source of gratification, such as acquiring new information and exploring surroundings (Billieux et al., 2010). Therefore, in the absence of the internet, people with a sense of urgency may experience sudden changes in their daily activities and increased discomfort due to the digital detox experience. Therefore, it can be assumed that the person who was so engaged and isolated through the internet would have experienced discomfort when the internet suddenly disappeared and it would have led to Urgency of TABP coming as a variable that predicts discomfort in the Digital Detox Experience (DDE) test.

Similarly, the result predicts that those who have urgency will benefit less in the absence of the internet. The most successful people sustain a sense of urgency within themselves to be the best they can be (Llewellyn, 2015). The urgency characterized people choose not to be disconnected from what they want to achieve, no matter what anyone else thinks or says – and they pursue it – because their sense of urgency is an integral part of who they are (Llewellyn, 2015). In that case, those who have more

urgency may not be engaged in such ways which are counterproductive when there is no internet. Moreover, such people may not engage in real-life activities even while using the internet. Completing household chores, completing pending work, communicating with people and engaging in hobbies are all things that come as in the benefit part of the digital detox experience. According to Cyders and Smith (2008), behaviours related to urgency enable them to focus on what is present and pay attention to the present moment. Though, it can say that they may become dissatisfied if they focus in the ‘present’ without access to the internet.

Figure 32

Webholism dimensions predicted by the TABP sub-variable Competitiveness & hostility



The second sub-variable of Type A Behaviour Pattern (TABP) is competitiveness and hostility, one of the difficult traits of Type A personality. It was found to positively predict Webholism and its dimensions such as Information Overload (IO), Net Compulsion (NC), CSA (Cyber Sexual Addiction), total CAP

(Cyber Addiction Pattern) and C/SP (Cravings/Social Problems) in regression analysis.

Net compulsions are compulsive online behaviours that can be very dangerous, such as compulsive online shopping, compulsive stock trading, online gambling, and participating in online auctions (such as eBay). According to Gilbert et al. (2009), high levels of competition behaviour might have a 'black side'. People who experience social insecurity may become more focused on a hierarchical view of both themselves and others, fearing rejection if they feel they have descended too far into inferiority or subordination and thereby feel sad, stressed, anxious and depressed. Rick et al. (2014) claimed that shopping or retail therapy helps to alleviate sadness. Compulsive consumer behaviours can be motivated by distress in life. Rick et al. (2014) conducted three experiments which supported the idea that making decisions about one's purchases restores a feeling of personal control over one's surroundings and, as a result, lessens lingering sadness. Here in the table, competitiveness and Hostility comes as a predictor of Net Compulsion behaviour. Harris et al. (2013) proved that individuals high in dominant competitiveness behaviour have high susceptibility to predict Problematic Gambling and consumer behaviours (Rick et al., 2014). Due to their intense competitive and hostile nature, people with Type A personalities may heavily criticise themselves when they don't win. Because of their insatiable drive to prove themselves, people with Type A personalities often focus their sense of self-worth on their achievements outside of the home and may struggle to maintain a healthy work-life balance (Scott, 2022).

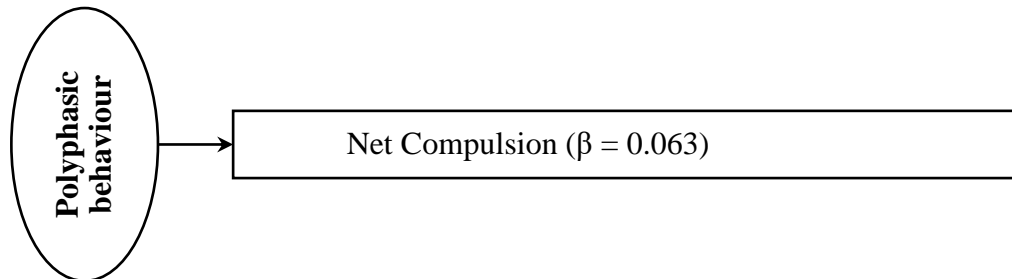
Reading erotic fiction, watching, downloading, or trading porn, participating in adult fantasy chat rooms, engaging in cybersex relationships, masturbating while

participating in online activity that contributes to one's sexual arousal, looking for offline sexual partners, and learning about sexual activity are just a few behaviours that indicate an internet sex addiction. The results of mean differences of this study, table 4.63 show that men are more likely than women to have Cyber Sexual Addiction. Malamuth (1996) has suggested that most types of pornography are created to stimulate men sexually, and that they do so by appealing to male interests, desires and preferences that have evolved to address adaptive issues with mating in ancestral contexts. People with competitiveness and hostility are sometimes deficient in sympathy, easily irritated, and may see the worst in others (Sharma, 2021). The results of content analysis of pornographic photos and videos on websites explored by Pound (2001) discovered that visualizations of sexual activity which involves a female and multiple males are more common than those involving a male and several females. Perhaps it may be because these types of content can easily sexually arouse those with competitiveness and hostility characteristics that they are more prevalent on the sites and competitiveness and hostility is seen as a predictor of the type A personality dimension Cyber Sexual Addiction in the results here.

Tables 68, 72, 74 and figure 32 show that Competitiveness and hostility behaviour predict total cyber addiction, loss of control/time management and Internet Addiction. Type A individuals are highly competitive in nature because they strive for goals without feeling joy in their efforts or accomplishments. They may also spend a lot of time working and too little time on their relationships (Petticrew et al., 2012). People with TABP may attempt to alienate others and experience more stress as a result. High alienation leads to high internet addiction (Sharma & Kumar, 2019).

Figure 33

Webholism dimensions predicted by the TABP sub-variable Polyphasic behaviour



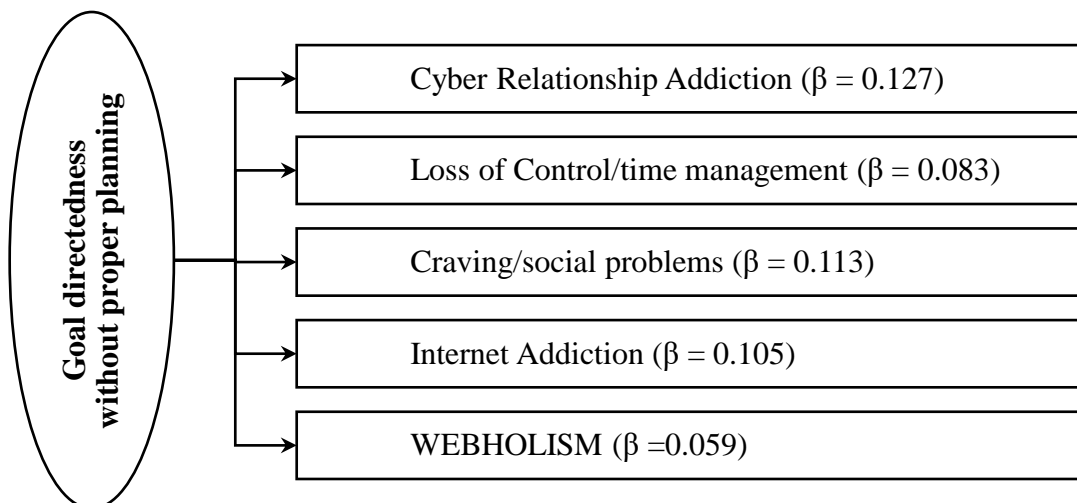
The figure 33 shows that the third dimension of Type A Behaviour pattern Polyphasic behaviour predicts Net compulsive behaviours among internet users. Financial-related activities like shopping and gambling over the Internet have come under net compulsion. Polyphasic personalities are characterized by regularly juggling multiple tasks at once. Polyphasic activities are like having many “irons in the fire” at one time. Polyphasic behaviour can lead to increased distractibility (Moisala et al., 2016), memory problems (Uncapher et al., 2016), depression and anxiety (Becker et al., 2013).

The research of Loh and Kanai (2014), claimed that people who multitask more with media struggle more with socioemotional issues and perform worse on cognitive control tests. Their research has discovered that continuous exposure to novel activities and environments can change brain structure. They verified the research by using Voxel-Based Morphometry (VBM) analyses and found less grey matter density in people with greater Media Multitasking Index (MMI) scores in their Anterior Cingulate Cortex (ACC) of the brain. MMI was negatively correlated with the functional connection between this ACC region and the precuneus (an area of the parietal lobe of the brain that is situated on the medial cerebral hemisphere). A Voxel-

Based Morphometry (VBM) experimental study (Draps et al., 2020) among Gambling disorder individuals showed smaller Grey Matter Volume (GMV) than healthy control groups. People with pathological gambling (PG) exhibit compromised decision-making skills (Freinhofer et al., 2020; Sharman et al., 2019). Therefore, deficits in decision making may lead people with polyphasic behaviour to net compulsion.

Figure 34

Webholism dimensions predicted by the TABP sub-variable Goal directedness without proper planning



The figure 34 shows that the fourth dimension of Type A Behaviour pattern Goal directedness without proper planning predicts Webholism and its dimensions such as cyber relationship addiction, loss of control/time management, craving/social problems and internet addiction.

According to Locke and Latham (2002) Goals are “*the object or aim of an action, for example, to attain a specific standard of proficiency, usually within a specified time limit.*” The method through which we accomplish our goals is through

goal setting. Lock (2019) says *“Every person’s life depends on the process of choosing goals to pursue; if you remain passive you are not going to thrive as a human being.”* People with type A personalities are highly goal-oriented and set goals (Strong, 2022) but do not take time to think about them properly due to their impatience. People with impatient personalities are motivated to complete tasks. They frequently advance innovative concepts, advance initiatives, and look for ways to bypass bureaucratic red tape (hiresuccess.com). Red tape is an idiom used for formal regulations, adherence to inflexible or redundant formal norms or standards, or authority that is said to obstruct or delay activity or decision-making. An impatient individual despises waiting (hiresuccess.com).

They are workaholics who progress with the aim of getting the work done somehow (Scott, 2022). Moreover, because they give priority to work over personal relationships, they tend to compromise relationships often. They can make internet chats and relationships another job to their workload. Moreover, by constantly communicating online with those related to them, they may feel the feeling of meeting ‘perfectionism’ in that work. Type As tend to come out as impatient and angry, especially when someone else is getting in the way of their ambitions and it makes adverse ripples in both personal and professional interactions. Thus, Type A people may find online relationships as a helpful platform for solving their real-life relationship issues. Moreover, they may find time after work to interact with people and use social media. So maybe it is possible for Goal-directedness without Proper planning behaviour to predict Cyber Relationship Addiction.

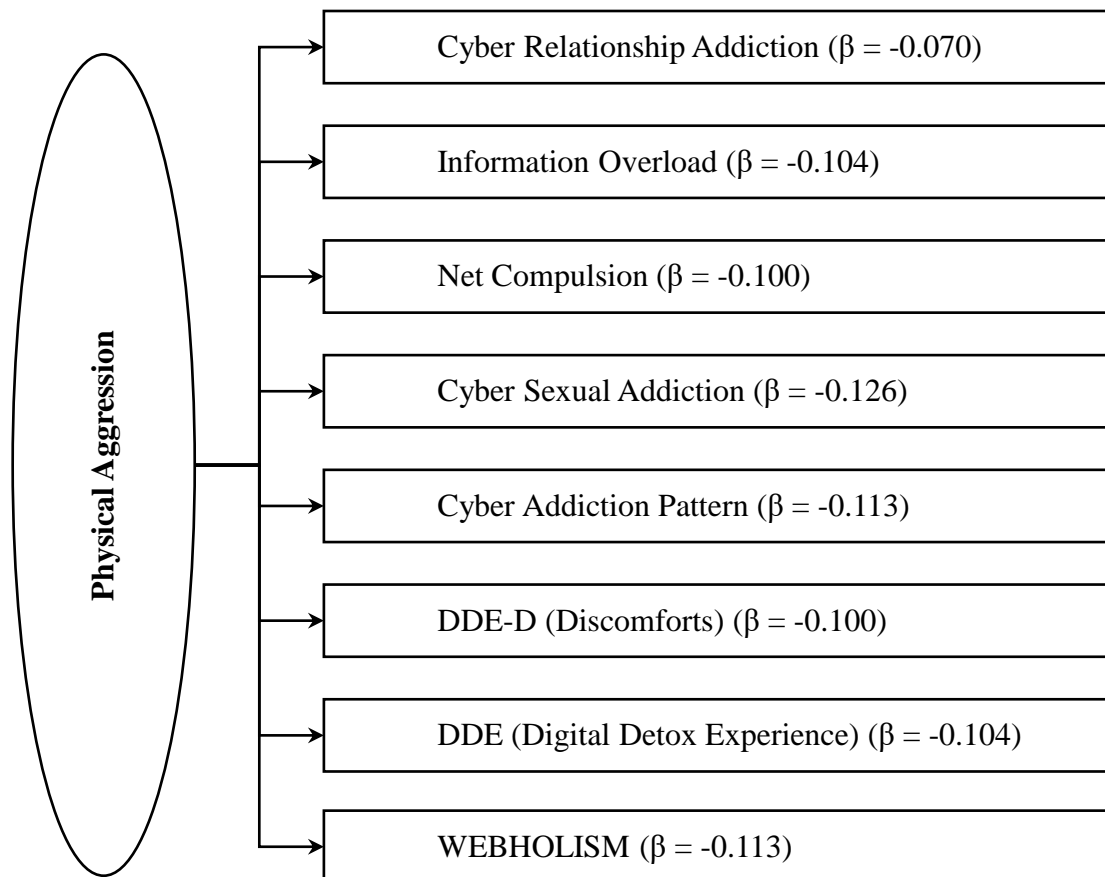
The online world opens up endless ‘work’ possibilities (searching, browsing, etc.) for a Type A person who ventures online without any planning. If they proceed

without understanding it, those who are time urgent will not know that they will lose their effective time. Perhaps that is why Goal-directedness without Proper planning has come as a predictor of Webholism and its dimension Internet addiction and its sub-dimensions that is loss of control/time management and craving/social problems. Because these variables are indicative of live online behaviours.

While many personality traits, such as extroversion, are innate, most researchers believe that Type A personality characteristics are more of a reaction to environmental factors, or tendencies toward certain behaviours, and are influenced by situations, including culture and job structure. Sepehrian and Lotf (2011) found that Type A personality types are more addicted to than Type Bs but Type A and Type B are not significant predictors of Internet addiction.

Figure 35

Webholism dimensions predicted by the Aggression sub-variable Physical Aggression



From the figure 35, it can see that Physical aggression predicts all the cyber addiction patterns and overall Cyber addiction. Referring to tables 4.75, 4.76, 4.78, 4.79, 4.80, 4.81, 4.83 and 4.87, it can be understood that physical aggression negatively predicts Webholism and its sub-dimensions – CRA, IO, NC, CSA, CAP, DDE-D and DDE. So it can be said that high level of physical aggression lessens to Webholism. Social psychologists refer to aggression as any behaviour or action intended to hurt a person, an animal, or cause physical damage to property (Baron & Richardson, 1994). Hitting, kicking, punching, slapping, or any other act that results in bodily harm is considered physical aggression (Kaye & Erdley, 2011). Studies

show that when anger turns into physical aggression, it can lead to violence (Jhangiani & Tarry, 2014).

In contradiction with these findings, aggression was found in positive relation with Problematic gaming behaviour (Evren et al., 2019; Grusser et al., 2007; Kim et al., 2008; Ko et al., 2009; Teng et al., 2014). Physical aggression has been seen as a positive correlate in these studies but in current research it is a negative predictor.

Physical aggression may be influenced by the quality of one's internet experience. Studies show contradictory research results to this finding (figure 35) and point to the fact that people show physical aggression due to excessive discourse on the Internet. Viewing violent online material was strongly associated with youths who committed serious crimes (Ybarra et al., 2008). Moreover, there is proof that some mass killings may be influenced by other violent acts in the recent past, much like how media coverage of suicide can spread the disease and lead to "copycat" suicides (O'Carroll & Potter, 1994). The potential for copycat violence may be raised now that the internet offers unrestricted access to images of actual violence, such as recent videos of murders and gang violence posted to Facebook Live (Towers et al., 2015). While the results here show that physical aggression negatively predicts Cyber Relationship Addiction, previous studies and current scenarios indicate that social media addiction can predispose people to physical aggression. Teens who spend a lot of time on social networking sites "liking" their friend's photos may be much more likely to exhibit other characteristics linked to violent behaviour (Gancer, 2017). In that case, spending hours on social media and giving likes to violent photos and contents, etc., and not giving responses similar to likes and comments to online mates'

posts and turning away in frustration, will have to be seen as portraits of physical aggression in the virtual world.

Similarly, it is seen here that those who have more physical aggression do not have information overload. But studies also show that information overload can lead to physical aggression. Information overload is a condition in which the amount of information received, processed, and assimilated by a person surpasses that amount. Here physical aggression negatively predicts Information overload. Results of a Chinese study conducted during Covid by Wang et al. (2022) confirm the Frustrate Aggression Theory and the Scapegoat Theory once more by demonstrating the significant role that COVID-19 information overload plays in people's negative emotions and consequent rise in aggressive online behaviours. That is, it can be assumed that due to the proliferation of information coming from the Internet in various ways, people feel frustration and it can lead to physical aggression.

The next cyber addiction pattern – Cyber Sexual Addiction is also negatively predicted by Physical aggression.

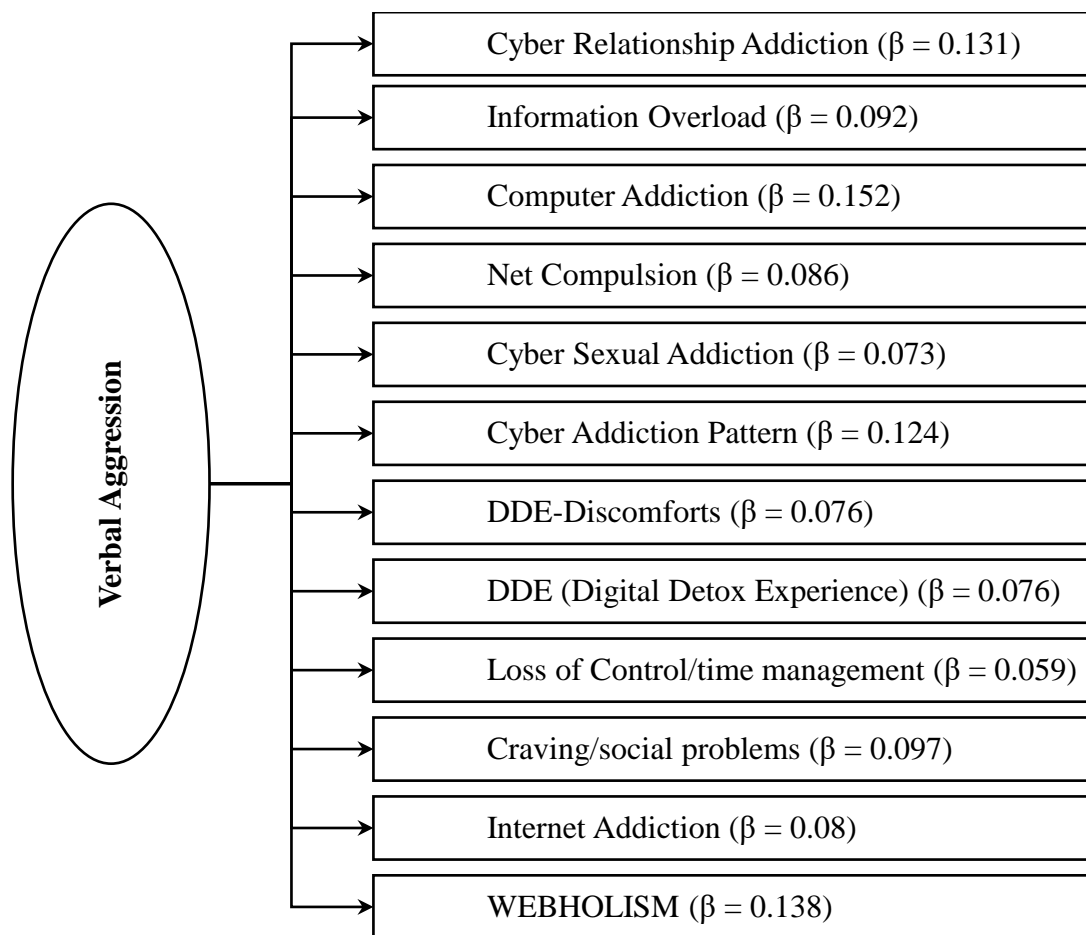
Despite explaining that physical aggression increases due to internet addiction, this regression result actually shows that individuals who are not dominant in the physical aggression feature personality will spend more time on the Internet. In this way, they may not be filling the above-mentioned possibilities of physical aggression through online. Or we also don't know if they don't have time for internet activities since they are surrounded in mental or physical things related to physical aggression. Because the participants of this study say that the main purpose of those who spend more time on the internet is time pass and entertainment.

Aggression in children can take the form of physical actions like kicking, hitting, and pushing, explosive or violent tantrums and outbursts, taunting or insulting peers to elicit a response, threatening to harm others or themselves using toys or other objects as weapons, hurting animals, destroying other people's possessions or damaging property, lying, and stealing (Dewar, 2023). Adolescent aggression can take the form of yelling at parents and siblings, acting irrationally irritable or angry, or impulsively, destroying property or belongings, tease, exclude, or bully other students, lying about them, spreading rumours about them, and threatening to hurt others or oneself (Muarifah et al., 2022). According to Kim (2012), girls displaying less physical, verbal and overall aggression. It is not known whether the negative prediction here is due to the fact that most of the participants in this study were women. Moreover, it can be assumed that people with physical aggression in real life are not interested in being on the Internet. If things are like this, it is necessary to consider that a psychological instrument that can be studied by specifying physical aggression in the virtual world will have to be developed in a timely manner. Many types of cheating conducted over the Internet using technology such as Phishing, Malware, Ransomware, DDoS Attacks, Hacking, Data Theft, Identity Theft, Forgery, Plagiarism, Cyber terrorism, Honey traps, etc. can be interpreted as expressions of Physical Aggression in the virtual world. Numerous cybercrimes are punished under the Information Technology Act of 2000 (IT Act) and the Indian Criminal Code of 1860 (IPC) (Joseph & Ray, 2020). In the study conducted by Bayana and Manikandan (2015), it has been said that people with more cyber addiction are more likely to commit cyber harassment.

In this regression results, Physical aggression predicts four out of five patterns in the cyber addiction pattern, except for computer addiction, which includes online game addiction. Although Lemmens et al. in 2011 stated: We do not know whether violent game material causes or exacerbates aggressive behaviour; Aleissa et al. (2022) suggested that the violent nature of video games may contribute to or exacerbate hostile behaviour.

Figure 36

Webholism dimensions predicted by the Aggression sub-variable Verbal Aggression



Online aggression is the use of information and communication tools (like text messages and social networking platforms) to express aggression against another

person. Although both were significant, associations were stronger for verbal than physical aggression. The figure 36 shows that verbal aggression predicts Webholism and all its dimensions, except DDE-Benefits. If we look at the tables 4.75, 4.76, 4.77, 4.78, 4.79, 4.80, 4.81, 4.83, 4.84, 4.85, 4.86 and 4.87 we will know that all the variables are predicted positively. That is, people with more verbal aggression will also have more Webholism. Notably, in this research, verbal aggression is one of the two independent variables that equally predict twelve of the thirteen dependent variables including Webholism and its dimensions. Another is the fragile inner self, a dimension of interpersonal rejection sensitivity. It will be discussed later.

The first predicting variable is Cyber Relationship Addiction. Regarding online relationships, the latest news on the manifestation of verbal aggression through online relationships comes from Karnataka. Many in the Karnataka administration were stunned when two senior women officers - Rohini Sinduri, an IAS, and D Roopa Moudgil, an IPS (Indian Police Service) officer - were expelled from their departments as a result of a public argument on Facebook (Sreeja, 2023). After Roopa shared the IAS officer's private pictures and accused Sindhuri of violating the service regulations for civil employees, a bitter online war broke out between the two of them. Verbal abuse can be seen on social media under the posts of many people or under the posts about certain people. Often the person being abused is not aware of this. But bad things and untrue things are spreading about him among online people. Many people hesitate to respond even if they see such posts. It could be due to the fact that their image will be affected, the matter will get worse, and they don't know how to react. The reality is that the abuser can take advantage of this situation.

The next variable that predicts verbal aggression here is Information Overload (IO). Verbally aggressive people tend to use language to manipulate and influence other people (Hamilton, 2012). Argumentativeness is one of the positive characteristics of verbal aggression that create satisfaction and boost relationship contentment by aiding in the improvement of understandings between the various stands (Colescone, 2017). The person may use various information systems of relevant evaluative concepts and techniques in their search for sufficient information to fill the cognitive gap that arises when solving the problem of argument evaluation (Taeda, 2007). They may search for various ways to make sense of the information needed in situations involving evaluating argumentation since the information user does not know the answer to the specific issue in advance (Taeda, 2007). People of this nature may be doing broad searches on the Internet in the context of new technology facilities to gather more possibilities and information to meet their cognitive gaps. As Clay Shirky said in the lecture at the Web 2.0 expo, this creates ‘filter failure’ (Shirky, 2008), the low efficiency of the filters that help us distinguish between the material of high and low quality (Matt, 2009) as well as ‘information anxiety’, the pressure people experience to keep up some degree of information awareness despite the fact that there is an ever-growing amount of information available (Wurman, 1989) among humans. A consequence of filter failure is ‘channel panic’, which is the unpleasant sensation people experience as soon as they begin to sense that a filter failure is imminent (cognidox.com). Searching about anything and searching for information about people through social media or other online means can lead to Information Overload in Brain. Thus, it can assume that the increased urge to explore information among verbally aggressive people makes them struggle to

comprehend and organize the information received and leads to Information Overload.

Computer Addiction is the next variable that predicts verbal aggression. According to Lee et al. (2021), anger and hostility were not significantly affected by violent game play, but strongly affected by overall game time.

The propensity for someone to criticize or disparage another person's beliefs or self-concept is known as verbal aggression (Infante & Wigley, 1986). It is an adversarial, destructive method of dialogue. According to poll results from office workers in South Korea (Lee et al., 2021), bullying and abusive supervision at work, both cause employees to become video game addicts, and this addiction rises in correlation with both work-to-family and family-to-work conflicts. A study demonstrated that violent or nonviolent game playing significantly reduced both verbal and physical aggression among heavy players, with no corresponding impact of the game type for light players, supporting the catharsis hypothesis (Lee et al., 2021). Studies show that 98.6% of people under the age of 20 (Howe et al., 2019) and 24% over the age of 65 and older (Brown, 2017) play video games. Verbal aggression was favourably correlated with video game playing time. It can be assumed that those with high levels of verbal aggression see gaming as a way to release frustration from work, relationships or other life situations. In other words, people who have more verbal aggression will have computer addiction. Sadly, for the catharsis theory, research indicates that playing violent video games makes people more aggressive (Anderson et al., 2010; Bushman & Whitaker, 2010). Virtual reality (VR) games have the power to evoke emotions, such as increased levels of aggression in response to

provocative situations (Verhoef et al., 2021). But there are those who see video gaming and VR games as a way to interact with other people and fully immerse in the virtual world while experiencing a sense of being there. Another important factor in why some people play certain games is nostalgia (Wulf et al., 2018).

