



A Study on Internet Addiction among Female Madrasa Students

Muhammad Nadeem¹, Ammar Haider Zaidi², Shazia Malik³, Rabia Bahoo⁴

¹ Assistant Professor, Department of Educational Training, The Islamia University of Bahawalpur, Pakistan.
Email: m.nadeem@iub.edu.pk

² Associate Professor, Department of Arabic, Bahauddin Zakariya University Multan, Pakistan.
Email: ammarhaider@bzu.edu.pk

³ Assistant Professor, Department of Early Childhood Education, Institute of Education and Research, University of Punjab Lahore, Pakistan. Email: shazia.ier@pu.edu.pk

⁴ Lecturer, Department of Education, The Government Sadiq College Women University Bahawalpur, Pakistan.
Email: rabia.bahoo@gscwu.edu.pk

ARTICLE INFO

Article History:

Received: September 02, 2022

Revised: December 24, 2022

Accepted: December 26, 2022

Available Online: December 31, 2022

Keywords:

Internet Addiction

Female Students

Madrasa

Bahawalpur

Funding:

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

ABSTRACT

The study aimed to examine the use of internet among female madrasa students who were enrolled in different madrasas of Bahawalpur. Around 300 pupils of various location, registered in different madrasas in district Bahawalpur were randomly selected for data collection. The information was gathered by researchers personally by adopting/modifying a scale to quantify the study on use of internet among female madrasa students in district Bahawalpur while using internet addiction scale used and developed by Widyanto and McMurrin (2004). The percentage, means score and different formulas through SPSS were worked out for the data investigation, which show the lowest mean score while using internet as compare to students going out with others. Lowest mean score found among students that they felt a bore and joyless life while disappearing of internet. Majority of the respondents are disagreeing to the statement of disturbing thought of their life block with soothing thought of internet. They also disagreed about the statement of neglecting their domestic responsibilities for the reason of spending their excess time online. The study suggests that students must practice a positive use of internet to develop deep understanding in their studies.

© 2022 The Authors, Published by iRASD. This is an Open Access article distributed under the terms of the Creative Commons Attribution Non-Commercial License

Corresponding Author's Email: ammarhaider@bzu.edu.pk

1. Introduction

Web has been in incredible interest for everybody according to the facilities accessible for the youthful and old age. Dominant parts of individuals everywhere on the globe have been profiting the advantages of web nowadays. Internet enslavement is a significant issue now as individuals are getting touchy because of inaccessibility of the web. Also, because of the nonattendance of association the new age is getting discouraged, stressed and restless and disappointed too. The conduct likewise has gotten to some degree odd and inadaptable because of the enslavement of web. Internet addiction has influenced the physical and emotional wellness of both youthful and old age. The human propensity toward another individual has totally changed due to the modification in the current situation. Through internet the principle issues which have emerged are sentiments of higher expectation, idealism from the work, being torpid in everyday activities.

As a social association, religion should be considered in the structure of innovation embrace and web use designs, since it can undoubtedly get away from us that it overruns practically all features of existence through its associated ceremonies (Hirschman 1983). Relatively than overall affinity to see innovation selection, broadcasting utilization as well as religious beliefs freely, the interrelation among the medium utilized and religion must be

considered mutually for a more extensive and more profound valuation for the exchange (Buddenbaum, 2002). The association strictness and correspondence innovation as a particular apprehension is a compound and multi- aspect as the remaining parts an obvious inherent clash between religions at all their particular and solitary world perspectives(Brossard, Lewenstein, & Bonney, 2005).

It is essential to know the differentiation among religion and religiosity (the nature of an individual acknowledgment of their religion's practices, and how much their regular daily existence is composed by the guideline convictions embraced by their religion). Belief may be an extremely prime strength controlling good direct and preventing harsh individuals after pleasing an interest in numerous socially questionable practices (Durkheim, 1995). Exploration continually portray strictness just like a factor in debilitating smoking, drug misuse and other unsafe substances and wanton sexual exercises (Dunn & Schweitzer, 2005; Koenig, McCullough, & Larson, 2004; Weaver et al., 2005). This might be the consequence of religion's standardizing capacity with the above standards of conduct being inverse to the guidelines of strict gatherings of which an individual is a part. Moreover, religion has an integrative capacity as social help assumes a function as a substitute to the unsuitable practices as 'uneasiness lessening' techniques (Hood Jr, Hill, & Spilka, 2018). In this manner, the more sincerely elaborate individuals are in the standards of their religion and the more consolidated they are into their strict gathering (i.e., the more prominent their strictness is), the less weak they are to different synthetic and conduct conditions. The current examination plans to inspect the internet addiction by testing the activities of madrasa students and in addition this study will deliver a base on the road to additional inquiry in another social setting.

