RELATIONSHIP BETWEEN ACADEMIC RESILIENCE AND INTERNET ADDICTION OF UNDERGRADUATE STUDENTS OF PURULIA DISTRICT OF WEST BENGAL: A STUDY

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ABSTRACT

Academic resilience is defined as the capacity to cope with academic problems, such as academic stress, academic failure, and academic boredom. Internet addiction is defined as the compulsive use of the internet that has negative effects that interfere with daily life. The present study aims to explore the relationship between academic resilience and internet addiction of undergraduate students of Purulia district of West Bengal. It is a Descriptive survey type research. Data for the study has been collected randomly from 100 undergraduate students from randomly selected two colleges (J. K. College & Nistarini College) of Purulia district of West Bengal applying Academic Resilience Scale (2016) including 30 items by Cassidy and Internet Addiction Scale (1998) including 20 items by Dr. Kimberly S. Young. The collected data has been analyzed using descriptive statistics like mean, standard deviation, variance, skewness, kurtosis, and inferential statistics like 't' test and Mann Whitney U test. The result revealed that academic resilience and internet addiction have no significant relationship. A significant difference has been observed in internet addiction between boys and girls, but no difference has been observed in academic resilience. Locality has no significant impact in both academic resilience and internet addiction.

KEYWORDS: *academic resilience, internet addiction, undergraduate students, academic failure.*

INTRODUCTION

Academic resilience and internet addiction have been two critical areas of study in recent years. Academic resilience is defined as the ability to cope with academic challenges, such as academic stress, academic failure, and academic boredom, while internet addiction refers to excessive use of the internet leading to negative consequences that interferes with daily life. Academic resilience is the capacity of a learner to bounce back, endure, or adjust to pressure and difficult circumstances in the academic area. Internet addiction has become a common factor among the students in this 21st century where the students spend time most of the time of the day using internet. Though internet has become an integral part in the education process of the students, they are accessing internet in their educational process which directly or indirectly makes them habituated to using internet. This continuous use of the internet causes addiction and results in downfall in the academic process.

LITERATURE REVIEW

Academic resilience has been found to be a crucial factor in predicting academic success (Bernard, 2012). A study by Li and colleagues (2018) found that academic resilience is positively correlated with academic achievement among university students. A study by Kuss and Griffiths (2012)

found that internet addiction is associated with negative consequences such as poor academic performance, social isolation, and psychological distress. A study by Li et al. (2018) investigated the relationship between academic resilience and internet addiction among college students in China. This study found that academic resilience was negatively correlated with internet addiction. This indicates that students who were more academically resilient were less likely to develop internet addiction. Yen et al. (2019) had found similar result among Taiwanese university students, Wang et al. (2018) among Chinese high school students, Akin and Iskender (2019) had found that academic resilience was negatively correlated with both internet addiction and academic procrastination. This suggests that those students who were more academically resilient was less likely to develop internet addiction and procrastinate. Xie et al. (2020) found that academic resilience was negatively associated with internet addiction; Kim and Lee (2020) showed that academic resilience was negatively correlated with internet addiction of 309 Korean college students. Similarly, a study by Yu and colleagues (2021) found that higher levels of academic resilience were associated with lower levels of academic stress among Chinese college students, but Kim et al. (2020) found no significant relationship between academic resilience and internet addiction among Korean university students. Another study by Wang and colleagues (2021) found that internet

addiction is associated with lower levels of academic achievement among Chinese college students. A study by Kim and colleagues (2018) found that academic resilience is negatively correlated with internet addiction among Korean college students. Similarly, a study by Deryakulu and colleagues (2021) found that academic resilience is negatively associated with internet addiction among Turkish high school students.

Overall, the literature review suggests that there is a negative relationship between academic resilience and internet addiction among university and high school students. This indicates that students who are more academically resilient may be less likely to develop internet addiction. However, there is some variation in the results across different cultural contexts.

OBJECTIVES OF THE STUDY

1. To study the relationship between academic resilience and internet addiction of undergraduate students of Purulia district of West Bengal.
2. To identify the difference in academic resilience of undergraduate students of Purulia district of West Bengal in regard to gender.
3. To identify the difference in academic resilience of undergraduate students of Purulia district of West Bengal in regard to locality.
4. To identify the difference in internet addiction of undergraduate students of Purulia district of West Bengal in regard to gender.
5. To identify the difference in internet addiction of undergraduate students of Purulia district of West Bengal in regard to locality.

