



RESEARCH ARTICLE

INTERNET USE, SELF-EFFICACY AND PSYCHOLOGICAL WELLBEING AMONG POSTGRADUATE STUDENTS

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ABSTRACT

In the process of becoming a self-fulfilling Person, one cannot undermine the role of self-efficacy and psychological wellbeing. Viewing the significance of these two domains in today's era of technology, the study was designed to understand and assess internet use, self-efficacy and psychological wellbeing among Post graduate students in Bhubaneswar and Cuttack. The study administered, Internet Addiction Test (Kimberly young, 1998), General Self-efficacy Scale (Schwarzer *et al.*, 1995) and Psychological Wellbeing Scale (PWB, Ryff *et al.*, 1995) on 133 participants (68 male ,65 female). The study included two group survey with between subject design. The independent t-test revealed a significant gender difference exist in self-efficacy and internet use. In addition, a negative correlation was found among internet use and self-efficacy. Internet use was also negatively correlated with Self-acceptance. The study is helpful in assessing and addressing various mental health issues. Further, it will add on to the future research.

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INTRODUCTION

World health organization (WHO) defines health as a complete balance between physical, mental and social wellbeing and not merely just absence of diseases. Being healthy is not just having proper diet and exercise, it also indicated through individual's emotional stability, coping mechanism towards stress. Mental health is equally responsible factor as biological health or social environment contributing towards individual's success or failure. Wellbeing can be described as the psychological state of being healthy, contented, happy or successful. Psychological and subjective well-being are two distinct yet similar related dimensions of overall well-being (Keyes *et al.* 2002). The Subjective Wellbeing involves individual's perception and experience about various aspects of his/her life including his/her affect and life quality. Whereas Psychological Wellbeing examines perceived challenges that the individual strives to function positively. The well-being is often stressed during emerging adulthood since it is a period of instability and uncertainty (Leccardi, 2005). Carol Ryff's (2018, 2019) six factor model of psychological wellbeing is based on combination of six factors.

The six factors mentioned as autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Ryff's six-factor psychological well-being model provides a comprehensive theoretical framework to analyze positive performance in young people (Sulimani-Aidan, 2016). Tang *et al.* (2019) Psychological well-being is a core feature of mental health, and may be defined as including hedonic (enjoyment, pleasure) and eudemonic (meaning, fulfilment) happiness, as well as resilience (coping, emotion regulation, healthy problem solving). Subjective well-being refers to the extent to which a person believes or feels that his or her life is going well and is considered as one of the best available proxies for a broader, more canonical form of well-being (Diener *et al.*, 2018). Self-efficacy can contribute individual's wellbeing. Self-efficacy "refers to beliefs in one's capabilities to organize and execute the courses of action required to produce given attainments" (Bandura, 1997). It's an overall perception of an individual on his/her abilities. It can also be defined as a self-belief on one's capabilities. Hence, it is correct to assume, higher the self-efficacy, the more optimistic views an individual have towards self.

The world of today is the world of technology and technological advancements. It not only contributed to individual's life style. But it made easier to the entire world get connected on fingertip. Significant internet based technological up gradation that helps individual in areas like learning, education, entertainment, just to name a few. Use of Internet has become as easy and accessible as nursery rhymes to people. As every coin has both the sides, hence it is expected that use of technology and internet-based exploration must also include the same.

REVIEW OF LITERATURE

- Berte *et al.* (2021) verified the relationship between internet use patterns and self-efficacy by surveying 505 Palestinian college students, and the results showed that there was a high negative correlation between internet addiction use patterns and self-efficacy. A study on 'prevalence & associated factors of internet addiction among young adults (19-35yrs) in Bangladesh' by Hassan.T, *et al.*, (2020). Higher prevalence of internet addiction among younger participants. A detached family relationship, living away from family was considered significant mental health indicators.
- Kumar. M and Mondol. A (2018) found in their research work that individuals with high internet use diagnosed with depression and anxiety. Further, internet addiction also found associated with obsessive compulsive disorder and interpersonal sensitivity.
- Yang (2020) verified the effects of self-efficacy and self-control on internet addiction among middle school students through a survey of 119 middle school students, and found that there was a significant negative correlation between self-efficacy and internet addiction. Based on the above, hypothesis two is proposed: self-efficacy plays a mediating role in the influence of physical activity on internet addiction among college students.
- A study on 'prevalence & associated factors of internet addiction among young adults (19-35yrs) in Bangladesh' by Hassan.T, *et al.*, (2020). Higher prevalence of internet addiction among younger participants. A detached family relationship, living away from family was considered significant mental health indicators.