It was a well-known fact that use of internet affects the academic performance of students and also on their daily life. Different researches also revealed that use of internet may affect the life of madrasa students in various difficulties and with the help of internet may help to overcome the problem. The current study is about the use of internet effects on the academic performance and daily life among female madrasa students enrolled in various madrasas of District Bahawalpur. The Research Objectives are as follows;

- To identify the life style of female madrasa students.
- To recognize the use of internet among madrasa students enrolled at madrasa level.
- To recommend some measures to get benefit from the use of internet among madrasa students.

The current study focused on internet addiction among madrassas' students. Through this study, teachers and all counselors will get benefit from the study of internet to improve student motivation for better performance in study. Finding of this study may be helpful in the professional practice for young adult girls at madrasa level. A major input of this research will be to fill the social gaps as well as the finding will also open up the gates for upcoming investigate. The outcomes of current research will be helpful for the policy maker, managers, Islamic education administrators and other stakeholders who are associated with teaching activities in class at madrasa level. The result of this study might be helpful in the intervening of curricula which possibly have positive impact to reduce barrier of study and increasing positive motivational thought and use of new technologies for excellent performance of female madrasa students at madrasa level.

2. Literature Review

Internet addiction is a psychological reliance on the Internet, irrespective of the actions of individual logged on, according to Kandell (1998). Shaw and Black (2008) expressed that Web enslavement is described by unreasonable or ineffectively controlled distractions, inclinations or ways of behaving in regards to PC use and web access that lead to hindrance or trouble. The use of the internet excessively has been referred to as Internet Dependency (Lin & Tsai, 2002), Internet Addiction Chou and Hsiao (2000) Internet Addiction Disorder (Goldberg, 1996), Internet Dependency Lin and Tsai (2002), and Internet Pathological Use (Davis, 2001). Despite the lack of consensus over name and definition, the literature lists common signs of this illness of using internet with various terminologies.

Widyanto and McMurrin (2004) express that Web dependence has much of the time been conceptualized as a conduct enslavement, working on a changed standard of exemplary dependence models, however further note that the legitimacy and clinical worth of these cases has been addressed. They underscore the absence of hypothetical reason for the build notwithstanding the quantity of examinations which have been attempted on internet use. Different investigations emphasize the significance of inspecting the effect of hazardous effects of internet use on youths (Ferraro, Caci, D'amico, & Blasi, 2006).

In general, teenagers are at a basic time of dependence weakness, in view of their social and furthermore neurobiological factors (Lam-Figueroa et al., 2011). Nadeem, Buzdar, Shakir, and Naseer (2019) reveals the viewpoint of (Nadeem, Ali, & Buzdar, 2017) that Muslim mainstream in Pakistan relishes supremacy in various sectors of life (i.e., social, political, and financial). (Nadeem et al., 2019) further revealed that the participants of their research while working on internet, overlooked religious responsibilities that shows students anti-religious behaviour due to excess use of internet.

At Jouf University in Saudi Arabia, Salam, Awang Iskandar, Ibrahim, and Farooq (2019) examined the frequency of Internet addiction and its contributing factors among female students. A multistage proportionate sampling procedure was used in a cross-sectional investigation. During in-person interviews with the female students at Jouf University, a self-administered questionnaire was given to them. Jouf University's female students are moderately or severely addicted to the Internet. The majority period for using the Internet is at midnight, and using the Internet for leisure is one of the significant predictors of Internet addiction. Marzilli, Cerniglia, Cimino, and Tambelli (2022), who examined how the COVID-19 pandemic affected young adult university students' mental health, found that psychopathological symptoms and Internet addiction significantly increased (IA). Alexithymia and attachment have also been cited as playing important roles, although no study has looked into how these factors might interact dynamically. Online recruitment was used for the study's sample of $n = 410$ young adult university students. Additionally, it evaluated alexithymia (via TAS-20), COVID-19-related peritraumatic distress symptoms (through CPDI), connection to parents and peers, and IA (through IAT).