H_01 There is no significant relationship between academic resilience and internet addiction of undergraduate students of Purulia district of West Bengal.

H_02 There is no significant difference in academic resilience between boy and girl undergraduate students of Purulia district of West Bengal.

H_03 There is no significance difference in academic resilience between rural and urban undergraduate students of Purulia district of West Bengal.

H_04 There is no significant difference in internet addiction between boy and girl undergraduate students of Purulia district of West Bengal.

H_05 There is no significance difference in internet addiction between rural and urban undergraduate students of Purulia district of West Bengal.

METHODOLOGY OF THE STUDY

i. **Method:** The present study is Descriptive survey type in nature.
ii. **Population:** The researchers have identified all the undergraduate students of Purulia district of West Bengal as the population for the present study.
iii. **Sample & Sampling Technique:** The data for the study have been collected from 100 undergraduate students from randomly selected two colleges (J. K. College & Nistarini College) of Purulia district of West Bengal.
iv. **Scale Used:** The researchers have used Academic Resilience Scale (2016) including 30 items by Cassidy and Internet Addiction Scale (1998) including 20 items by Dr. Kimberly S. Young for the collection of data.
v. **Statistics Used:** For the present study, descriptive statistics like mean, standard deviation, variance, skewness, kurtosis, and inferential statistics like 't' test, Mann Whitney U test have been used for the analysis of data.

HYPOTHESES OF THE STUDY
RESULTS AND DISCUSSIONS

Tests of Normality of Academic Resilience and Internet Addiction

	Shapiro-Wilk		
	Statistic	df	Sig.
Academic Resilience	0.979	100	0.114
Internet Addiction	0.973	100	0.037

Table 1 Test of Normality of Academic Resilience and Internet Addiction of undergraduate students of Purulia district of West Bengal

The researcher has tested the normality of data of Academic Resilience and Internet Addiction. The result of the test shows that significance of Academic Resilience and Internet Addiction in Shapiro-Wilk test are 0.114 and 0.037 respectively. Thus, the significance of Academic Resilience is greater than 0.05 but the significance of Internet Addiction is less than 0.05. So, the data on Academic Resilience is approximately normality distributed whereas the data on Internet Addiction is not normality distributed.

Correlations		Academic Resilience	Internet Addiction
Academic Resilience	Pearson Correlation	1	.141
	Sig. (2-tailed)		.160
	N	100	100
Internet Addiction	Pearson Correlation	.141	1
	Sig. (2-tailed)	.160	
	N	100	100

Table 2 Correlations between academic resilience and internet addiction of undergraduate students of Purulia district of West Bengal

Pair of Comparison	N	Mean	S.D	Mean difference	df	Calculated 't' value	Critical 't' value	Remarks
Boys	21	92.48	17.409	2.60	98	0.738	2.01 (0.05) & 2.68 (0.01)	Not Significant
Girls	79	95.08	13.457					
Rural	84	94.96	14.031	2.71	98	0.693	2.01 (0.05) & 2.68 (0.01)	Not Significant
Urban	16	92.25	16.040					

Table 3 Descriptive statistics along with 't' value of academic resilience for boy and girl, rural and urban undergraduate students of Purulia district of West Bengal

Internet Addiction	N	Mean	Significance	Decision
Boys	21	40.95	0.012	Reject the null hypothesis
Girls	79	32.46		
Rural	84	33.71	0.532	Retain the null hypothesis
Urban	16	37.00		

Table 4 Mann Whitney U test of Internet Addiction between boy and girl, rural and urban undergraduate students of Purulia district of West Bengal

TESTING OF HYPOTHESES

Hypothesis Testing 1: From table 2, it is found that value of coefficient of correlation between academic resilience and internet addiction is 0.141 that is not significant at 0.05 level of significance. So, significant relationship is not found between academic resilience and internet addiction of undergraduate students of Purulia district of West Bengal. So, the null hypothesis (H_01) "There is no significant relationship between academic resilience and internet addiction of undergraduate students of Purulia district of West Bengal" stands accepted.

