



UNIVERSITI TEKNOLOGI MARA

INTERNET ADDICTION DISORDER AMONG BROADCASTING
STUDENTS IN UTM REMBAU

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TABLE OF CONTENT

TITLE	PAGE
Chapter 1: Introduction	
1.1 Background of Study	1-4
1.2 Statement of Problem	5-9
1.3 Research Questions	10
1.4 Research Objectives	10
1.5 Significance of Study	11-12
1.5.1 Policy	12
1.5.2 Practises	12-13
1.5.3 Methodology	13
1.6 Definition of Terms	14-15
Chapter 2: Literature Review	
2.1 Influence of Internet Addiction on the Academic Performance and Mental Health	16-17
2.2 Internet Addiction Disorder and Its Pathogenicity to Psychological Distress and Depression among University Students	17-18
2.3 Impacts Due To Internet Addiction among Malaysian University Student	18-20
2.4 Internet Dependency and Academic Performance	20-22
2.5 Prevalence and Factors of Addictive Internet Use	22-23
2.6 Characteristics of Internet Addiction/Pathological Internet Use	23-24
2.7 Parenting Approaches, Family Functionality and Internet Addiction Disorder	25-26
2.8 Relationship of Self-Esteem and Depression	26-27
2.9 Role of Internet Addiction in Mental Health Problems of College Students	27-28
2.10 The Problem and Treatment for Internet Addict	28-29
3.0 Related Communication Theory	30

CHAPTER 1

INTRODUCTION

1.1 BACKGROUND OF STUDY

This research was conducted to collect data analysis of the internet addiction disorder among broadcasting students in UiTM Rembau that somehow affects not only to those that are close by but also affect their surroundings. Nowadays, internet has become one of the important tools in this era and young generation especially 'Y' generations. The focus of this research is the students and the internet.

The excessive use of internet generally defined as an uncontrollable desire to use the Internet, the devaluation of time spent without connecting to the Internet, intense nervousness and aggression in the event of deprivation, and progressive deterioration of social and family life. The developing number of studies directed on Internet addiction uncovers that Internet Addiction Disorder is a psychosocial disorder, the highlights of which include lack of tolerance, side effects of segregation and passionate issue and intrusion of social relations. (Bahrani et al., Alizadeh et al., Gorji H et al., 2014)

Internet Addiction Disorder (IAD) also known as Compulsive Internet Use (CIU), Problematic Internet Use (PIU), or iDisorder has become one of the serious problem in this era. The problem comes when all the internet activities itself start to interfere with someone's daily life especially students, they become stress and spend most of their time only looking at the internet. Indirectly, this behaviour has affected their academic performances. According to Psycom Online Website, the disorder has

rapidly gained ground and has been given serious attention from many researchers, mental health counsellors, and doctors as a truly debilitating disorder.

According to Sato (2006), internet addiction is a new phenomenon that many practitioners are unaware of and consequently unprepared to treat. In addition, some of the practitioners are unfamiliar with the internet, making its seductive power difficult to understand. Sometimes, its impact on the afflicted person's life is underestimated as many practitioners do not recognize the legitimacy of the disorder.

In addition, internet addiction disorder is a serious mental health problem. Somehow, people thought it is normal to spend most of their time on the internet rather than having a healthy relationship with family and friends. Besides, the users are unconscious about this matter. They do not care about themselves, as long as they get a chance to spend more time on the internet.

According to American Psychiatric Association, there are few signs that someone becomes addicted to the internet. A person might need to spend as much as they can on the internet to feel the sense of satisfaction, and if they are not able to do so. The users will feel few symptoms such as anxiety, depression and moodiness. Also, they will easily get angry on certain things and by using the internet, it could help them feel better. In addition, the users also will neglect other people around them including families, friends and spouses. They choose to look at the internet and play with their phones instead of spending time with their loved ones. This is what the internet has done to the people and still they don't realize about it.

Researchers watched that most Internet users are youngsters, particularly college students (Jones, 2002). Past study exposed that Internet user is higher in more youthful than grown-up and mainly 19 to 24 years old group are considered as a high risk for Internet addiction (Koo and Kwon, 2014). Another study exposed that college students are more in danger of getting to be Internet addicts because of all the more spare time, lack of monitoring on account being far from parents and sometimes efforts to become away from exhausting college routines (Soule, Shell, and Kleen, 2003; Young and Rogers, 1998; Kandell, 1998). And also this Internet addiction is more prevalent on college because of laptops and computers are easy proximity.

In this new era, young generation especially students are exposed to the internet more than they really need. In fact, the users choose to stays at home all day long and become anti-social rather than going out with friends and cliques. Besides, this problem also leads to poor sleep quality, loneliness and mental health. Their sleeping pattern has changed from 8 hours per day to 2-3 hours per day. Indirectly, by not getting enough sleep, it could cause them to mental health problem. Some of them might change to another bad person and they turned out to become depressed and commit suicide.

Internet Addiction Disorder (IAD) is a major issue that cutting edge society is looking at an increasing rate since the turn of the century. The term addiction has a long history and is defined as "compulsive, uncontrollable dependence on a substance, habit, or practice to such an extent, to the point that suspension causes serious passionate, mental, or physiological reactions". Internet