In a sample of Slovak university students, Rigelsky, Megyesiova, Ivankova, Al Khouri, and Sejvl (2021) evaluated the variations in internet addiction between males and girls. In the research sample, the overall prevalence of internet addiction was not severe, but there were higher scores on the subscales measuring lack of control, anticipation, and neglect of work. The areas of Salience, Excessive Use, Neglect Work, and Neglect Social Life all showed significant variations. Male students generally showed a higher percentage of internet addiction. The primary goal of this study was to determine the prevalence of internet addiction and its contributing factors among university students in Ethiopia (Zenebe et al., 2021). According to the current study, internet addiction is very common among students at Wollo University. Spending more time online, experiencing mental discomfort, playing online games, currently using khat, and currently abusing alcohol were all factors connected with internet addiction. Public awareness campaigns may be a successful tactic to lessen internet addiction's prevalence and effects when it emerges as a serious public health issue. In addition to this, it is crucial for stakeholders to work together to build additional chic, flexible, and long-lasting countermeasures.

The impact of gender and physical exercise on internet addiction in medical students was studied by Khan, Shabbir, and Rajput (2017). 350 MBBS students from the Army Medical College, Rawalpindi were given the Young's internet addiction test questionnaire as part of this cross-sectional, analytical study. In 2015, the investigation was carried out between January and May. Students gave a contradictory response when asked about physical activity, and the sports department of the school confirmed this. Internet addiction is adversely correlated with physical activity but is unrelated to gender. In Lan et al. (2020) looked at the prevalence of Internet addiction among college students and the connections between it and other factors. In this study, 25.5% of the pupils met the criteria for Internet addiction. Internet use, academic success, loneliness, and stress were all associated with Internet addiction. Gender, family circumstances, self-esteem, life happiness, depression, and anxiety had no impact on internet addiction. To increase student awareness of Internet addiction, prevention and intervention strategies should be used both inside and outside of academic institutions.

Joseph et al. (2021) estimated internet addiction (IA) among college students in India. Each study's methodological merit was graded, and information was taken from the published papers. The fixed-effects model was used to determine the pooled prevalence. Using the Egger's test and a visual examination of the symmetry in funnel plots, publication bias was assessed. The assessment of prevalence was significantly influenced by the sampling strategy and the calibre of the included research; studies with non-probability sampling and low risk of bias (total quality score 7) indicated lower prevalence. Internet use and addiction among university-bound adolescent pupils were evaluated by Hamzaa (2017). In this study, a descriptive research design was used. 515 university students in Port Said governorate's twelve colleges, whose ages ranged from 18 to 19, made up the study's subject (511 females and 204 male). According to the study, more over a quarter of the kids were using the internet for three hours or longer each day. Female students and students majoring in human sciences had greater rates of severe or extremely severe internet addiction. The majority of the pupils that were studied scored moderately on the scale of internet addiction.

3. Research Methodology

Targets of this study uncover that it prompts quantitative kind of examination. The review was descriptive in nature subsequently overview technique utilized for information assortment. Overall population involved the female students of madrasa enrolled in different madrasas in Bahawalpur. Female students of 4 madrasas in which different programmers offered were included in sample of study. The sample size consisted of 75 female madrasa students from each madrasa and hence total 300 female students participated in the current study. A questionnaire developed by Widyanto and McMurrin (2004) was adopted for the purpose of data collection to meet the research objectives on use of internet among female madrasa students. We personally visited the different madrasas of Bahawalpur to collect the data through random sampling technique.

4. Findings

Following results are found after data analysis.

Table 1: Opinion about spending time online

Item No	Statement	Level	Frequency	% age	Mean Score
1	Do you spend to choose more time online over going out with others?	SDA	115	38.3	2.10
		DA	47	15.7	
		A	132	44.0	
		SA	6	2.0	

Table 1 shows that 54 % of the respondents disagreed, 46% agreed about the statement about spending time online in spite of going out with other friends and family. The mean score is 2.10.