Hypothesis Testing 2: Table 3 shows that the mean score of academic resilience of boy and girl undergraduate students of Purulia district of West Bengal are 94.96 and 92.25 respectively with mean difference 2.60. The standard deviations are 17.409 and 13.457 respectively. The calculated 't' value is 0.738 which is less than that of critical 't' value for the degree of freedom 98. So, the calculated 't' value is not significant at 0.01 level of significance. Result revealed no significant difference in academic resilience between boy and girl undergraduate students of Purulia district of West Bengal. So, the null hypothesis (H_02) "There is no significant difference in academic resilience between boy and girl undergraduate students of Purulia district of West Bengal" is retained.

Hypothesis Testing 3: Table 3 shows that the mean score of academic resilience of rural and urban undergraduate students of Purulia district of West Bengal are 92.48 and 95.08 respectively with mean difference 2.71. The standard deviations are 14.031 and 16.040 respectively. The calculated 't' value is 0.693 which is less than that of critical 't' value for the degree of freedom 98. So, the calculated 't' value is not significant at 0.01 level of significance. Result revealed no significant difference in academic resilience between rural and urban undergraduate students of Purulia district of West Bengal. So, the null hypothesis (H_02) "There is no significance difference in academic resilience between rural and urban undergraduate students of Purulia district of West Bengal" is retained.

Hypothesis Testing 4: The mean of internet addiction of undergraduate students of Purulia district of West Bengal, mentioned in table 4, shows that the mean value 40.95 is obtained from boy students and mean value 32.46 is obtained from girl students. From the 0.05 level of significance calculated p value is 0.012 which is statistically significant at p<0.05. The result reflected significant difference between boy and girl undergraduate students of Purulia district of West Bengal. Therefore, the null hypothesis (H_05) "There is no significant difference in internet addiction between boy and

girl undergraduate students of Purulia district of West Bengal" is rejected.

Hypothesis Testing 5: The mean of internet addiction of undergraduate students of Purulia district of West Bengal, mentioned in table 4, shows that the mean value 33.71 is obtained from rural students and mean value 37.00 is obtained from urban students. From the 0.05 level of significance calculated p value is 0.532 which is statistically not significant at p<0.05. The result reflected no significant difference between rural and urban undergraduate students of Purulia district of West Bengal. Therefore, the null hypothesis ($H_0 5$) "There is no significance difference in internet addiction between rural and urban undergraduate students of Purulia district of West Bengal" is retained.

MAJOR FINDINGS OF THE RESULT
After the testing of the hypotheses, the following major findings have been identified:
1. Internet addiction of the undergraduate students of Purulia district of West Bengal is not a significant factor in their academic resilience. It neither hampers the academic resilience nor enhances it in any possible way. In short, academic resilience and internet addiction of undergraduate students of Purulia district of West Bengal are not related to each other.
2. In terms of academic resilience, both the boy and the girl students of undergraduate level of Purulia district of West Bengal statistically have approximately equal authority. But specifically girl students are little bit ahead than the boy students in their academic resilience.
3. Though rural and urban students of undergraduate level of Purulia district of West Bengal live in different atmosphere, yet they both show statistically equal ability in their academic resilience. No difference is found between them. But in general the rural students are strong enough in their academic resilience than the urban students.
4. But in regard to internet addiction, boy and girl students of undergraduate level of Purulia district of West Bengal are different in their attitude. Boy students are statistically more addicted to using internet than the girl students.
5. Internet addiction of both the rural and the urban students are approximately equal. No statistical difference is found between them. But in general urban students of undergraduate level of Purulia district of West Bengal are positioning a little bit higher than the rural students.

CONCLUSIONS
The youngster will undoubtedly live a better, more confident life with the aid of academic resilience. This will teach the child to cooperate, communicate, instill moral values, behave appropriately for the circumstances, learn to be calm, and learn from experiences, among other skills that will aid in his growth and benefit him in both his personal and professional life (Shikha, 2020). Though the literature review shows that academic resilience is negatively correlated with internet addiction among university and high school students but in case of undergraduate students of Purulia district of West Bengal, India, no significant correlation has been observed in them. So, internet addiction doesn't cause any harm in the academic resilience of the students.

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