In step-wise regression, the variable Verbal aggression is establishing as a predictor of third dimension of Cyber Addiction pattern - Net Compulsion (NC) behaviour, that includes compulsive online shopping, online gambling, compulsive stock trading, etc. Sagoe et al. (2017) proved that higher levels of physical and verbal aggression are linked to higher chances of engaging in risky and problematic gambling among adolescents.

Net compulsive people spent a lot of time in online gambling. Many online gambling platforms exist in such a way that they do not appear to be gambling on the surface. There are many people who fall into it thinking that it is a game. Whether online games for money are gambling or not is a matter of debate. In today's scenario, one can constantly see advertisements on the internet portraying online rummy as a means of income and a sign of one's talent and excellence. Many prominent film and sports stars appear in its advertisements. All of this can make people look down on online gambling games and lead people especially adolescents who don't think about their dangers to trouble. Arpita (2022) reported that Money card games are more targeted at males aged 20 to 44 in southern regions of India such as Andhra Pradesh, Karnataka, Tamil Nadu, Puducherry and Kerala. But the recent suicides in Kerala make it clear that women are also victims of online rummies (Indus Scrolls Bureau, 2022). Many suicides are happening around us today due to failures and financial

burdens in online rummy. A native of Palakkad, who was a lab technician in a college in Thrissur, lost around three and a half lakh rupees by playing online rummy and committed suicide due to depression (Mathrubhumi News, 2023). Only in the neighbouring state of Tamil Nadu, 17 individuals committed suicide by 2021 after losing money at online gambling (Kaumudi online, 2021).

Fred (2021) and Zaharov (2021) state that online rummy can be a gamble and a skill-based social game. Siddiqui (2021) says: *I'll make the recommendation that you should never play online rummy for money because nobody ever makes money playing online rummy. You cannot assume that if you win one game, you will win the following round. Nothing in online rummy is random; instead, fixed software continuously monitors and records your data, giving you cards based on that information. If you won the previous round, you will be left with jokers in the following round, which will result in a loss. If you lose the prior hand, you might win the next one or you might not, but if you win, you will undoubtedly lose. So, based on my personal experience, avoid playing rummy online because you can never win. If you lose a significant amount of money playing rummy, you will keep losing until you recover it. Save money and time while avoiding stress.*

But all online games including rummy and poker are legal in India (Deccan herald, 2022). Decisions about online games are taken by respective states. The states of Karnataka, Andhra Pradesh, Orissa, Assam, Meghalaya, Sikkim, Nagaland, and Telangana have banned such online gaming. These courts are of the opinion that playing online rummy wastes money and can have a number of negative effects. In February 2021, the Kerala Government also banned online rummy under section 14A of the Kerala Gaming Act 1960.

Fifthly, Verbal aggression predicting Cyber Sexual Addiction (CSA) in the step-wise regression analysis is discussed next. Three distinct forms of cybersex use have emerged over the last 30 years. Initially, the majority of internet content consumed by users was pornographic and erotica. Later, social media emerged, and the internet was widely used for interactive activities, creating new opportunities for dating and sexual activity (e.g., with webcams, dating apps, or chat). Not to mention, there has been a shift towards sexual models that are extremely immersive, such as the use of virtual reality and sex machines or robots. The most recent development is still in its infancy.

Although the government has blocked more than 3,500 porn websites, experts estimate that 35 - 40% of material downloaded daily from India is pornographic (OWB, 2017). There are no precise statistics, but research by Mail Today, citing Kislay Chaudhary, director of the Indian Cyber Army (ICA), reveals that search engines receive over 1,16,000 queries everyday about child pornography (Shekhar, 2017). Findings point to elevated levels of verbal and bodily aggression in pornography. 48.7% of the 304 sequences examined contained verbal aggression, mostly name-calling or insults and threats of physical harm, while 88.2% of the scenes featured physical aggression, mostly spanking, gagging, and slapping (Bridges et al., 2010). Yelling, calling names, threatening, and swearing at a sexual partner are all examples of verbal abuse during sex (Shor & Seida, 2021).

There are only two fundamental drives, in accordance with Sigmund Freud, that underlie all ideas, feelings, and actions. Simply stated, these two drives are sex and aggression (Freud, 1920). Yet, even talking about sex is taboo and awkward in India. Porn is viewed as illegal in Indian culture as a result of this mentality. Even

privately viewing porn is regarded as a serious crime that carries stiff penalties. Moreover, India is full of moral police, moralists and cyber brothers who take the law into their own hands. They are enforcing the law and creating trouble by intruding into another's freedom and privacy. In a country where men and women are close, chat, love and even sharing friendship is questioned, there are various anxieties and inconsistencies including sexual frustrations. According to Freud, anxiety results when the ego fears that it won't be able to strike a balance between the Id's aggressive and sexual needs and the right way to satisfy them as the superego requires. Freud suggested that the ego creates defense mechanisms to cope with this anxiety. Defense mechanisms reduce anxiety by diffusing reality in different ways to reduce or redirect anxiety (Myers, 1993). While Sex do help the self-preservation and survival (Freud, 1920), Aggression the manifestation of death instinct is not only self-destructive, but also affects others.

Psychoanalyst and philosopher Slavoj Zizek, stated: Virtual Sex has been celebrated as the ultimate expression of freedom or/and oppression (Zizek, 1996). In that case, CSA may be a sublimation type of defense mechanism to deal with the anxieties of a person with verbal aggression. Sublimation means turning 'wrong' impulses into behaviours that are acceptable in society. But today there are people who make decisions based on whether it is acceptable to self rather than socially acceptable. Therefore, people may think that internet sex is an acceptable form. According to a recent survey by the Common Sense Media, 58% of participants found internet pornography by accident, and 44% of teenage participants admitted to viewing it on purpose. Half of the teenagers acknowledged that they felt ashamed after watching porn in both groups (those who had watched it accidentally and those who

had done so consciously). However, the majority (67%) indicated they were “OK” with the situation as it was (Sharma, 2023). This shows that people see internet sex as acceptable behaviour.

In India, it is not against the law to view obscene material in private. However, some particularly explicit sexual content is prohibited by Indian legislation. Certain laws specify the parameters and range of these actions and state whether the content is acceptable, illegal, or punishable. These statutes include the Women’s Indecent Representation (Prohibition) Act (IRWA) of 1986, the Information Technology Act of 2000, the Protection of Children from Sexual Offenses Act (POCSO) 2012, and the Indian Penal Code of 1860. Meanwhile, the third-largest pornographic market worldwide is India. The United States is at the top of this ranking, followed by the United Kingdom. In terms of overall visits to Pornhub from India, 30% of users were female. Additionally, of the 33.5 billion users who visited Pornhub globally, 29% of them were female (Yadav, 2020). Although watching porn is not illegal or a crime, there are still many negative consequences that come with addiction to porn, so it is crucial to control the use of pornographic material. Not only the government or the judiciary, but also individuals, particularly young people, should make an effort to regulate the use of this pornographic content. It is important to educate the people about the dangers and repercussions of pornographic material. The solution to this issue is not to outlaw all pornographic websites; rather, it will take the united efforts of all citizens and regulatory agencies to solve it (knowlaw, 2022).

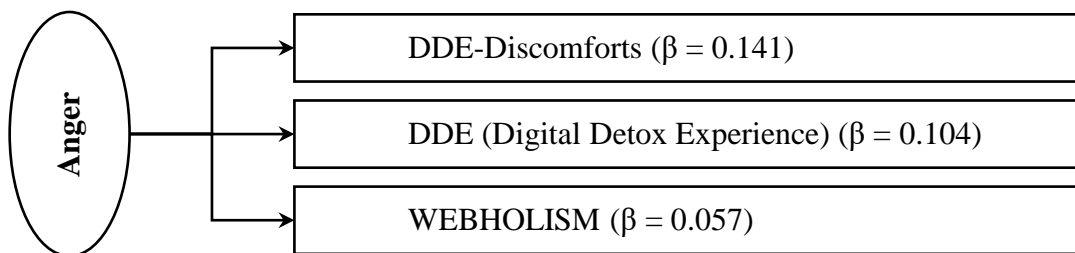
Pornography is not real sex; the truth is that it is a kind of recreation. Aggression in porn videos is not meant to harm another person; but to attract people to that content. Titles that are not related to the content but imply some kind of

aggression are also for that. People with verbal aggression may be releasing their oppressed feelings by watching aggressive visuals. That's why Verbal Aggression predicts Cyber Sexual Addiction.

Thus verbal aggression predicts all five sub-dimensions of Cyber Addiction Patterns as well as total Cyber Addiction.

Figure 37

Webholism dimensions predicted by the Aggression sub-variable Anger



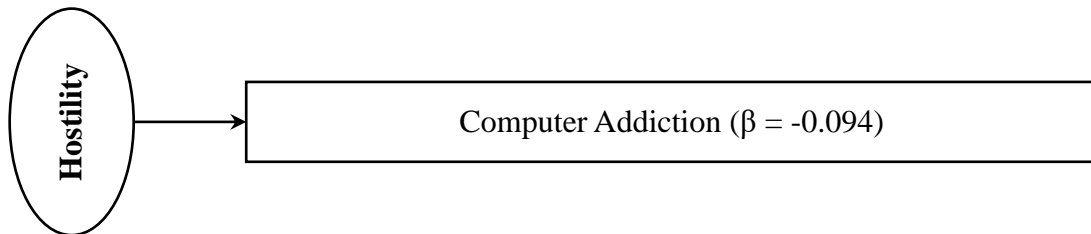
The figure 37 shows that Anger predicts discomfort in the absence of the internet, a total digital detox experience, and Webholism. Anger is a kind of emotion that is characterized by resentment towards someone or something that one believes has intentionally wronged them (Kazdin, 2000). According to the APA (2010), anger is a frustrated feeling characterised by tension and aggression. Anger has its benefits. For instance, it may provide a means of expressing unfavourable emotions or inspire a person to seek answers to issues. Anger, also referred to as wrath or rage, is a strong uncomfortable and uncooperative emotional reaction to a perceived provocation, injury, or threat (Alia-Klein et al., 2020). When a person consciously decides to move to stop the threatening behaviour of another outside force, anger takes over as the

dominant behavioural, cognitive, and physiological emotion (DiGiuseppe & Tafrate, 2006). So, it can be said that anger is leading people to survive the lack of internet and its discomforts. Sharma et al. (2020) reported that Technostress is largely influenced by poor network performance, delays in information access, browser malfunctions, interruptions in virtual gaming due to pop-up windows, and other technological problems.

Additionally, anger compels a person to shift towards something beneficial along with away from something negative (fortbehavioral.com). Anger is hurt underneath, so anger is pain and causes suffering. Ignoring that hurt will make person angry, which will then make one act dysfunctional and destructive (Lamia, 2019). This self-destructive behaviour can result in mental health problems like depression, which increases the risk of becoming addicted (Lamia, 2019). Anger, whether expressed or repressed, is a common sign in people who are depressed (Sahu et al., 2014). Baharvand and Malekshahi (2019) found that Anger's subjective elements can indicate a person's propensity for addiction. In addition, the study of Baharvand and Malekshahi (2019) discovered that 80% of those who had high amounts of anger also had depression, which was a combination of sadness and anger. Since the period of Freud, Depression is internalised anger marked by emotional numbness and apathy (Nathanson, 1994a), which develops when our emotional and psychological functions close down in an effort to prevent experiencing pain (Nathanson, 1994b). Subsequently, these elements add to the tendency of increased anger to result in Webholism.

Figure 38

Webholism dimensions predicted by the Aggression sub-variable Hostility



Among the 13 variables including Webholism and its sub-dimensions, hostility predicts only one dimension called Computer Addiction (CA), and that too negatively. That is, computer addiction will decrease in people with high hostility. Looking at previous studies, opposite to this result, a positive direction is seen in them. For example, teenagers who were addicted to the Internet had higher amounts of hostility (Stavropoulos et al., 2017; Yen et al., 2007). A sex difference in the relationship between hostility and Internet addiction was also discovered by them. The Hindu (2021) daily also reported the same.

The two most prevalent aspects of the multifaceted personality characteristic known as hostility are *cynicism*, which is the conviction that other people primarily act out of selfish motives, and *mistrust*, which is the conviction that people are likely to be hurtful and are the perpetrators of mistreatment. In contrast to anger, which is an emotion, and aggression, which is an action, hostility corresponds to a cognitive disposition (Powell & Williams, 2007).

Excessive online gamers will move away from playing alone to massive games. Playing massively multiplayer online role-playing games (MMORPGs) seems to be especially troublesome because these games demand a lot of time and dedication

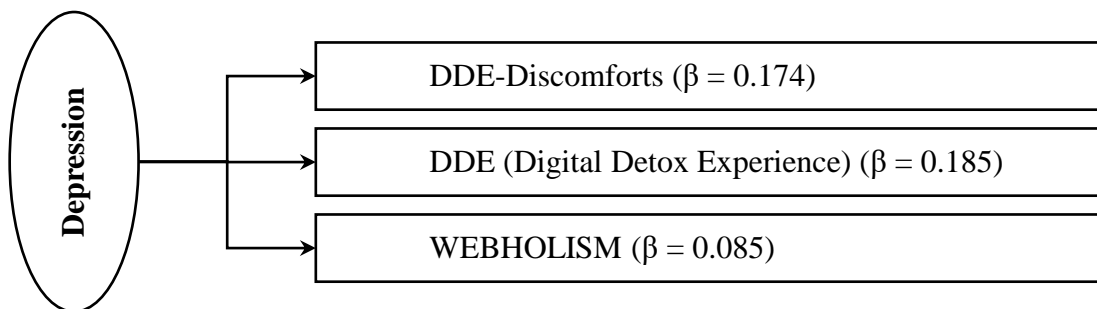
from the players, which interferes with their ability to engage in work, social, and other leisure pursuits (Kuss et al., 2012). Online games involve communication between players. In 2006, this communication between game players was specifically examined by two academicians Pena and Hancock. They investigated whether the more than 5,800 messages sent while participating in an online multiplayer game were socioemotional or task-oriented. Players were able to connect with fellow players through socioemotional messages like “Thanks for the help”, “I concur with you”, and “that was witty”, respectively. Task-oriented messages, like “How do you open this door?” and “Just try a few more,” are directed at the game itself. They discovered that social-emotional messages outnumbered task-based messages 3.2 times more. Also, more than 2.6 times more probable to be good than negative, these emotion-based messages. This proves that, in contrast to what many feared, most messages sent between players when playing this game were used to engage with others positively (Pena & Hancock, 2006).

Wiebe, Song and Loyola (2018) claimed that people with greater levels of hostility exhibit a definite difference in the transactional mechanisms and social relationship processes. Due to their propensity to react aggressively to others, hostile people are more likely to have bad interpersonal interactions (Smith & Frohm, 1985) and are less able to recognize positive responses from others and report lower levels of social support (O’Neil & Emery, 2002). Higher level of hostility trait is associated with more interpersonal conflict and isolation (Siegler et al., 2003), more negative and fewer positive interpersonal interactions (Brondolo et al., 2003), and more interpersonal conflict and deprivation (Kahler et al., 2012). Good communication should be maintained with fellow players to advance online games. But because

hostile people may have these kinds of interpersonal issues, the variable Hostility is interpreted Computer Addiction negatively.

Figure 39

Webholism dimensions predicted by Depression



The results show that people with depression experience discomforts in the absence of the Internet and are more likely to feel upset about it. Moreover, depression consistently predicts Webholism.

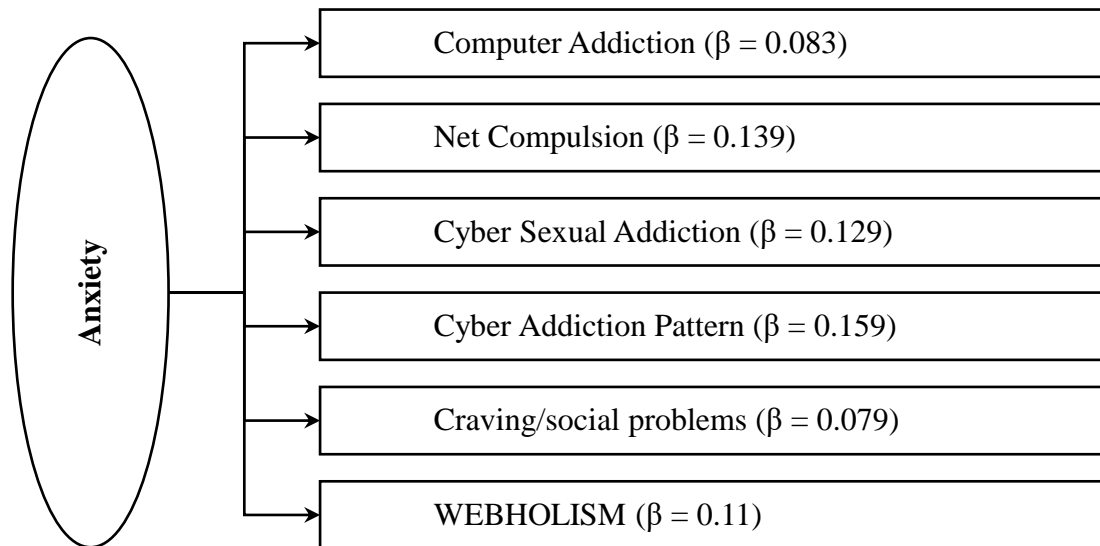
Depression is a severe medical condition that frequently affects people's feelings, thoughts, and behaviours. Sadness and/or a lack of interest in previous hobbies are symptoms of depression. It can impair one's ability to perform at work and at home and cause a number of emotional and physical issues (APA, 2020). In any particular year, depression is thought to affect one in 15 adults (6.7%). In addition, 16.6% of the population will suffer depression at some point in their lives (APA, 2020). India has the highest rate of depression in the world, claims a World Health Organization (WHO) study (Sakshi, 2022). This indicates that one in three people in India experience depression. The young people are being affected gradually but continuously by this. According to a recent UNICEF report, one in seven Indians

between the ages of 15 and 24 frequently experience depression or lack of interest in activities (Garg, 2022). The report also cautioned that the Covid epidemic may have long-term effects on children's and youths' mental health and wellbeing. The greatest prevalence of depressive disorders in India appears to be in states namely Tamil Nadu, Kerala, Goa, Telangana, Andhra Pradesh, and Odisha (Garg, 2022).

Numerous research has found links between symptoms of depressive disorder and Internet addiction. The risky/impulsive Internet use was most closely associated with depression symptoms (Jelenchick et al., 2015; Lee & Leeson, 2015; Weinstein et al., 2015). Internet use is thought to be a coping mechanism for depressed people to deal with unpleasant feelings or stressful circumstances (Kozybska et al., 2022; Sariyska, 2015). Through suggesting an Interaction of Person-Affect-Cognition-Execution (I-PACE) model, Brand et al. (2016) describe it. According to Jelenchick et al. (2015), depressive symptoms (such as anhedonia or trouble concentrating) may also make it harder to choose a healthy lifestyle, encouraging people to forgo other everyday activities in favour of spending more time online. So, a person in a depressive state can become a Webholic because they get relief to some extent through the internet. Moreover, missing out on that experience through the Internet may make them more vulnerable to their depressive state.

Figure 40

Webholism dimensions predicted by Anxiety



Anxiety is a mental and physical condition of unfavourable anticipation. A sense of tension, worrying thoughts, and bodily changes like elevated blood pressure are all characteristics of anxiety (APA, 2020). It is characterized psychologically by heightened arousal and apprehension that is tormented into disturbing worry, and physically by the unpleasant firing of several bodily systems, all of which are done to facilitate a reaction to an unknown threat, regardless of whether it is real or imagined. In order to get attention and motivation to take the required actions to safeguard the things one value, anxiety is used and is essential to our survival and alertness. Periodic anxious attacks are normal and even beneficial. We, humans, pay anxiety as an expense for having the capacity to envision the future. Depression and anxiety frequently co-occur and have many similar signs as well as shared brain pathways (Psychology today). Although both variables predict Webholism, anxiety and depression here predict different dimensions of Webholism.

Although there is no proof that playing video games actually increases anxiety, studies have shown a correlation between the two (Paterson, 2021). But here the results establish that people with high Anxiety have more things like online gaming, gambling, shopping, cybersex and they may be Webholics. Individuals who exhibit higher levels of trait anxiety, aggressive behaviour, and neuroticism are more likely to become addicted to video games (Conrad, 2023). Hirsch et al. (2006) says that people who have anxiety disorder have negative self-images of themselves behaving awkwardly in social settings, and they also perceive social cues from others less favourably than people who don't have social anxiety. Online interaction was found to cause less social anxiety than in-person interaction, especially in subjects with significant social anxiety (Yen et al., 2012). Online gaming can satiate the need for human interaction that socially anxious people still have. Gamers can experience a sense of belonging by participating in online forums to discuss games, connecting with others to complete missions, and speaking on headsets. While gaming online they are no longer on the outside peering in. They don't need to leave their home or interact with anyone directly to join the crowd.

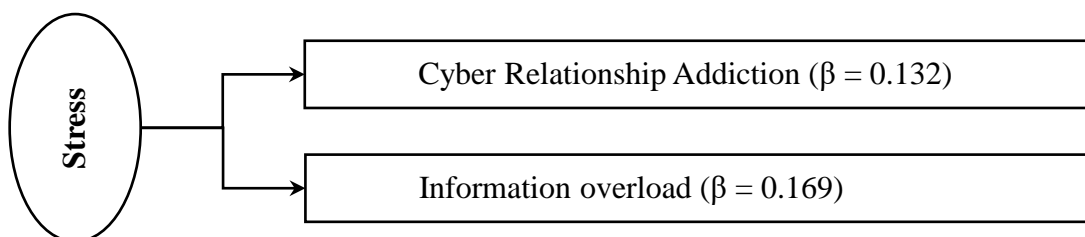
Compulsive buying disorder (CBD) is characterized by frequent thoughts about shopping and compulsive purchasing (Black, 2007). Buying maniacs (Oniomaniacs) people turn to shopping as a coping mechanism for their anxiety, sadness, or bad mood (Racine et al., 2014; Weinstein et al., 2016). When we feel anxious, it's an indication that things are chaotic and uncertain around us. In order to lessen the risk and uncertainty that currently experience in our lives, people are prone to lean into choices that are secure as well as sound when making purchase decisions.

Also, according to research by Levin et al. (2012), a greater frequency of pornography watching is linked to higher levels of depression and anxiety (Guidry et al., 2019).

Even though, when engaging online, the high social anxiety group in Yen et al. (2012)'s study still showed more social anxiety than the control group did imply that people with elevated social anxiety may still experience it online (Hutchins et al., 2021). This means that people with anxiety are not as comfortable in online interactions as they are in offline interactions. Therefore, it is possible that anxiety does not stand as a predictor of Cyber Relationship Addiction, but it predicts online gaming (Computer Addiction), gambling, shopping (Net Compulsions), and online pornographic content (Cyber Sexual Addiction). Shopping online and exploring sexual content online do not require or need fewer in-person interactions. However, it can be said that people with anxiety can become Webholics.

Figure 41

Webholism dimensions predicted by Stress



Stress is referred to as a state of being, when perceived demands surpass our perceived ability to handle them. Stress is a typical human response that drives us to confront challenges and threats in our lives (WHO, 2023). Chronic stress can have an adverse impact on our physical and mental health by resulting in a number of issues,

such as worry, insomnia, muscle soreness, hypertension, and a weakened immune system (APA, 2022).

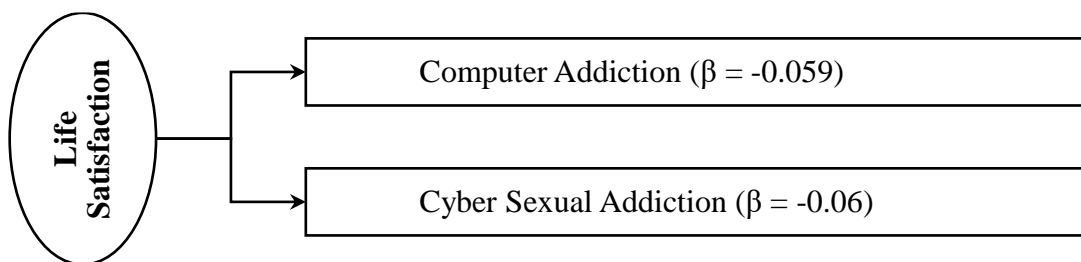
Comparatively to participants with low perceived stress, participants with a high degree of stress were more likely to participate in long calls and text chats and have an increased call and text prevalence (Dissing et al., 2019). A recent Italian study conducted by Cannito et al. (2022) that examined stress using the Perceived Stress Scale (PSS) suggests that stress levels both directly and indirectly, via the impact of individual temporal dissociation (failure to recognize the passing of time while interacting) encountered during social media use, predicted Social Media Addiction.

Users of social networks bear the risk of developing an addiction to these sites even as their use causes stress (Tarafdar et al., 2019). Users of social networking sites (SNS) like Facebook and Instagram are reported to suffer from technostress from social media, which is stress brought on by social media. Tarafdar et al. (2019) claimed that instead of turning them off or using them considerably less when under such stress, people are switching between different social media platforms, escaping the sources of their stress despite abandoning the platform where it started. Stress predicts not only Cyber Relationship Addiction (CRA) but also the variable of Information Overload (IO). Perhaps this switching behaviour from social media leads to browsing and information-seeking behaviour. When feeling anxious, looking for information can lessen the unpleasant feeling of uncertainty and help with decision-making. However, if the information is unfavourable or unclear, worry may grow even stronger. When feeling anxious, looking for knowledge can lessen the unpleasant feeling of uncertainty and help with decision-making. However, if the information is unfavourable or unclear, worry may grow even stronger.

When interpersonal interaction is scarce due to the COVID-19 pandemic, people are more likely to spend excessive amounts of time online sustaining connectivity (Zhao & Zhou, 2021). Because the current research data was gathered both during and shortly after the Covid, it is accurate to say that there will be pandemic stress in people. Cyber relationship addiction can result from any amount of worry one experiences, particularly when it comes to maintaining physical separation from others during the Covid time. People who are under stress frequently interact on their smartphones, which may be elucidated by a desire for social support or by the stress that comes from managing a big network on a smartphone.

Figure 42

Webholism dimensions predicted by Life Satisfaction



According to Veenhoven (1996), “Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as a whole. In other words, how much the person likes the life he/she leads.” The evaluation of one’s life as a whole, rather than just their current state of enjoyment, is what is meant by life satisfaction. Here, life satisfaction predicts only two dimensions of Webholism, that too negatively. It is computer addiction and cyber sexual addiction. That is, people with low life satisfaction may go to internet gaming and internet sex.