Research Objectives

- To assess the relationship between Internet use, Self-efficacy and Psychological Wellbeing among post graduate students.
- To find out gender difference in Internet use, self-efficacy and Psychological Wellbeing among Post graduate students.

Hypotheses

It is hypothesized that

- There will be a relationship between internet use, self-efficacy and psychological wellbeing.
- There will be gender difference in internet use, self-efficacy and psychological wellbeing.

METHOD OF STUDY

Sample: The sample of study consists of 133 Post graduate participants (68 male and 65 female) from Bhubaneswar and Cuttack. The current study included participants with age range of 21-29 yrs.

Design: The study used a simple two group survey with between subject design. The independent variable for the study was Gender (male and female). The dependent variables were internet use, Self-efficacy and psychological wellbeing.

Procedure: All participants were pursuing post-graduation at various educational institutions of Cuttack and Bhubaneswar. The investigator personally met all the one hundred thirty-three (133) participants and consent were taken from the participants for the study. The investigator individually interacted with the participants and tries to make them feel comfortable and relax by adequate rapport building. Then, briefly explained about the objective and process of the study to the participants. The participants were asked to fill up the internet addiction test once the rapport has been established. Further, students were administered with generalized self – efficacy scale and Ryff's scale of psychological wellbeing.

RESULTS

The purpose of the present study was to examine the relationship between Internet Use-Self Efficacy and Psychological Wellbeing among postgraduate students. It also assessed the role of gender on-Internet Use, -Self Efficacy and Psychological Wellbeing.

Table 1. Inter Correlation-matrix of Internet Use, Self Efficacy and Psychological Wellbeing among-Postgraduate students

Variable	Internet Use Self Efficacy	Psychological	Wellbeing (Self Acceptance)
Internet Use	-	-.467**	-.460**
Self Efficacy	-.467**	-	.242**
Self Acceptance	-.460**	.242**	1

Note: N=133. Higher scores indicate a greater magnitude of each variable. Figures in the brackets represent SDs.**p < .01

Table1 is describing the inter correlation matrices of three variables. Analysis of correlation matrices table has shown that the correlation between internet use and self efficacy-was($r = -.467$), which was significant at.001 levels ($p < .01$).It indicated that as internet use-among youth-increased self efficacy decreased. It also revealed that there is a negative correlation exist between internet use and only one dimension of psychological wellbeing i.e. "Self-Acceptance" ($r = -.460$) which was significant at.001 levels ($p < .01$). It indicated that as internet use among postgraduate students increased self acceptance decreased. Moreover, it was also found a positive correlation between self efficacy and self acceptance ($r = .242$ **) which was significant at.001 levels ($p < .01$).

