

# RELATIONSHIP BETWEEN INTERNET ADDICTION, BIG FIVE FACTORS OF PERSONALITY AND PSYCHOLOGICAL WELL BEING AMONG YOUNG INDIAN ADULTS

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## ABSTRACT

The use of the internet has dramatically exaggerated over recent decades and this has caused many physical and psychological issues in the young generation. The present research intended to study the relationship between Big Five Factor of Personality, Internet Addiction and Psychological Wellbeing. A descriptive study was conducted on 100 young Indian adult population selected randomly who fall in the age range of 18 to 30 years. The tools used in the research work are: Internet Addiction Test (IAT) by Kimberly Young (1998), NEO Five Factor Inventory by Costa and Mc Crae (1992) and Psychological well being scale by Carol D. Ryff (2007). The results were analyzed by using Pearson moment correlation technique. Results showed that there was a significant correlation with psychological wellbeing and the big five factors of personality. There was no significant correlation found within the big five factors of personality and internet addiction. Also no significant correlation resulted in psychological wellbeing and internet addiction.

**KEYWORDS-** Big Five Factors of Personality, Internet Addiction, Psychological Wellbeing, Neuroticism, Extraversion, Openness, Conscientiousness, Extrovertedness, Addiction.

## CHAPTER- I INTRODUCTION

Recent years have seen the emergence of a small but expanding scholarly literature on Personal traits and Internet use have been studied, for instance by Hamburger & Ben-Artzi (2000), Leung (2002), and Scealy, Phillips, & Stevenson (2002). This field of study merits attention for a number of significant reasons. Personality traits are relatively long-lasting attributes of people that remain constant throughout their lives in many different contexts (Pervin & John, 1997; Shaffer, 2000).

In furthermore, personality characteristics have been linked to a variety of individuals behaviors and operations, such as school participation (McShane, Walter, & Rey, 2001), gambling behavior (Blaszczynski, Walker, Sagris, & Dickerson, 1999), Mattress sharing between parents and infants (Kelmanson, 1999), confessing to crimes while being questioned by the police (Watanabe & Yokota, 1999), giving blood (Paunonen & Nicol, 2001), and inappropriate housing practices (Sweaney, Pittman, & Montgomery, 1984),

music absorbing preferences (Rentfrow & Gosling, 2003), leadership behavior (Judge & Bono, 2000), behavioral aggression (Wu & Clark, 2003), television-viewing (Persegani et al., 2002), drug utilize (Sussman, McCuller, & Dent, 2003), sexual behaviors (Kalichman, Chain, Zweben, & Swain, 2003), job performance (Barrick & Mount, 1991), and participation in sports (Freixanet, 1999; OSullivan, Zuckerman, & Kraft, 1998). The fact that many people from every aspect of life (NTIA Release, 2000) commonly utilize the Internet makes it a logical topic to research from a personality viewpoints, especially since application is frequently voluntary rather than commanded and is therefore more probable to reflect individual motivations, needs, values, choices, and other personality traits.

The aim of the present study was to understand and assess personality traits of the internet user, who may be vulnerable to Internet addiction and their psychological well being. It was crucial to examine the relationship between internet-related behavior patterns and personality that young generations acquire. A scientific investigation is needed to determine whether these behaviors are connected to a person's personality. High internet users are prone to spend more time in the virtual world, which is not real, and this can harm their self-concept and weaken their confidence. High internet users are those who use the internet for more than five hours each day. This will make it difficult for them to adjust in various ways. Understanding the creative process is essential for our psychological health. Fresh approaches to individual well being and personality, how to research the interactions between the mind and body, and how mental health is connected to state the individual's personality traits, psychological health.

The number of people using the internet is increasing daily (Isman and Dabaj, 2004; Yapici and Akbayin, 2012). The internet provides various useful resources including shopping, entertainment, and social networking features that getting information more quickly and easily (Yen, Ko, Yen et al., 2007), loneliness (Morahan-Martin and Schumacher, 2003), and other psychological as well as physical harms like exhaustion (Akn and Iskender, 2011; Griffiths, 1998), aggression, depression (Yen, Ko, Yen et al., 2007), and so on. The loss of time (Griffiths, 2000), decline in academic achievement (Aboujaoude, 2010; Kubey, Lavin, and Barrows, 2001), and issues faced in communicating among peers (Gross et al., 2002; Morahan-Martin and Schumacher, 2000) are some other educational consequences that can occur. Although the internet indirectly contributes to these problems, internet addiction directly worsens them (Akn, 2012; Young, 1998).

During the current century, human development is linked to both the physical and psychological pursuit of soundness and peace of mind, as well as the advancement of one's own self. Daily mental and personality development Every person's knowledge and wellbeing play a crucial role in their daily lives, influencing all aspects of their careers and personal lives. In today's world, personality is a crucial component of everyone's need for professional achievement, and psychological health is just as essential. In fact, if we look at it positively, we can say that if someone is healthy physically and psychologically, their chances of achieving success in their career are higher.

## 1.1 INTERNET ADDICTION:

The US Department of Defence started funding the US Advanced Research Project Agency in 1969 to create technology to facilitate information exchange through its numerous networks, when initially the Internet came first into being. However, the TCP/IP (Transaction Control Protocol/Internet Protocol)-based Internet as we know it today began in 1983. When WWW graphics-based software first appeared in 1992, it expanded quickly (Gattiker, 2001). The Internet is a relatively new invention, having only become a vital instrument for communication in the early 1990s, yet it has already made a big impact on how we live our lives by adding a unique character and convenience. Sometimes it seems as though everything is possible on the Internet. As a result, there are now an increasing number of Internet users.