In recent years, computer video games have evolved to become more sophisticated, realistic, and social in essence. Virtual Assets are things that may be purchased for an avatar in a game using real-world cash. The most common examples include weapons, equipment, pets, mounts, and skin customizations. The game character, or avatar, serves as the hub for all of the digital resources that the user creates and gathers while exploring online gaming levels. People today are interested in VR (Virtual Reality) Games which are different from normal games and are at a higher level. VR games are more immersive than traditional video games, which is one aspect in which they are superior (Manninen & Kujanpaa, 2007). A 360° perspective of the surrounding environment offers a realistic experience that conventional depicts cannot match. Additionally, using VR goggles reduces user distraction from their physical environment. Gamers will have a genuinely immersive experience when realistic interacting elements and constantly improved graphics are included.

Deci and Ryan (2000)'s self-determination theory, which recognises three fundamental psychological needs such as need for competence, autonomy, and relatedness as critical for the best possible development and fulfilment, can be used to explain the first finding – low level of Life Satisfaction predict increased Computer addiction (CA) i.e., gaming. An environment that supports these demands promotes life satisfaction (Jagadeesan, 2022). Cleghorn and Griffiths (2015) discovered that virtual assets allow gamers to show themselves, experience true satisfaction, and form lifelong friendships. In general, virtual assets and games had an enormously beneficial impact on the participant's mental health. In today's competitive situation, it can be said that those who have low life satisfaction are more likely to go to game addiction

because they are trying to get a personality through games that cannot be achieved in real life.

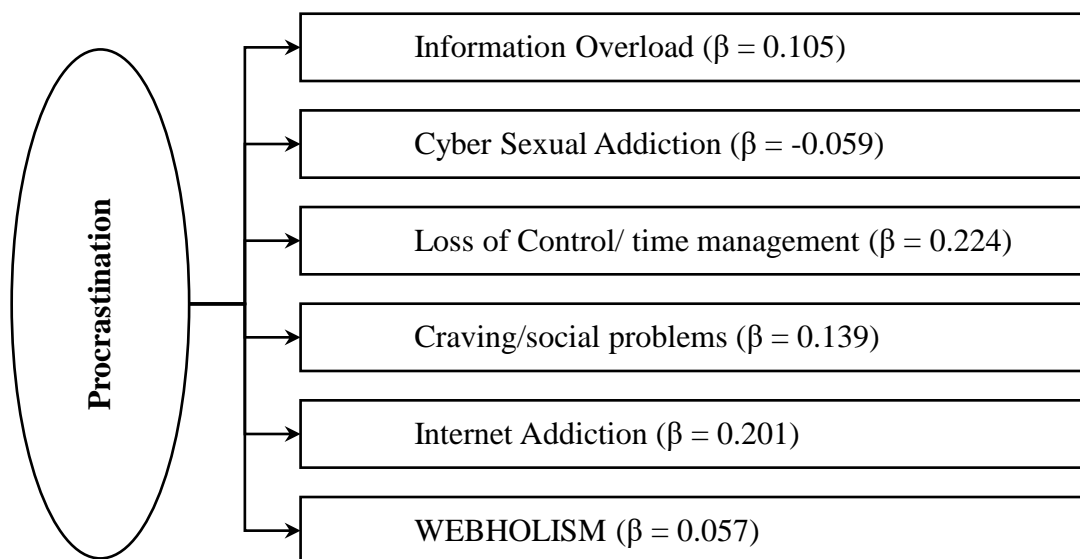
In the current study, the second prediction of low life satisfaction was Cyber Sexual Addiction (CSA). According to a survey done by the website promotionalcodes.org.uk, Facebook users who brag about their romantic partners or loved ones are the most obnoxious (Culzac, 2014). Public declarations of love, according to 25% of those polled, are irksome, while others claimed that boasting about one's "perfect life" is the worst. Truth is often not what you see on social media. An incident that created a big uproar that happened closest to that was on March 1, 2022, a 21-year-old Malayali vlogger, Rifa, committed suicide in Dubai. She had posted many reels with her husband and child on social media and died suddenly one day. The duo may be seen visiting a restaurant in Dubai and trying Kozhikode cuisine in her most recent Instagram video. That video was posted on February 28, just a few hours before her passing. Behind the news, her father said that she was a victim of severe domestic violence (John, 2022). Many people do not think that they should be happy, but that others should assume that they are living happily. That's why saying reel life are not real life. However, such posts make others uncomfortable. It is said that beauty is a power. It can be considered that many are trying to gain that power by sharing personally feel-good or filtered or beauty-enhanced images and videos through online platforms. By assuming that everyone is happy, that everyone else's life is colourful, that only mine is sad and my life is black and white, their life satisfaction decreases.

Moreover, every single woman in Ziaee et al. (2009)'s research of 140 women reported marital satisfaction. However, 0.7% of people were not happy with their

sexual relationships. It means that even though the marital life is satisfied, the sexual need is not satisfied. According to the need-theory of happiness, when our basic needs are met, we feel better, and this positive experience leads to a higher level of life satisfaction (Veenhoven, 2009). According to a 2019 study by Skaacka and Gerymski, sexual satisfaction was a reliable indicator of overall life satisfaction (Skaacka & Gerymski, 2019). Both men and women came to the same conclusion (Schmiedeberg, 2017). Studies show that there are few people who feel sexual satisfaction even if they are married. Even if you are single now, there are many limitations for sexual need satisfaction in our country. It may be possible to increase psychological well-being by trying to alleviate this sexual urge online, which is a barrier to life satisfaction. According to the findings, it could also be expected that people's computer addiction and cyber sexual addictions decline as life satisfaction rises.

Figure 43

Webholism dimensions predicted by Procrastination



The act of delaying something vital by focusing on something more enjoyable, easier, or less important is known as procrastination. It is distinct from laziness, which is the refusal to do action. Current research results show that (figure 43) people with high procrastination become Webholics. Moreover, information overload (IO), which is a dimension of Webholism, will increase among them and cyber sexual addiction will decrease. Because procrastination negatively predicts Cyber Sexual Addiction (CSA). Internet addiction (IA), another dimension of Webholism, and its two sub-dimensions namely craving/social problems and time management/loss of control will be more common among people with high procrastination.

Odaci (2011) says that academic procrastination is not correlated with Internet addiction. However, whether procrastination is academic (Kiamarsi & Aryapooran, 2015; Tras & Gokcen, 2020; Uzun et al., 2014) or not (Przepiorka et al., 2016; Reinecke et al., 2018) it is positively associated with Internet addiction. It is said that there is a correlation and it is a predictive factor.

Procrastination may be a result of ‘Present Bias’, a phenomenon seen in human behaviour. Because of the Present Bias, we are more likely to be motivated by short-term incentives than by long-term ones (Bisin & Hyndman, 2019). This is why putting anything off feels fantastic at the time we procrastinate. Bisin and Hyndman’s Present Bias theory can explain this Webholism behaviour in a way that the reward one gets when searching and enjoying things on the internet is more impressive than any other hard work.

Based on what one does after procrastinating, some people postpone hard or unpleasant activities in favour of more pleasurable ones, while others procrastinate

them in favour of relaxing pastimes like lounging in bed or engaging in mobiles. The degree of activity varies between the two categories in this way: While procrastinators who seek relaxation prefer not to strain themselves at all, those who favour entertaining tasks prefer to be always engaged and active but find it difficult to start less fascinating tasks.

People become desirous, want, look for, and search as a result of dopamine (Weinschenk, 2018). It raises general levels of arousal, stimulates intellectual curiosity, and encourages information seeking. The dopamine loop is activated when a person opens the feed on any of their loved apps (Levitin, 2015). Every picture they scroll through, every headline they read, and every link they click feed the cycle, making them want more. To the point of never being content, it takes a lot to feel pleased. It was said earlier that immediate reward is the goal of procrastination. Therefore, there is an intense urge to do anything that will provide you with more immediate gratification from the reward centre of the brain. It is obtained through Internet. Because, a technique for rewarding us when we meet new information has long existed in the human brain. This mechanism involves a small burst of dopamine released into the brain each time we learn anything new and provide immediate rewards. These individuals will experience information overload (IO). Procrastination thus predicts information overload (IO). However, individuals who ignore the important matters in front of them and spend time on the internet in search of instant gratification are unknowingly wasting their precious time. Additionally, it results in a tonne of unfinished work and challenging deadlines. It is also mentioned in the interview reports that were compiled and discussed during the qualitative phase of this

study. In other words, during the days of being on the Internet, people were putting a lot of things pending and they are unaware of the passing of time.

Cyber Sexual Addiction (CSA) is the second variable that predicts (negatively) procrastination here. Procrastination, according to a growing body of research a departure from the usual, is an issue with emotion control rather than time management (Phillips, 2019). Ineffective time management is a sign of an emotional problem and procrastination is not (Pychyl & Sirois, 2016). Ferrari, Johnson and McCown (1995) found that persons who procrastinate frequently have challenges with their marriages, depression, poor work performance, substance abuse, ADHD and anxiety. Feintuch (2020) postulates that lower libido might result from anxiety. The major stress hormone in the body namely cortisol is produced in greater amounts when we are nervous. The sex hormones that affect desire can be suppressed by high levels of cortisol. In this sense, procrastination acts as a negative predictor of cyber sexual addiction when it develops into a behaviour brought on by emotional issues in a person. Because, problems with sexuality and sexual unhappiness are linked to issues with emotion regulation (Fischer et al., 2022).

Figure 44

Webholism dimensions predicted by the Impulsivity sub-variable Attentional Impulsiveness

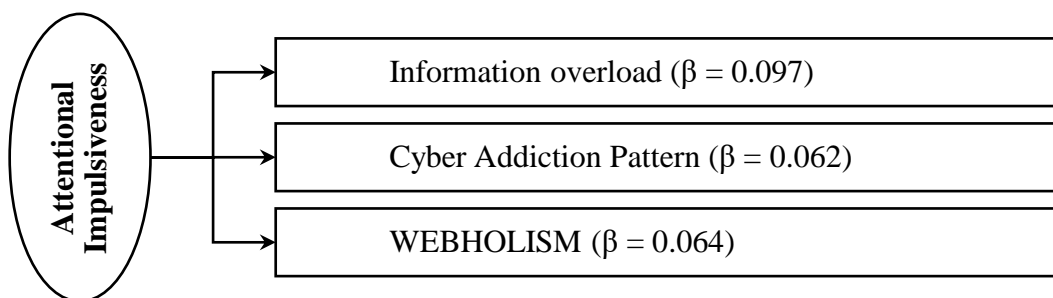


Figure 44 shows attentional impulsiveness predicts Webholism and its dimensions Information overload as well as total cyber addiction pattern. There are three categories of impulsive behaviours, according to Barratt Impulsiveness Scale (BIS) classification. The first one is Attentional impulsiveness. The inability to concentrate or focus one's attention and a propensity for making quick decisions and a penchant for generating snap judgements are considered to be symptoms of attentional impulsivity (Stanford et al., 2009). When the results are clear, Attentional Impulsiveness predicts Webholism and its dimension Cyber Addiction Pattern (CAP), and Information Overload (IO) - CAP's sub-dimensions. A number of studies support the argument that Internet addiction is an impulsive behaviour (Bisen & Deshpande, 2020; Kawa & Shafi, 2015).

Johnson (2023) asserted that impulsive people can be labelled as adventurous and ready to experiment, do risks, explore, and experience something different. They can feel things thrilling when decisions are made on the spur of the moment. Williams and Taylor (2006) proposed that increased exploratory conduct is an attribute of impulsivity. Impulsive individuals are more inclined to forsake some highly desired results in favour of investigating less prominent alternative choices that might conceal even more highly desired consequences. The authors showed that although such behaviour is possibly harmful to an impulsive person, it could have significant positive social effects. It might be claimed that one of the trickiest conflicts between human reasoning and artificial intelligence includes the decision to forego a sensible course of action in favour of pursuing a useful substitute. The variable attentional impulsiveness predicts Information Overload (IO), perhaps because people search the Internet for immediate benefits without looking at what, how, and when to search. It

may work in the same way in other Internet matters because attentional impulsiveness predicts total cyber addiction pattern (CAP) and Webholism.

Figure 45

Webholism dimensions predicted by the Impulsivity sub-variable Motor Impulsiveness

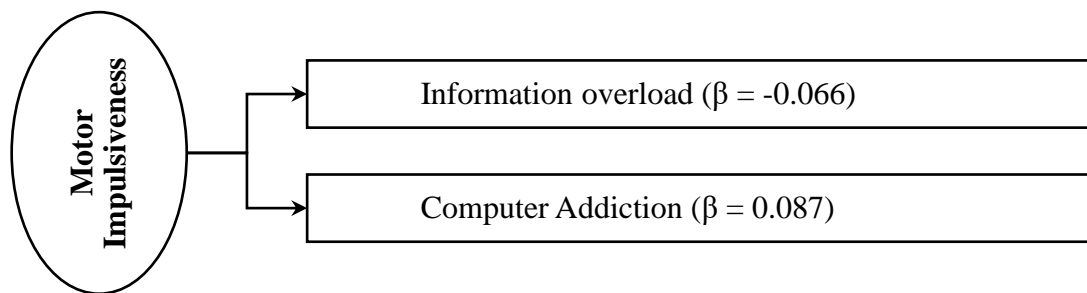


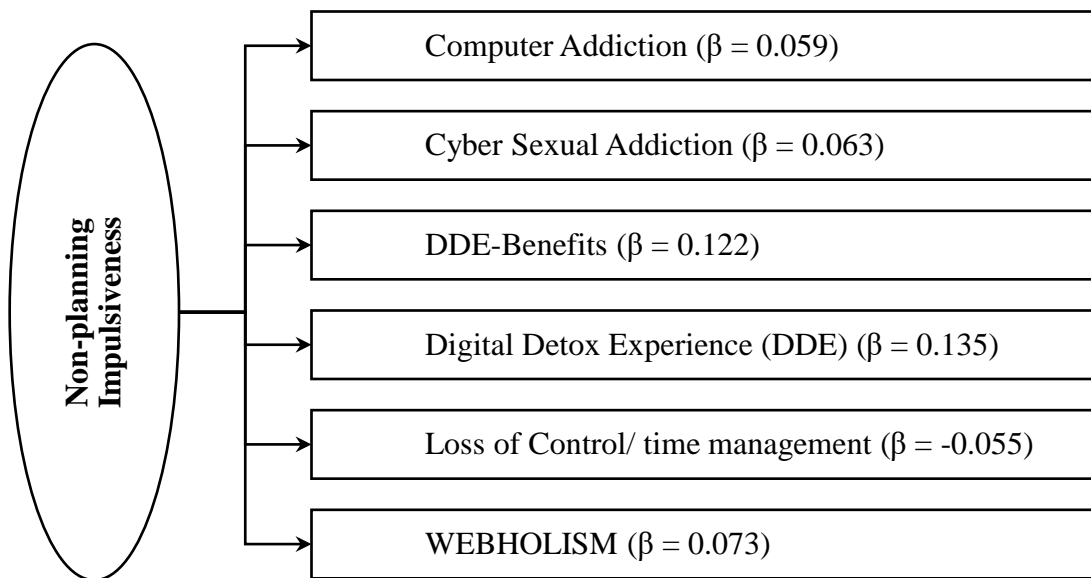
Figure 45 shows motor impulsiveness predicts Information overload and Computer addiction. Motor impulsivity is a reflection of the propensity for spur-of-the-moment behaviour. It has been associated with poor reaction inhibition, or the capacity to restrain a too-eager yet inappropriate response, on a cognitive level (Goya-Maldonado et al., 2010). Here, Motor impulsiveness predicts two dimensions of Webholism. Just like attentional impulsiveness predicts Information Overload (IO), motor impulsiveness also predicts Computer Addiction (CA). However, unlike attentional impulsiveness, motor impulsiveness predicts information overload negatively. Thus, it can be understood that it is not motor impulsiveness, but attention impulsiveness that leads people to excessive use of the internet for explorations. Research says that people with impulsive tendencies may struggle to focus on task (Marriott et al., 2019). So, high attentional impulsiveness may draw individuals into Internet content due to the curiosity characteristic attribute of impulsive people (Bench & Lench, 2019). However, those with high levels of motor impulsivity will

look for novelty and want to switch between activities in order to experience something new. As a result, individuals are unable to focus and remain motionless when engaging in search behaviours that might reduce Information Overload.

Secondly, motor impulsiveness predicts ‘computer addiction’ positively. Researches shows that video game addiction is linked to impulsivity (Blinka et al., 2016; Cao & Su., 2007; Meerkerk et al., 2010) in both males and females (Ding et al., 2014). However, many studies do not report which type of impulsivity predicts game addiction.

Figure 46

Webholism dimensions predicted by the Impulsivity sub-variable Non-Planning Impulsiveness



Non-planning impulsivity is specified as thinking with an emphasis on the here and now without consideration of any possible repercussions (Dunne et al., 2019). Current research results show that people with more non-planning impulsiveness will

have Computer Addiction (CA) and Cyber Sexual Addiction (CSA). Earlier, in the results, motor impulsivity also predicted computer addiction. It could say that computer addiction is not predicted by attentional impulsiveness, but by motor and non-planning impulsiveness. It has been proven that the lack of internet affects them greatly (DDE) as well as the benefits (DDE-B). But since non-planning impulsiveness is predicted negatively, it is seen that the problems of loss of control/time management will be reduced for people with increased non-planning impulsiveness. Moreover, like attentional impulsiveness, non-planning impulsiveness also predicts Webholism. That means people with non-planning impulsiveness can become Webholics.

Firstly, non-planning impulsiveness predicts a Webholism variable that is Computer Addiction (CA) which addresses game addiction. Anxiety and insomnia (Alsaad et al., 2022) Aggression and narcissism (Kim et al., 2008), Depression (Tortolero et al., 2014), Stress (Choi et al., 2021), Carpal tunnel syndrome (Saito & Saito, 2021), Gamer's thumb (Wang et al., 2019), Obesity (Chaput et al., 2011), Vision problems (Mylona et al., 2020), Seizures (Shoja et al., 2007) and Circadian rhythm disorders (Kemp et al., 2021) is found related to Game addiction. Above all this, there are many cases where a gamer has died by playing the game without a sense of time and being aware of their surroundings. In Puducherry, after playing an internet game nonstop for several hours, a 16-year-old boy apparently collapsed and passed away (The Hindu, 2021). Manoj, 16 in Trivandrum, Kerala reportedly killed himself after playing the internet game Blue Whale, which encourages young individuals to kill oneself following a series of challenges (Sousa et al., 2017). Although indirectly, a Korean baby in 2010, that has died of starvation due to parental neglect of the couple

involved in the video game (Elder, 2014) is the result of their actions without thinking or non-planning impulsiveness.

Cyber Sexual Addiction (CSA) is a further addiction pattern that can be anticipated by non-planning impulsiveness. An exceptional inability to manage impulsive behaviour as well as an accompanying difficulty to control compulsive behaviour are the foundations of sex addiction and other behavioural addictions (The Ranch, 2015). The primary motivation of persons who act compulsively frequently aim to avoid some kind of harm, whereas persons who act impulsively frequently seek pleasure. In a variety of situations, a sexually impulsive individual would prioritize sex-related pleasure over other concerns, putting them repeatedly in the path of unfavourable sex-related outcomes (The Ranch, 2015). Most recently, in 2019, the World Health Organisation (WHO) determined CSB as an impulse-control disorder that features a recurrent and intense preoccupation with sexual fantasies, urges, and behaviours that interfere with social and occupational performance and have other negative effects (Efrati & Gola, 2019) in the 11th edition of the International Classification of Diseases (ICD-11) commenced on the 1st of January, the year 2022.

Those who surf the Internet for sexual need gratification may not think about the problems that they will face by watching pornography. Anxiety and distress in those who watch pornography can create problems in sexual functions such as arousal dysfunction, delayed ejaculation, decreased sexual satisfaction and erectile dysfunction (Dwulit & Rzymiski, 2019). An individual's relative preference for pornographic over partnered sexual enjoyment was directly correlated with the frequency of pornography intake (Komlenac & Hochleitner, 2022). Pornography

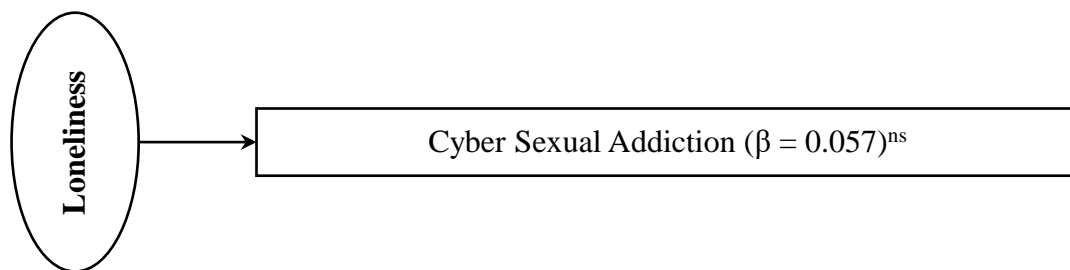
creates sexual desensitization which can lead a viewer to begin objectifying bodies, regardless of gender (Willis et al., 2022). A place where talking to strangers is feasible, such as Omegle which debuted in 2009 and Omegle alternatives websites (Chatroulette, ChatRandom, YouNow, etc.), are popular during Covid. Although it is an adult only (18+) site, often children also join these sites to chat and get into dating relationships very early and these sites are not trustworthy and is a place where child sexual predators can feel secure (Annable & Barghout, 2022). All of these factors might cause significant relationship issues. Studies reveal that heterosexual men who are exposed to porn at an early age may exhibit dominance over women. Moreover, people don't realize the amount of time spent on online pornography, other than the negative impact on mental wellbeing and physical health. Thus, non-planning impulsiveness predicts cyber sexual addiction, perhaps because people behave without thinking about the future mental, physical and social consequences.

DDE and DDE-B are further Webholism dimensions predicted by 'Non-planning impulsiveness'. People who are particularly prone to share the propensity to act impulsively are get boredom easily and look for novel experiences (Danckert & Eastwood, 2019). Therefore, loss of internet connectivity may cause adjustment issues in those with high non-planning impulsivity. However, because there is no internet, they have greater advantages because they have more free time to think and act. They might have also looked for other methods to pass the time and sought other ways to relieve their boredom. Therefore, impulsiveness and lack of preparation may predict Digital Detox Experience – Benefits (DDE-B) and total Digital Detox Experience (DDE).

Non-planning impulsiveness predicts Loss of Control/time management (LoC) negatively. This implies that persons who act impulsively without planning will experience fewer problems with time management in online. It is notable to consider why this might occur. Perhaps being impulsive and unplanned, is advantageous when engaging online. Online users frequently run against unforeseen events. People with non-planning impulsivity might be manage their online time because they can act immediately to those events even without planning. Thus they may not experience problems with time management in their daily lives due to their Internet use. Despite being impulsive, it could be that online things take place in time and attempts to cut back on it will be successful.

Figure 47

Webholism dimensions predicted by Loneliness



A stressful experience that develops when a person believes that the quantity and, especially, the quality of their social contacts fall short of what they would like (Hawkley, 2023). Being alone is not a prerequisite for loneliness. Instead, it is the mental state of feeling isolated and alone that is most important. The usage of the internet and loneliness have been linked in several research. In other words, compared to low and moderate users, persons who use the internet more frequently report increased levels of loneliness (Esen et al., 2013). These results, however, are

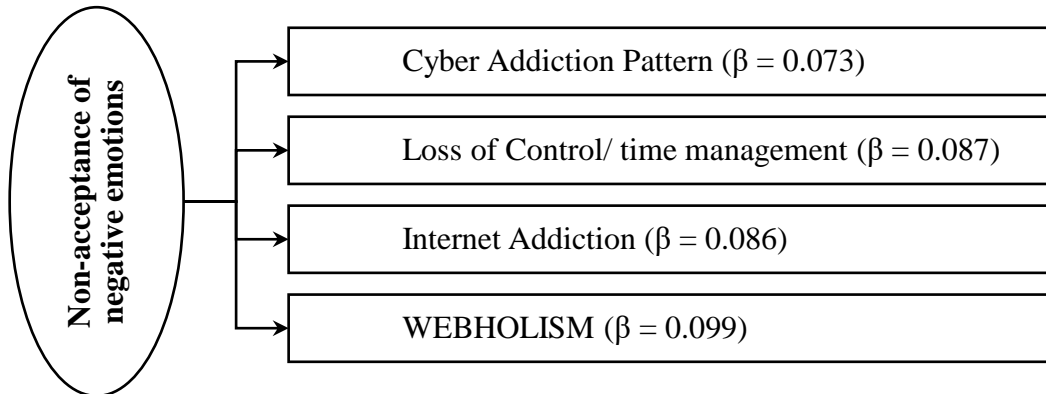
contradictory and could point to either a beneficial or detrimental relationship between loneliness and Internet Addiction (Odaci & Kalkan, 2010). According to the results of this study, loneliness does not significantly predict Webholism or its dimensions. Although it positively predicts cyber sexual addiction, it is not a significant relationship. According to Wallinheimo and Evans (2022)'s study, people who used the internet more frequently than once a day felt less lonely than people who used it just once for a week or less.

It can say that modern loneliness is masked with hyper connectivity. Perhaps people do not feel lonely because they can make personal connections with people online and spend time online. But they may experience Extended loneliness (Candiotto, 2022). In many situations, extended loneliness is not the result of a lack of social connections. Instead, it involves the nuanced subjective experience of both missing and yearning for meaningful connections while being linked to a large number of people online (Candiotto, 2022).

Aldous Leonard Huxley says in his book "Brave New World" that people will always be in ecstasy if you feed them serotonin and dopamine (Huxley, 1932; Lohnes, 2023). If you keep people happy like that, there is no need to improve their status. Despite being aware of the difficulties in life, they will be joyful. This is the same with the people who are fascinated by the virtual world. This is part of the dystopian world created by Artificial Intelligence. To that extent, online media can divert human attention from real issues. According to experts, the co-evolution of humans and technologies will evolve at a rate that might vary from modest to incredibly impactful by 2030 (Anderson & Rainie, 2018).

Figure 48

Webholism dimensions predicted by the Emotion Regulation sub-variable Non-acceptance of negative emotions



Emotional dysregulation is a condition marked by difficulty in recognizing, comprehending, and accepting unpleasant emotions. As a result, some people may try to divert themselves from or decrease their emotional experiences (Hollett & Harris, 2020). Non-acceptance of negative emotions (NNE), a sub-variable of Emotion dysregulation is positively predicting Webholism and its dimensions such as total Cyber Addiction Pattern (CAP), Internet Addiction (IA) and Loss of Control (LoC) which is a sub-dimension of IA. Therefore, if the NNE trait is high, it means that they can become Webholics.

