



# International Journal of Literacy and Education

E-ISSN: 2789-1615  
P-ISSN: 2789-1607  
Impact Factor: 5.69  
IJLE 2023; 3(1): 01-03  
[www.educationjournal.info](http://www.educationjournal.info)  
Received: 01-11-2022  
Accepted: 02-12-2022

**Kartick Paul**  
Research Scholar (Ph.D.),  
Department of Physical  
Education, Dr. C.V. Raman  
University, Kota, Bilaspur,  
Chhattisgarh, India

**Anupam Ghosh**  
Research Scholar, Department  
of Physical Education, Dr.  
C.V. Raman University, Kota,  
Bilaspur, Chhattisgarh, India

## Relationship of internet addiction and technostress on teacher's trainee

**Kartick Paul and Anupam Ghosh**

### Abstract

The relationship between the Internet Addiction and Technostress female Teacher's Trainee. A total number of 23 female Teacher's Trainee, age range between 23-28 years was studying in from 24 Parganas north and south under the state of West Bengal. They were selected Purposive group design. Internet addiction measured by The Young's Internet Addiction Scale and Technostress measured by The T. Westermann scale. The correlation was computed. It was concluded that the domains of Internet Addiction were significantly and positively correlated with the domains of Technostress, at 0.05 level. Study showed that increase or decrease of level of Internet Addiction do effect on the Increase or decrease of level of Technostress. Therefore the result can say that Teacher's Trainee who has high level of Internet Addiction should also have high level of Technostress.

**Keywords:** ICT, stress, internet, addiction and teacher's trainee

### Introduction

The internet could be a new tool that's evolving into a necessary a part of daily life everywhere the globe and its use will increase particularly among youth. In spite of the wide perceived deserves of this tool, psychologists and educators are awake to the negative impacts of its use, particularly the over or misuse and also the connected physical and psychological issues. One amongst the foremost common of those issues is net addiction. This downside could be a raising development moving individuals with variable frequency round the world and has created negative impacts on the educational, relationship, financial, and activity aspects of the many lives. Net addiction is usually characterised by mental object agitation, anxiety, craving, depression, hostility, and substance expertise preoccupation, loss of management, withdrawal, impairment of perform, reduced decision-making ability.

Internet addiction is delineate as Associate in nursing impulse management disorder, that doesn't involve use of Associate in nursing intoxicating drug and is incredibly like pathological gambling. Some net users could develop Associate in nursing emotional attachment to on-line friends and activities they produce on their itinerant and pc screens. Net users could fancy aspects of the net that permit them to satisfy, socialize, and exchange ideas through the utilization of chat rooms, social networking websites or virtual communities. fast enlargement and proliferation of the net have provided higher opportunities for communication via apps like Facebook, Instagram, whatsapp, Snap chat etc. and data Google news, In-shorts a news app at intervals sixty words, and social interaction via apps like Google pair and Skype for live video vocation etc. However, the excessive undisciplined use by some people has diode to the emergence of the construct of net addiction. In fact, younger net users were additional in danger of changing into net addicts than older users. There has been Associate in nursing explosive growth of net use not solely in Asian country however additionally worldwide within the last decade and through pandemic amount.

Net addiction ends up in inactive mode, diminished real socialization that any could produce loneliness and a false awareness of individuals over internet. Long hours over the net additionally ends up in forward flexion of the neck, bodily property changes and issues in vision like strain over eyes and blurred vision. Checking the phone perpetually at intervals jiffy and disbursement time unnecessarily resulting in obsessional compulsive disorders. Any radiations can cause headache and cephalalgia in severe cases. The study is to seek out prevalence of net addiction in young adults and unfold awareness concerning the issues associated with excessive net addiction that has been mentioned on top of.

**Correspondence Author;**  
**Kartick Paul**  
Research Scholar (Ph.D.),  
Department of Physical  
Education, Dr. C.V. Raman  
University, Kota, Bilaspur,  
Chhattisgarh, India

While the important success factors area unit plain, there's a growing concern in decisive the negative impact of technology on students. There's a general perception that university students area unit tech-savvy and don't seem to be suffering from technology-induced stress; so, their psychological or psychological feature responses and adaptation to new applications, functionalities, and workflows area unit neglected. Students may very well encounter adverse effects or could have expected interactions with ICTs thanks to altered conditions and expectations, requests of longer and energy, and time management inclinations and extended request for additional self-regulated learning. However, it's typically needed to research the negative aspects of technology, like technology-induced stress, which may scale back student's tutorial achievements and productivity. ICTs have given rise to a definite description of stress referred to as technostress. The purpose of this study is to assess the relationship between internet addiction and technostress female student teacher or teacher's trainee. In this study an attempt is made to find out the relationship between internet addiction and technostress and the extent of contribution contributed by internet addiction to technostress among female student teacher or teacher's trainee.

**Statement of the problem:** Relationship of Internet Addiction and Technostress female teacher's trainee. So the problem is accordingly stated as "Relationship of Internet Addiction and Technostress on Teacher's Trainee".