Table 2: Opinion about life without internet

Item No	Statement	Level	Frequency	% age	Mean Score
2	Do you fear that life without the internet would be boring, empty and joyless?	SDA	199	66.3	1.67
		DA	44	14.7	
		A	15	5.0	
		SA	42	14.0	

Table 2 shows that 81 % of the respondents disagreed and 19% agreed regarding the statement "Do you fear that life without the internet would be boring, empty and joyless". The mean score was 1.67. Table 3 shows that 79 % of the respondents disagreed and 41% agreed regarding respondents' feelings with the internet when off-line or fantasies for being online. The mean score was 1.82.

Table 3: Opinion about online and off line internet

Item No	Statement	Level	Frequency	% age	Mean Score
3	Do you feel preoccupied with the internet when off-line or	SDA	162	54.0	1.82
		DA	75	25.0	

fantasies about being online?	A	19	26.0
	SA	44	14.7

Table 4: Opinion about negligence in household chores

Item No	Statement	Level	Frequency	% age	Mean Score
4	Do you neglect household chores to spend more time online?	SDA	143	47.7	1.90
		DA	87	29.0	
		A	26	8.7	
		SA	44	14.7	

Table 4 shows that 76.7 % of the respondents disagreed, 23.4 % agreed that they neglect household tasks for the purpose of spending additional time online. The mean score was 1.90. Table 5 shows that 71 % of the respondents disagreed and 29 % agreed regarding the respondents' viewpoint of sleeping due to late night logins. The mean score was 1.91.

Table 5: Opinion about late night logins

Item No	Statement	Level	Frequency	% age	Mean Score
5	Do you lose sleep due to late night logins'?	SDA	126	42.0	1.91
		DA	87	29.0	
		A	76	25.3	
		SA	11	3.7	

Table 6: Opinion about the feeling of off line and online

Item No	Statement	Level	Frequency	% age	Mean Score
6	Do you feel depressed, moody, or nervous when you are offline, which goes away once you are back online?	SDA	139	46.3	1.75
		DA	116	38.7	
		A	25	8.3	
		SA	20	6.7	

Table 6 shows that 85 % of the respondents disagreed and 15% agreed regarding the viewpoint of feeling depressed, moody, or nervous when going offline which goes away while back online. The mean score was 1.75.

Table 7: Opinion about staying online longer

Item No	Statement	Level	Frequency	% age	Mean Score
7	Do you find that you stay online longer than you intended?	SDA	174	58.2	1.93
		DA	39	13.0	
		A	18	6.0	
		SA	68	22.7	

Table 7 shows that 71.2% of the respondents disagreed and 28.7 % agreed regarding the concern of staying online for longer time than intended. The mean score was 1.93.

Table 8: Opinion about suffering of work while using internet

Item No	Statement	Level	Frequency	% age	Mean Score
8	Does your work suffer (e, g, postponing things, not meetings deadlines, etc.) Because of the amount of the time you spend online?	SDA	185	61.7	1.68
		DA	38	12.7	
		A	66	22.0	
		SA	11	3.7	

Table 8 shows that 74.4 % of the respondents disagreed and 25.7% agreed regarding the statement "Does your work suffer (e, g, postponing things, not meetings deadlines, etc.) Because of the amount of the time you spend online?" The mean score was 1.68.

Table 9: Opinion about pleasure to online again

Item No	Statement	Level	Frequency	% age	Mean Score
9	Do you find yourself anticipating when you go online again?	SDA	148	49.5	1.95
		DA	51	17.1	
		A	67	22.4	
		SA	33	11.0	

Table 9 shows that 66.6 % of the respondents disagreed and 33.4% agreed regarding the viewpoint of anticipating when go online again. The mean score was 1.95.

Table 10: Opinion about the email checking

Item No	Statement	Level	Frequency	% age	Mean Score
10	Do you check your email before something else that you need to do?	SDA	118	39.3	1.91
		DA	106	35.3	
		A	61	20.3	
		SA	15	5.3	

Table 10 depicts that 74.6% of the respondents disagreed and 25.6% agreed about the statement that they did not check email before something else they need to do?" The mean score was 1.91.

Table 11: Opinion about spending less time on internet but fail

Item No	Statement	Level	Frequency	% age	Mean Score
11	Do you try to cut down the amount of time you spend online and fail?	SDA	98	32.7	2.27
		DA	39	13.0	
		A	148	49.3	
		SA	15	5.0	

Table 11 reveals that 45.7% of the respondents disagreed and 54.3% agreed regarding the statement that they ever try to cut down the amount of time spend online and but fail. The mean score was 2.27.