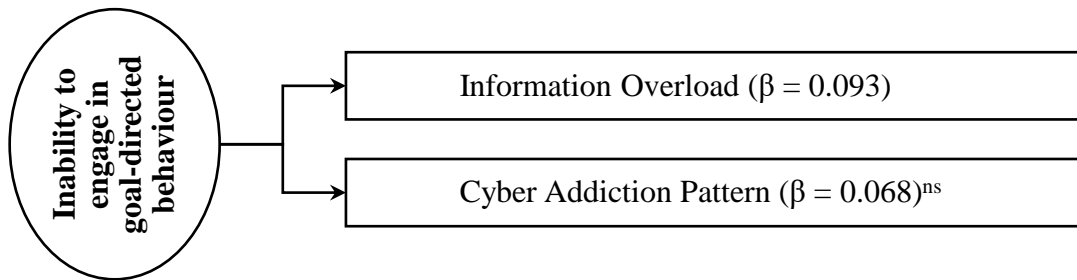
Non-acceptance of negative emotions (NNE) means, when unpleasant emotions like anger, disgust, annoyance, fear, anxiety, sadness, guilt, apathy, despair, etc. arise; a person finds it difficult to embrace their emotional experience (Mead, 2019). Similar to this, when people try to ignore these bad feelings, they may eventually encounter even worse emotions (Parker, 2020). By acknowledging that

unpleasant feelings are all a normal part of being human in ourselves as well as in other people, we can gain a greater understanding of how and why they could appear. Hormes et al. (2014) found that problematic social networking site (SNS) users were more likely to experience emotional regulation issues, such as non-acceptance of negative emotions, a lack of emotion regulation tools, and challenges with goal-directed behaviours. According to Yu et al. (2013), engaging in addictive behaviours is an effort to avoid or lessen unpleasant feelings as well as trying to get relief from non-acceptable emotions. Schreiber et al. (2012) asserted that in an effort to avoid or lessen bad emotions and/or to try to find relief from their emotional suffering, addictive behaviours may be used. According to recent study of Hernandez et al. (2022), utilising the internet as a stress reliever or escape from negative emotions may be beneficial in the short term but may cause emotional problems in the long run. The study discovered that problematic internet use and depression were more common among those who had a propensity to use the internet as a distraction.

However, Wegmann et al. (2018)'s research explains that those who are more inclined to feel bored also have higher tendencies to avoid feeling negative emotions on social networking sites. This encourages stronger desire to respond to particular messages and may have a tendency to develop Internet Communication Disorder (ICD) (Wegmann et al., 2018), this may later contribute to develop depression. Non-acceptance of Negative Emotions positively predicts Webholism might be because people seek refuge on the Internet to escape from negative emotions, uncomfortable experiences and complications in offline life.

Figure 49

Webholism dimensions predicted by the Emotion Regulation sub-variable Inability to engage in goal-directed behaviour

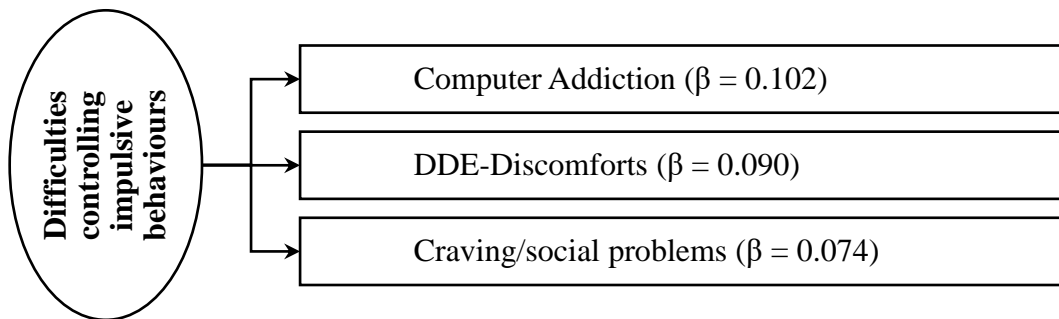


The phrase “Inability to Engage in Goal-Directed Behaviour (IEGB)” refers to the difficulty to focus and complete tasks while feeling unhappy and experiencing negative emotions. Information Overload (IO) and total Cyber Addiction Pattern (CAP) are two Webholism dimensions positively predicted by IEGB. Only the relationship with IO is significant. That means people with IEGB tend to have higher IO addicts. The ability to weigh the effects of our choices so that we can make the best course of action is a prerequisite for goal-directed behaviour (Miller & Wallis, 2009). Selective attention and/or interference suppression are cognitive processes that are essential for goal-directed behaviour because they allow us to concentrate on important information while ignoring distractions (Bunge & Souza, 2009). The widespread consensus is that negative emotions are detrimental to pursuing goals, exerting effort and engaging in cognitive processes like attention, memory, motivation, self-regulation, and self-efficacy (Rowe & Fitness, 2018). Social media, gaming, online shopping, and cybersex are just a few examples of the categories that clearly demonstrate the unique goal-directed internet platforms that the Cyber

Addiction Pattern Scale (CAPS) evaluates when assessing cyber addiction tendencies. Information overload, however, relates to any kind of browsing activity. This aimless surfing behaviour could be an example of acting without a reason while one is feeling bad or experience negative emotions.

Figure 50

Webholism dimensions predicted by the Emotion Regulation sub-variable Difficulties controlling impulsive behaviours



Difficulties in controlling impulsive behaviour (DCIB) is the inability to control one's behaviour while experiencing unfavourable emotions. Here, the Webholism dimensions predicted by DCIB are CA (sub variable of Cyber Addiction Pattern Scale), DDE-D (sub variable of Digital Detox Experience Test) and C/SP (sub variable of Internet Addiction Test).

Computer Addiction (CA) stands for Game Addiction. Playing video games to unwind or to take one's mind off of issues in real life is referred to as escapism (Yen, 2006). Escapism motive may be strengthened in emotionally unstable people. While the very immersive aspect of gaming might aid in the management of unpleasant mood states and their release, this maladaptive, emotionally driven coping mechanism raises the possibility of pathological enjoyment of video games (Blasi et

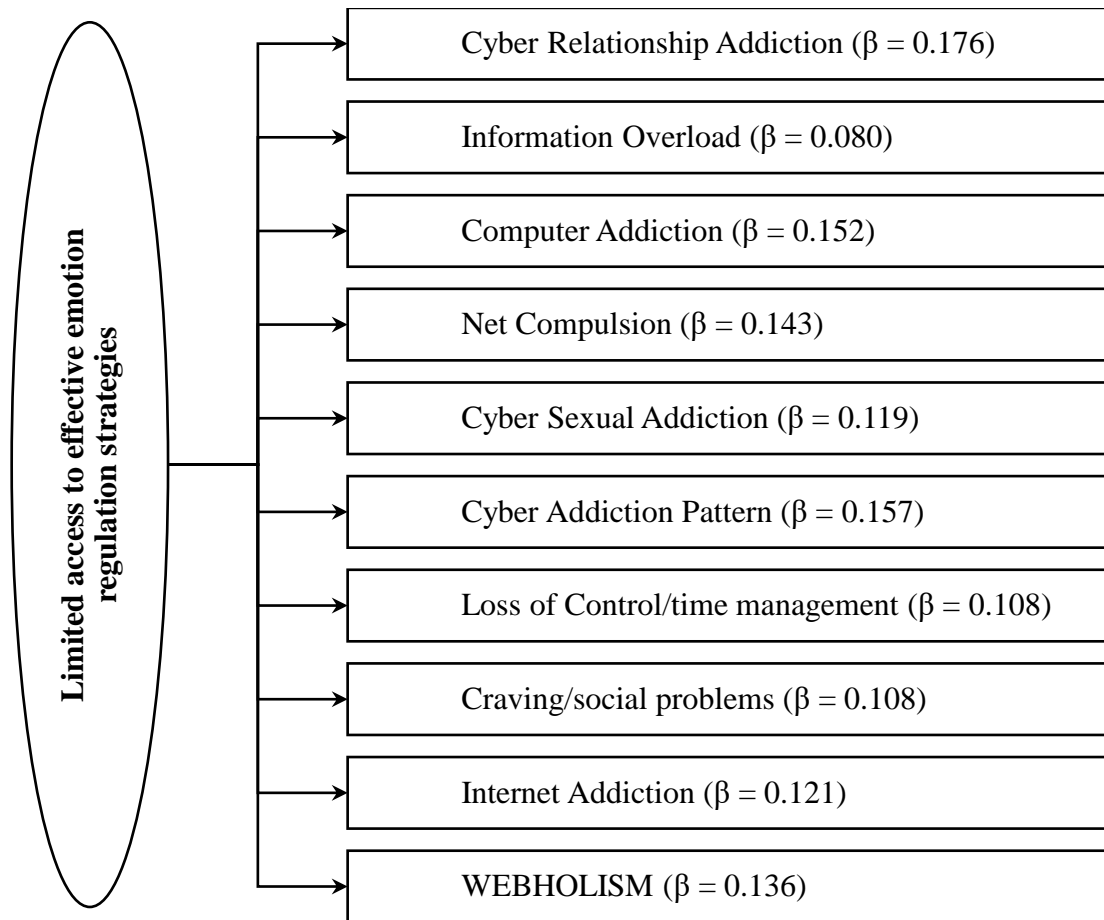
al., 2019). Eben et al. (2020) describe how emotionally charged unfavourable occurrences frequently serve as a reason for impulsive behaviour. According to them, impulsive reactions result from a difference between the current state and the intended goal state. The severity of impulsive action depends on the significance of the goal and the extent of this difference. Moreover, motor impulsiveness and attentional impulsiveness are already discussed above as predicting game addiction.

Next, the findings indicate that those with higher DCIB experience greater discomfort (DDE-D) as a result of a lack of internet. According to current research, people become very immersed in the Internet as a way to escape the unpleasant feelings brought on by negative emotions. However, when there is no internet present in this scenario, it could present problems for individuals who are at the forefront of impulsivity because they are at a loss for alternative means of emotional solace.

Craving is a term used to describe the anticipation of joyful alleviation, which is an entirely subjective experience (Marlatt, 1987). It is an intense, urgent, or extraordinary seeking for a specific thing or activity. Cravings/social problems related to web behaviour refer to the effects of problematic Internet use on social relationships, obsession with the platform, and problems that are not directly related to the user such as interpersonal issues and emotion regulation. In APA News, research reports show that negative emotions, has been linked to addictive behaviour, in particular sadness (Pappas, 2020). Therefore, it means that those who find it difficult to control their impulsive behaviour may have unpleasant emotional experiences and thereby lead to internet craving behaviour and accompanying social problems.

Figure 51

Webholism dimensions predicted by the Emotion Regulation sub-variable Limited access to effective emotion regulation strategies



The fourth factor of Emotion dysregulation namely Limited Access to Emotion Regulation Strategies (LERS) is the thought that effective emotion regulation is difficult for the individual once unhappy. According to Gross (1998), ER strategies are antecedent-focused ER which includes cognitive reappraisal and response-focused ER which includes expressive suppression. Attempts to control emotions before the emotional response is fully activated are called antecedent-focused ER and delayed attempts to control emotions after they arise are called response-focused ER. In understanding Internet behaviour, this is a very powerful

factor of Emotion dysregulation. Because the LERS predicts Webholism and 9 of its 12 dimensions. Precisely, LERS predicts total Cyber Addiction Pattern (CAP) and its 5 sub-dimensions, Internet Addiction (IA) and its two sub-dimensions, and Webholism positively. This means that those who experience high LERS may be Webholics. At the same time, total Digital Detox Experience (DDE) and its sub-dimensions DDE-D and DDE-B do not predict by the variable LERS.

The first variable LERS predicts is Cyber Relationship Addiction (CRA), a dimension of CAPS. Dracha et al. (2021) asserted that Social networking may be used largely to combat low-arousal emotions like boredom. People who have social anxiety may find it easier to express and cope with their emotions by actively using social media (Lai et al., 2023) where behaviourist theory says social anxiety is brought on by a conditioned reflex of an emotional response (Fink et al., 2009). According to Yang et al. (2020)'s hypothesis, social media addiction is significantly influenced by limited access of emotional-regulation strategies.

Secondly, LERS predicts Information Overload, the compulsive web surfing behaviour. Reijo (2014) conceptualized that Information-seeking behaviour may be motivated by emotions and sentiments, particularly if they tend to be dominated by unpleasant emotions and feelings. He also states that positive emotions such as joy and thrill avoid or remain secondary to information seeking. Huang et al. (2023) reported the results of a study conducted in the context of Covid in Chinese that the ability to obtain information and media trust are both positively impacted by public views of pandemic risk. Additionally, the behaviour of information seekers was positively influenced by both positive and negative emotional responses. Thus, it can

say that reduced ability or strategies to regulate unpleasant emotions may lead to unlimited web browsing and thereby information overload among people in order to lessen uncertainty and boost self-confidence.

The next variable predicted by LERS is Computer Addiction (CA), obsessive game playing and Net Compulsion (NC) which includes compulsive internet use, screen addiction, and specified to online shopping, gambling or eBay. According to the second-order adaptive mental network model proposed by Fokker et al. (2021), when faced with unpleasant feelings, people turn to addictive behaviour like gaming addiction, gambling addiction, or drug abuse in order to escape the circumstance. According to Yen et al. (2017), people with Internet Gaming Disorder (IGD) were more likely to repress their emotions and less likely to engage in cognitive reappraisal. According to their research, participants with less efficient emotion regulation mechanisms are more likely to experience mood symptoms including depression, despair, anxiety and aggression, and playing video games may be a coping mechanism for these issues. But it could be an unhealthy method of managing one's emotions, like emotion suppression (Lynch et al., 2001). Because, even momentarily minimizing those unpleasant sensations or emotions, video games and gambling don't address the issue. On the other hand, excessive video game playing will only heighten those feelings, in particular when people play for an extended period each day (Redmond, 2010). Along with that, research studies say that Computer Addiction and Net Compulsion leave unfinished activities, neglected obligations, and obesity are just a few of the short-term impacts of an online addiction whereas, physical symptoms including back pain, neck pain, carpal tunnel syndrome, and visual issues brought on by prolonged screen staring are more indicative of long-term damage. Also,

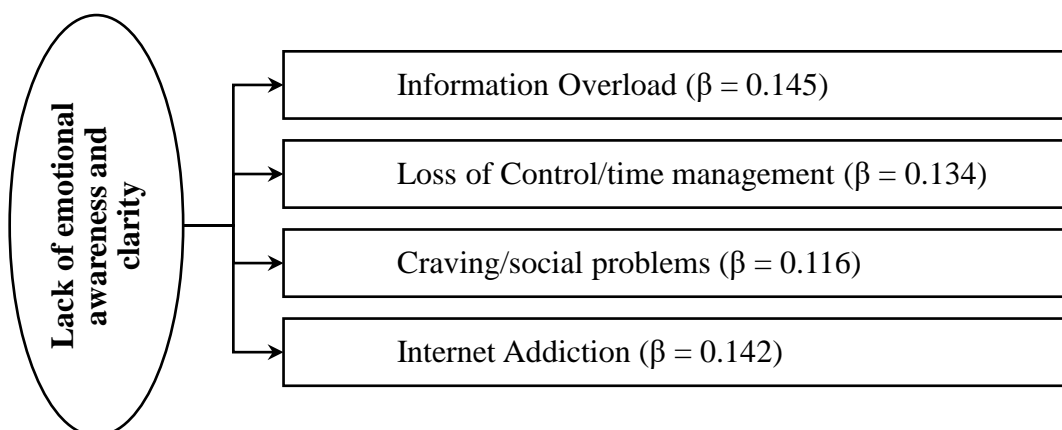
Bankruptcy can result from Internet obsession, particularly if the time spent online is devoted to gaming, gambling, and shopping.

The next Cyber addiction pattern predicted by LERS is Cyber Sexual Addiction (CSA). The primary reasons of CSA are factors related to seeking pleasure (Cardoso et al., 2022). However, other potential predictors of this behaviour include the regulation of unpleasant states, such as stress alleviation, distraction from or suppression of negative emotions, and avoidance of affect (Cardoso et al., 2022). The findings support the suggestion that dysfunctional Internet pornographic usage as a coping mechanism for stressful or sad moods may be regarded as an indication of risk that causes an Internet-pornography-viewing disorder (IPD) (Laier & Brand, 2016).

All of this shows that people turn to various cyber addiction behaviours as a means of coping when they are unable to regulate their emotions.

Figure 52

Webholism dimensions predicted by the Emotion Regulation sub-variable Lack of emotional awareness and clarity

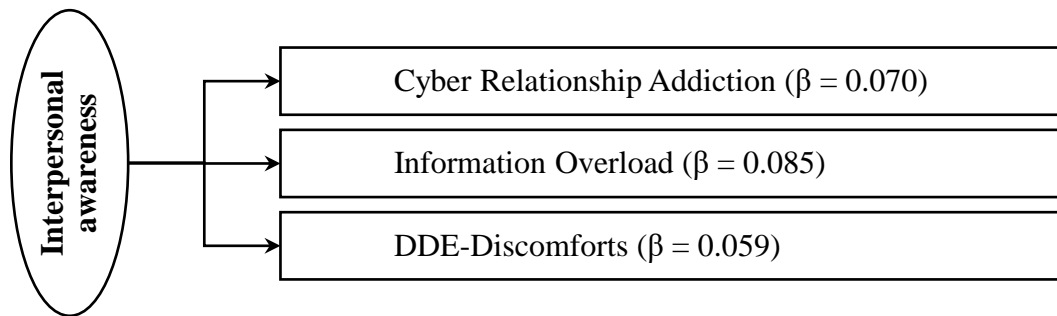


Emotional clarity is the capacity to distinguish between different types of emotions (such as fear from rage), whereas awareness to emotions is the level of sensitivity to one's own feelings (Coffey et al., 2003). It is the degree to which people are aware of and certain of the emotions they are feeling, and it reveals the degree to which people are unsure of whatever emotions they are feeling. Here, it is expected that the sub variable of emotion dysregulation namely Lack of emotional awareness and clarity (LEAC) will create higher levels of Information Overload (IO) - sub dimension of CAP - as well as total Internet Addiction (IA) and its sub variables of Loss of Control/time management and Craving/social problems.

Findings of Estevez et al. (2017) demonstrated that internet addiction was predicted by a lack of emotional clarity. According to Salguero et al. (2012), lower levels of emotional clarity have been linked to poorer psychosocial adjustment. On the other hand, according to Gohm & Clore (2002), better emotional clarity has been linked to better coping and wellbeing. Kuhlthau (1993) draws attention to the distinct emotions connected to the pursuit of knowledge seeking. She claims that uncertainty is the primary emotion driving knowledge seeking and describes doubt as the cognitive condition that results in affective feelings like worry and a lack of confidence. The earliest stages of the information-seeking process are marked by anxiety and uncertainty. The emotive indicators of doubt, annoyance, and perplexity produce hazy and imprecise thinking about a situation or subject (Park et al., 2020). Addiction of information overload (IO) is surfing behaviour on the Internet without any purpose or with purpose. It is because a person lacks awareness and clarity about their emotional state due to poor psychosocial adjustment that they just surf the internet.

Figure 53

Webholism dimensions predicted by the Interpersonal Rejection Sensitivity sub-variable Interpersonal awareness



Interpersonal Rejection Sensitivity (IPRS) means a high emotional sensitivity and suffering brought on by the belief that significant figures in one's life have rejected or criticised them (Bianchi et al., 2015). Among the five dimensions of IPRS, the first dimension is Interpersonal awareness which is the sensitivity to interpersonal interactions. It includes the perceived impact that an individual has on another and the consequences of a negative or critical response. High score on this dimension suggest vigilance to others' behaviour in an attempt to gauge their responses, as well as apprehension about interpersonal interactions.

Additionally, people with high interpersonal awareness keep a close eye on others' emotions and behaviours and are highly sensitive to interpersonal issues (Morin, 2023). Someone who is sensitive to rejection could be on the lookout for indications that others are rejecting them. Therefore, even after receiving assurances from a friend or partner that they are accepted, loved, and sufficient, they might continue to feel rejected. They want for deep bonds with others. But they could feel alone and isolated because of their dread of being rejected. Schaan et al. (2020) proved that in order to "repair" their social selves, people in the medium intensity rejection

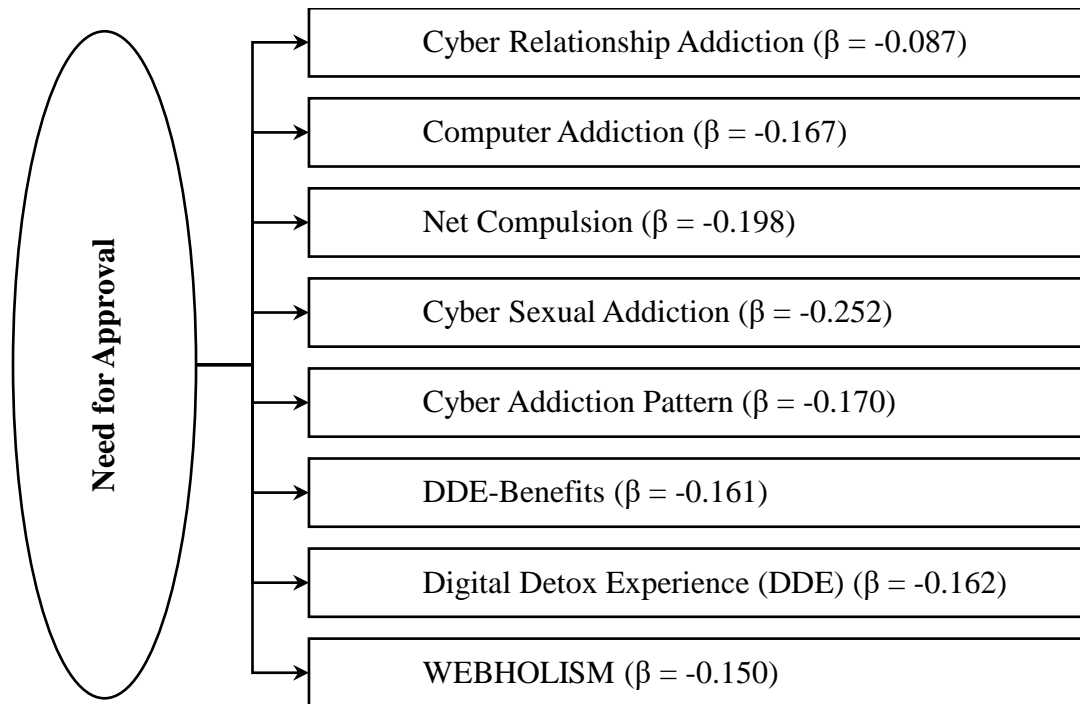
group sought out more social interactions. People with high interpersonal awareness may be Cyber Relationship Addicts because they try to satisfy their minds by trying to make personal connections online. Fontana et al. (2018) found that Internet addiction and Rejection Sensitivity are intermediated by depressive personality.

The variable Interpersonal awareness also predicts the sub-dimension of CAPS namely Information Overload (IO). Due to rejection sensitivity, their relationships often become chaotic and they feel isolated. To overcome it, simply browsing the internet may lead to information overload. Because they are browsing alone and not interacting with anyone while they are just looking, they find some measure of comfort in it. Pietrzak et al. (2005) postulated that Self-silencing is one way some individuals deal with rejection.

Interpersonal awareness also predicts DDE-D (Digital Detox Experience – Discomforts). It can say that those with great interpersonal awareness could feel uncomfortable without the Internet as they are attempting to use it to get over their fear of being rejected. This is due to the fact that in the absence of the Internet, face-to-face contacts become required. The findings of Burklund et al. (2007) imply that persons with high levels of rejection sensitivity are possibly more perceptive of prospective rejection cues in facial expressions than of general threatening cues.

Figure 54

Webholism dimensions predicted by the Interpersonal Rejection Sensitivity sub-variable Need for Approval



The need for approval is a reflection of a person's need to maintain relationships, to keep others happy, and to be liked by others rather than rejected. A strong need for approval implied that one should put aside one's own demands in favour of those of others. It can be claimed that Need for approval is a good indicator of Webholism and its dimensions as eight out of thirteen variables, including Webholism, are negatively predicted by it.

It can see that people are engaged on their phones, whether in public places, in private moments, at home, or while travelling. However, it is frequently unacceptable when the other person does that and ignores us (Phubbing). Therefore, persons with a strong desire for acceptance from others (a need for approval) may limit them from engage in online activities like social media usage, gaming, shopping,

gambling or sex. Since there is general internet use in a way that includes all these, it can be assumed from this result that total Cyber Addiction Pattern (CAP) can also decrease in them (figure 54). Moreover, as per the findings people may be unaffected by the lack of internet because benefits due to digital detox will be higher among those with higher need for approval. This might be a result of striving to continue participating in activities that other people find enjoyable. From here, it is obvious that Webholism will decrease when the requirement for approval is great. Because they may have assumed that others don't approve of their excessive use of the internet and mobile devices, persons with a high need for approval may avoid the internet and behave in ways that please others.

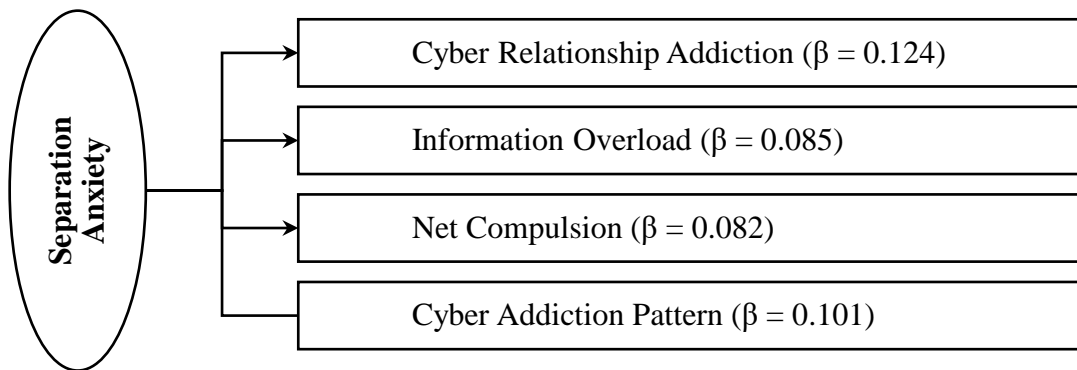
But when the need for approval increases, the benefits (DDE-B) felt by them in the absence of the internet decrease. Their lack of DDE-B may be because they use the Internet to overcome interpersonal conflicts to some extent. Moreover, even though they try hard to get love and acceptance from others, feelings of rejection can make it difficult for them. Because the persistent search for evidence of rejection by others may be a symptom of rejection sensitivity (Morin, 2023). In terms of social cognitions, emotions, and interpersonal behaviours, rejection sensitivity (RS) has a strong negative influence and effect (Watson & Nescdale, 2012). Low self-esteem, withdrawal, loneliness (Leary, 2015), depressive symptoms, physical and verbal aggressiveness, retaliation, victimisation, and internalisation and externalisation issues are all linked to rejection sensitivity (Preti et al., 2020).

According to Feibel (2022), seeking validation rather than acceptance is a much better habit. The power is placed in the hands of others by someone seeking approval. They let other people control their emotions by making them feel joyful,

sad, guilty, etc. If they are rejected by someone those who have more need for approval, they may work extra hard to try to win that person's favour again. It is said that men spend money in order not to be rejected in their groups and women make efforts to attract their romantic partners in the same way (Morin, 2023). Perhaps if it's in terms of mobile consumption, the effort will be to put it aside.

