Chapter 5

SUMMARY AND CONCLUSIONS

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5.1 Introduction

Summary and conclusion is very important in any research report of any study. But in the whole study, the last chapter is the most important part. The summary of the study is helpful in studying of the research, a very important in the short time of the research value of researcher. It is a tradition that a short glimpse of beginning to end is given in report of the study. Thus, this chapter is as important as other chapters.

In the last phase of the study, the researcher comes to some findings and makes aware the people of Internet Addict and Non-Addict. So this chapter is important. In summary report, topic, its selection, data collection, statistical methods etc… are represent in a short way. Moreover, in its suggestions for further research are indicated properly.

The main aim of the present study is, “A study of mental health, anxiety, aggression and adjustment among internet addict and non-addicts.” All aspects of this study are represented in full in this chapter.

5.2 Summary of the Research Study

The main aim of this research was “A study of mental health, anxiety, aggression and adjustment among internet addict and non-addicts.” Also the aim is to test if all this dependent variables like mental health, anxiety, aggression and adjustment affects gender, age and type of people or not.

Based on the objective of this research, the researcher visited organizing person of cyber cafes and various software companies to collect the data for study. She discussed the problem of study to seek permission for data collection. After permission was granted she met randomly some persons of internet addict and non-addicts but finally 480 were selected for the study that gave their consent and decided to co-operate 240 internet addict and 240 non-addict persons(120 males & 120 females) were selected in the age group was between 13-19, 20-30 and 31-up years. Researcher gave questionnaire sample to collect the data. To collect the data, the researcher first established rapport with the persons. Once the rapport was established, then questionnaire was given to the samples. In that, initially all the personal details were asked to fill in a format. Once the questionnaires of all statements were filled, the researcher checked whether all the details were completed, if nit then the researcher asked them to do the needful. All 480 persons were selected as final sample for the present investigation. In this research four questionnaires were used. The four questionnaires are as under.
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To test the effect of dependent variables hypotheses was constructed and factorial design (2x2x3) was decided. Then the ‘F’ value was calculated.

The summary of results based on statistical method is discussed in view of Chapter number 4 and we can conclude all the results as given below.

5.3 Conclusion of the Research

Following guideline of only significant differences are mentioned in this conclusion

5.3.1 Mental Health and their Factors

✓ There is significant difference between Males and Females with regards to various areas of Mental Health like perception of reality, Integration of personality, Positive self-evaluation, Group oriented attitude, environmental mastery.

✓ There is significant difference between different Age groups with regards to various areas of Mental Health like perception of reality, Integration of personality, Positive self-evaluation, Group oriented attitude, environmental mastery.

5.3.1.1 Perception of Reality

✓ There is significant difference between Internet addict and Non addict with regards to perception of reality.

✓ There is significant difference between Males and Females with regards to perception of reality.

✓ There is significant difference between different Age groups with regards to level of perception of reality.

✓ There is significant interaction effect between Gender and Age with regards to perception of reality.

✓ There is significant interaction effect between Type of people and Age with regards to perception of reality.

✓ There is significant interaction effect between Type of people, Gender and Age with regards to perception of reality.

5.3.1.2 Integration of Personality

✓ There is significant difference between Internet addict and Non addict with regards to integration of personality.

✓ There is significant difference between Males and Females with regards to integration of
There is significant difference between different Age groups with regards to level of integration of personality.

✓ There is significant interaction effect between Gender and Age with regards to integration of personality.

✓ There is significant interaction effect between Type of people and Age with regards to integration of personality.

✓ There is significant interaction effect between Type of people, Gender and Age with regards to integration of personality.

5.3.1.3 Positive self-evaluation

✓ There is significant difference between different Age groups with regards to level of positive self-evaluation.

5.3.1.4 Group Oriented Attitudes

✓ There is significant difference between different Age groups with regards to Group oriented attitudes.

5.3.1.5 Environmental Mastery

✓ There is significant difference between Internet addict and Non addict with regards to Environmental mastery.

✓ There is significant difference between Males and Females with regards to Environmental mastery.

✓ There is significant difference between different Age groups with regards to Environmental mastery.

✓ There is significant interaction effect between Gender and Age with regards to Environmental mastery.

5.3.2 Aggression and their Factors

✓ There is significant difference between different Age groups with regards to various areas of Aggression like Assault, Indirect Aggression, Irritability, Negativism, Resentment, Suspicion, Verbal Aggression, Guilt.
5.3.2.1 Assault

✓ There is significant difference between Males and Females with regards to Assault.
✓ There is significant difference between different Age groups with regards to Assault.
✓ There is significant interaction effect between Type of people and Gender with regards to Assault.
✓ There is significant interaction effect between Gender and Age with regards to Assault.
✓ There is significant interaction effect between Type of people and Age with regards to Assault.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Assault.

5.3.2.2 Indirect Aggression

✓ There is significant difference between Internet addict and Non addict with regards to indirect aggression.
✓ There is significant difference between Males and Females with regards to indirect aggression.
✓ There is significant difference between different Age groups with regards to indirect aggression.
✓ There is significant interaction effect between Gender and Age with regards to indirect aggression.
✓ There is significant interaction effect between Type of people and Age with regards to indirect aggression.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to indirect aggression.

5.3.2.3 Irritability

✓ There is significant difference between Internet addict and Non addict with regards to Irritability.
✓ There is significant difference between Males and Females with regards to Irritability.
✓ There is significant interaction effect between Type of people and Gender with regards to Irritability.
✓ There is significant interaction effect between Gender and Age with regards to Irritability.
✓ There is significant interaction effect between Type of people and Age with regards to
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Irritability.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Irritability.