5. Conclusion

Data reveals that majority of the students were in opinion that they take interest to spend their time with others instead using internet. They do not spontaneous shout or aggravated if somebody troubles while they are connected with the web. Their opinion is they do not fell that life deprived of internet is uninteresting, unfilled and cheerless. They do not feel inattentive while not using internet when they are off line or fantasies while online. They thought that internet is not anything in which that reduce their tension they fell that they do not chunk troubling thoughts regarding their life with gentle feelings over the internet. The data extract that majority of the madrassa students do not neglect their domestic course to devote extra time online. They do their home task daily with regularly. Majority of the students did not use internet at mid night and sleep properly. It reveals from data that madrassa students did not feel depressed, moody or nervous whole going offline.

A major finding of the study depicts that majority of the madrassa students did not use internet much time and perform their home task properly at the time. It also reveals from the data that their daily work did not suffer. This study recommends that students should use internet for the purpose of study in a positive way. Students of madrasa can learn online translation of Quran, Tafseer and correct verses of Holy Quran. All Islamic courses are available in internet so students can take help about their course from internet.

References

- Brossard, D., Lewenstein, B., & Bonney, R. (2005). Scientific knowledge and attitude change: The impact of a citizen science project. *International Journal of Science Education*, 27(9), 1099-1121. doi:<https://doi.org/10.1080/09500690500069483>
- Buddenbaum, J. M. (2002). Social science and the study of media and religion: Going forward by looking backward. *Journal of Media and Religion*, 1(1), 13-24. doi:https://doi.org/10.1207/S15328415JMR0101_3
- Chou, C., & Hsiao, M.-C. (2000). Internet addiction, usage, gratification, and pleasure experience: the Taiwan college students' case. *Computers & Education*, 35(1), 65-80. doi:[https://doi.org/10.1016/S0360-1315\(00\)00019-1](https://doi.org/10.1016/S0360-1315(00)00019-1)
- Davis, R. A. (2001). A cognitive-behavioral model of pathological Internet use. *Computers in human behavior*, 17(2), 187-195. doi:[https://doi.org/10.1016/S0747-5632\(00\)00041-8](https://doi.org/10.1016/S0747-5632(00)00041-8)