Figure 55

Webholism dimensions predicted by the Interpersonal Rejection Sensitivity sub-variable Separation Anxiety



Separation Anxiety (SA) is meant by Anxiety over the permanence of attachments. It is thought that one characteristic of those who are prone to depression is separation anxiety. Some people seem to avoid developing separation anxiety by being extremely concerned with any threat to the integrity of their interpersonal ties. The results point out the prediction that individuals with high Separation Anxiety may develop more social media addiction, information overload, and net compulsion, and overall cyber addiction. Those who are particularly sensitive to social rejection have a tendency to anticipate it with anxiety, notice it easily, and overreact when it occurs (Downey & Feldman, 1996).

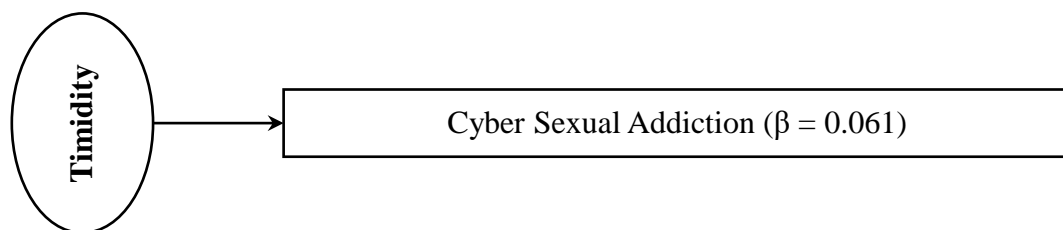
Higher rejection sensitive individuals reported less positive and encouraging encounters with distant relationships in day-to-day living. Notably, these people also have a tendency to appreciate some connections with their close friends and family members more than those with lesser rejection sensitivity. This is especially true of technology-mediated interactions (Bayer et al., 2021). That means when conversing with close relationships, people with high rejection sensitivity reported feeling somewhat more satisfied than when speaking with distant ties. However, Face-to-face communication were different from this because technology mediated interactions exhibit an increased spread in interaction quality that is stronger than face-to-face encounters. Perhaps because of this, the results suggest that those with separation anxiety may develop social media addiction.

A type of dread and fear of missing out (FoMO) on others' experiences, according to Yilmaz and Bekaroglu (2022) is what makes people sensitive to interpersonal concerns and which is connected to nomophobia. People with separation anxiety may become anxious about what they might have missed or been deprived of as a result of this fear of missing out, which may lead them to continuously check their smartphones. Nomophobics, according to Packham (2015), go through four stages: fear of being unable to communicate, fear of losing connection, fear of being unable to access information, and dread of not being able to access a mobile phone. Real panic and anxiety kick in when someone misplaces or loses their phone (Schwartz, 2012). The result predicts that a cyber addiction pattern namely Information Overload (IO) is more likely in people with high separation anxiety because they may consider their mobile phone as someone they need and it becomes impossible to put it away.

Anxious attachment is linked to poor impulse control, which is linked to unrestrained shopping, as well as distress sensitivity (Unubol, 2022). Therefore, Shopping may thus be expected to be a preferred method of connection for some people, particularly those with separation anxiety (Keefer et al., 2012). Due to the nature of virtual transactions other than traditional shopping (face-to-face), people who experience separation anxiety are more likely to engage in online purchasing. The rationale is that, despite the fact that commercial contact and communication is taking place there, there is no possibility of experiencing rejection. Ghinassi and Casale (2023) claimed that anxious attachment and separation anxiety either directly encourage gambling behaviour or have an impact on coping mechanisms and a person's capacity to recognise and control their emotions, thereby influence gambling.

Figure 56

Webholism dimensions predicted by the Interpersonal Rejection Sensitivity sub-variable Timidity



Timidity is an inability to behave assertively in interpersonal interactions. It is the behavioural component of interpersonal sensitivity. CSA is the only variable that predicts timidity, a sub variable of the IPRS. Speaking frankly about their own sexual demands with others or with themselves is challenging for people who are timid (Ivankovich, 2019). Someone who is highly sensitive to rejection might accuse their spouse of infidelity on a regular basis, which might lead the other person to break up

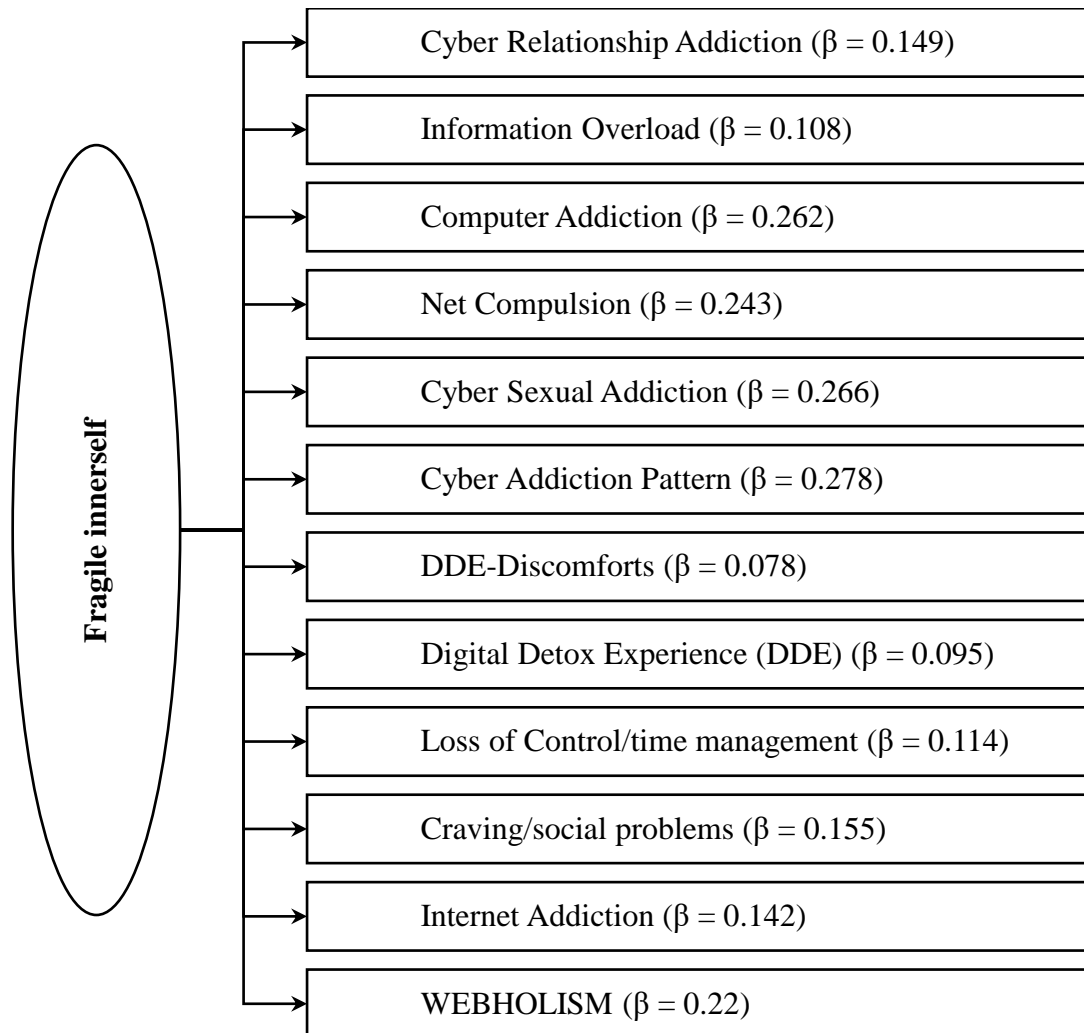
with them (Morin, 2023). It's difficult to feel secure in a relationship when one expects to be rejected. Even if they are not currently being rejected, they constantly keep an eye out for it and anticipate it to come at any moment (Morin, 2023).

In our culture, discussing sex is frowned upon, particularly when it involves women. There are differing opinions on whether or not sex education is necessary. Many people are unaware of what sex education is. Many people have strong roots in the shame and stigma connected to the purity culture that was inculcated in childhood. In our society, abstinence up until marriage is required. Women are expected to turn on a switch that night and transform into sexual beings. Sex changed from being about her needs to being about having children and pleasing her husband.

Moreover, decisions not to use protection, feelings of dominance during sexual activity, a persistent sense of fulfilment, discrepancies in desire, and requests for changes in frequency, duration, location, or position are all needs that should be respected and honoured in the context of sex. These are needs that can only be met with that level of communication. Ivankovich (2019) asserts that one of the severe potent emotional reactions threatening our security is the fear of rejection, which is why we avoid talking about sex. As a result, a timid person may engage in cybersex and develop an addiction to it.

Figure 57

Webholism dimensions predicted by the Interpersonal Rejection Sensitivity sub-variable Fragile Inner self



The ‘Fragile inner self’ alludes to a crucial feature of self-worth, notably the desire to hide one’s unlikable fundamental self from others. Those that perform well on this dimension have weak self-esteems that require ongoing confirmation from others to maintain them. The majority of the variation in the association between interpersonal sensitivity and low self-esteem was caused by this component. Similar to verbal aggressiveness (figure 36), the fragile inner self is an independent variable

that, with the exception of DDE-Benefits, positively predicts Webholism and all of its dimensions (Figure 57). Only Verbal Aggression and Fragile Inner self predict so many aspects of Webholism (12 out of 13). Among the five dimensions of the IPRS, it is also the best predictor of Webholism.

Self-worth feelings that are unsure or unstable and founded on unreasonably optimistic self-views that are easily contested are referred to as having fragile inner self or self-esteem. While those with fragile self-esteem are more prone to look for confirmation or reassurance of their optimistic self-views, yet those with secure self-esteem are able to own their flaws and feel saddened by failure while still feeling great about themselves (Jordan & Zeigler-Hill, 2020). They could develop an obsession with maintaining and boosting their self-esteem, frequently at the detriment of those around them (Jordan & Zeigler-Hill, 2020).

For revealing this association – fragile inner self and Cyber Relationship Addiction (CRA), according to Griffith's (2000) investigations, the usage of the Internet by the participants is closely related to how it is perceived as a coping mechanism and a means of making up for some shortcomings, such as low self-esteem. Users can adopt a distinct personality and social identity, which, in his opinion, makes them feel better. In other words, they get immense satisfaction in using the internet. As can be observed, people with poor self-esteem could use the Internet as a way to compensate for their flaws; yet, increased Internet use could develop into a dependency. Social media may be helping to enhance self-image.

According to psychologists, it might be challenging to accept criticism when our sense of self is shaky. A person who bases their entire sense of value just on their

accomplishments may be motivated in the short run, but in the course of time, they are inclined to back off from facing difficulties or accept criticism personally. Increased levels of fragile self-esteem are correlated with hostility perception, heightened paranoia, blame bias, and challenging social relationships in ambiguous situations. It might be because of these persons with fragile inner selves use the internet alone, interacting with no one outside of themselves and end up developing Information Overload (IO).

According to von der Heiden et al. (2019), distraction-motivated players' and action game players' reasons for playing as well as their chosen game types were associated differently with psychological functioning. Furthermore, for the prevention, treatment, and rehabilitation (Carras et al., 2018) Particularly in the fields of psychological treatment and physical therapy, Primack et al. (2012) state that commercial video games can be used and video games have the potential to improve mental health results. It is important to consider these things when saying that fragile inner self predicts Computer Addiction (CA) i.e., game addiction.

Shopping addicts are more likely to base their unstable self-esteem on other people's opinions and frequently make purchases in an effort to impress them (Biolcati, 2017). Miltenberger et al. (2003) asserts that when confronted with unpleasant feelings, compulsive shopping people are more prone to get involved in their inappropriate conduct since it gives them a little alleviation from their unhappy feelings and low self-esteem. In attempt to improve their status and sense of style, people with low self-esteem frequently purchase pricey items (Rucker et al., 2012). Low self-esteem levels cause people to buy expensive items for themselves, whereas

high self-esteem levels have the opposite impact on consumer behaviour, according to a study on the moderating effect of self-esteem on consumers' relationships to luxury brands (Ye et al., 2015). This could be the cause of Net Compulsion (NC) in Fragile Inner Self people. In contrast to this finding, Wang et al. (2014) suggest that individuals with high self-esteem are upbeat, affirmative, and unconcerned with other people's opinions, allowing them to consume whatever they choose. However, those with poor self-esteem generate a negative impression of their viewpoint, worry about other people's perceptions, and as a result, their consumption is influenced by others' judgements. Alan et al. (2017) highlight the importance of the customer's personality characteristic in online buying by stating that narcissists value expensive items and upscale store design whereas those who are high in openness are drawn to innovation in technology, product options, and virtual design.

Online gambling is also a form of Net Compulsion (NC) behaviour. Pathological gamblers have been shown to have reduced self-esteem and mood disorders on a psychological level (Choi & Kim, 2021). They also engage in risk-taking behaviours to feel excited and have a spike in physiological arousal (Jacobs, 1986). Due to growing opportunities for gambling platforms and possibilities, prevalence studies suggest that gambling disorders may become more prevalent in all groups in a short while. The Indian gambling market is estimated to be \$60 billion USD in size annually, with around half of that amount going to illegal gambling (Clark, 2021).

The factor Fragile inner self that predicts Cyber Sexual Addiction (CSA) will now be discussed. Basic or fundamental views about one's sexual facets are

represented by sexual self-schemas which are cognitive generalizations about one's sexual aspects of the self (Cyranowski et al., 1999). In a close relationship, it takes boldness to express oneself assertively. This courage stems from self-acceptance, which allows one to value and appreciate their desires and emotions while taking a chance by expressing them as well as possible judgment or rejection in doing so. It is probable that those with Fragile Inner Self do not have enough confidence or satisfaction in their sexual self-view and thus the confusion that partner impression is possible leads them to Cyber Sexual Addiction.

The findings of this study imply that people with fragile inner selves will struggle without the Internet and might become addicted to it. According to Sevelko et al. (2018), numerous studies have shown that low self-esteem is a predictor of internet addiction.

Summing up, Internet users need to know how many hours they have been using the Internet and reorganize their digital lives. It would be better to set a rule not to consult WhatsApp, Telegram, Facebook, Instagram, emails, etc. not beyond an extend but increasing opportunities to meet other people in person. As a result, we have more free time, can concentrate better and have a general sense of well-being. Internet Addiction Disorder is a condition in which a person becomes so engrossed in the online world that it interferes with their daily lives mentally and physically. For example, a person with Internet Addiction Disorder may become irritable when unable to use the Internet or have problems with interpersonal relationships, which can adversely affect their health. The internet post relates to trying to re-evaluate such a lifestyle and learn how to properly use the internet while keeping distance from

digital life. Contrary to the scraps of information on the Internet, real-world experiences engage all five of our senses, so we can learn from those experiences. Furthermore, we can never be satisfied with ourselves as long as we depend on the approval of others. Regain the power to take control of our lives, lives dominated by the internet.



CHAPTER V

SUMMARY AND CONCLUSION



The Internet consumes a considerable chunk of our attention on a day-to-day basis. A person's physical and emotional health may suffer greatly as a result of Internet addiction. Just as the content of the Internet has an influence on how much time one spends on the Internet, so does one's personality. Discovering the internet behaviour of Netizens is the aim of this study. Thereby the results of the present study will help to understand Webholic personality and develop more accurate intervention programs for Webholics. Also, it is believed that the results of the research can advance the necessary suggestions to make people, regulated users.

The research was initiated through an exploratory study to better understand how individuals use the Internet. The researcher then realized that in order to have a deeper knowledge of people's Internet experiences, they needed to learn from others who had lived without the Internet. On the basis of this, the exploratory study used a novel research methodology. A test is then developed based on the results of that exploratory study. This research aims to codify the psychological facts that people have stated in the absence of the Internet and check whether those variables as well as variables adapted from previous research lead to Webholism.

Significance of the Study

The Internet consumes a considerable chunk of our attention on a day-to-day basis. A person's physical and emotional health may suffer greatly as a result of Internet addiction. Physical issues brought on by an internet addiction include body

aches, Carpal Tunnel Syndrome, insomnia, visual issues, and weight gain or loss. Depression, dishonesty, anxiety, social isolation, violence, and mood swings are a few examples of emotional impacts. Individuals of the current generation find it very difficult to keep their mobile phones aside even for a few minutes. The smallest sound of a beep makes them want to know the update that has just buzzed. Current scenarios focus interventions only on treating people with internet addiction. But no one realizes that it affects the common users in many ways. Awareness programs are being conducted to avoid cyber fraud and other cheating. But, the experts do not seem to have noticed the need for skill development processes for children and adults in order to manage online platforms. Just as the content of the Internet has an influence on how much time one spends on the Internet, so does one's personality. Discovering the internet behaviour of Netizens is the aim of this study. Thereby the results of the present study will help to understand Webholistic personality and develop more accurate intervention programs for Webholics. Also, it is believed that the inferences and findings of the research can provide the necessary suggestions to make people, regulated users.

Statement of the problem

This research aims to study the Internet experience of people and examine the relationship and prediction of psychological variables such as personality, aggression, depression, anxiety, stress, life satisfaction, procrastination, impulsivity, loneliness, emotion regulation, and interpersonal rejection sensitivity to Webholism (internet-dependent behaviour). Hence the study is entitled "WEBHOLISM: AN INVESTIGATION ON PSYCHOLOGICAL ASPECTS".

Variables of the study

The study aimed to examine how using the internet affects users' likelihood of developing online dependency or Webholism. Webholism was taken as the dependent variable and type A personality, aggression, depression, anxiety, stress, life satisfaction, procrastination, impulsivity, loneliness, emotion regulation, and interpersonal rejection sensitivity were taken as Independent variables. Webholism has three sub-dimensions as Cyber Addiction Patterns, Digital Detox Experience, and Internet Addiction. The five sub-dimensions of Cyber Addiction Pattern are Cyber Relationship Addiction, Information Overload, Computer Addiction, Net Compulsion, and Cyber Sexual Addiction. Discomforts and Benefits are the two sub-dimensions of the Digital Detox Experience, while Loss of Control and Craving is the two sub-dimensions of Internet Addiction. There are sub-dimensions for the independent variables such as Type A behaviour, aggression, impulsivity, emotion control, and interpersonal rejection sensitivity. Additionally, the study has taken into account demographic factors like age, gender, marital status, occupation, location, residing with family, web time, years of use, overuse, and substance use.

Objectives of the Study

- 1) To check the prevalence of Internet Addiction among the Keralite population
- 2) To explore Webholism among Internet users
- 3) To develop a Digital Detox Experience Test (DDET)
- 4) To find the relationship between Webholism and psychological variables
- 5) To examine the role of socio-demographic variables on Webholism
- 6) To find the predictors of Webholism

Hypotheses of the Study

- 1) There is no significant relation between Webholism and Psychological variables (Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation, and Interpersonal Rejection Sensitivity).
- 2) There is no significant difference between Adolescents and Adults on Webholism.
- 3) There is no significant difference between males and females on Webholism.
- 4) There is no significant difference between Married and Unmarried participants on Webholism.
- 5) There is no significant difference between working, non-working, and student participants on Webholism.
- 6) There is no significant difference between rural and urban participants on Webholism.
- 7) There is no significant difference between people living with and without their families on Webholism.
- 8) There is no significant difference between substance users and non-users on Webholism.
- 9) The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Webholism.
- 10) The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness,

Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Cyber Addiction Pattern.

11) The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Digital Detox Experience.

12) The psychological variables Type A Personality, Aggression, Psychopathology, Life Satisfaction, Procrastination, Impulsivity, Loneliness, Emotion Dysregulation and Interpersonal Rejection Sensitivity will not predict Internet Addiction.

METHOD

The study used a Mixed method research design and is briefly explained below.

Participants

- **Prevalence Study:** The prevalence study consists of 675 internet users studying at a different educational institution situated in Kerala.
- **Exploratory Study:** Exploratory study consists of 289 male and female web users from different districts of Kerala.
- **Empirical Study:** Empirical study consist of 1031 adolescent and adult internet users from different districts of Kerala.

Measures used

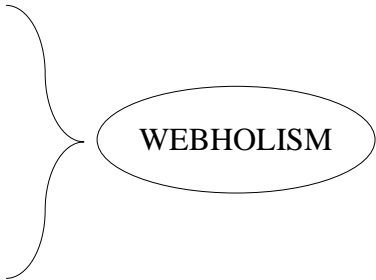
Prevalence Study

1. Personal Data Sheet
2. Internet Addiction Test (IAT)

Exploratory Study

1. Personal Data Sheet
2. Semi-structured Interview Schedule

Empirical Study

1. Demographic Data Sheet
 2. Digital Detox Experience Test (DDET) (Bayana & Sukanya, 2020)
 3. Cyber Addiction Pattern Scale (CAPS) (Bayana et al., 2020)
 4. Internet Addiction Test – SF (IAT) (Pawlikowski et al., 2013)
 5. Scale of Type A Behaviour Pattern (Asha, 1999)
 6. Aggression Questionnaire (BPAQ) (Buss & Perry, 1992)
 7. DASS₂₁ (Lovibond & Lovibond, 1995)
 8. Satisfaction With Life Scale (SWLS) (Pavot & Diener, 1993)
 9. Pure Procrastination Scale (PPS) (Steel, 2010)
 10. Barratt Impulsiveness Scale (BIS-11) (Spinella, 2007)
 11. UCLA Loneliness Scale (Neto, 2014)
 12. Difficulties in Emotion Regulation Scale (DERS-16) (Bjureber et al., 2016)
 13. Interpersonal Rejection Sensitivity Measure (IPSM) (Todd et al., 1994)
- 
- The diagram consists of a large right-facing curly bracket that groups items 2, 3, and 4 of the list. To the right of the bracket is an oval containing the word 'WEBHOLISM' in all caps.

Procedure

Prevalence Study: The respondents of the study belong to University departments and affiliated colleges from different districts in Kerala. The Principals/Heads of Departments were contacted by prior appointment and had a brief discussion about the purpose of the study and its significance. Then, the Principal/Head/Authorized person introduced the scholar to the participants of the study. Before administering the instruments, the investigator established a good rapport with the group. A firm assurance was given to each participant that the information gathered from them would be used only for research purposes and that everything, including their identity, would be kept confidential. Then the instruments with a brief introduction were instructed on how to respond and administered. After completion, the instruments were collected back individually and the investigator appreciated and thanked the participants.

Exploratory Study: The Investigator personally contacted people, described the research, and explained the purpose and relevance of the study to them. Next, they were introduced to this phase of the research and inquired about their willingness and interest to participate. Some people rejected their participation while others accepted it as a challenge. A major number of people refused to participate in the study as they were not interested in switching off their mobile data for a day. Further, contact numbers of the people who showed a willingness to cooperate with the study were collected. Participants are requested to switch off their internet a day (24 hours) in their homes, offices, outside, etc., and allowed to use gadgets for only emergency calls. They were allowed to clarify their doubts and queries with the investigator. On the next day, they were interviewed about the previous day's experience.

Empirical Study: The Investigator met the participants personally were explained the purpose and relevance of the study. A self-introduction and rapport were established and obtained consent. Then investigator explained the purpose, nature, and relevance of the instrument to the participants. They were encouraged to report any difficulty they had faced in understanding any of the items. All the participants were firmly convinced that their identity and the information gathered would be treated as confidential and used for research purposes only. After completion, the instrument was collected back and checked for omissions. There were no omissions.

Analysis techniques used

The analytical techniques used for the analysis of the data were as follows:

Prevalence Study

- Percentage Analysis

Exploratory Study

- Grounded Theory Analysis

Empirical Study

- Descriptive Statistics
- Kolmogorov-Smirnov Test
- Mann Whitney U test
- Z-test
- Kruskal-Wallis Test
- Spearman's Rank correlation
- Step-wise Multiple Regression

Major inferences and findings of the study

Findings of Prevalence Study

- Overall prevalence of severe internet addiction was found 2%, among males it is 1.71%, and among females, it is 0.29%.

Inferences of Exploratory Study

- In the absence of the Internet, people experience discomforts such as emptiness, irritation, anger, sadness, heaviness, palpitation, obsessive thoughts about the internet, strong intention to use the Internet and the need to comfort themselves by anticipating future Internet usage.
- In the absence of the internet, people experience benefits such as good sleep, finishing work on time, getting up early, improved in-person communication, more care for kids, no procrastination, forgot gadgets and engaged with activities.
- In the absence of the internet, people spend time reading, exercising, cleaning, praying, talking to acquaintances, stitching, outing, writing, thinking nostalgic memories, painting, preparing things in advance, playing with children, gardening and doing family visits.
- In the absence of the internet, those who use it heavily will experience more discomfort than benefits. For those who are not, benefits will prevail.
- Considering it, it's challenging to stay off from using the internet. But only after putting it aside does one realize they can stay away from it and that it is occupying a significant amount of their time.

Findings of Empirical Study

- In Kerala, individuals use the internet on average for 3 - 4 hours every day.
- People in Kerala have been using the internet for an average of five years.
- Entertainment is the primary reason people use the Internet.
- Type A behaviour is positively correlated with Webholism
- Aggression is positively correlated with Webholism
- Increased time spent online a day accelerates Depression, Anxiety and Stress among people.
- Spending more time on the internet decreases people's life satisfaction
- Spending more time on the internet increases people's procrastinating behaviour
- Procrastination is positively correlated with Webholism
- The amount of time people spend online is influenced by their heightened attentional and motor impulsivity.
- The longer you spend on the Internet, the more you feel lonely.
- The difficulty in regulating one's emotions increases as Internet usage duration increases.
- Interpersonal Rejection Sensitivity is positively correlated with Webholism
- There is no significant difference between Adolescents and adults on Webholism.
- There is a gender divide in Webholism, with more men than women.
- Marital status reveals a considerable difference in Webholism, with unmarried people being more prevalent.

- In Webholism, occupation status reveals a considerable difference, with students having a higher Webholism score than persons who are not employed and higher than people who are employed.
- Whether they live in rural or urban areas, people are not different from one another in levels of Webholism.
- Living with family makes a big difference in Webholism, where those who live with their families are more than those who don't.
- Substance users display higher levels of Webholism than non-substance users.
- Webholism (WEB) is negatively predicted by the Need for approval and Physical aggression whereas positively predicted by Limited access to emotion regulation strategies, Fragile Inner self, Anxiety, Verbal aggression, Non-planning impulsiveness, Non-acceptance of negative emotions, Attentional impulsiveness, Goal-directedness without proper planning, Depression, Procrastination and Anger.
- Cyber Relationship Addiction (CRA) is predicted by Limited access to emotion regulation strategies, Fragile inner self, Goal-directedness without proper planning, Stress, Separation Anxiety, Verbal Aggression, Need for Approval, Physical Aggression and Interpersonal Awareness.
- Information Overload (IO) is predicted by Limited access to emotion regulation strategies, Stress, Procrastination, Fragile inner self, Lack of emotional awareness and clarity, Competitiveness and hostility, Separation Anxiety, Inability to engage in goal-directed behaviours, Physical Aggression, Verbal Aggression, Interpersonal Awareness, Attentional Impulsiveness and Motor Impulsiveness.

