

Stress and Internet Addiction among Sophomore College Students taking Financial Management: A Correlational Study

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Abstract

This study focused on the relationship between the level of stress and degree of Internet addiction of sophomore college students taking Financial Management at the San Mateo Municipal College, Rizal, Philippines enrolled during the first semester of school year 2016-2017. Out of a total of population of 86 students, 74 respondents were taken as the sample. An adaptation of the Holmes-Rahe Stress Inventory non-adult (1967) and an adaptation of the Internet Addiction Test by Young (1998) were used as the research instruments. It was found that the mean stress score for both males and females was 184.56 which is described as at *moderate risk of illness*. The Internet addiction mean score for both males and females was 52.93 which is described as *Internet use is causing occasional or frequent problems*. A computed Pearson r value of .16 indicated a slight positive correlation between the respondents' level of stress and Internet addiction. However, because this value is less than the critical value of 0.235, this correlation was found to be not significant.

Keywords: Stress, Internet addiction

1. Background

Addiction to the Internet is a possible outcome of its overuse. Through various forms of interactive applications, online entertainment and games, certain users come to see these as a distraction that

prevents them from having to face the stressful realities of life. Due to the several uses of the Internet, it is believed that a considerable number of people engage in online activity as a form of stress management. But in so doing, the likelihood

of Internet addiction becomes very real. Furthermore, a teenager's stress level may become more pronounced as he faces the challenges of college life. It is for this reason that the researcher chose to study how stress and Internet addiction interact among second year college students taking up Bachelor of Science in Business Administration major in Financial Management. This study focuses on the possible relationship between the level of stress and Internet addiction of these students enrolled in the San Mateo Municipal College located in the Municipality of San Mateo in the Province of Rizal, Republic of the Philippines.

2. Methods

The population of this study was the total number of second year college students taking up Bachelor of Science in Business Administration major in Financial Management at the San Mateo Municipal College. The sampling technique used was convenience sampling. Out of a total of eighty-six (86) students a sample of seventy-one (74) respondents or 86 percent of the population was taken. The research instruments used were an adaptation of the Holmes-Rahe Stress Inventory non-adult (1967) and an adaptation of the Internet Addiction Test by Young (1998). The aforementioned instruments were modified to suit the culture and usage understanding of the respondents. Questions regarding the profile of the respondents as to age and

gender were incorporated in the questionnaire. The instruments were administered during the students' classes. Identities of the respondents were not obtained so as to maintain their anonymity. The data gathered was tallied and thereafter subjected to statistical treatment using frequency, arithmetic mean, weighted mean and Pearson product moment coefficient of correlation.

3. Results

Among the 74 Bachelor of Science in Business Administration major in Financial Management students, 16 or 21.6% were males and 58 or 78.37% were females. The mean age of the respondents was 17.7 years. The mean stress score for males was 176.25 which is described as at *moderate risk of illness*. The mean stress score for females was 186.86 which is described as at *moderate risk of illness*. Among the 74 respondents, 31 were at *slight risk of illness*, 36 were at *moderate risk of illness*, while 7 were at *risk of illness*. The combined mean stress score for both males and females was 184.56 which is described as at *moderate risk of illness*. The male respondents obtained a mean score of 54.25 which is described as *Internet use is causing occasional or frequent problems*. The female respondents obtained a mean score of 52.56 which is described as *Internet use is causing occasional or frequent problems*. Among the 74 respondents, 31 respondents are described as *Spends too*

long online but still has control, while 42 respondents are described as *Internet use is causing occasional or frequent problems* and 1 respondent is described as *Internet use is causing significant problems*. The combined mean score for both males and females was 52.93 which is described as *Internet use is causing occasional or frequent problems*. The computed r value of .16 indicates a slight positive correlation between the respondents' level of stress and Internet addiction. However, because this value is less than the critical value of 0.235, this correlation was found to be not significant.

Based on this study's findings, the following conclusions were drawn. The combined mean stress score for both males and females was 184.56 which is described as at *moderate risk of illness*. The combined mean Internet addiction score for both males

and females was 52.93 which is described as *Internet use is causing occasional or frequent problems*. The respondents in this case now have to contend with these two possible threats to their well-being. Although a slight positive correlation was found between stress level and degree of Internet addiction, the relationship was not statistically significant. The absence of a significant relationship between these two variables implies that Internet addiction occurs independently of the respondent's stress level.

The author recommends both a stress management program for students in order to help reduce their level stress as well as a continuous information campaign regarding Internet addiction to promote an awareness of its dangers.