- Dunn, J. R., & Schweitzer, M. E. (2005). Feeling and believing: the influence of emotion on trust. *Journal of personality and social psychology*, 88(5), 736. doi:<https://doi.org/10.1037/0022-3514.88.5.736>
- Durkheim, E. (1995). *Sociology. Its subject, method, mission. V: Sociology. Its subject, method, mission. Moscow: Kanon Publ.*
- Ferraro, G., Caci, B., D'amico, A., & Blasi, M. D. (2006). Internet addiction disorder: an Italian study. *CyberPsychology & Behavior*, 10(2), 170-175. doi:<https://doi.org/10.1089/cpb.2006.9972>
- Goldberg, I. (1996). Internet addiction disorder [Electronic mailing list message]. Retrieved from <http://users.rider.edu/~suler/psycyber/supportgp.html>.
- Hamzaa, H. G. (2017). The Internet Use and Addiction by University Adolescent Student. *Port Said Scientific Journal of Nursing*, 4(1), 62-75.
- Hood Jr, R. W., Hill, P. C., & Spilka, B. (2018). *The psychology of religion: An empirical approach*: Guilford Publications.
- Joseph, J., Varghese, A., Vijay, V., Dhandapani, M., Grover, S., Sharma, S., . . . Varkey, B. P. (2021). Prevalence of internet addiction among college students in the Indian setting: a systematic review and meta-analysis. *General psychiatry*, 34(4). doi: 10.1136/gpsych-2021-100496
- Kandell, J. J. (1998). Internet addiction on campus: The vulnerability of college students. *CyberPsychology & Behavior*, 1(1), 11-17. doi:<https://doi.org/10.1089/cpb.1998.1.11>
- Khan, M. A., Shabbir, F., & Rajput, T. A. (2017). Effect of gender and physical activity on internet addiction in medical students. *Pakistan journal of medical sciences*, 33(1), 191. doi:10.12669/pjms.331.11222
- Koenig, H. G., McCullough, M. E., & Larson, D. B. (2004). *Handbook of Religion and Health* | *Handbook of Religion and Health*, Harold G. Koenig, Michael E. McCullough, David B. Larson (Eds.), Oxford University Press, New York (2001), \$72.00, ISBN: 0195118669. In: Elsevier.
- Lam-Figueroa, N., Contreras-Pulache, H., Mori-Quispe, E., Nizama-Valladolid, M., Gutiérrez, C., Hinostroza-Camposano, W., . . . Hinostroza-Camposano, W. D. (2011). Adicción a internet: desarrollo y validación de un instrumento en escolares adolescentes de Lima, Perú. *Revista Peruana de Medicina Experimental y Salud Pública*, 28, 462-469.
- Lan, N. T. M., Kyesun, L., Dung, V., Huyen, N. T. T., Van Chan, H., Quy, N. T., . . . Van Hieu, N. (2020). Internet addiction among university students and its associated factors: A cross-sectional study among college students in Hanoi, Vietnam. *Systematic Reviews in Pharmacy*, 11(10), 590-596. doi:<https://doi.org/10.31838/srp.2020.10.88>
- Lin, S. S., & Tsai, C.-C. (2002). Sensation seeking and internet dependence of Taiwanese high school adolescents. *Computers in human behavior*, 18(4), 411-426. doi:[https://doi.org/10.1016/S0747-5632\(01\)00056-5](https://doi.org/10.1016/S0747-5632(01)00056-5)
- Marzilli, E., Cerniglia, L., Cimino, S., & Tambelli, R. (2022). Internet Addiction among Young Adult University Students during the COVID-19 Pandemic: The Role of Peritraumatic Distress, Attachment, and Alexithymia. *International Journal of Environmental Research and Public Health*, 19(23), 15582. doi:<https://doi.org/10.3390/ijerph192315582>
- Nadeem, M., Ali, A., & Buzdar, M. A. (2017). The association between Muslim religiosity and young adult college students' depression, anxiety, and stress. *Journal of religion and health*, 56, 1170-1179. doi:<https://doi.org/10.1007/s10943-016-0338-0>
- Nadeem, M., Buzdar, M. A., Shakir, M., & Naseer, S. (2019). The association between Muslim religiosity and Internet addiction among young adult college students. *Journal of religion and health*, 58, 1953-1960. doi:<https://doi.org/10.1007/s10943-018-0697-9>
- Rigelsky, M., Megyesi, S., Ivankova, V., Al Khouri, I., & Sejvl, J. (2021). Gender differences in internet addiction among university students in the Slovak Republic. *Addictology*, 21, 35-42. doi:<http://doi.org/10.35198/01-2021-001-0001>
- Salam, M., Awang Iskandar, D. N., Ibrahim, D. H. A., & Farooq, M. S. (2019). Service learning in higher education: A systematic literature review. *Asia Pacific Education Review*, 20, 573-593. doi:<https://doi.org/10.1007/s12564-019-09580-6>
- Shaw, M., & Black, D. W. (2008). Internet Addiction: Definition, Assessment, Epidemiology and Clinical Management. *CNS drugs*, 22, 353-365. doi:<https://doi.org/10.2165/00023210-200822050-00001>
- Weaver, I. C., Champagne, F. A., Brown, S. E., Dymov, S., Sharma, S., Meaney, M. J., & Szyf, M. (2005). Reversal of maternal programming of stress responses in adult offspring through methyl supplementation: altering epigenetic marking later in life. *Journal of*

Neuroscience, 25(47), 11045-11054. doi:<https://doi.org/10.1523/JNEUROSCI.3652-05.2005>

Widyanto, L., & McMurrin, M. (2004). The psychometric properties of the internet addiction test. *CyberPsychology & Behavior*, 7(4), 443-450. doi:<https://doi.org/10.1089/cpb.2004.7.443>

Zenebe, Y., Kunno, K., Mekonnen, M., Bewuket, A., Birkie, M., Necho, M., . . . Akele, B. (2021). Prevalence and associated factors of internet addiction among undergraduate university students in Ethiopia: a community university-based cross-sectional study. *BMC psychology*, 9, 1-10. doi:<https://doi.org/10.1186/s40359-020-00508-z>