CIMP INTERNET ADDICTION GUIDELINE

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ABSTRACT

Nowadays, Internet addiction has become a major problem to the university students. The purpose of this study is to present a guideline to helps people to overcome their Internet addiction especially for students. There were 653 university students (341 females and 312 males) from five different universities in Malaysia have completed related survey. The survey questionnaires were taken from Young's Addiction Scale (1996) and some questions were created by the researcher. In this paper, there were four factors to be emphasized in order to develop an Internet addiction guideline such as Control, Improve, Manage and Priority (CIMP). The details regarding this guideline will be elaborated in this paper.

Keywords: Internet usage, Internet activities, Internet addiction, Average user, Excessive user

1. INTRODUCTION

An Internet addiction can have tremendously negative impacts on a person's daily life. It often interferes with work performance, personal relationships, and physical and mental health. As Internet use takes up more and more time, addicts might feel that they have lost control of their lives. College students are among the most at-risk populations to get problem with Internet addiction.

According to the statistic done by ComScore, Inc, in August 2009 shows that 38% of Internet users in Malaysia are from 15-24 years old group users followed by 25-34 years old at 26%, 35-44 years old at 23%, 45-54 years old at 9% and 55 and above at 5% (Franz Narcis, 2009). Group of users aged 15-24 years old are considered as a university student group based on Malaysian Education system.

2. LITERATURE REVIEW

What is Internet Addiction? What is the term "addiction" in Internet Addiction? There are several term for "addiction" of Internet Addiction. Kimberly Young defined Internet Addiction Disorder (IAD) as an impulse-control disorder which not involving any intoxicant (Young, 1996). Internet addiction is a new phenomenon which many practitioners are unaware of and subsequently unprepared to treat. Kimberly Young suggests that there are four types of trigger that initiate to excessive Internet use, which are:

- Application: A particular application that influence user to be addicted
- Emotions: Internet helps user to be more relax and calm
- Cognition: the Internet act as therapy for user to relief from maladaptive thoughts and catastrophic thinking
- Life events: life dissatisfaction (including absence of intimate relationship)

Some of other people includes that Internet addiction includes several symptoms, such as (Control Center, 2011):

- Preoccupation with the Internet to inappropriate times
- Amount of time spent on social-networking sites is obsessive compared to developing relationships in the real world
- Interpersonal relationships may compromise when watching pornography excessively
- Escape negative feelings such as depression or low self esteem
- Obesity, poor hygiene and other physical effects of an Internet obsession and addiction.
- Risking their career and relationships

Internet addiction is a serious issue to be taking care especially among university students. College students represent a particularly vulnerable group for problem Internet use. In terms of their daily live routines, their schedules provide them with a lot of flexibility and free time which give them flexibility to spending their time on various Internet applications (Rotsztein, 2003).

A research done by (Kubey et.al, 2001), they examined 576 students at Rutgers University to study the affect of academic performance impairment due to heavier use of the Internet. The survey consisted 43 multiple choice items on Internet usage, study habits, academic performance and personality measures. This research only interested in term of recreational Internet usage, means, only personal use of the Internet and does not concerned on school-related. Other study done by (Caldwel et.al, 2010) also stated that students who Internet dependents may be less involved in extracurricular and social activities.

3.   METHODOLOGY

The research employed 2 methods of data collection: Questionnaire Survey and Observation. Having more than one method enables one set of finding to check against and validation the findings of another. The survey questions were designed by the researcher and some questions were adopted from Dr. Kimberly Young's Internet Addiction Test question (Kimberly Young, 1996). Self-reported question was used for this survey. The survey consists of 3 sections. Section A aimed to obtain some profile of the respondent specifically on the personal background, education background and daily/campus activities of the respondent. Section B aimed to get some internet activities and its impact towards the respondent's life. Majority of the questions in Section B requires respondent to choose the answer using 5-point Likert scale like Strongly Disagree-1, Disagree -2, Neither Agree or Disagree -3, Agree-4 and Strongly Agree-5. Towards the end of Section B, there are about four questions require respondent to answer "Yes or No". Finally, Section C is targeted to know the Internet usage of the respondent for one login session for selected online activities together with its rank 1 to 8 where 1 is most used and 8 is least used.

3.1. Participants

The surveys were distributed to different groups of student ranged from first year students to final year students which taking different courses offered in five different universities. There were 653 respondents to this survey including the international students.

