Case Study: Comparison of Women and Men with Internet Addiction in College Students

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Abstract:
Internet addiction has become a phenomenon that cannot be avoided from the development of industrial technology 4.0. This prompted researchers to examine how women and men are addicted to the internet among college students. Internet addiction is. This research is a qualitative research. The research objective was to determine male and female students' internet addiction. Researchers analyzed internet addiction which was conveyed by informants after seeing how the types of applications used by male and female students, what made them prefer to use the internet rather than study. The data obtained were analyzed. Based on the data found, it is known that female informants spend their time opening social media applications such as Instagram, WhatsApp, TikTok and Whatpadd. Meanwhile, male informants opened game applications (mobile legend, fifa fayer, tiktok, some even played slots).

Keywords: Internet Addiction, Student

Abstrak:
INTRODUCTION:

Bickham, (2021) The term "Internet" is imprecise or inconsistent in meaning because online activity is now seamless and permeates everything from phones, computers, tablets, gaming systems, or televisions.

As Rinhard et al., (2019) addiction is long-term participation in an activity, even if it has adverse consequences.

The trend of internet use among young people is increasing and will continue. Excessive and long-term consumption can have negative effects, including health problems. Excessive internet use can also cause mental health problems such as anti-social, anxiety, insomnia and disturbing user stress. their health and also when you are too busy playing the internet, you can forget to eat, it also affects the health of the body, so it requires special attention (Ardiputra et al. 2023). Apart from concerns about using the Internet on daily activities and human productivity, the negative effect on health and productivity is Internet addiction (Buanasita and Hatijah 2022). Griffiths (dalam Apidana and Bangsa 2023) uses addiction components which include salience, tolerance, mood modification, relapse, withdrawal and conflict. Internet addiction is the attitude of someone who is fixated on an electronic device that has an internet connection (Putri et al. 2023).

Furthermore, based on statistics in 2021 in Marciano et al., (2022) it is stated that in January 2021, 4.66 billion people are actively using the internet, with social media applications such as WhatsApp, Facebook, Messenger, Wechat, Telegram, and Snapchat the most used.

One result of this internet addiction is FoMO Syndrome(Fear of Missing Out) which means a teenager's fear of being left behind in information on various social media such as IG, WA, FB and other applications (Nadzirah, Fitriani, and Yeni 2022).

(Nur et al. 2023) If a person cannot control the urge to use something, he is said to be addicted, which can have a negative impact on the individual physically and mentally. In the Qur'an Allah says

Meaning: "O you who believe, protect yourself and your family from the fires of hell whose fuel is humans and stones..." [QS. al-Tahrim (66): 6]

In addition to psychological factors, gender differences can also affect smartphone addiction. According to Paska and Yan (2011) The type of smartphone application used can be the cause of a person's addiction. Men and women use the internet differently, for example men are more often addicted to online games, porn sites, and online gambling, while women are more often addicted to chatting and online shopping. Research conducted by (Raihana 2010) found that women are more susceptible to internet addiction than men. In contrast to the research results of
Liang, Zhou, Yuan, Shao, and Bian (2016) which stated that men are more vulnerable to internet addiction than women. Men use the internet for entertainment and stress relief, while women tend to use the internet for certain tasks and information (Mulyati and NRH 2018).

Internet addiction can be defined as excessive activity on the Internet and its applications, which causes disruption and distress in a person's personal, social and professional life. (Schimmenti et al. 2017). If the effects of internet addiction are dire, if it is not controlled properly it will certainly harm oneself and worry that it will lead to increasingly serious problems, such as self-closing due to increasing addiction, so that a person does not want to socialize with other people (Novianti and Matulessy 2023).

Based on the background of the problems above, the researcher is interested in conducting this research with the title “Case Study Comparison of Women and Men with Internet Addiction in College Students”.