- Computer Addiction (CA) is positively predicted by a Fragile inner self, Limited access to emotion regulation strategies, Verbal Aggression, Difficulties in controlling impulsive behaviours, Anxiety, Non-Planning Impulsiveness, Motor impulsiveness and Life satisfaction whereas Need for approval and Hostility predicts negatively.
- Net Compulsion (NC) is negatively predicted by the Need for approval and Physical Aggression whereas Fragile inner self, Anxiety, Limited access to emotion regulation strategies perceived as effective, Competitiveness and hostility, Separation Anxiety, Verbal Aggression and Polyphasic behaviour are predicted by Net Compulsion positively.
- Cyber Sexual Addiction is negatively predicted by the Need for approval, Physical Aggression, Life satisfaction and Procrastination whereas Fragile inner self, Anxiety, Limited access to emotion regulation strategies, Competitiveness and hostility, Loneliness, Timidity, Non-planning Impulsiveness and Verbal Aggression predict Cyber Sexual Addiction positively.
- Total Cyber Addiction Pattern (CAP) is positively predicted by Limited access to emotion regulation strategies, Fragile inner self, Anxiety, Verbal Aggression, Separation Anxiety, Competitiveness and hostility, Inability to engage in goal-directed behaviours, Attentional Impulsiveness and Non-acceptance of negative emotions whereas Need for approval and Physical Aggression influence total Cyber Addiction Pattern negatively.
- Digital Detox Experience - Discomforts (DDE-D) is positively predicted by Depression, Anger, Urgency, Fragile inner self, Difficulties in controlling

impulsive behaviour, Verbal Aggression and Interpersonal awareness whereas Physical Aggression influence DDE-Discomforts negatively.

- Digital Detox Experience - Benefits (DDE- B) negatively predicted by the Need for approval and Urgency whereas DDE-Benefits positively predict Non-planning impulsiveness
- Overall Digital Detox Experience (DDE) is positively predicted by Depression, Non-planning impulsiveness, Fragile inner self, Anger, and Verbal aggression whereas Need for approval and Physical aggression influence Digital Detox Experience negatively.
- Loss of control/time management (LC/TM) is positively predicted by Depression, Fragile inner self, Anger, and Verbal aggression whereas Non-planning impulsiveness influences Loss of control/time management negatively.
- Craving/Social Problems (C/SP) is positively predicted by Limited access to emotion regulation strategies, Procrastination, Competitiveness and hostility, Lack of emotional awareness and clarity, Fragile Inner self, Goal-directedness without proper planning, Non-acceptance of negative emotions, Non-planning impulsiveness and Verbal Aggression.
- Total Internet Addiction (IA) is positively predicted by Limited access to emotion regulation strategies, Procrastination, Fragile Inner self, Goal-directedness without proper planning, Lack of emotional awareness and clarity, Verbal Aggression, Competitiveness and hostility, and Non-acceptance of negative emotions.

- Among the 27 independent variables, loneliness does not predict Webholism or any of its thirteen dimensions. Verbal Aggression and Fragile Inner self become strong predictors by predicting all dimensions of Webholism except DDE-Benefits.

Limitations

- ✓ Although subjects are allowed to terminate the activity at any moment, ethical and operational constraints can make it impossible to actually disconnect them from their internet access for a long time.
- ✓ The respondent's response to the Digital Detox Experience Test (DDET) in the empirical research part was not prompted by their experience of having no internet at all. Instead, the researcher used an imaginal abstinence scenario for the internet.
- ✓ The anticipated internet abstinence scenarios might not have been strong enough to generate adequate external validity.
- ✓ Only psychological aspects have been studied. Social, familial and other aspects are not covered.



CHAPTER VI

RECOMMENDATIONS

Theoretical Implications of the Study

In the field of research, there is disagreement over whether or not Internet addiction should be classified as a disorder under the DSM. In light of this study, it can be suggested that the term “Webholism” can be used instead of the term “Internet Addiction” for spending too much time on the Internet. Given the diversity of online activities, it is challenging to imagine Internet users as a single, homogeneous group. Because people are passionate about things on the internet under different names for different purposes. The Internet offers a variety of unique user alternatives that vary in terms of attractiveness and popularity. Better to call them by their respective names. Because the internet is a platform. People thrive and get addicted to the content that comes out there. It makes sense that the numerous efforts to segment the Internet into useful subgroups are based on the classification of these choices. Moreover, through this research, it was possible to give a definition of the condition of Webholism: *“Webholism is the compulsive usage of the internet in which time is spent online whether it is essential or not, whether one is aware of how much time is spent online or not, and whether there are overwhelming discomforts and negligible benefits to oneself in the absence of the Internet. Webholism encompasses the concepts of cyber addiction pattern, digital detox experience, and internet addiction.”* (Bayana & Sukanya, 2020). The term Digital Detox Experience (DDE) also defined: *“Digital Detox Experience is referred as the physiological and psychological discomforts that a person experiences when there is no internet access, as well as the benefits that are felt and employed in its absence”* (Bayana & Sukanya, 2020).

Numerous studies have shown that people utilize the Internet or their mobile devices when they're lonely. Such a thought is expressed in sayings by common folks. That notion is refuted by the study's result that Webholism is not predicted by loneliness.

Another is the important role of the psychological experience of interpersonal rejection sensitivity found in this study leading to Webholism. Very little research has been found linking it to Internet behavior in literature. By paying more attention to it, there are new and extensive research possibilities.

This study has shown that people differ in Webholism according to their gender, marital status, occupational status, substance use and living status with family. Finding the predictors that lead to each type of people separately will help to prepare the customized treatment module and awareness plan needed to regulate Webholism for the people in the respective groups in a subsequent study.

Practical Implications of the Study

This study found that while preventing themselves from using the Internet can be difficult for some people, doing so has many benefits for everyone. People only become aware of how much time they waste online, how unnecessary it is to constantly be glued to their gadgets, and how important it is to be mindful of others around them when they are without internet access. The findings of the study offer valuable information and a strong message to internet users.

The findings of the present study can be considered while planning an intervention design for Webholism, as the process model suggested in this study is a

novel framework for understanding the development of the digital detox experience among Kerala People.

The results of this study indicate that single, unemployed, male and substance users are more likely to be Webholics. Therefore, there should be policies at the government level to specifically target this group of people and convert their time and energy into things that benefit society. Because the youth of today are the heroes of tomorrow. This study showed that people use the internet mainly for entertainment purposes and to pass the time. Therefore, they should not be left behind in the endless entertainment world of the Internet.

However, it's crucial to take note of the finding that web addicts do not differ between teenagers and adults. This emphasizes how important Webholism Management programs are for both adults and adolescents. As a result, in addition to educating adolescents about internet usage, programs for Webholism Management should also target adults.

The study's discovery is also concerning that those who live with family are more likely to be Webholics than people who do not. People are more likely to neglect the people around them by being engrossed in the internet. It can cause many problems when it becomes a house. It undermines family stability and threatens the stability of society. Wives who don't get attention from their husbands and parents who don't get attention from their children because they are on their gadgets/phones are regular cases in counseling centers.

The discovery that kids are less interested in phones if their parents don't use them is also crucial. This is meant to raise awareness among parents who perpetually accuse their kids of stealing and using the phone.

This study has identified psychological factors leading to Webholism and its dimensions. By keeping them in mind, we can aid the coming generations, especially children. When a person shows a specific type of addiction, the mental health professional will be able to suggest the correct solution if the causes are examined through the lens of the predictors mentioned in this research. In other words, the theoretical contribution aids mental health professionals in selecting the most effective course of treatment for various addiction patterns.

Moreover, the curriculum can be designed to develop skills to manage the psychological factors found in this study leading to Webholism. Since excessive anger, difficulty in emotional regulation and interpersonal rejection sensitivity have been found to be important factors leading to Webholism, core Digi skills (digital skills) can be introduced as core Life skills are taught. That is, how to regulate and use the internet, how to take care of emotions related to the internet etc.

Suggestions

- ✓ The accuracy of the findings can be improved if the predictors are investigated among the same subjects who have undergone a digital detox experience. Different individuals took part in the exploratory and empirical research in this study.

- ✓ Interviewing the high Webholics found in this investigation was not attained. The scholar would have learned a little bit more information if it had been feasible.
- ✓ It is also suggested to take physiological indicators of internet abstinence, which include skin conductance as well as heart rate.
- ✓ Those with severe internet addiction will require clinical attention therapy. However, the issues faced by Webholics (moderate users) vary depending on their usage patterns and can be dealt with before becoming problematic.

Scope for Further Research

- ❖ Longer-term Internet abstinence studies should be conducted in the future to determine whether any effects are long-lasting.
- ❖ Those who utilize the Internet's unique characteristics more frequently (game addiction, online shopping, cybersex, etc.) should be studied separately in the research to see how they are affected by the complete abstinence of Internet networks.
- ❖ The factors mentioned in the current study can be further investigated to see how they differ in causing Webholism in adolescents and adults, with regard to the fact that the circumstances, facilities, and interests of Internet use in adolescents and adults are different.
- ❖ It is possible to study social, familial, and other factors that contribute to Webholism.

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APPENDICES

INFORMATION FORM

സുഹൃത്തേ,

എൻറെ ഗവേഷണത്തിൻറെ ഭാഗമായി, ഈ ചോദ്യാവലികളെ അടിസ്ഥാനമാക്കി നിങ്ങളിൽ നിന്ന് ചില വിവരങ്ങൾ ശേഖരിക്കാൻ ഞാൻ ആഗ്രഹിക്കുന്നു. ഈ ബുക്ക്ലെറ്റിൽ നിങ്ങളുടെ ഇൻറർനെറ്റ് ഉപയോഗവും മനഃശാസ്ത്രപരമായ വശങ്ങളുമായും ബന്ധപ്പെട്ട ചില പ്രസ്താവനകൾ ഉൾപ്പെടുന്നു. നിങ്ങളിൽ നിന്ന് ശേഖരിക്കുന്ന എല്ലാ വിവരങ്ങളും തീർത്തും രഹസ്യാത്മകവും ഗവേഷണ ആവശ്യങ്ങൾക്ക് മാത്രമായി ഉപയോഗിക്കുമെന്നും എനിക്ക് ഉറപ്പ് നൽകാൻ കഴിയും. ഈ പഠനവുമായി ബന്ധപ്പെട്ട ഏതെങ്കിലും വ്യക്തിയുടെ ഐഡെന്റിറ്റിയോ വ്യക്തിഗത വിവരങ്ങളോ ആരോടും വെളിപ്പെടുത്തില്ല. ഓരോ പ്രസ്താവനയും ശ്രദ്ധാപൂർവ്വം വായിക്കാനും ഓരോ പ്രസ്താവനയ്ക്കെതിരെ നിങ്ങളുടെ പ്രതികരണങ്ങൾ അടയാളപ്പെടുത്താനും ഞാൻ നിങ്ങളോട് അഭ്യർത്ഥിക്കുന്നു. നിങ്ങളുടെ സഹകരണം വളരെ വിലമതിക്കപ്പെടും.

Dear Friend,

As part of my research program, I would like to collect data from you based on this booklet. This booklet involves certain statements related to your internet use and psychological aspects. I can give you the assurance that all the information gathered from you will be strictly confidential and will be used solely for research purposes. The identity of any participant or any personal information related to this study will not be disclosed to anyone. I request you to read each statement carefully and mark your responses against each statement. Your cooperation will be highly appreciated.

Yours sincerely,

Bayana BOMS
Research Scholar
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CONSENT FORM

സമ്മതവാക്യം:

എനിക്ക് താങ്കളുടെ ഗവേഷണത്തെക്കുറിച്ച് വ്യക്തമായ ധാരണയുണ്ട്. അതിനാൽ തന്നെ, ഈ പഠനത്തിൽ പങ്കെടുക്കുന്നതിനുള്ള എന്റെ സമ്മതം ഞാൻ ഇതിനാൽ പ്രഖ്യാപിക്കുന്നു. ഞാൻ പങ്കിടുന്ന വിവരങ്ങൾ രഹസ്യമാകാതെ ഗവേഷണ ആവശ്യങ്ങൾക്കായി മാത്രം ഉപയോഗിക്കുന്നതുമാണെന്ന് എനിക്കറിയാം.

Consent:

I have a clear understanding of your research. So, I hereby declare my consent to participate in the study. I understand that the information I share will be confidential and used for research purposes only.

ഒപ്പ്
(Signature)

DEMOGRAPHIC DATA SHEET

- 1. ജില്ല:..... സ്ഥലം:.....
- 2. വയസ്സ്: സ്ത്രീ / പുരുഷൻ / Other
- 3. വിവാഹം: കഴിഞ്ഞു / കഴിഞ്ഞില്ല / വേർപിരിഞ്ഞു / ബന്ധത്തിലാണ് / താല്പര്യമില്ല
- 4. തൊഴിൽ: തൊഴിൽ ചെയ്യുന്നു / തൊഴിൽരഹിതൻ / വിദ്യാർത്ഥി
- 5. നാട്: ഗ്രാമം നഗരം പ്രവാസി
- 6. കുടുംബത്തോടൊപ്പം താമസിക്കുന്നു: അതെ / അല്ല
- 7. ഓൺലൈനിലെ ശരാശരി സമയം (കള്ളിയിൽ ടിക്ക് (✓) ഇടുക):
 - 1 മണിക്കൂർ ന് താഴെ / 1 - 2 മണിക്കൂർ / 2 - 3 മണിക്കൂർ / 3 - 4 മണിക്കൂർ / 4 - 5 മണിക്കൂർ / 5 മണിക്കൂർ ന് മുകളിൽ / 10 മണിക്കൂർ ന് മുകളിൽ
- 8. ഇന്റർനെറ്റ് ഉപയോഗിച്ച് തുടങ്ങിയിട്ട് ഏകദേശം എത്ര വർഷമായി:
- 9. ഇന്റർനെറ്റ് കൂടുതലായി ഉപയോഗിക്കുന്നത്: (കള്ളിയിൽ മുൻഗണന അനുസരിച്ച് 1 - 8 എഴുതുക)

വിനോദം <input type="checkbox"/>	വിജ്ഞാനം <input type="checkbox"/>	ചാറ്റിങ് <input type="checkbox"/>	ഗെയിം <input type="checkbox"/>
സൗഹൃദം <input type="checkbox"/>	നേരം പോക്ക് <input type="checkbox"/>	ഷോപ്പിംഗ് <input type="checkbox"/>	സെക്സ് <input type="checkbox"/>
- 10. താങ്കൾ ഇന്റർനെറ്റിൽ അമിത സമയം ചിലവഴിക്കുന്നു എന്ന് തോന്നുന്നുണ്ടോ : അതെ / ഇല്ല
- 11. പുകവലിക്കാറുണ്ടോ? ഉണ്ട് , ഇല്ല
- 12. ഏതെങ്കിലും തരത്തിലുള്ള ലഹരി (മദ്യം/ കഞ്ചാവ് etc.) ഉപയോഗിക്കുന്നുണ്ടോ? ഉണ്ട് / ഇല്ല

Internet Addiction Test (Young, 1989)

This questionnaire consists of 20 statements. After reading each statement carefully, based on the 6-point Likert scale, please select the response (0, 1, 2, 3, 4, or 5) that best describes you. If two choices seem to apply equally well, circle the choice that best represents how you are most of the time during the past month. Be sure to read all the statements carefully before making your choice. The statements refer to offline situations or actions unless otherwise specified.

ഈ ചോദ്യാവലിയിൽ 20 പ്രസ്താവനകൾ അടങ്ങിയിരിക്കുന്നു. ഓരോ പ്രസ്താവനയും ശ്രദ്ധാപൂർവ്വം വായിച്ചതിനുശേഷം, 6-പോയിന്റ് സ്കെയിലിനെ അടിസ്ഥാനമാക്കി, നിങ്ങളെ നന്നായി വിവരിക്കുന്ന പ്രതികരണം (1, 2, 3, 4 അല്ലെങ്കിൽ 5) തിരഞ്ഞെടുക്കുക. രണ്ട് ചോയ്സുകൾ തുല്യമായി ബാധകമാണെന്ന് തോന്നുകയാണെങ്കിൽ, കഴിഞ്ഞ മാസത്തിൽ നിങ്ങൾ കൂടുതൽ സമയം എങ്ങനെയെന്ന് മികച്ച രീതിയിൽ പ്രതിനിധീകരിക്കുന്ന ചോയ്സ് സർക്കിൾ ചെയ്യുക. നിങ്ങൾ തിരഞ്ഞെടുക്കുന്നതിന് മുമ്പ് എല്ലാ പ്രസ്താവനകളും ശ്രദ്ധാപൂർവ്വം വായിക്കുന്നത് ഉറപ്പാക്കുക.

0 Doesn't apply ബാധകമല്ല
 1 Rarely അപൂർവ്വമായി
 2 Occasionally ഇടയ്ക്കിടെ
 3 Frequently കൂടെക്കൂടെ
 4 Often പലപ്പോഴും
 5 Always എല്ലായ്പ്പോഴും

No.	Questions	Scale					
		0	1	2	3	4	5
1	How often do you find that you stay on-line longer than you intended? നിങ്ങൾ ഉദ്ദേശിച്ചതിലും കൂടുതൽ സമയം എത്രത്തോളം നിങ്ങൾ ഓൺലൈനിൽ തുടരാറുണ്ട്?	0	1	2	3	4	5
2	How often do you neglect household chores to spend more time on-line? ഓൺലൈനിൽ കൂടുതൽ സമയം ചെലവഴിക്കാൻ നിങ്ങൾ എത്രത്തോളം വീട്ടുജോലികൾ അവഗണിക്കുന്നു?	0	1	2	3	4	5
3	How often do you prefer the excitement of the Internet to intimacy with your partner? നിങ്ങളുടെ കൂടെയുള്ളവരുമായുള്ള അടുപ്പം നൽകുന്നതിനേക്കാൾ എത്രത്തോളം നിങ്ങൾ ഇന്റർനെറ്റിലൂടെ ലഭിക്കുന്ന ആവേശത്തെ ഇഷ്ടപ്പെടുന്നു?	0	1	2	3	4	5
4	How often do you form new relationships with fellow online users? മറ്റ് ഓൺലൈൻ ഉപയോക്താക്കളുമായി നിങ്ങൾ എത്രത്തോളം പുതിയ ബന്ധങ്ങൾ സ്ഥാപിക്കാറുണ്ട്?	0	1	2	3	4	5
5	How often do others in your life complain to you about the amount of time you spend online? നിങ്ങൾ ഓൺലൈനിൽ സമയം ചിലവഴിക്കുന്നതുമായി ബന്ധപ്പെട്ട പരാതികൾ മറ്റുള്ളവരിൽ നിന്ന് എത്രത്തോളം കേൾക്കാറുണ്ട്?	0	1	2	3	4	5
6	How often do your grades or school work suffer because of the amount of time you spend on-line? നിങ്ങൾ ഓൺലൈനിൽ ചെലവഴിക്കുന്ന സമയം കാരണം നിങ്ങളുടെ പഠനമോ സ്കൂൾ ജോലിയോ എത്രത്തോളം പ്രശ്നമാകുന്നു?	0	1	2	3	4	5
7	How often do you check your email before something else that you need to do? ഒരു ജോലി പൂർത്തിയാക്കുന്നതിനിടക്ക് എത്രത്തോളം നിങ്ങൾ നിങ്ങളുടെ ഇ-മെയിൽ/ ഓൺലൈൻ അക്കൗണ്ട് പരിശോധിക്കാറുണ്ട്?	0	1	2	3	4	5
8	How often does your job performance or productivity suffer because of the Internet? ഇന്റർനെറ്റ് നിങ്ങളുടെ ഉൽപ്പാദനക്ഷമതയെയും ജോലി പ്രകടനത്തെയും എത്രത്തോളം ബാധിക്കുന്നു?	0	1	2	3	4	5

9	<p>How often do you become defensive or secretive when anyone asks you what you do online? നിങ്ങൾ ഓൺലൈനിൽ എന്താണ് ചെയ്യുന്നതെന്ന് ആരെങ്കിലും നിങ്ങളോട് ചോദിക്കുമ്പോൾ നിങ്ങൾ എത്രത്തോളം അതിനോട് പ്രതിരോധമോ രഹസ്യമോ ആയിത്തീരുന്നു?</p>	0	1	2	3	4	5
10	<p>How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet? നിങ്ങളുടെ ജീവിതത്തെക്കുറിച്ചുള്ള ശല്യപ്പെടുത്തുന്ന ചിന്തകളിൽ നിന്ന് സ്വയം വ്യതിചലിപ്പിക്കാൻ ഇൻറർനെറ്റിനെക്കുറിച്ചുള്ള ആശ്വാസകരമായ ചിന്തകൾ എത്രത്തോളം നിങ്ങൾ ഉപയോഗിക്കാറുണ്ട്?</p>	0	1	2	3	4	5
11	<p>How often do you find yourself anticipating when you will go online again? ഇനി എപ്പോൾ വീണ്ടും ഓൺലൈനിൽ കേറാനാകുമെന്ന് എത്രത്തോളം നിങ്ങൾ പ്രതീക്ഷിക്കാറുണ്ട്?</p>	0	1	2	3	4	5
12	<p>How often do you fear that life without the Internet would be boring, empty, and joyless? ഇൻറർനെറ്റ് ഇല്ലാത്ത ജീവിതം വിരസവും ശൂന്യവും സന്തോഷരഹിതവുമാകുമെന്ന് നിങ്ങൾ എത്രത്തോളം ഭയപ്പെടുന്നു?</p>	0	1	2	3	4	5
13	<p>How often do you snap, yell, or act annoyed if someone bothers you while you are on-line? നിങ്ങൾ ഓൺലൈനിൽ ആയിരിക്കുമ്പോൾ ആരെങ്കിലും നിങ്ങളെ ശല്യപ്പെടുത്തിയാൽ നിങ്ങൾ എത്രത്തോളം നീരസം പ്രകടിപ്പിക്കുന്നു?</p>	0	1	2	3	4	5
14	<p>How often do you lose sleep due to being online late at night? അർദ്ധരാത്രി ലോഗിൻ ചെയ്യുന്നത് കാരണം എത്രത്തോളം നിങ്ങൾക്ക് ഉറക്കം നഷ്ടപ്പെടും?</p>	0	1	2	3	4	5
15	<p>How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line? ഓഫ്ലൈനായിരിക്കുമ്പോൾ ഓൺലൈനിൽ ആയിരിക്കുന്നതിനെക്കുറിച്ച് എത്രത്തോളം ഭാവനയിൽ കാണുകയോ ചിന്തിക്കുകയോ ചെയ്യാറുണ്ട്?</p>	0	1	2	3	4	5
16	<p>How often do you find yourself saying “just a few more minutes” when online ഓൺലൈനിൽ ആയിരിക്കുമ്പോൾ “കുറച്ച് മിനിറ്റ് കൂടി” എന്ന് നിങ്ങൾ എത്രത്തോളം പറയുന്നു?</p>	0	1	2	3	4	5
17	<p>How often do you try to cut down the amount of time you spend on-line and fail? നിങ്ങൾ ഓൺലൈനിൽ ചെലവഴിക്കുന്ന സമയം കുറക്കാൻ എത്രത്തോളം ശ്രമിച്ചിട്ടുണ്ട്?</p>	0	1	2	3	4	5
18	<p>How often do you try to hide how long you’ve been on-line? നിങ്ങൾ എത്രനേരം ഓൺലൈനിലായിരുന്നുവെന്ന് മറയ്ക്കാൻ എത്രത്തോളം ശ്രമിക്കുന്നു?</p>	0	1	2	3	4	5
19	<p>How often do you choose to spend more time on-line over going out with others? മറ്റുള്ളവരുമായി പുറത്തുപോകുന്നതിനേക്കാൾ ഓൺലൈനിൽ കൂടുതൽ സമയം ചെലവഴിക്കാൻ നിങ്ങൾ എത്രത്തോളം താല്പര്യപ്പെടുന്നു?</p>	0	1	2	3	4	5
20	<p>How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line? നിങ്ങൾ ഓഫ്ലൈനിൽ ആയിരിക്കുമ്പോൾ നിങ്ങൾ എത്രത്തോളം വിഷാദമോ അസ്വസ്ഥതയോ അനുഭവിക്കുന്നു, ഓൺലൈനിൽ തിരിച്ചെത്തിക്കഴിഞ്ഞാൽ അത് ഇല്ലാതാകും?</p>	0	1	2	3	4	5

SEMI STRUCTURED INTERVIEW SCHEDULE

Name: **Age:** **Sex:** M / F **Marital Status:** Married/Unmarried
Education: **Occupation:** **Hours Online:**.....

INSTRUCTIONS: *This interview is to acquire information regarding your “Internet off Activity”. You have the right to withdraw at any time. With your consent, I would like to ask and record the interview. Since all this information happens to be of personal nature, it is assured that your replies would be kept **confidential** and used only for research purpose.*

Q1. How did you felt when you start to switch off your data connection?

- When did you start and finished?
- Did you have done this earlier?
- Can you tell me a bit about that?
- What do you think of your offline hours?
- Why do you think you felt that?
-

Q2. Could you please compare the day at that point you were offline, with the present day?

Q3. How were your mental feelings?

- How long had you been felt?
- Tell me how those feelings had been?
- How did manage?
-

Q4. Have you experienced discomforts?

- How long had you been felt?
- Tell me how those feelings had been?

- What remedies you preferred?
-

Q5. While offline, what are the alternatives you have done to deal your daily online times/hours?

- How did you spend the time?
- Did you feel any boredom?
- What do your parents/ friends/ spouse/ colleagues/ family members etc. comment on your offline program?
- Were you happy?
-

Q6. What are the realizations you have acquired through this task?

- Will you do it yourself again?
- Can you regulate online cravings?
- Are spending time online unnecessarily?
- Do you think you work better in offline hours?
-

You are very well co-operated and thanked. Technology is for our betterment. But smart and healthy usage as well as regulation become sometimes as necessary. From your experience, you learned/ realized you can control/ regulate it. You must be tired after answering so many questions, let us stop here.

Thank You!

**DIGITAL DETOX EXPERIENCE TEST (DDET) – First draft
(Bayana & Sukanya, 2020)**

സ്ഥലം: വയസ്സ്: വിവാഹം: കഴിഞ്ഞു/ കഴിഞ്ഞില്ല

ഇൻറർനെറ്റിൽ ഒരു ദിവസം ശരാശരി സമയം (മണിക്കൂർ):

താഴെ തന്നിരിക്കുന്ന പ്രസ്താവനകൾ ഓരോന്നും വായിച്ച് അവ ഇൻറർനെറ്റ് ഇല്ലാത്ത സാഹചര്യത്തിൽ എത്രത്തോളം അനുഭവപ്പെടുമ്പോഴോ അതിനോടടുത്തു നേരെ തന്നിട്ടുള്ള സൂചനകളിൽ അനുയോജ്യമായ നമ്പറിൽ വട്ടമിട്ട് രേഖപ്പെടുത്തുക എന്നും വിട്ടുപോകാതെ ശ്രദ്ധിക്കുമല്ലോ.