5.3.2.4 Negativism
✓ There is significant difference between Males and Females with regards to Negativism.
✓ There is significant interaction effect between Type of people and Gender with regards to Negativism.
✓ There is significant interaction effect between Gender and Age with regards to Negativism.
✓ There is significant interaction effect between Type of people and Age with regards to Negativism.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Negativism.

5.3.2.5 Resentment
✓ There is significant difference between Males and Females with regards to Resentment.
✓ There is significant difference between different Age groups with regards to Resentment.
✓ There is significant interaction effect between Gender and Age with regards to Resentment.
✓ There is significant interaction effect between Type of people and Age with regards to Resentment.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Resentment.

5.3.2.6 Suspicion
✓ There is significant difference between Males and Females with regards to Suspicion.
✓ There is significant interaction effect between Gender and Age with regards to Suspicion.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Suspicion.

5.3.2.7 Verbal Aggression
✓ There is significant difference between Internet addict and Non addict with regards to Verbal aggression.
✓ There is significant difference between Males and Females with regards to Verbal aggression.
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✓ There is significant difference between different Age groups with regards to Verbal aggression.
✓ There is significant interaction effect between Type of people and Gender with regards to Verbal aggression.
✓ There is significant interaction effect between Gender and Age with regards to Verbal aggression.
✓ There is significant interaction effect between Type of people and Age with regards to Verbal aggression.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Verbal aggression.

5.3.2.8 Guilt
✓ There is significant difference between Males and Females with regards to Guilt.
✓ There is significant interaction effect between Gender and Age with regards to Guilt.
✓ There is significant interaction effect between Type of people and Age with regards to Guilt.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Guilt.

5.3.3 Anxiety
✓ There is significant difference between different Age groups with regards to level of level of Anxiety.

5.3.4 Adjustment and their Factors
✓ There is significant difference between Internet addict and Non addict with regards to various areas of Adjustment like Home, Health, Social, Emotional.
✓ There is significant difference between different Age groups with regards to various areas of Adjustment like Home, Health, Social, Emotional.
✓ There is significant interaction effect between Type of people and Age with regards to various areas of Adjustment like Home, Health, Social, Emotional.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to various areas of Adjustment like Home, Health, Social, Emotional.
5.3.4.1 Home Adjustment
✓ There is significant difference between Internet addict and Non-addict with regards to Home adjustment.
✓ There is significant difference between Males and Females with regards to Home adjustment.
✓ There is significant difference between different Age groups with regards to Home adjustment.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Home adjustment.

5.3.4.2 Health Adjustment
✓ There is significant difference between Internet addict and Non- addict with regards to Health adjustment.
✓ There is significant difference between different Age groups with regards to Health adjustment.
✓ There is significant interaction effect between Type of people and Age with regards to Health adjustment.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Health adjustment.

5.3.4.3 Social Adjustment
✓ There is significant difference between Internet addict and Non addict with regards to Social adjustment.
✓ There is significant difference between different Age groups with regards to Social adjustment.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Social adjustment.

5.3.4.4 Emotional Adjustment
✓ There is significant difference between Internet addict and Non addict with regards to Emotional adjustment.
✓ There is significant difference between different Age groups with regards to Emotional adjustment.
✓ There is significant interaction effect between Type of people, Gender and Age with regards to Emotional adjustment.
5.4 Limitations of the Research Study

The main aim of any research is to make generalizations from the findings related to the sample and to apply these findings to the population or universe from which the sample is randomly drawn. This requires computation of data and deciding parameters with statistical techniques. However, such techniques and process of generalization in any research has its own limitations like sampling error, statistical error. The investigator of this present study is fully aware about the limitations of the study. The limitations of the present study are:

✓ A small sample size was taken due to time constraint. If the sample size would be Larger, the results could be generalized firmly and different psychological aspects of the addicts could be understood in a better way.

✓ This study has few variables. But if more variables were taken then the study would be done more effectively.

✓ As a survey research done it was difficult to convince working people for fill up the Questionnaire.

✓ Due to time boundary interview could not take.

✓ The hypotheses are constructed only for independent variables in this research.

✓ The limitations can also be resolved by the independent variables other than the independent variables used in this research.

✓ The life is changing continuously. So we can get more accurate result if the research has been done at regular time intervals.

✓ Because of time limitation we could not select more samples in this research.

The research is like infinite loop. Now researchers are being done continuously. The errors in those researches can be resolved in new researches.

5.5 Suggestions / Implications for the Research

✓ In this study, a larger sample can be taken, so that the study can be broadly discussed at different levels.

✓ The researcher should make sure that he/she obtains 100% support from the general population. This is very important for the smooth proceeding of the research.

✓ Broad areas research can be include.

✓ Indian and western culture’s people can be taken and measured mental health, anxiety, aggression, and adjustment level.
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✓ It is also suggested that the further research follow up may be taken on hand with different sample, as well as by using some different techniques for data analysis, like multivariate techniques, regression analysis partial correlation.

✓ It is suggested to the prospective researcher that more appropriate procedure for selection of sample and administering the tests be adopted. Before administering the tests to a large sample, it should be applied to a small sample for pilot study.

✓ Mental Health of Internet Addict People is weak. For coming out of this problem, we suggest that they should connect with Yoga and Meditation. Gradually their mind can be diverted.

✓ The Internet Addict People who has Anxiety is suffering from loneliness. For coming out of this problem, we suggest that they should connect with the society and meet different type of people.

✓ For reducing the Aggression level of Internet Addict people, we should divert them towards the outdoor games in which they are interested.

✓ Mostly Internet Addict people have Adjustment problem. They can not adjust easily with the other people. So we should create the situation like Traveling and Staying together with other people in which they have tried to adjust.