**METHOD:**

Qualitative research method is a research method based on philosophypost-positivist to study the state of natural objects (as opposed to experiments), for which the researcher is an important tool. Data collection techniques were carried out through data triangulation with inductive/qualitative analysis and qualitative findings which prioritize meaning rather than generalization (Sugiyono 2018) ;(Bayu & Wahyuni 2019). According to (Wijaya 2018) Qualitative research is a research method based on philosophicalpostpositive which emphasizes inductive thinking that generates descriptive data. It is not some form of statistical process whose results are drawn from a series of profound generalizations. Qualitative research also defines humans as the primary research tool (Gunawan 2014); (Asmita 2021).

Researchers perform data reduction, present data and draw conclusions. The steps are; 1) Researchers collect interview results from each informant and create a narrative. Character. 2) The results of the interviews were selected and grouped according to the similarity of categories and answers, then discarded or ignored irrelevant and irrelevant research content. 3) Integrate the data from the interviews, analyze the similarities or similarities of the respondents' intentions, and finally draw conclusions. Triangulation as a source of data validity is a technique that guarantees the validity of the data used in this study. The data source for this research was the results of interviews with informants CN, AM, RA, YES, NS, and PH, as well as parents, friends, and neighbors of research informants, followed by triangulation.

**RESULTS AND DISCUSSION:**

Internet Addiction known as internet addiction and internet need (Kuswoyo 2022). This is in accordance with the views of Parinduri & Dewi, (2022) ;(Patricia, 2023) ; (Bahari 2023) internet addiction is the urge to use the internet excessively due to an individual's inability to control himself.
when using the internet. Furthermore, Fuadah, (2021) explained that internet addiction is characterized by excessive or uncontrolled use of devices such as smartphones, tablets, laptops, video games, and access to the internet.

Previously, Ningtyas in Kusumo & Jatmika, (2020) mentioned excessive Internet use and characterized by clinical manifestations of addiction, such as immersion in the subject of addiction and ignoring the physical and psychological consequences of its use.

Based on the opinions above, Internet addiction is an uncontrollable urge to surf the Internet when using gadgets, smartphones, tablets, laptops, video games, and other Internet access during use, and a person can feel anxious and annoyed if the Internet is difficult to access or even causes disconnection., progressive family and social life.

Internet addicts tend to forget what to do and choose to continue accessing the internet. Disadvantages of frequent online use include wasting time (Rinhard et al. 2019). Furthermore, if viewed in terms of time. As time has been a part of the life of all beings from the past until now. Time is one of the highest blessings bestowed by Allah SWT to humans. Therefore, humans must use it as efficiently and effectively as possible in carrying out their duties as servants and caliphs on earth. Sandra, (in Alfansury, Muhammad et al., 2022) that time management is planning, organizing, executing, and tracking time productivity.

Furthermore, Internet Addiction can be categorized into Internet Addiction, social media addiction, cyber sex addiction, information overload, and computer addiction (Bancin, Siregar, Iqbal, and Handayani 2022). Whereas previously according to Young, Pistner, O'Mara, & Buchanan in Mareta et al., (2020), there were 5 types Internet Addiction, that is game, adult sites, social media, communication tools, and gambling and buying and selling sites.

There are two types of internet addiction that are popular, namely internet addiction to online games and social media. In fact, in 2018 WHO included online game addiction as a classification of mental disorders. What about internet addiction in Indonesia, in 2019 there was a study which explained that teenagers in Jakarta are the most addicted to the internet in Asia and it turns out that the prevalence rate is quite high, namely 31.4% and the highest type of internet addiction is addiction to online games and social media. In fact, from this research it is known that 7 out of 10 teenage girls tend to play social media and 9 out of 10 teenage boys play online games.

The following is based on research by researchers on informants:

Male: it is known that CA in the lecture process sometimes the desire to use the internet arises, for example during lecture discussions, when the lecturer explains lectures. However, CA revealed that he was trying to overcome this by trying to refocus on the lecture process he was carrying out.