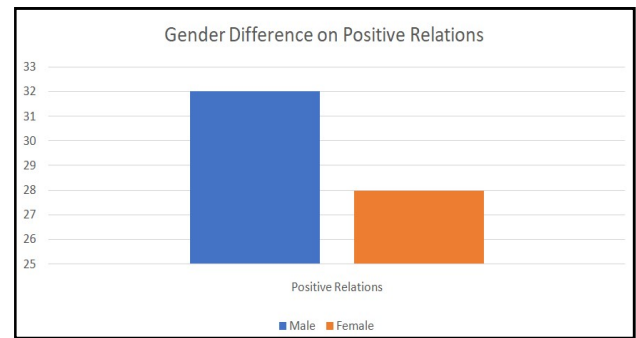
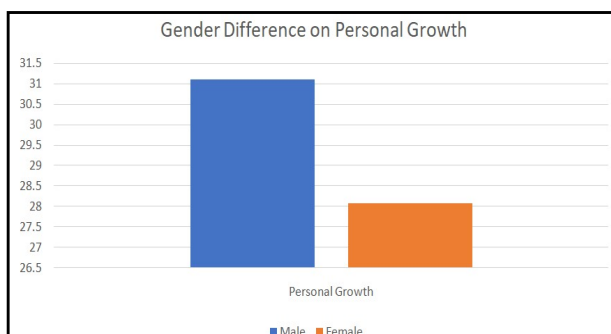
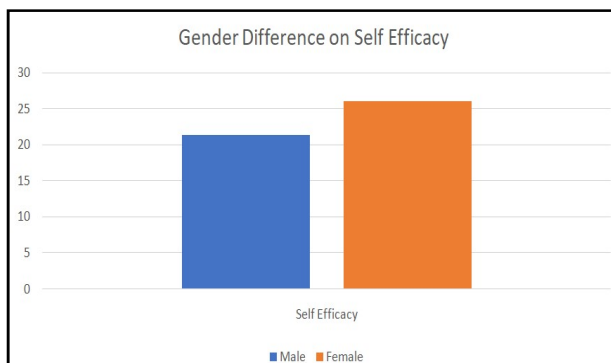
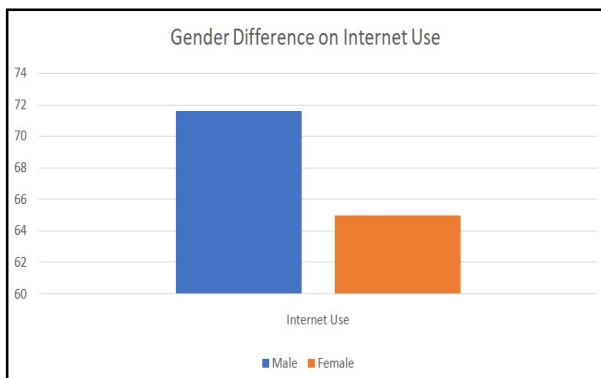
Gender difference in the internet use, self efficacy and psychological wellbeing. The means, standard deviations and 't' value of two groups of participants (males and females) for internet use, self efficacy and psychological wellbeing (06 dimensions) are presented in Table. 2.

Table 2. Gender Difference on Internet Use, Self Efficacy and Psychological Wellbeing among Postgraduate students

Variables	Male		Female		<i>t</i>
	M	SD	M	SD	
Internet Use	1.57	3.66	4.98	18.75	2.32*
Self Efficacy	1.34	.43	6.03	5.43	-4.53**
Autonomy Score	28.53	.27	29.17	4.75	-.734
Environmental Mastery	27.13	.81	26.72	3.03	.682
Personal Growth	31.10	.23	28.09	5.91	2.69**
Positive Relations	32.01	.64	27.97	6.69	3.69**
Purpose in Life	28.24	.29	28.52	5.57	-.305
Self-Acceptance	25.76	7.62	25.46	5.83	.257

Note. n = 133. Higher scores indicate a greater magnitude of each variable. All analyses are two-tailed. * $p < .05$, ** $p < .01$

Analysis of the data using the independent t-test for equal variances indicated that males showed significantly higher internet use ($t=2.32$, $p < .05$) than females. Whereas, females showed higher self efficacy ($t = -4.53$, $p < .01$) than males. Out of 06 dimensions of psychological wellbeing, males also exhibited significantly higher personal growth score ($t = 2.69$, $p < .01$) and positive relations ($t = 3.69$, $p < .01$) than females. No significant gender difference was noticed for the remaining four dimensions of psychological wellbeing. Results are also shown in Figure 1, 2, 3 and 4.



CONCLUSION

Male participants found with significant high in internet use than females. Some supportive studies revealed that men own and use computers and the Internet more than women, spend more time online, take more technology classes, and show more motivation to learn digital skills (Cooper, 2006; Correa, 2010; Fallows, 2005; Livingstone & Helsper, 2007; Losh, 2004; Pinkard, 2005; Wilson, Wallin, & Reiser, 2003). Giddens' structuration theory (1984) helps establish that even as individuals have the agency to pursue their desires, social structures can influence their behaviors and the way they think about objects such as technology. There are also cultural and psychological factors that may constrain certain people, such as women, from using technologies even when they have access (Terry & Gomez, 2010). Second, females found significantly higher in self efficacy as compare to males. It may be because female students involved more in virtual activities that involve communication and expressive skills, where as males prefer more technical core activities which involves more competition. A study by Weiser(2000) on 'Gender Differences in Internet Use Patterns and Internet Application Preferences: A Two-Sample Comparison' supports the same.

Males showed significantly higher in personal growth and personal relations among all six dimensions of psychological wellbeing (Maroof and khan 2016). In Indian context a youth male is exposed to the world quite broadly compared to females. Further, they are expected to carry out multiple outside work and most of them are technical in nature. And also, their Personal growth also predicted academic success. (khan *et al.*, 2020)

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