3.2. Procedure

This survey was conducted in self-administrated environment which means without the interviewer's interference. Instructions were given to the participants with an explanation on the

objective of every sections included in the survey form. About 15 minutes were allocated to the participants to complete the survey and all participants' privacy and confidential are secured.

4. ANALYSIS AND DESIGN

The result has been analyzed using Statistical Package for the Social Sciences (SPSS Version 18). Data were analyzed using statistical procedures such as, frequency, cross-tabulation and t-test. To get respondents' Internet total usage per log-in session, we total up all the usage for all online activities. After that, we group it into range so easier for further analysis. The result was shown in Figure 1 below.

Figure-1. Respondents' Internet usage Per Log-in session
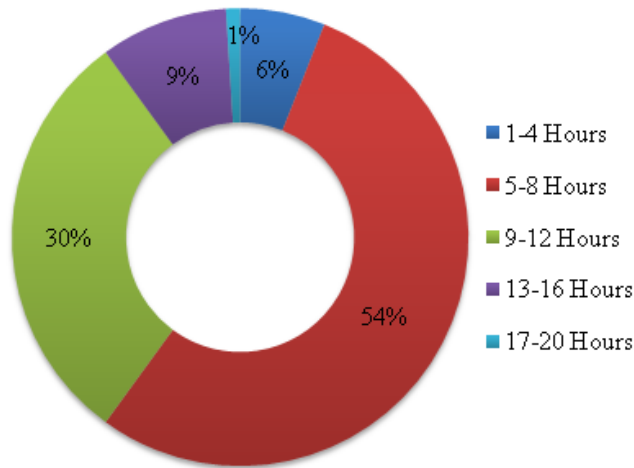
Subramaniam and his team stated that respondents who used the Internet more than 5 hours considered as excessive Internet user (Subramaniam et.al, 2008). Thus, we can conclude that, 93% of the respondents are excessive Internet user and they have a big chance to be addicted Internet user. Other than that, from this survey, we found that the Internet gave negative impact to Academic Performances, Lifestyle and Personality to those who are addicted to the Internet.

We can assume that Internet applications influenced the usage of the Internet. For example, a student spending his/her time all day on social networks websites such as Facebook or Twitter. They got new friends, can see their friend's photos and sharing information make them interest to that particular applications and doesn't realize that they spent all day in front their computer. In getting reliable result, we used the correlation test to see the relationship between the Internet usage and each of activity online. Table 1 shows the results of the analysis. According to the SPSS notes, the interpretation of r results is when, r= 0.1-0.3, it is small correlation, 0.3-0.5, moderate correlation and r= 0.5 -1.0 is a strong correlation. The result shows that social network activity has the strongest correlation coefficient which r=0.652 while the academic purpose has the weakest correlation which r=0.366. This analysis had proved that social network activity has a strong relationship with Internet usage. This showed that Internet applications which provide various services such as Social network successfully attract people to stay online longer and be a reason why do people love to online.

Table-1. Correlations between Internet Usage and Online Activities

How long do you take to stay online for:	Academic Purposes	Social Network	Email	Video /Audio Streaming	Online game	Instant Messaging	Adult Materials	Others (News, Blog)
Internet Usage	0.366**	0.652**	0.586**	0.616**	0.510**	0.621**	0.482**	0.506**

**. Correlation is significant at the 0.01 level (2-tailed).

5. CIMP INTERNET ADDICTION GUIDELINE

CIMP Internet Addiction Guideline is a guideline to help students who realize they are having Internet addiction problem. Other than that, it also can be a guideline for good Internet use for those who want to prevent from be addicted to the Internet addiction. CIMP is stands for four factors to be followed which are Control, Improve, Manage and Priority.

5.1. Control

The first key factor is Control. It focusing on how to control your Internet usage? The important thing you need to identify is what does make you stay longer on the Internet. Is there any specific websites or Internet applications consuming the majority of your time during online? It is really critical for you to identify the root cause that triggering Internet user become addicted. After you identify the major factors contributing your Internet usage, you may start to plan your Internet usage by not view or surf the websites that can make you stay longer than you intended. While you stop all activities surrounding that application, it does not mean that you can not engage in other applications which you find to be less appealing or those with a legitimate use. As suggested by Dr. Kimberly Young, a user who trapped in chat rooms and addicted to it, may need to refrain from them. Instead of using chat rooms to communicate, they may use e-mail. Besides that, they can use Internet for other purposed such as surf the World Wide Web to get new information or shop for a new car. Another example may be a patient who finds the Facebook is addictive and may need to abstain from it. However, users may be able to scan news groups related to topics of interest about politics, religion, or current events (K. Young, 1999).