**Purpose of the Study**

Main purpose status Technostress and Internet Addiction among teacher's trainee and their relationship. Provide information regarding characteristics of ICT oriented stress and Addiction of the B.Ed students. It may be help the teachers to determine the psychological status and maintain their equilibrium and to preparing training learning schedules for them.

**Methodology**

**Selection of the Subjects**

A total of 23 female students teacher age category of 23 to 28 years were selected for the study. Subjects were selected from 24 Parganas north and south under the state of West Bengal. Purposive group design was used for this study in West Bengal.

**Statistical Procedure**

Internet addiction measured by The Young's Internet Addiction Scale and Technostress measured by The T. Westermann scale. In the present study for analyzing the data following statistical treatment were given. The correlation was computed. Significance was set at 0.05 levels of confidence.

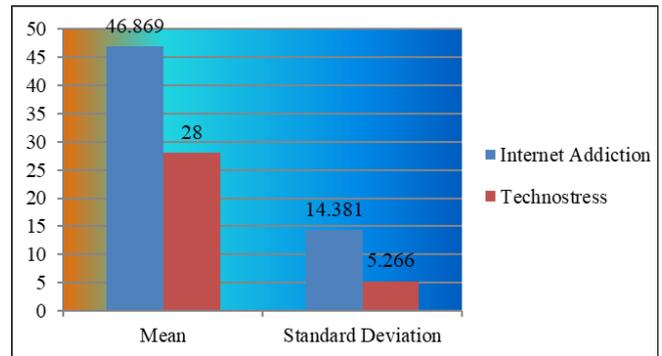
**Results**

**Table 1:** Relationship between Internet Addiction and Technostress female Teacher's Trainee

N	Variables	Mean	Standard Deviation	Calculated "r"	Tabulated "r"
23	Internet Addiction	46.869	14.381	0.550*	0.413
	Technostress	28	5.266		

0.05 level of confidence, 'r'<sub>0.05</sub> Tab(21)0.413

Data revealed that significant and positive relationship between Internet Addiction and Technostress at a 0.05 level of significant. Internet Addiction and Technostress are positively correlated to each other.



**Fig 1:** Shows the mean value and Standard deviation of Internet Addiction and Technostress

**Discussion and Conclusion**

Results of the study it absolutely was ended that there was important positive relationship between Net Addiction and Technostress. Study showed that increase or decrease of level of Net Addiction do result on the rise or decrease of level of Technostress or vice-versa. So we will say that female Teacher's Trainee who has high level of web Addiction ought to even have high level of Technostress or vice-versa. The net is a vital a part of way of life additionally the pandemic scenario, internment amount, on-line directed education and on-line examination. It incontestible that the overuse of the net or ICT disruption of the traditional lives and related to a rise within the frequency of Technostress. The nice study habits, physical exercising, yogistic activity and time off pay through physical activity among the female student Teacher and their Addiction and stress are reduced mechanically. This study additionally enhances the training ways and helps one to develop smart study habits. If the female teacher's trainee maintains healthy manner and correct study habit then they'll overcome their Addiction and stress, are able to do a lot of.

**References**

1. Kamlesh ML. Physical Education. New Delhi-110002: Khel Sahitya Kendra; c2015.
2. Kansal DK. A Practical Approach to Test measurement and Evaluation. New Delhi- 110059: Sports and Spiritual Science Publication; c2012.
3. Roy S. Educational Psychology. Kolkata-700009: Soma Book Agency; c2004.
4. Verma JP. A textbook on sports statistics. Delhi-110002: Sports Publication; c2015.
5. Das B, Ghosh A. Comparative Study on Self Esteem among Various Educational Board Students. Vidyawarta Peer Reviewed International Refereed Research Journal, ISSN: 2319-9318. 2022;47(9):131-134.
6. Ghosh A, Chatterjee R. Comparative Study on Self Esteem between Teacher Trainee and General College Students in District of West Bengal. Guidance and Counseling, ISBN: 978-93-91002-71-8; c2021. p. 192-198. ABS books-Delhi-110086.
7. Ghosh A, Shrivastava Y. Comparative Study of

- Psychomotor Ability between Kho-Kho and Kabaddi Players in District of West Bengal. Alochana Chakra Journal, ISSN: 2231-3990. 2020;9(11):228-232.
8. Ghosh A, Paul K. Yoga in management of lifestyle disorders in covid-19 period. International Journal of Yogic, Human Movement and Sports Science, ISSN: 2456-4419. 2020;6(1):146-148.
  9. Gayen K, Ghosh A. Study on Technostress among Teacher's Trainee. Multi-Disciplinary Modern Research, ISBN: 9-788195-913411, Gungun Publishing House, W.B Paschim Medinipur-721101; c2022. p. 80-83.
  10. Poonam. A Comparative Study on Selected Physical Fitness Components Between Kabaddi and Kho-Kho Players. International Journal of Yoga, Physiotherapy and Physical Education, ISSN: 2456-5067. 2018;3(1):154-156.