It is known that CA states that when a lecturer is given an assignment, if given a week's time, CA will do it 2 days before the collection day.
It is known that the time spent by CA to study compared to playing the internet is more playing the internet because the time spent on the internet is more than 8 hours a day to open applications, WhatsApp, Tiktok, Instagram, and play Mobile Legend, whereas for learning CA there is no specific time. CA even stated that they would study when there was an assignment or would only take exams. Thus, CA realizes that in terms of cognition, it has experienced the impact of internet usage. Because more time is spent playing the internet than studying.

cB is known to play games more than 6 hours a day, ML, FF, PUBG, Slots. This was affected because since SD Cb was familiar with computers, he often went to internet cafes. It is even known that Cb has had fights with his parents, sometimes even against his parents, when his parents ask him to help. Making friends on campus Cb feels lazy, so he plays more with friends who also play games.

Based on the data found, it is known that female informants spend their time opening social media applications such as Instagram, whatsapp, tiktok and whatpad.

Female informant: the results of an interview with F found that there was a desire to use the internet when F was working on the revision of his final project. In fact, F stated that when he had a deadlock on ideas in writing his final assignment, F preferred to switch to using the internet for fun scroll-stories on social media. This was reinforced by SB as F’s friend who stated that SB easily shifted focus when he was stuck in finding further presentation of his final assignment. F mentioned that he became a procrastinator when the task revision activity finally ran into an idea stalemate, so what F did was switch to the internet, for example opening Instagram, Tiktok, and play games Mobile Legend which unknowingly resulted in delays in completing the task.

F said that the time spent with the internet was 5 hours and the time spent working on revisions was 2 hours.

Furthermore, thirdly, according to C, in planning his study time, C also does not provide time, C will study if there is an assignment, while for internet activities, especially WhatPadd and Instagram even WhatsApp C provides more than 5 hours a day.

Furthermore, C mentioned that when completing a task, it was never procrastinating on the task being done. This is because C cools scroll-scroll videos or just read further reading Whatpaddhis. Which, according to him, would be a shame if there was a notification of continued reading Whatpadd but didn't continue to read Whatpadd because C was curious about how the story he was reading would continue. This is realized by C, making his task delayed to be done and even can only be done when it is closed deadline task collection. SC as C’s friend also stated that when there were lecture assignments, C had also procrastinated in making his assignments for further reading WhatPadd or just man scroll social media such as Instagram, especially in the reels feature, WhatsApp on the story feature.
C: he sometimes loses concentration and switches to the internet, for example when there is no lecturer in class and lectures are only held between class members. So with this situation, C became a feeling of being less enthusiastic about attending lectures and choosing to read whatpadd during the course of the lecture discussion. This is in accordance with what was conveyed by SC that C often relies on the internet when the discussion process and answers questions in the discussion.

with E it is known that he sometimes feels unfocused during the process of completing the final project. When E wanted to do his final assignment, a desire arose to just play the game application on his laptop so E's focus shifted to leaving the final assignment completion activities. So that the final assignment was abandoned because it had not yet been done. This was reinforced by SE's statement that E was easy to get bored and had a hard time letting go of his cell phone so that even in carrying out his final assignment, E was easily distracted. E stated that as E is a final year student, E stated that he often opened his final project on his laptop, but E did not work on his final assignment. Because sometimes E prefers to open the application who is on a laptop or just looking at past photos. Until it ends, the task that should have been completed is delayed. This is in accordance with what SE stated that E procrastinated more in doing his final assignment, so that he was still stuck and there had been no progress in completing his final assignment.

E mentioned that E provided 1 hour of study time and 12 hours of playing the internet. E just realized that he actually spends more time on the internet than doing his final project.

Meanwhile, male informants tend to have an internet addiction to online games in the form of opening game applications (mobile legend, fifa fayer, tiktok, some even play slots).

CONCLUSION:

Based on the data found, it is known that female informants spend their time opening social media applications such as instagram, whatapp, tiktok and whatpadd. Meanwhile, male informants tend to have an internet addiction to online games in the form of opening game applications (mobile legend, fifa fayer, tiktok, some even play slots).
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