5.2. Improve

Second key factor is to improve your Internet usage into quality and proper way? After done the first key factor above and followed it consistently, it should show some improvement in term of your Internet usage. It should give a positive result that shows you well manage your time to control your Internet usage and use the Internet wisely. It will be more motivated if you award yourself after you succeeded. But, if you still cannot cope the problem and still failed to control your Internet usage, there are other ways to help you and improve yourself. Dr. Kimberly Young found that there are some ways to help problematic Internet user while finding the appropriate balance of Internet usage. She found that recovery interventions should be applied. The problematic Internet user should do some exercises in order to get back their "real life" (Kimberly,2007). The exercises such as (a) practicing the opposite and (b)set time limit.

5.2.1. Practicing the opposite

The goal of this exercise need the you to change your normal routine and re-adapt new Internet usage patterns to break the online habit. For example, let's say your Internet habit involves checking email or checking your Facebook account every morning when you woke up, switch this habit by taking a shower or take your breakfast with family instead of logging on. Or, perhaps you only use the Internet at night, and have an established pattern of coming home and sitting in front of the computer for the remainder of the evening. It might be suggested to you to wait until after dinner and the news before logging on. You may connect to the Internet on weekend if you use the Internet every weeknight

5.2.2.   Set Time Limit

Some researchers suggested setting alarm clock when you start online. This is to limit your Internet usage. Dr. Kimberly Young stated that many attempts to limit Internet usage were failed because the user relies on ambiguous plan to limit the hours without determining those remaining online slots will come. Thus, to avoid relapse, a appropriates sessions should be structured and programmed by setting reasonable goals (Young, 1999). For example, set to 20 hours from 40 hours. Then, schedule those twenty hours in specific time slots and write them on a calendar or weekly planner. Follow the plan and improve it. If needed, a real alarm clock or egg timer may help. When it sounds, it is time to log off.

5.2.3.   Manage

The third key factor is Manage. A word manage is define on how the user manage their time in their life. Time management is the most important in order to manage your life better. Time management was the most reported problem with 96% citing difficulties in controlling their Internet use. They keep on repeating to cut down or curb their usage, still, the attempts failed. (Young, 2007). In other words, if you are able to manage your time, you may not having this kind of problem. Starting from here, you should plan your time. Make sure you have time for your family, for your studies and enjoy some sports and recreations. To get more effective, Dr. Kimberly Young suggested to list down the benefits you will get when you manage your time well. For example:

The benefits of cut down Internet usage and manage time wisely:

- More focus on the assignment and tasks given by lecturers
- Get along with some friends and enjoy the student's life
- Involving sports and recreations and have a healthy life

Whether you are trying to cut down or abstain from a particular application, it is a good time for you to try other alternative activities that take you away from the computer. You should try outdoor activities that might be replacing your online activity like getting a hobby or an interest that doesn't involve the internet or computers.

5.2.4.   Priority

The last key factor is Priority. It is important for you to do task priorities to aid in Internet goals during each Internet session. You should outline what needs to be done during each Internet session. For example, the list might look like the following:

- Assignments to be completed
- Check email
- Doing research

The task priorities will guide you to do the important tasks and remind you of what are the objectives while you online. In term of life activities, you should tag and plan your daily activities in category such as; 1) Very Important, 2) Important, 3) Not Important. Thus, you could manage your time and complete all the high priority and highly important on time.

6.   CONCLUSION

In conclusion, we can conclude that, Internet applications influenced the Internet usage. From this research study, students tend to spend most of their time on social network. In addition, this research paper produced a guideline for those who want to get treatment of Internet addiction. CIMP Internet addiction guideline objectives is to help problematic Internet user especially students, and guide them to prevent and overcome the Internet addiction. CIMP introduced four steps which are Control, Improve, Manage and Priority. Identify the Internet applications that make you stay longer is the most important. It is a root cause and to solve a problem, we should know the root cause and easier for you to follow the guideline.

In future study, we will come out with a model of proper use of the Internet for students which the purpose is to help the students manage to control their Internet usage and consequently all the

problems due to Internet addiction as above, even though cannot be eliminated, at least it could be controlled and helps student to balance in their life and succeed in their study.

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