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Locus of control scale

Levenson [14] Locus of Control Scale was used for this study which contained 15 items, and measures three components of locus of control, especially internal locus of control, powerful from others and chance. 4 items of the scale plus 15 point measure internal locus of control, the 4 other items of the scale plus 15 point measure powerful from others, and the last 7 items plus 15 point measure chance. True or false scale was used to in rating the items. The internal consistency of internal locus of control is $r=0.71$. The internal consistency of powerful others is $\alpha=0.67$ and the internal consistency of change is $\alpha=0.71$.

Self-concept scale

The Self-concept Scale, developed by Joseph [20], consists of 21 items rated on a true or false scale. The minimum and maximum scores for this scale range from 20 to 100. The Cronbach's alpha internal reliability score of the scale is 0.81. In the present study, the Cronbach's alpha coefficient was calculated, and the internal reliability score of the scale was found to be 0.85.

Internet addiction scale

The Internet Addiction Test, developed by Young, comprises 10 items rated in a five-point Likert scale (from 1 - not at all, to 5- always), that measures mild, moderate and severe level of Internet Addiction. On the basis of the total score obtained on the test, the individual is placed into one of three categories: average online user (under 20) who has a full control of his or her usage; experiences occasional or frequent problems because of excessive Internet use (20-40); or has significant problems because of Internet use (40 above). The internal consistency of Internet Addiction Test is $\alpha=0.90$.

Validity of the instrumentation is the degree to which the instrument measures what is meant to measure. In establishing the face and content validity of the instrument, the draft copy of the instrument was shown to two lecturers in Department of Educational Management and Counseling, Faculty of Education, Al-Hikmah University, Ilorin to ascertain its validity. All corrections and suggestions were strictly adhered to and final copy was used for data collection. After content and face validity of the instruments, a pilot study was conducted with 20 undergraduates in Kwara State University, Ilorin that were not part of the sampled population. Twenty copies of the instruments were administered to them and the data collected from the pilot study was analysed with the use of SPSS Cronbach's Alpha to check the reliability index in order to ensure that they are consistent in measuring what they were designed to measure. It gave 0.76 reliability value which was considered appropriate for this study. Letter of introduction from the Head of the Department in my school were submitted to the Registrar of each university. The instruments were administered to the respondents on the day approved by the school authorities for the

exercise during regularly scheduled class periods. The researcher was assisted by two research assistants in administration and collection of the instruments. In each of selected schools, the administration and collection of instruments were done on the same day of administration. 389 instruments administered were retrieved and valid for analysis while 11 were invalid representing 97%.

In analysing the collected data, simple percentage was used for the demographic data of the respondents. Pearson Product Moment Correlation (PPMC) was used to test hypotheses 1 and 2.

Results

Research hypotheses

Ho₁: There is no significant relationship between locus of control and internet addiction among public university undergraduates in Oyo State (Table 1).

Table 1 above showed that there was a significant relationship between internet addiction and locus of control (37.78, 8.76) and (32.69, 3.19) respectively. It was also indicated that there was a significant relationship between locus of control and internet addiction ($r=0.115$; $p<0.05$). The implication of this showed that locus of control has a significant influence on internet addiction among public university undergraduates in Oyo state.

Ho₂: There is no significant relationship between self-concept and internet addiction among public university undergraduates in Oyo State (Table 2).

As indicated in Table 2, there was a significant relationship between internet addiction and self-concept (37.78, 8.76) and (37.29, 5.23) respectively. It was also indicated that there was a significant relationship between locus of control and internet addiction ($r=0.658$; $p<0.05$). The implication of this showed that self-concept has a significant influence on internet addiction among public university undergraduates in Oyo state.

Discussion of the Findings

The first research hypothesis which tested a no significant relationship between locus of control and internet addiction among public university undergraduates in Oyo State. The mean and standard deviation of locus of control indicated that it has a significant relationship with students' internet addiction ($r=0.11$; $p<0.05$). This finding aligns with the earlier studies carried out by Chak & Leung [21] on Shyness and Locus of Control as Predictors of Internet Addiction and Internet Use. Exploratory study was used to examine the potential influences of personality variables, such as shyness and locus of control, online experiences, and demographics on Internet addiction. Results indicated that the higher the tendency of one being addicted to the Internet, the

shier the person is, the less faith the person has, the rmer belief the person holds in the irresistible power of others, and the higher trust the person places on chances in determining his or her own course of life. Results indicated that a large proportion of students reported feelings of dissociation and symptoms of tolerance, withdrawal and escape. Moreover, frequent interpersonal and academic conflicts, and physical health-threatening risks related to problem Internet use were found. While men reported more Internet-related problems overall, women were more likely to attempt to cut back or stop their Internet use. A significant positive correlation between external locus of control and problem Internet use was found.

The second hypothesis was tested with no significant relationship between self-concept and internet addiction among public university undergraduates in Oyo State. Analysis indicated that there was a significant relationship between self-concept and internet addiction among university undergraduates in Oyo state ($r=0.66$; $p<0.05$). This finding is in tune with the works of Akhter [22] whose study aimed to identify the relationship between Internet addiction and self-concept among the university students. The sample consisted of 359 students of both genders. The generated results displayed the existence of positive relationship between internet addiction and self-concept among students. The findings also match with results of the study carried out by Arati & Vaishali [23] on role of self-concept and emotional maturity in excessive internet usage. The present study focuses on determining the difference among the levels of emotional maturity and self-concept of low, moderate and high users of internet. The results showed that low internet users will have lower emotional instability, lower chances of personality disintegration and lower self-concept. Moderate users were seen to be having a positive correlation between Emotional instability and Personality Disintegration and negative correlation with respect to self-concept and High users of Internet were seen to be having Higher Emotional Instability, Lower personality Disintegration and Low self-concept. In alignment with the aforementioned, Leménager et al. [24] on the impact of self-concept stress and internet usage control on the internet.

Conclusion

It is a known fact that the whole world revolves on the pivot of technological advancement, particularly, information and communication technology. Every technological advance comes with its negative side, most especially when misused or abused. The study examines locus of control and self-concept as predictors of internet addiction among public university undergraduates in Oyo state. It then concludes from above results and discussion that the level of internet addiction among university undergraduates in Oyo state is mild. Analysis of data established a significant relationship between locus of control, self-concept and internet addiction while the relationship between the two independent variables (self-concept and locus of control) predict the level of internet addiction among public university undergraduates in Oyo state.

Recommendations

Based on the findings, the following recommendations were made;

- i. School administrators and policy makers should organize seminars, workshop and conferences to sensitize the students of the need to have realistic and objective self-assessment and self-concept
- ii. School counselors should organize awareness campaigns to educate the youth about the debilitating effects of excessive internet usage.

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