④ വളരെ കൂടുതൽ ③ കൂടുതൽ ② കുറവ് ① വളരെ കുറവ് ○ ഒരിക്കലുമില്ല

No.	ഇൻറർനെറ്റ് ഇല്ലാത്ത ദിവസം ഉണ്ടായ അനുഭവങ്ങൾ	ഉത്തരങ്ങൾ				
		4	3	2	1	0
1	ഉത്കണ്ഠ/ ടെൻഷൻ	4	3	2	1	0
2	മാനസിക പിരിമുറുക്കം	4	3	2	1	0
3	ഏകാഗ്രത ഇല്ലായ്മ	4	3	2	1	0
4	അസ്വസ്ഥത	4	3	2	1	0
5	പരിഭ്രമം	4	3	2	1	0
6	ഏകാന്തത	4	3	2	1	0
7	നിരാശ	4	3	2	1	0
8	ദേഷ്യം	4	3	2	1	0
9	കിതപ്പ്	4	3	2	1	0
10	സങ്കടം	4	3	2	1	0
11	തലവേദന	4	3	2	1	0
12	അസ്വസ്ഥമായ ഉറക്കം	4	3	2	1	0
13	ജോലിയിൽ അലസത	4	3	2	1	0
14	ക്രമരഹിതമായ ദിനചര്യ	4	3	2	1	0
15	ഓൺലൈൻ ആകാശവാചനം വ്യഗ്രത	4	3	2	1	0
16	കൂടുതൽ സമയം ഉണ്ടായി	4	3	2	1	0
17	മാതാപിതാക്കളോട് മെച്ചപ്പെട്ട ആശയവിനിമയം	4	3	2	1	0
18	പഠന/ജോലിസ്ഥലത്തെ മെച്ചപ്പെട്ട ആശയവിനിമയം	4	3	2	1	0
19	അയൽപക്ക സന്ദർശനം നടത്തി	4	3	2	1	0
20	കുടുംബ സന്ദർശനം നടത്തി	4	3	2	1	0
21	സുഹൃത്തുക്കളെ സന്ദർശിച്ചു	4	3	2	1	0
22	പ്രവർത്തനങ്ങൾ ആസൂത്രണം ചെയ്തു	4	3	2	1	0
23	കാര്യങ്ങൾ സമയത്ത് ചെയ്തു	4	3	2	1	0
24	ആശ്വാസം തോന്നി	4	3	2	1	0
25	പത്രം/പുസ്തകം വായിക്കും	4	3	2	1	0
26	വ്യായാമം ചെയ്തു	4	3	2	1	0
27	T. v കണ്ടു	4	3	2	1	0
28	ചെടിപരിപാലനം ചെയ്തു	4	3	2	1	0
29	ഒഴിവ് സമയം ഉണ്ടായി	4	3	2	1	0
30	വിശ്രമിച്ചു	4	3	2	1	0
31	നല്ല ഉറക്കം കിട്ടി	4	3	2	1	0
32	ഉന്മേഷം തോന്നി	4	3	2	1	0
33	സ്വസ്ഥത/ സമാധാനം തോന്നി	4	3	2	1	0
34	കണ്ണിന് ആശ്വാസം തോന്നി	4	3	2	1	0
35	മറ്റ് ഒഴിവുസമയം പ്രവർത്തനങ്ങൾ ചെയ്തു	4	3	2	1	0

DIGITAL DETOX EXPERIENCE TEST (DDET) – Final draft
(Bayana & Sukanya, 2020)

താഴെ തന്നിരിക്കുന്ന പ്രസ്താവനകൾ ഓരോന്നും വായിച്ച് അവ രണ്ട് ദിവസത്തെ ഇന്റർനെറ്റ് ഓഫ് ചെയ്താൽ എങ്ങനെ അനുഭവപ്പെടും, ഒരാഴ്ച ഇന്റർനെറ്റ് ഓഫ് ചെയ്താൽ എങ്ങനെ അനുഭവപ്പെടും, ഒരു മാസം ഇന്റർനെറ്റ് ഓഫ് ചെയ്താൽ എങ്ങനെ അനുഭവപ്പെടും എന്ന് സങ്കല്പിച്ച് അവർക്ക് നേരെ തന്നിട്ടുള്ള സൂചനകളിൽ അനുയോജ്യമായവയ്ക്ക് നേരെ (✓) ചെയ്ത് രേഖപ്പെടുത്തുക. ഒന്നും വിട്ടുപോകാതെ ശ്രദ്ധിക്കുമല്ലോ

④ വളരെ കൂടുതൽ ③ കൂടുതൽ ② കുറവ് ① വളരെ കുറവ് ○ ഒരിക്കലുമില്ല

No.	ഉണ്ടായേക്കാവുന്ന അനുഭവങ്ങൾ	ഇന്റർനെറ്റ് ഇല്ലാത്ത 2 ദിവസം					ഇന്റർനെറ്റ് ഇല്ലാത്ത ഒരാഴ്ച					ഇന്റർനെറ്റ് ഇല്ലാത്ത ഒരു മാസം				
		4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
1	ഉത്കണ്ഠ/ ടെൻഷൻ	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
2	മാനസിക പിരിമുറുക്കം	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
3	ഏകാഗ്രത ഇല്ലായ്മ	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
4	അസ്വസ്ഥത തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
5	പരിഭ്രമം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
6	ഏകാന്തത തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
7	നിരാശ തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
8	ദേഷ്യം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
9	കിതപ്പ് തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
10	സങ്കടം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
11	തലവേദന തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
12	അസ്വസ്ഥമായ ഉറക്കം	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
13	ജോലിയിൽ അലസത തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
14	ക്രമരഹിതമായ ദിനചര്യ	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
15	ഓൺലൈൻ ആകാശങ്ങളു വ്യഗ്രത	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
16	കൂടുതൽ സമയം ഉണ്ടാകും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
17	മാതാപിതാക്കളോട് മെച്ചപ്പെട്ട ആശയവിനിമയം	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
18	പഠന/ജോലിസ്ഥലത്തെ മെച്ചപ്പെട്ട ആശയവിനിമയം	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
19	അയൽപക്ക സന്ദർശനം നടത്തും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
20	കുടുംബ സന്ദർശനം നടത്തും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
21	സുഹൃത്തുക്കളെ സന്ദർശിക്കും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
22	പ്രവർത്തനങ്ങൾ ആസൂത്രണം ചെയ്യും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
23	കാര്യങ്ങൾ സമയത്ത് ചെയ്യും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
24	ആശ്വാസം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
25	പത്രം/പുസ്തക വായിക്കും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
26	വ്യായാമം ചെയ്യും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
27	T. v കാണും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
28	ചെടിപരിപാലനം ചെയ്യും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
29	ഒഴിവ് സമയം ഉണ്ടാകും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
30	വിശ്രമം നടക്കും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
31	നല്ല ഉറക്കം കിട്ടും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
32	ഉന്മേഷം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
33	സ്വസ്ഥത/ സമാധാനം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
34	കണ്ണിന് ആശ്വാസം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
35	മറ്റ് ഒഴിവുസമയ പ്രവർത്തനങ്ങൾ ചെയ്യും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0

DIGITAL DETOX EXPERIENCE TEST (DDET) – Final*
(Bayana & Sukanya, 2020)

താഴെ തന്നിരിക്കുന്ന പ്രസ്താവനകൾ ഓരോന്നും വായിച്ച് അവ രണ്ട് ദിവസത്തെ ഇൻറർനെറ്റ് ഓഫ് ചെയ്താൽ എങ്ങനെ അനുഭവപ്പെടും, ഒരാഴ്ച ഇൻറർനെറ്റ് ഓഫ് ചെയ്താൽ എങ്ങനെ അനുഭവപ്പെടും, ഒരു മാസം ഇൻറർനെറ്റ് ഓഫ് ചെയ്താൽ എങ്ങനെ അനുഭവപ്പെടും എന്ന് സങ്കല്പിച്ച് അവർക്ക് നേരെ തന്നിട്ടുള്ള സൂചനകളിൽ അനുയോജ്യമായവക്ക് നേരെ (✓) ചെയ്ത് രേഖപ്പെടുത്തുക. ഒന്നും വിട്ടുപോകാതെ ശ്രദ്ധിക്കുമല്ലോ

④ വളരെ കൂടുതൽ ③ കൂടുതൽ ② കുറവ് ① വളരെ കുറവ് ○ ഒരിക്കലുമില്ല

No.	ഉണ്ടായേക്കാവുന്ന അനുഭവങ്ങൾ	ഇൻറർനെറ്റ് ഇല്ലാത്ത 2 ദിവസം					ഇൻറർനെറ്റ് ഇല്ലാത്ത ഒരാഴ്ച					ഇൻറർനെറ്റ് ഇല്ലാത്ത ഒരു മാസം				
		4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
1	ഉത്കണ്ഠ/ ടെൻഷൻ	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
2	മാനസിക പിരിമുറുക്കം	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
3	ഏകാഗ്രത ഇല്ലായ്മ	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
4	അസ്വസ്ഥത തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
5	പരിഭ്രമം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
6	ഏകാന്തത തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
7	നിരാശ തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
8	ദേഷ്യം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
9	കിതപ്പ് തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
10	സങ്കടം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
11	തലവേദന തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
12	അസ്വസ്ഥമായ ഉറക്കം	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
13	ജോലിയിൽ അലസത തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
14	ക്രമരഹിതമായ ദിനചര്യ	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
15	ഓൺലൈൻ ആകാശങ്ങളു വ്യഗ്രത	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
16	കൂടുതൽ സമയം ഉണ്ടാകും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
17	മാതാപിതാക്കളോട് മെച്ചപ്പെട്ട ആശയവിനിമയം	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
18	പഠന/ജോലിസ്ഥലത്തെ മെച്ചപ്പെട്ട ആശയവിനിമയം	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
19	അയൽപക്ക സന്ദർശനം നടത്തും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
20	കുടുംബ സന്ദർശനം നടത്തും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
21	സുഹൃത്തുക്കളെ സന്ദർശിക്കും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
22	പ്രവർത്തനങ്ങൾ ആസൂത്രണം ചെയ്യും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
23	കാര്യങ്ങൾ സമയത്ത് ചെയ്യും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
24	ആശ്വാസം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
25	പത്രം/പുസ്തക വായിക്കും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
26	വ്യായാമം ചെയ്യും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
27	T. v കാണും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
28	ചെടിപരിപാലനം ചെയ്യും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
29	ഒഴിവ് സമയം ഉണ്ടാകും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
30	വിശ്രമം നടക്കും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
31	നല്ല ഉറക്കം കിട്ടും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
32	ഉന്മേഷം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
33	സ്വസ്ഥത/ സമാധാനം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
34	കണ്ണിന് ആശ്വാസം തോന്നും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0
35	മറ്റ് ഒഴിവുസമയ പ്രവർത്തനങ്ങൾ ചെയ്യും	4	3	2	1	0	4	3	2	1	0	4	3	2	1	0

*(This Final form of DDET used for Empirical study)

11	ഓൺലൈൻ ആയിരിക്കുമ്പോൾ ഗെയിമിൽ ഏർപ്പെടാതിരിക്കാൻ ആവില്ല. It's difficult to stop playing games when I am online	0	1	2	3	4
12	അവസാനിപ്പിക്കണമെന്ന് വിചാരിക്കുമെങ്കിലും ഞാൻ ഗെയിമിൽ തുടരാറുണ്ട് I continue to be gaming despite my intention to stop	0	1	2	3	4
13	ഓൺലൈൻ ഗെയിം നടത്തുമ്പോൾ എനിക്ക് പരിസരബോധം നഷ്ടപ്പെടാറുണ്ട് I will forget my surroundings if I started online games	0	1	2	3	4
14	ഓൺലൈൻ ഗെയിമിംഗിൽ നിന്ന് പിന്മാറാൻ എനിക്കാവുന്നില്ല I cannot opt out of online gaming	0	1	2	3	4
15	ഓൺലൈൻ കാര്യങ്ങളിൽ വ്യാപൃതനായതിനാൽ മറ്റ് വിനോദങ്ങളിൽ ഏർപ്പെടാൻ കഴിയാറില്ല Unable to engage in other hobbies as busy with online things	0	1	2	3	4
16	ഓൺലൈൻ പന്തയങ്ങളിൽ പണം നഷ്ടപ്പെട്ടിട്ടുണ്ട് I have lost money on online gambling	0	1	2	3	4
17	ഓൺലൈൻ ഷോപ്പിംഗ് എനിക്കൊരു ഹരമാണ് Online shopping is a fascination for me	0	1	2	3	4
18	ഒരു സന്തോഷത്തിനു വേണ്ടി ഓൺലൈൻ ഷോപ്പിംഗ് ചെയ്യാറുണ്ട് Online shopping is often done for a pleasure	0	1	2	3	4
19	ഓൺലൈനിലൂടെ എന്തെങ്കിലും മേടിച്ചില്ലെങ്കിൽ ഒരസ്വസ്ഥതയാണ് It's a discomfort for me not to buy something online	0	1	2	3	4
20	എൻറെ ഓൺലൈൻ ഷോപ്പിംഗിനെക്കുറിച്ച് പലരും പരാതി പറഞ്ഞിട്ടുണ്ട് Many people have complained about my online shopping	0	1	2	3	4
21	അശ്ലീലതക്ക് വേണ്ടി നെറ്റിൽ ഞാൻ വേണ്ടത്ര സമയം ചെലവഴിക്കാറുണ്ട് I have spent considerable time surfing pornography	0	1	2	3	4
22	ബുക്ക് മാർക്ക് ചെയ്യപ്പെട്ട ചില അശ്ലീല സൈറ്റുകൾ എനിക്കുണ്ട് I have sexual sites bookmarked	0	1	2	3	4
23	എൻറെ ജീവിതത്തെ ഇൻറർനെറ്റ് സെക്സ് ബാധിച്ചിട്ടുണ്ട് Internet sex has sometimes interfered with certain aspects of my life	0	1	2	3	4
24	അശ്ലീല സാമഗ്രികൾ കിട്ടുവാനായി രാത്രി ഉണർന്നിരിക്കാറുണ്ട് I have stayed up after midnight to access sexual material online	0	1	2	3	4
25	ഓൺലൈനിൽ സെക്സ്ഷബൽ മെറ്റീരിയൽ കിട്ടാതിരിക്കുമ്പോൾ എനിക്ക് ദേഷ്യവും സങ്കടവും അസഹിഷ്ണുതയും അനുഭവപ്പെടാറുണ്ട് When I am unable to access sexual information online, I feel anxious, angry or disappointed	0	1	2	3	4

CYBER ADDICTION PATTERN SCALE (CAPS) – Final (Bayana, Sukanya, Manikandan & Jayan, 2020)

നിങ്ങളുടെ ഇൻറർനെറ്റ് ഉപയോഗവുമായി ബന്ധപ്പെട്ട ചില പ്രസ്താവനകൾ ചുവടെ നൽകിയിരിക്കുന്നു. ഓരോ പ്രസ്താവനയും ശ്രദ്ധാപൂർവ്വം വായിക്കുക, നിങ്ങളുടെ ജീവിതത്തിൽ ഈ അനുഭവങ്ങൾ എവിടെയാണെന്ന് നിങ്ങൾ തീരുമാനിക്കുക. പ്രസ്താവനകൾക്ക് ഉത്തരം നൽകുന്നതിന് ചുവടെ നിങ്ങൾക്ക് നൽകിയ കീ പരാമർശിക്കാൻ കഴിയും. ഉത്തരങ്ങൾക്ക് നേരെ ടിക്ക് (✓) മാർക്ക് ഇടുക. എല്ലാ പ്രസ്താവനകൾക്കും ഉത്തരം നൽകുക. നിങ്ങളുടെ ഉത്തരങ്ങൾ രഹസ്യമാകുമായി സൂക്ഷിക്കുകയും ഗവേഷണ ഉദ്ദേശ്യങ്ങൾക്കായി മാത്രം ഉപയോഗിക്കുകയും ചെയ്യും.

Below are some statements related to your internet usage. Read each statement carefully and you will decide where these experiences are in your life. You can refer to the key provided below to answer the statements. Put tick (✓) marks against the answers. Answer all statements. Your answers will be kept confidential and used for research purposes only.

①
②
③
④

ഒരിക്കലുമില്ല
അപൂർവ്വമായി
ഇടയ്ക്കിടെ
പലപ്പോഴും
എല്ലായ്പ്പോഴും

No	പ്രസ്താവനകൾ	ഉത്തരങ്ങൾ				
1	എൻറെ കൂടുതൽ സമയവും ഓൺലൈൻ സുഹൃത്തുക്കളുമായാണ് ഞാൻ പങ്കുവെക്കുന്നത് I am spending more and more time with my online friends	0	1	2	3	4
2	ഓൺലൈൻ ബന്ധങ്ങളിൽ നിന്ന് പിന്മാറുകയോ ഉപയോഗം കുറയ്ക്കുകയോ ചെയ്യുന്നത് എന്നിൽ അസ്വസ്ഥത ഉളവാക്കും I felt an unpleasant mood if I discontinued or reduced my online relations	0	1	2	3	4
3	വ്യക്തിപരമായ പ്രശ്നങ്ങൾ അഭിമുഖീകരിക്കേണ്ടിവരുമ്പോൾ ഞാൻ സോഷ്യൽ നെറ്റ്‌വർക്ക് സൈറ്റുകളിൽ കയറും I will sign-in to social networks if faces any subjective conflicts	0	1	2	3	4
4	ഓൺലൈനായി ചാറ്റിങ്ങിൽ ഏർപ്പെടുന്നത് കാരണം എൻറെ പല ദൈനംദിന കാര്യങ്ങളിലും മാറ്റം സംഭവിക്കാറുണ്ട് Sometimes online chatting interferes my real life and destroys routine schedule	0	1	2	3	4
5	രാത്രിയിലെ ദീർഘ ചാറ്റിങ് മൂലം ഉറക്കം നഷ്ടപ്പെടാറുണ്ട് I feel lack of sleep due to long night chats	0	1	2	3	4
6	ഓൺലൈൻ ആയിരിക്കുമ്പോൾ മാനസികമായി ക്ഷീണം അനുഭവപ്പെടാറുണ്ട് I feel mentally fatigue when I am online	0	1	2	3	4
7	വെറുതെയിരിക്കുമ്പോഴും നെറ്റിൽ എന്തെങ്കിലും തിരഞ്ഞുകൊണ്ടിരിക്കാറുണ്ട് I'm still looking for something on the net	0	1	2	3	4
8	ഓൺലൈൻ നോട്ടിഫിക്കേഷനുകൾ എൻറെ ജോലികളിൽനിന്നും ശ്രദ്ധതിരിക്കാറുണ്ട് Online notifications pull my attentions away from my work	0	1	2	3	4
9	നീണ്ട ഓൺലൈൻ രേഖാസാമഗ്രികൾ എന്നിൽ മാനസിക സമ്മർദ്ദം സൃഷ്ടിക്കാറുണ്ട് Interaction with large online documents leads me a stressful mind situation	0	1	2	3	4
10	ഇ-മെയിൽ, ഫേസ്ബുക്ക്, വാട്സ്ആപ്പ് സന്ദേശങ്ങളുടെ ഇടപെടൽ മൂലം ഒരേ കാര്യത്തിൽ തന്നെ കുറെ സമയം ശ്രദ്ധിച്ചു ഇരിക്കാൻ എനിക്ക് കഴിയാറില്ല I can't fully concentrate for a significant period of time on one thing due to interruptions from mails, facebook or whatsapp messages	0	1	2	3	4

11	ഓൺലൈൻ ആയിരിക്കുമ്പോൾ ഗെയിമിൽ ഏർപ്പെടാതിരിക്കാൻ ആവില്ല. It's difficult to stop playing games when I am online	0	1	2	3	4
12	അവസാനിപ്പിക്കണമെന്ന് വിചാരിക്കുമെങ്കിലും ഞാൻ ഗെയിമിൽ തുടരാറുണ്ട് I continue to be gaming despite my intention to stop	0	1	2	3	4
13	ഓൺലൈൻ ഗെയിം നടത്തുമ്പോൾ എനിക്ക് പരിസരബോധം നഷ്ടപ്പെടാറുണ്ട് I will forget my surroundings if I started online games	0	1	2	3	4
14	ഓൺലൈൻ ഗെയിമിംഗിൽ നിന്ന് പിന്മാറാൻ എനിക്കാവുന്നില്ല I cannot opt out of online gaming	0	1	2	3	4
15	ഓൺലൈൻ കാര്യങ്ങളിൽ വ്യാപൃതനായതിനാൽ മറ്റ് വിനോദങ്ങളിൽ ഏർപ്പെടാൻ കഴിയാറില്ല Unable to engage in other hobbies as busy with online things	0	1	2	3	4
16	ഓൺലൈൻ പന്തയങ്ങളിൽ പണം നഷ്ടപ്പെട്ടിട്ടുണ്ട് I have lost money on online gambling	0	1	2	3	4
17	ഓൺലൈൻ ഷോപ്പിംഗ് എനിക്കൊരു ഹരമാണ് Online shopping is a fascination for me	0	1	2	3	4
18	ഒരു സന്തോഷത്തിനു വേണ്ടി ഓൺലൈൻ ഷോപ്പിംഗ് ചെയ്യാറുണ്ട് Online shopping is often done for a pleasure	0	1	2	3	4
19	ഓൺലൈനിലൂടെ എന്തെങ്കിലും മേടിച്ചില്ലെങ്കിൽ ഒരസ്വസ്ഥതയാണ് It's a discomfort for me not to buy something online	0	1	2	3	4
20	എൻറെ ഓൺലൈൻ ഷോപ്പിംഗിനെക്കുറിച്ച് പലരും പരാതി പറഞ്ഞിട്ടുണ്ട് Many people have complained about my online shopping	0	1	2	3	4
21	അശ്ലീലതക്ക് വേണ്ടി നെറ്റിൽ ഞാൻ വേണ്ടത്ര സമയം ചെലവഴിക്കാറുണ്ട് I have spent considerable time surfing pornography	0	1	2	3	4
22	ബുക്ക് മാർക്ക് ചെയ്തപ്പട്ട ചില അശ്ലീല സൈറ്റുകൾ എനിക്കുണ്ട് I have sexual sites bookmarked	0	1	2	3	4
23	എൻറെ ജീവിതത്തെ ഇൻറർനെറ്റ് സെക്സ് ബാധിച്ചിട്ടുണ്ട് Internet sex has sometimes interfered with certain aspects of my life	0	1	2	3	4
24	അശ്ലീല സാമഗ്രികൾ കിട്ടുവാനായി രാത്രി ഉണർന്നിരിക്കാറുണ്ട് I have stayed up after midnight to access sexual material online	0	1	2	3	4
25	ഓൺലൈനിൽ സെക്സ്ബൽ മെറ്റീരിയൽ കിട്ടാതിരിക്കുമ്പോൾ എനിക്ക് ദേഷ്യവും സങ്കടവും അസഹിഷ്ണുതയും അനുഭവപ്പെടാറുണ്ട് When I am unable to access sexual information online, I feel anxious, angry or disappointed	0	1	2	3	4

**INTERNET ADDICTION TEST – SHORT FORM
(Pawlikowski, Gleich & Brand, 2012)**

This questionnaire consists of 12 statements. After reading each statement carefully, based upon the 5-point Likert scale, please select the response (1, 2, 3, 4 or 5) which best describes you. If two choices seem to apply equally well, circle the choice that best represents how you are most of the time during the past month. Be sure to read all the statements carefully before making your choice.

ഈ ചോദ്യാവലിയിൽ 12 പ്രസ്താവനകൾ അടങ്ങിയിരിക്കുന്നു. ഓരോ പ്രസ്താവനയും ശ്രദ്ധാപൂർവ്വം വായിച്ചതിനുശേഷം, 5-പോയിന്റ് ലൈകേർട്ട് സ്കെയിലിലിനെ അടിസ്ഥാനമാക്കി, നിങ്ങളെ നന്നായി വിവരിക്കുന്ന പ്രതികരണം (1, 2, 3, 4 അല്ലെങ്കിൽ 5) തിരഞ്ഞെടുക്കുക. രണ്ട് ചോയ്സുകൾ തുല്യമായി ബാധകമാണെന്ന് തോന്നുകയാണെങ്കിൽ, കഴിഞ്ഞ മാസത്തിൽ നിങ്ങൾ കൂടുതൽ സമയം എങ്ങനെയെന്ന് മികച്ച രീതിയിൽ പ്രതിനിധീകരിക്കുന്ന ചോയ്സ് സർക്കിൾ ചെയ്യുക. നിങ്ങൾ തിരഞ്ഞെടുക്കുന്നതിന് മുമ്പ് എല്ലാ പ്രസ്താവനകളും ശ്രദ്ധാപൂർവ്വം വായിക്കുന്നത് ഉറപ്പാക്കുക.