3.1 Formula and Equation

$$\bar{X} = \frac{\sum x}{N}$$

Arithmetic mean

$$\bar{X} = \frac{\sum wx}{N}$$

Weighted mean

$$\frac{N\sum xy - (\sum x)(\sum y)}{\sqrt{N\sum x^2 - (\sum x)^2} \sqrt{N\sum y^2 - (\sum y)^2}}$$

**Pearson Product
 Moment Correlation
 Coefficient**

3.2 Figures and Tables

Table 1
Combined stress events for males and females

Events adapted from Holmes-Rahe Stress Inventory non-adult (1967)	Number of respondents
One of your parents died recently	8
You had an unplanned pregnancy	1
You got married	0
Your parents became permanently separated	10
You acquired a deformity on your body	8
You became a father	1
You were in jail for over 1 year	0
Your parents became temporarily separated	5
Your brother or sister died	8
You have peer problems	11
Your sister had an unplanned pregnancy	3
You discovered you were adopted	1
Your parent married someone new	5
Your close friend died	4
You have an inborn deformity that is visible	2
You were hospitalized for a sickness recently	7
You failed in a subject in school	11
You failed to do an extracurricular activity in school	5
Your parent was hospitalized	6
Your parent was in jail for more than 30 days	1
You broke up with your boyfriend or girlfriend	18
You are beginning to date someone new	9
You were suspended from school	0
You are taking drugs or drinking alcohol	4
A new baby brother or sister was born in your family	6

Your parents fight more frequently	9
One of your parents lost his/her job	5
You obtained an award/ won a contest/ outstanding achievement	14
Your family has new financial problems	47
Your brother/sister got hospitalized	4
One of your parents is frequently not staying at home	8
Your brother or sister is now living somewhere else	10
Someone else is now staying with you	14
You just joined a new church	3
Your parents fight less frequently	12
Your mother or father started a new job	6

Table 2
Stress level of respondents

Scores	Description	Number of male respondents	Number of female respondents	Total	Percentage
0 – 149	Slight risk of illness	9	22	31	41.89%
150 – 499	Moderate risk of illness	5	31	36	48.64%
300 +	At risk of illness	2	5	7	9.45%
		Total: 16	Total: 58	Total: 74	

Table 3
Mean Stress scores

Gender	Mean score of respondents	Description
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Males	176.25	Moderate risk of illness
Females	186.86	Moderate risk of illness
Combined	184.56	Moderate risk of illness

Table 4
Internet addiction responses among both males and females

Questions <i>adapted from the Internet Addiction Test by Young (1998)</i>	Weighted mean of responses
How often do you find that you use the internet longer than you intended?	3.62
How often do you neglect household chores to spend more time on the internet?	2.5
How often do you prefer the excitement of the internet to intimacy/relationships with your partner/friends?	3.02
How often do you form new relationships with fellow Internet users? (ex. FB)	2.67
How often do others in your life complain to you about the amount of time you spend using the internet?	2.60
How often do your grades or school work suffer because of the amount of time you spend using the internet?	2.13
How often do you check your social networking account (ex. FB) before doing something else that you need to do?	3.17
How often does your job/school performance or productivity suffer because of the Internet?	2.16
How often do you become defensive or secretive when anyone asks you what you do on the internet?	2.28
How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?	2.29
How often do you find yourself anticipating when you will use the Internet again?	2.85
How often do you fear that life without the internet would be boring, empty, and joyless?	2.94

How often do you snap, yell, or act annoyed if someone bothers you while you are using the internet?	2.58
How often do you lose sleep due to late-night use of the internet?	3.05
How often do you feel preoccupied with the internet when offline, or fantasize about using the internet?	2.45
Do you find yourself saying “just a few more minutes” when using the internet?	3.27
How often do you try to cut down the amount of time you use the Internet but fail?	2.54
How often do you try to keep secret how long you’ve been using the internet?	2.24
How often do you choose using the Internet over going out with others?	2.29
How often do you feel depressed, moody or nervous when you are not using the Internet, which goes away once you are back on the Internet?	2.14

Table 5
Degree of Internet addiction of respondents

Scores	Description	Number of male respondents	Number of female respondents	Total	Percentage
20 – 49	Spends too long online but still has control	4	27	31	41.89%
50 – 79	Internet use is causing occasional or frequent problems	12	30	42	56.75%
80 – 100	Internet use is causing significant problems	0	1	1	1.35%
		Total: 16	Total: 58	Total: 74	

Table 6
Mean Internet addiction scores

Gender	Mean score of respondents	Description
Males	54.25	Internet use is causing occasional or frequent problems

Females	52.56	Internet use is causing occasional or frequent problems
Combined	52.93	Internet use is causing occasional or frequent problems

Table 7
Relationship between Stress and Internet addiction

Computed r value	.16	Not significant
Critical Value: r = 0.235 N = 74 Level of significance: .05		

The author certifies that this study is an original work and all references are properly cited.

4. References

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