

Self-Concept as Determinants of Internet Addiction

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Abstract

The review researched locus of control and self-idea as determinants of web compulsion among state funded college students in Oyo State. Stratified random sampling methods were used to select 400 undergraduates from two Oyo state public universities. The Self-Concept Scale, Locus of Control Scale, and Internet Addiction Scale were utilized to measure respondents in order to accomplish the objectives. Four exploration speculations were tried in the concentrate through Pearson Item Second Connection and Numerous Relapse examination. Internet addiction was found to have a significant relationship with locus of control ($r=0.12$; $p < 0.05$), self-concept and internet addiction had a significant relationship ($r=0.66$; $p < 0.05$), locus of control, self-concept, and internet addiction all interact ($F_{2,397} = 148.020$; $p < 0.05$) while locus of control don't genuinely anticipate web fixation ($t=0.618$, $p > 0.05$) and self-idea measurably foresee web enslavement ($t=16.942$; $p < 0.05$). The review suggests among others that school advocates and strategy creators ought to coordinate courses, studio and gatherings to sharpen the understudies of the need to have practical and objective self-evaluation and self-idea.

Keywords: Addiction; Addiction therapy; Addiction research; Locus of control; Self-concept; Internet addiction; Public university undergraduates

Introduction

In today's world, access to the internet is as essential as life itself. This is because the rapid dissemination of information is the internet's most significant function. However, the use of mobile technological devices like phones in addition to computers raises some negative issues due to an increase in internet usage and coverage [1]. Recently, internet has become an in-built part of daily lives of people including children and adolescents. The internet is known to serve several purposes in the educational business outputs, recreations and essentially in connecting people through texting, calling, social websites, chat applications and e-mails. Internet has become an essential part of daily life [2]. Despite the numerous benefits enmeshed in the use of the internet, it also comes with certain risks of addictive behavior.

Internet addiction is as an uncontrollable desire to use the internet, the devaluation of time spent without connecting to the internet, intense nervousness and aggression behavior and

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Received: 02-Dec-2022, Manuscript No. jart-22-84908; **Editor assigned:** 05-Dec-2022, PreQC No. jart-22-84908(PQ); **Reviewed:** 19-Dec-2022, QC No. jart-22-84908; **Revised:** 22-Dec-2022, Manuscript No. jart-22-84908(R); **Published:** 29-Dec-2022, DOI: 10.4172/2155-6105.100502

Citation: Olabisi PB, Olanrewaju MK (2022) Self-Concept as Determinants of Internet Addiction. J Addict Res Ther 13: 502.

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we do (internal control orientation) or on situations outside our own control (external control orientation). Cheng, Yang & Lee examined the relationship of internet addiction, academic locus of control and social self-efficacy [9]. Internet addiction was elaborated positively by external academic locus of control and negatively by social self-efficacy and internal academic locus of control. However, Individuals with an internal locus of control judge outcomes of events to be internally controllable. Externally locus of control is typically credit luck or likelihood for any successes.

Self-concept is an individual's consciousness to himself and is the self-cognition and self-evaluation of his own physical and mental characteristics. Self-concept is the core part of the personality structure, and people's self-cognition may directly affect their individual behaviors [15]. Self-concept can be defined as an individual's evaluation of self that is based on his or her experiences and interpretations of those experiences [8]. Self-concept is multifaceted in that people categorize the vast amount of information they have about themselves and relate these categories to one another which is hierarchically arranged with perceptions of behavior at the base moving to inferences about self in sub areas (such as, academic-English, science, history, math), then to inferences about self in general" [16].

Most of the features of addictions such as salience, compulsive use (loss of control), the alleviation of distress, tolerance and withdrawal, mood modification and the continuation despite negative consequences are growing in Internet addiction too. This is accorded with findings of authors who found that the locus of control has an influence towards social media use among the students. Internet addiction could actually result from another existing disorder like depression, stress or self-concept. The relationship between Internet addiction and self-esteem has been investigated in several studies. Study by Servidio has revealed that personality traits, self-esteem and psychiatric disorders are associated with Internet addiction [17].

Self-concept relates to other several self-form such as self-esteem, self-image, ideal self, self-awareness, self-efficacy and self-actualization. It also relates to personal trait and belief. All these help an individual to have a perfect clutch of which one is. Students with positive academic self-concept feel that with the proper effort, they can do well in their studies whereas the students with negative academic self-concept doubt that they can do well in their studies and will not be able to fare adequately in their academic performance [18]. Social self-concept is how the students believe of their standing among peers. It reflects the students' ability to socialize among themselves and how they relate to other people. Students who think negatively about themselves impose greater limitations on their achievements, whereas Basharpour et al. have found internet addiction and social self-concept to be negatively correlated with poor school performance [19].

Reasons adduced for this excessive use include available free time, lack of monitoring because of being away from parents and at times attempts to get away from tough university routines. However, those who suggested its inclusion justified their views on the grounds that Internet addiction itself had negative impacts on the individual's life. Students at all levels of learning now have divided attention to studies, as a result of available opportunities to be harnessed from social media. Whether these opportunities promote studies is a question that needs to be answered. It is on this backdrop that this study examines locus of control and self-concept as determinants of internet addiction among University undergraduates in Oyo State.

1.1. STUDY OBJECTIVES

The main aim of this study is to examine locus of control and self-concept as determinants of internet addiction among public university undergraduate students in Oyo State. The specific objectives are as follows;

- i. undergraduate students
- ii. undergraduate students
- iii. undergraduate students

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.