1 2 3 4 5 6
 Never Rarely Occasionally Frequently Often Always
 ബാധകമല്ല അപൂർവ്വമായി ഇടയ്ക്കിടെ കൂടെക്കൂടെ പലപ്പോഴും എല്ലായ്പ്പോഴും

No.	ചോദ്യങ്ങൾ	ഉത്തരങ്ങൾ					
1	നിങ്ങൾ ഉദ്ദേശിച്ചതിലും കൂടുതൽ സമയം എത്രത്തോളം നിങ്ങൾ ഓൺലൈനിൽ തുടരാറുണ്ട്? How often do you find that you stay on-line longer than you intended?	0	1	2	3	4	5
2	ഓൺലൈനിൽ കൂടുതൽ സമയം ചെലവഴിക്കാൻ നിങ്ങൾ എത്രത്തോളം വീട്ടുജോലികൾ അവഗണിക്കുന്നു? How often do you neglect household chores to spend more time on-line?	0	1	2	3	4	5
3	നിങ്ങൾ ഓൺലൈനിൽ ചെലവഴിക്കുന്ന സമയം കാരണം നിങ്ങളുടെ പഠനമോ സ്കൂൾ ജോലിയോ എത്രത്തോളം പ്രശ്നമാകുന്നു? How often do your grades or school work suffer because of the amount of time you spend on-line?	0	1	2	3	4	5
4	അർദ്ധരാത്രി ലോഗിൻ ചെയ്യുന്നത് കാരണം എത്രത്തോളം നിങ്ങൾക്ക് ഉറക്കം നഷ്ടപ്പെടും? How often do you lose sleep due to being online late at night?	0	1	2	3	4	5
5	ഓൺലൈനിൽ ആയിരിക്കുമ്പോൾ “കുറച്ച് മിനിറ്റ് കൂടി” എന്ന് നിങ്ങൾ എത്രത്തോളം പറയുന്നു? How often do you find yourself saying “just a few more minutes” when on-line	0	1	2	3	4	5
6	നിങ്ങൾ ഓൺലൈനിൽ ചെലവഴിക്കുന്ന സമയം കുറക്കാൻ എത്രത്തോളം ശ്രമിച്ചിട്ടുണ്ട്? How often do you try to cut down the amount of time you spend on-line and fail?	0	1	2	3	4	5
7	നിങ്ങൾ ഓൺലൈനിൽ എന്താണ് ചെയ്യുന്നതെന്ന് ആരെങ്കിലും നിങ്ങളോട് ചോദിക്കുമ്പോൾ നിങ്ങൾ എത്രത്തോളം അതിനോട് പ്രതിരോധമോ രഹസ്യമോ ആയിത്തീരുന്നു? How often do you become defensive or secretive when anyone asks you what you do online?	0	1	2	3	4	5
8	നിങ്ങൾ ഓൺലൈനിൽ ആയിരിക്കുമ്പോൾ ആരെങ്കിലും നിങ്ങളെ ശല്യപ്പെടുത്തിയാൽ നിങ്ങൾ എത്രത്തോളം നീരസം പ്രകടിപ്പിക്കുന്നു? How often do you snap, yell, or act annoyed if someone bothers you while you are on-line?	0	1	2	3	4	5

9	<p>ഓഫ്-ലൈനായിരിക്കുമ്പോൾ ഓൺലൈനിൽ ആയിരിക്കുന്നതിനെക്കുറിച്ച് എത്രത്തോളം ഭാവനയിൽ കാണുകയോ ചിന്തിക്കുകയോ ചെയ്യാറുണ്ട്?</p> <p>How often do you feel preoccupied with the Internet when off-line, or fantasize about being on-line?</p>	0	1	2	3	4	5
10	<p>നിങ്ങൾ എത്രനേരം ഓൺലൈനിലായിരുന്നുവെന്ന് മറയ്ക്കാൻ എത്രത്തോളം ശ്രമിക്കുന്നു?</p> <p>How often do you try to hide how long you've been on-line?</p>	0	1	2	3	4	5
11	<p>മറ്റുള്ളവരുമായി പുറത്തുപോകുന്നതിനേക്കാൾ ഓൺലൈനിൽ കൂടുതൽ സമയം ചെലവഴിക്കാൻ നിങ്ങൾ എത്രത്തോളം താല്പര്യപ്പെടുന്നു?</p> <p>How often do you choose to spend more time on-line over going out with others?</p>	0	1	2	3	4	5
12	<p>നിങ്ങൾ ഓഫ്-ലൈനിൽ ആയിരിക്കുമ്പോൾ നിങ്ങൾ എത്രത്തോളം വിഷാദമോ അസ്വസ്ഥതയോ അനുഭവിക്കുന്നു? (ഓൺലൈനിൽ തിരിച്ചെത്തിക്കഴിഞ്ഞാൽ അത് ഇല്ലാതാകും)</p> <p>How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line?</p>	0	1	2	3	4	5

**AGGRESSION QUESTIONNAIRE
(Buss & Perry, 1992)**

നിർദ്ദേശങ്ങൾ: നിങ്ങളെ വിവരിക്കുന്നതിൽ ഇനിപ്പറയുന്ന ഓരോ പ്രസ്താവനകളും എത്രമാത്രം സ്വഭാവ സവിശേഷതയോ സവിശേഷതയില്ലാത്തതോ ആണെന്ന് ചുവടെ കാണിച്ചിരിക്കുന്ന 5 പോയന്റ് സ്കെയിൽ ഉപയോഗിച്ച് സൂചിപ്പിക്കുക. പ്രസ്താവനയുടെ വലതുവശത്തുള്ള ബോക്സിൽ നിങ്ങളുടെ റേറ്റിംഗ് സ്ഥാപിക്കുക.

Instructions: Using the 5-point scale shown below, indicate how uncharacteristic or characteristic each of the following statements is in describing you. Place your rating in the box to the right of the statement.

- 1 = extremely uncharacteristic of me (ഒട്ടും ശരിയല്ല)
- 2 = somewhat uncharacteristic of me (ഒരു പരിധിവരെ ശരിയല്ല)
- 3 = neither uncharacteristic nor characteristic of me (ശരിയോ തെറ്റോ അല്ല)
- 4 = somewhat characteristic of me (ഒരു പരിധിവരെ ശരിയാണ്)
- 5 = extremely characteristic of me (വളരെ ശരിയാണ്)

No.	പ്രസ്താവനകൾ	1	2	3	4	5
1	Given enough provocation, I may hit another person. പ്രകോപനം ഉണ്ടാക്കിയാൽ ഞാൻ മറ്റൊരാളെ അടിച്ചേക്കാം.					
2	I have threatened people I know. എനിക്കറിയാവുന്ന ആളുകളെ ഞാൻ ഭീഷണിപ്പെടുത്തിയിട്ടുണ്ട്.					
3	I often find myself disagreeing with people. ഞാൻ പലപ്പോഴും ആളുകളുമായി വിരോധിക്കാറുണ്ട്.					
4	I can't help getting into arguments when people disagree with me. ആരെങ്കിലും എന്നോട് എതിരായാൽ ഞാൻ അവരോട് തർക്കിക്കും.					
5	I wonder why sometimes I feel so bitter about things. ഞാൻ എന്തിനാണിങ്ങനെ ദേഷ്യപ്പെടുന്നതെന്ന് പലപ്പോഴും എനിക്ക് തോന്നാറുണ്ട്.					
6	My friends say that I'm somewhat argumentative. എനിക്ക് കുറച്ച് തർക്കിക്കുന്ന സ്വഭാവമുണ്ടെന്ന് കൂട്ടുകാർ പറയാറുണ്ട്.					
7	There are people who pushed me so far that we came to blows. വഴക്കിലേർപ്പെട്ട് അറുത്തമുറിക്കപ്പെട്ട ബന്ധങ്ങൾ എനിക്കുണ്ട്					
8	I have trouble controlling my temper. എന്റെ കോപം നിയന്ത്രിക്കുന്നതിൽ എനിക്ക് പ്രശ്നമുണ്ട്.					
9	I flare up quickly but get over it quickly. ഞാൻ പെട്ടെന്ന് ദേഷ്യപ്പെടുകയും അതുപോലെ തണുക്കുകയും ചെയ്യും					
10	Sometimes I fly off the handle for no good reason. ഒരു കാരണവുമില്ലാതെ ചിലപ്പോൾ ഞാൻ പൊട്ടിത്തെറിക്കും					
11	Other people always seem to get the breaks. ഭാഗ്യം എപ്പോഴും മറ്റുള്ളവരോടൊപ്പമാണ്					
12	At times I feel I have gotten a raw deal out of life. നിർഭാഗ്യങ്ങൾ പലപ്പോഴും ജീവിതത്തിൽ എന്നെ തേടിയെത്തിയിട്ടുണ്ട്					

DASS21

Name: _____

Date: _____

ഓരോ പ്രസ്താവനയും വായിച്ച് 0, 1, 2 അല്ലെങ്കിൽ 3 എന്ന നമ്പറിൽ സൂചിപ്പിക്കുക. ഇത് കഴിഞ്ഞ ഒരാഴ്ചയായി നിങ്ങൾക്ക് എത്രത്തോളം അനുഭവപ്പെട്ടു എന്ന് സൂചിപ്പിക്കുന്നു. ശരിയായ അല്ലെങ്കിൽ തെറ്റായ ഉത്തരങ്ങളൊന്നുമില്ല. ഒരു പ്രസ്താവനയിലും കൂടുതൽ സമയം ചെലവഴിക്കരുത്.

റേറ്റിംഗ് സ്കെയിൽ ഇപ്രകാരമാണ്:

- 0 എനിക്ക് ഒട്ടും ബാധകമല്ല
- 1 ഒരു പരിധിവരെ അല്ലെങ്കിൽ കുറച്ച് സമയത്തേക്ക് എനിക്ക് അനുഭവപ്പെട്ടു
- 2 എനിക്ക് ഗണ്യമായ അളവിൽ അല്ലെങ്കിൽ സമയത്തിന്റെ നല്ലൊരു ഭാഗം അനുഭവപ്പെട്ടു
- 3 എനിക്ക് വളരെയധികം അനുഭവപ്പെട്ടു. അല്ലെങ്കിൽ മിക്കപ്പോഴും

No.	പ്രസ്താവനകൾ	0	1	2	3
1	I found it hard to wind down എന്റെ മനസ്സിനെ ശാന്തമാക്കാൻ ബുദ്ധിമുട്ടിയിട്ടുണ്ട്				
2	I was aware of dryness of my mouth എന്റെ തൊണ്ട വരണ്ടതായി എനിക്കനുഭവപ്പെട്ടു				
3	I couldn't seem to experience any positive feeling at all ഒരു കാര്യത്തെ കുറിച്ചും ശുഭകരമായി ചിന്തിക്കാൻ എനിക്ക് ആവുന്നില്ല				
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion) ശാരീരികാധ്വാനത്തിന്റെ അഭാവത്തിലും എനിക്ക് ശ്വാസിക്കാൻ ബുദ്ധിമുട്ട് അനുഭവപ്പെട്ടു				
5	I found it difficult to work up the initiative to do things കാര്യങ്ങൾ മുൻകയ്യെടുത്ത് ചെയ്യാൻ കഴിയാതെ വന്നു				
6	I tended to over-react to situations ഞാൻ സാഹചര്യങ്ങളോട് അമിതമായി പ്രതികരിക്കുന്ന അവസ്ഥയുണ്ടായി				
7	I experienced trembling (eg, in the hands) എനിക്ക് വിറയൽ അനുഭവപ്പെട്ടു				
8	I felt that I was using a lot of nervous energy എന്റെ ഊർജ്ജം ടെൻഷനടിച്ചു കളയുന്നതായി തോന്നി				
9	I was worried about situations in which I might panic and make a fool of myself ചില സാഹചര്യങ്ങളിൽ ഞാൻ നാണംകെടുമോ എന്നോർത്തു ആശങ്കയുണ്ടായിരുന്നു.				
10	I felt that I had nothing to look forward to എനിക്ക് പ്രതീക്ഷിക്കാൻ ഒന്നുമില്ലെന്ന് തോന്നി				
11	I found myself getting agitated ഞാൻ പ്രകോപിതനായി കാണപ്പെട്ടു				
12	I found it difficult to relax എനിക്ക് സമാധാനമായി വിശ്രമിക്കാൻ ബുദ്ധിമുട്ടുള്ളതായി കാണപ്പെട്ടു				
13	I felt down-hearted and blue എനിക്ക് നിരാശയും വിഷമവും അനുഭവപ്പെട്ടു				
14	I was intolerant of anything that kept me from getting on with what I was doing ചെയ്തുകൊണ്ടിരിക്കുന്ന കാര്യങ്ങളിൽ നിന്ന് എന്നെ തടയുന്ന എന്തിനോടും എനിക്ക് അസഹിഷ്ണുത ഉണ്ടായിരുന്നു				
15	I felt I was close to panic ഞാൻ പരിഭ്രാന്തിയിലാവുമെന്ന് എനിക്ക് തോന്നി				

16	I was unable to become enthusiastic about anything എനിക്ക് ഒന്നിലും ഒരു താല്പര്യവും തോന്നിയില്ല				
17	I felt I wasn't worth much as a person ഒരു വ്യക്തിയെന്ന നിലയിൽ ഞാൻ ഒന്നിനും കൊള്ളാത്തവനാണെന്ന് എനിക്ക് തോന്നി				
18	I felt that I was rather touchy ഞാൻ ലോലമനസ്സുനാണെന്ന് എനിക്ക് തോന്നി				
19	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat) എനിക്ക് നെഞ്ചിടിപ്പ് തോന്നി				
20	I felt scared without any good reason യാതൊരു കാരണവുമില്ലാതെ എനിക്ക് ഭയം തോന്നി				
21	I felt that life was meaningless ജീവിതം അർത്ഥശൂന്യമാണെന്ന് എനിക്ക് തോന്നി				

**SATISFACTION WITH LIFE SCALE
(Pavot, W., & Diener, E., 2013)**

Instructions: Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

നിർദ്ദേശങ്ങൾ: നിങ്ങൾ സമ്മതിക്കുകയോ വിരോധിക്കുകയോ ചെയ്യുന്ന അഞ്ച് പ്രസ്താവനകൾ ചുവടെയുണ്ട്. ചുവടെയുള്ള 1 - 7 സ്കെയിൽ ഉപയോഗിച്ച്, ആ ഇനത്തിന് മുമ്പുള്ള കള്ളിയിൽ ഉചിതമായ നമ്പർ സ്ഥാപിച്ച് ഓരോ ഇനവുമായുള്ള നിങ്ങളുടെ അഭിപ്രായം സൂചിപ്പിക്കുക. നിങ്ങളുടെ പ്രതികരണം ദയവായി തുറന്നതും സത്യസന്ധവുമായിരിക്കുക.

സ്കെയിൽ	Ans.	Statements - പ്രസ്താവനകൾ
7 ശക്തമായി യോജിക്കുന്നു (strongly agree)		In most ways my life is close to my ideal. എല്ലാ രീതിയിലും എൻറെ ജീവിതം എൻറെ ആദർശത്തോട് ചേർന്നതാണ്.
6 യോജിക്കുന്നു (agree)		
5 ചെറുതായി യോജിക്കുന്നു (slightly agree)		The conditions of my life are excellent. എൻറെ ജീവിതം അത്യധികം മെച്ചപ്പെട്ടതാണ്.
4 യോജിക്കുകയോ വിരോധിക്കുകയോ ചെയ്യുന്നില്ല (neither agree nor disagree)		I am satisfied with my life. ഈ ജീവിതത്തിൽ ഞാൻ സംതൃപ്തനാണ്.
3 ചെറുതായി വിരോധിക്കുന്നു (slightly disagree)		So far I have gotten the important things I want in life. എനിക്കിഷ്ടപ്പെട്ടതെല്ലാം ഞാൻ ഈ ജീവിതത്തിൽ നേടിയിട്ടുണ്ട്.
2 വിരോധിക്കുന്നു (dsagree)		
1 ശക്തമായി വിരോധിക്കുന്നു (strongly disagree)		If I could live my life over, I would change almost nothing. ഇനിയൊരു ജന്മമുണ്ടെങ്കിൽ ഇതുപോലെതന്നെ ജീവിക്കാൻ ഞാൻ ആഗ്രഹിക്കുന്നു.

BARRATT IMPULSIVENESS SCALE (Spinella, 2007)

DIRECTIONS: People differ in the ways they act and think in different situations. This is a test to measure some of the ways in which you act and think. Read each statement and put an X on the appropriate circle on the right side of this page. Do not spend too much time on any statement. Answer quickly and honestly.

- ① Rarely/Never ② Occasionally ③ Often ④ Almost Always/ Always

നിർദ്ദേശങ്ങൾ: ആളുകൾ വ്യത്യസ്ത സാഹചര്യങ്ങളിൽ പ്രവർത്തിക്കുകയും ചിന്തിക്കുകയും ചെയ്യുന്ന രീതികളിൽ വ്യത്യാസമുണ്ട്. നിങ്ങൾ പ്രവർത്തിക്കുകയും ചിന്തിക്കുകയും ചെയ്യുന്ന ചില വഴികൾ അളക്കുന്നതിനുള്ള ഒരു പരീക്ഷണമാണിത്. ഓരോ പ്രസ്താവനയും വായിച്ച് ഈ പേജിന്റെ വലതുഭാഗത്ത് ഉചിതമായ സർക്കിളിൽ ഒരു 'X' ഇടുക. ഒരു പ്രസ്താവനയിലും കൂടുതൽ സമയം ചെലവഴിക്കരുത്. വേഗത്തിലും സത്യസന്ധമായും ഉത്തരം നൽകുക.

- ① അപൂർവ്വമായി/ ഒരിക്കലുമില്ല ② ഇടയ്ക്കിടെ ③ പലപ്പോഴും ④ മിക്കവാറും എല്ലായ്പ്പോഴും/ എല്ലായ്പ്പോഴും

No.	പ്രസ്താവനകൾ	ഉത്തരങ്ങൾ			
1	I plan tasks carefully. ഞാൻ കാര്യങ്ങൾ ശ്രദ്ധാപൂർവ്വം ആസൂത്രണം ചെയ്യുന്നു.	①	②	③	④
2	I do things without thinking. ഞാൻ എടുത്തുചാടി കാര്യങ്ങൾ ചെയ്യുന്നു.	①	②	③	④
3	I don't "pay attention." ഞാൻ മനസ്സിരുത്തി ശ്രദ്ധിക്കാറില്ല*.	①	②	③	④
4	I concentrate easily. എനിക്ക് എളുപ്പത്തിൽ ശ്രദ്ധ കേന്ദ്രീകരിക്കാനാവാുന്നു.	①	②	③	④
5	I save regularly. ഞാൻ പതിവായി മിച്ചം പിടിക്കാറുണ്ട്*.	①	②	③	④
6	I "squirm" at plays or lectures. പ്രസംഗങ്ങൾ കേട്ടിരിക്കാൻ എനിക്ക് താത്പര്യമില്ല.	①	②	③	④
7	I am a careful thinker. ഞാൻ കാര്യങ്ങളെപ്പറ്റി ശ്രദ്ധാപൂർവ്വം ചിന്തിക്കാറുണ്ട്.	①	②	③	④
8	I plan for job security. തൊഴിൽ സുരക്ഷയ്ക്കായി ഞാൻ പദ്ധതി ഇട്ടിട്ടുണ്ട്.	①	②	③	④
9	I say things without thinking. ഞാൻ ചിന്തിക്കാതെ കാര്യങ്ങൾ പറയാറുണ്ട്.	①	②	③	④
10	I act "on impulse." ഞാൻ പെട്ടെന്നുള്ള ആവേശത്തിൽ പ്രവർത്തിക്കും.	①	②	③	④
11	I get easily bored when solving thought problems. ചിന്തിച്ച് പരിഹരിക്കേണ്ട കാര്യങ്ങൾ എനിക്ക് എളുപ്പത്തിൽ ബോറടിക്കും.	①	②	③	④
12	I act on the spur of the moment. അപ്പപ്പോൾ തോന്നുന്നതനുസരിച്ച് ഞാൻ പ്രവർത്തിക്കും.	①	②	③	④
13	I buy things on impulse. ഒരു സാധനം വാങ്ങാൻ തോന്നിയാൽ ഞാൻ ഉടനെ വാങ്ങും.	①	②	③	④
14	I am restless at the theater or lectures. നാടകങ്ങൾ ക്ഷമയോടെ കണ്ടിരിക്കാൻ എനിക്കാവില്ല.	①	②	③	④
15	I am future oriented. ഭാവീ ജീവിതത്തിലാണ് എന്റെ പ്രതീക്ഷകൾ.	①	②	③	④

UCLA LONELINESS SCALE (Russell, D., 1996)

INSTRUCTIONS: Indicate how often each of the statements below is descriptive of you.

4 indicates "I often feel this way"

3 indicates "I sometimes feel this way"

2 indicates "I rarely feel this way"

1 indicates "I never feel this way"

നിർദ്ദേശങ്ങൾ: ചുവടെയുള്ള ഓരോ പ്രസ്താവനകളും നിങ്ങളെക്കുറിച്ച് എത്രത്തോളം വിവരിക്കുന്നുവെന്ന് സൂചിപ്പിക്കുക

4 സൂചിപ്പിക്കുന്നത് "എനിക്ക് പലപ്പോഴും ഇങ്ങനെയാണ് തോന്നുന്നത്"

3 സൂചിപ്പിക്കുന്നത് "എനിക്ക് ചിലപ്പോൾ ഈ വിധം അനുഭവപ്പെടുന്നു"

2 സൂചിപ്പിക്കുന്നത് "എനിക്ക് അപൂർവ്വമായി മാത്രമേ ഇത് അനുഭവപ്പെടുകയുള്ളൂ"

1 സൂചിപ്പിക്കുന്നത് "എനിക്ക് ഒരിക്കലും ഈ വിധം തോന്നുന്നില്ല"

No.	പ്രസ്താവനകൾ	ഉത്തരങ്ങൾ			
		4	3	2	1
1	I lack companionship എനിക്ക് കൂട്ടുകെട്ട് ഇല്ല	4	3	2	1
2	I feel left out എന്നെ ഒഴിവാക്കിയതായി തോന്നുന്നു	4	3	2	1
3	I feel completely alone ഞാൻ പൂർണ്ണമായും ഒറ്റപ്പെട്ടതായി തോന്നുന്നു	4	3	2	1
4	I feel isolated from others മറ്റുള്ളവരിൽ നിന്ന് ഞാൻ മാറ്റിനിർത്തപ്പെട്ടതായി തോന്നുന്നു	4	3	2	1
5	I am unhappy being so withdrawn ഇങ്ങനെ ഉൾവലിഞ്ഞുനിൽക്കുന്നതിൽ ഞാൻ തീർത്തും അത്യാപ്തനാണ്	4	3	2	1
6	People are around me but not with me ആളുകൾ എനിക്ക് ചുറ്റുമുണ്ടെങ്കിലും എന്നോടൊപ്പമാരുമില്ല	4	3	2	1

INTERPERSONAL SENSITIVITY MEASURE (Boyce & Parker, 1994)

The following are some questions that may or may not be relevant to your life. You should read each one and record whether it is present in your life or not in the respective column. Respond to each statement in terms of how you are GENERALLY and not necessarily just at present. There are no right or wrong answers here.

നിങ്ങളുടെ ജീവിതവുമായി ബന്ധപ്പെട്ടതോ അല്ലാത്തതോ ആയ ചില കാര്യങ്ങളാണ് താഴെ കൊടുത്തിരിക്കുന്നത്. ഓരോന്നും വായിച്ച് നിങ്ങളുടെ ജീവിതത്തിൽ അത് ഉണ്ടോ ഇല്ലയോ എന്നത് അതാത് കോളത്തിൽ രേഖപ്പെടുത്തേണ്ടതാണ്. ഓരോ പ്രസ്താവനയോടും ഇപ്പോൾ എങ്ങനെയാണ് എന്നല്ല, നിങ്ങൾ പൊതുവെ എങ്ങനെയാണെന്നതിന്റെ അടിസ്ഥാനത്തിൽ പ്രതികരിക്കുക. ഇവിടെ തെറ്റോ ശരിയോ ആയ ഉത്തരങ്ങളില്ല.

No.	ചോദ്യങ്ങൾ	ഉത്തരങ്ങൾ	
		ഉണ്ട്	ഇല്ല
1	ആളുകളുമായി പിരിയുമ്പോൾ നിങ്ങൾക്ക് വല്ലായ്മ തോന്നാറുണ്ടോ? Do you feel insecure when you say goodbye to people?	ഉണ്ട്	ഇല്ല
2	നിങ്ങളുടെ പെരുമാറ്റം മറ്റുള്ളവരെ എങ്ങനെ ബാധിക്കുമെന്ന ചിന്ത നിങ്ങളെ അലട്ടാറുണ്ടോ? Do you worry about the effect you have on other people?	ഉണ്ട്	ഇല്ല
3	മറ്റുള്ളവർ നിങ്ങളെ ശ്രദ്ധിക്കും മനസ്സിലാക്കിയിട്ടുണ്ടെങ്കിൽ, അവർ നിങ്ങളെ ഇഷ്ടപ്പെടില്ല എന്ന് നിങ്ങൾ കരുതുന്നുണ്ടോ? If others knew the real you, do you think that they would not like you?	ഉണ്ട്	ഇല്ല
4	നിങ്ങൾ നന്നായി ചെയ്ത ഒരു കാര്യം മറ്റൊരാൾ നന്നായെന്ന് പറഞ്ഞാലേ നിങ്ങൾ വിശ്വസിക്കുകയോളോ? Do you only believe that something you have done is good when someone tells you that it is?	ഉണ്ട്	ഇല്ല
5	ആളുകളുമായി വിടപറയുന്ന വേളയിൽ നിങ്ങൾക്ക് ഉത്കണ്ഠ തോന്നാറുണ്ടോ? Do you feel anxious when you say goodbye to people?	ഉണ്ട്	ഇല്ല
6	ആളുകളോട് ദേഷ്യപ്പെടാൻ നിങ്ങൾക്ക് ബുദ്ധിമുട്ടാണോ? Do you find it hard to get angry with people?	ഉണ്ട്	ഇല്ല
7	നിങ്ങൾ ചെയ്യുന്ന ഒരു കാര്യത്തെ ആരെങ്കിലും വിമർശിച്ചാൽ, നിങ്ങൾക്ക് മോശം തോന്നുമോ? If someone is critical of something you do, do you feel bad?	ഉണ്ട്	ഇല്ല
8	മറ്റുള്ളവർ നിങ്ങളെ ശരിക്ക് മനസ്സിലാക്കിയാൽ അവർ നിങ്ങളെ മോശക്കാരനായി കണക്കാക്കുമോ? If other people knew what you were really like, would they think less of you?	ഉണ്ട്	ഇല്ല
9	ആർക്കെങ്കിലുമൊക്കെ നിങ്ങളെ വലിയ ഇഷ്ടമാണെന്ന് എപ്പോഴെങ്കിലും തോന്നിയിട്ടുണ്ടോ? Are you ever really sure if someone is pleased with you?	ഉണ്ട്	ഇല്ല
10	ആരെങ്കിലും നിങ്ങളെ വിഷമിപ്പിക്കുന്നുവെങ്കിൽ, അത് നിങ്ങളുടെ മനസ്സിൽ നിന്ന് മാറാൻ ബുദ്ധിമുട്ടാണോ? If someone upsets you, is it difficult to put it out of your mind?	ഉണ്ട്	ഇല്ല

11	മറ്റുള്ളവർ നിങ്ങളെക്കുറിച്ച് എന്ത് വിചാരിക്കുമെന്ന കാര്യത്തിൽ നിങ്ങൾക്ക് ആശങ്കയുണ്ടോ? Do you worry about what others think of you?	ഉണ്ട്	ഇല്ല
12	നിങ്ങൾ എപ്പോഴെങ്കിലും ആരോടെങ്കിലും മര്യാദയില്ലാതെ പെരുമാറിയിട്ടുണ്ടോ? Are you ever rude to anyone?	ഉണ്ട്	ഇല്ല
13	സുഹൃത്തുമായി വഴക്കിട്ടാൽ, അത് ശരിയാകുന്നത് വരെ നിങ്ങൾക്ക് അസ്വസ്ഥത ഉണ്ടാകുമോ? After a fight with a friend, do you feel uncomfortable until you have made peace?	ഉണ്ട്	ഇല്ല
14	നിങ്ങളെ ആരെങ്കിലും അവഗണിച്ചാൽ അത് എളുപ്പം മനസ്സിലാക്കാറുണ്ടോ? Do you always notice if someone doesn't respond to you?	ഉണ്ട്	ഇല്ല
15	ആരെങ്കിലും നിങ്ങളോട് ദേഷ്യപ്പെട്ടാൽ നിങ്ങളെയത് വേദനിപ്പിക്കാറുണ്ടോ? Do you feel hurt when someone is angry with you?	ഉണ്ട്	ഇല്ല

*THANK YOU!!
THANK YOU FOR YOUR COOPERATION
നിങ്ങളുടെ സഹകരണത്തിന് നന്ദി



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CERTIFICATE OF APPROVAL

This is to certify that the research work entitled "**WEBHOLISM: AN INVESTIGATION ON PSYCHOLOGICAL ASPECTS**" submitted by *Ms. Bayana Beevi O. M. S., Research Scholar, Department of Psychology, Prajyoti Niketan College, Pudukad* under the guidance of *Dr. Sukanya B Menon., Assistant Professor, Department of Psychology, Prajyoti Niketan College, Pudukad* is **APPROVED** by the Research Ethics Committee (REC), at its meeting held on 25/07/2023.

Signature

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Chairman
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3.	Name of the supervisor	Dr SUKANYA B MENON		
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