## ADDICTION

"Losing control" and "inspite worst consequences" are terms used to describe addiction. Compulsive gambling, food addiction, and behavioral addiction are all included in substance-free addiction, internet, and mobile phone.(Moattari, Naghdi, Sadraie, Kouchesfahani, Kaka, and Moattari, 2017) According to the World Health Organization, addiction is defined as the persistent use of a substance to achieve comfort, relief, or stimulation that results in cravings when it is not present. There are 2 classes of addiction. One being substance addiction like drug or alcohol, and the other being behavioral addiction like internet addiction, smartphone addiction, gambling, etc.

Goodman (1990) defined addiction as: a process whereby a behavior, that can function both to produce pleasure and to provide escape from internal discomfort, is employed in a pattern characterized by

1. Repeated fail in controlling the behavior (powerlessness)
2. persistence of the behavior in spite of the serious negative effects (unmanageability).

In 2013, the American Psychiatric Association (APA) classified gambling as a non-substance-related addiction illness and suggested more research on online gaming disorder. However, there is no mention about smartphone addiction in either the DSM-5 or in the ICD- 11's draft. The chapter in DSM-V has been changed from "Substance-Related Disorders" to "Substance-Related and Addictive Disorders" which reflects the understanding of addictions. The key characteristic of behavioral addictions is when someone is not able to resist an impulse, drive, or temptation to perform an act that is harmful to the person or to others. Behavioral addictions are often anticipated by the feelings of "tension or arousal before committing the act" and "pleasure, gratification or relief at the time of committing the act". (American Psychiatric Association. And DSM- 4)

## Internet addiction & Its Effect

Since Dr. Ivan Goldberg first coined the term "Internet addiction" to describe pathological compulsive Internet use in 1996, the phenomenon has come to be known by a variety of names, including "pathologic internet use," "net addiction," "internet addiction," "online addiction," "internet addiction disorder," and "cyber disorder."Ott and Eichenberg (1999). Nowadays, the majority of kids, teens, and young adults are

addicted to the internet. They use the internet for leisure, shopping, talking, and other purposes most of their valuable time. Due to its integration into our daily lives in the modern era, the internet is having an expanding impact on many facets of society.

Addiction is the feeling that a person or entity needs something (such as a partner, a substance, the internet, sex, etc.) in order to survive and live the life that they want to live (West 2005). The term "very strong need or compulsion towards taking a substance" can be found in DSM IV codes for addiction (APA, 1994). Internet addiction was first described by Goldberg (1996) and was later characterized as having a "very strong desire or urge for using the internet" according to the DSM IV addiction criteria (Aboujaoude et al., 2006; Block, 2008; Korkeila et al., 2009). Normal internet use and addictive or problematic internet use differ noticeably (Aboujaoude, 2010; Petersen et al., 2009; Lin et al., 2012; Young, 1998).

On the other hand, problematic or pathological internet users (Milani et al., 2009) engage in excessive mental activity (thinking about the internet constantly, daydreaming about the activities performed on the internet, thinking about the next planned activity on the internet, etc.) about the internet (Greenfield, 1999; Koç, 2011; Young, 1998); feel the need to use the internet more frequently in order to achieve their desired satisfaction (Lee and Shin, 2004); those who try to limit or stop using the internet often fail (Widyanto and Griffiths 2007); those who restrict or stop using the internet totally experience discomfort, tiredness, and rage. (Petersen et al. 2009); spend more time online than they intended to, experience issues with their families, schools, jobs, and friends (Aboujaoude, 2010; Caplan, 2002; Hur, 2006; Smahel et al., 2012); risk or lose possibilities for training or employment (Ko et al., 2010; Smahel et al., 2012); lie to others (family individuals, friends, a therapist, etc.) regarding the amount of time they spent online (Johansson and Götestam, 2004; Milani et al., 2009). Internet addiction has gained widespread public attention and is recognised as a problem with both mental and physical health. Internet addiction may potentially be included in the upcoming version of the Diagnostic and Statistical Manual of Mental Disorders.

The overuse of the internet to the point where it interferes with daily living is referred to as internet addiction. In the end, it causes a total breakdown of our social and personal relationships, daily schedules for work and rest, as well as our mood and cognitive abilities. In other terms, we might claim that using the Internet excessively causes disruptions in our daily lives. The number of internet users in India has increased. India has a population of about 1.2 billion people as of 2012, and there are roughly 205 million urban and rural Internet users. By June 2014, it is anticipated to rise to 243 million, making India the second-largest Internet user country after China, which has 300 million users now. (Internet and Mobile Association of India, 2013).

Internet addiction, according to Young et al. (2000), is a broad term that encompasses a number of behaviors and issues with impulse control. They further categorize "Internet addiction" into five kinds and contend that most people develop an addiction to a specific application that serves as a catalyst for binge-using the Internet. The five subtypes of Internet addiction are cybersec addiction, cyber relationship addiction, net compulsions, information overload, computer addiction.

## 1.2 PERSONALITY

The most significant personality domains are described by the Five-Factor Model of Personality, also known as the Big Five. Extraversion, agreeableness, conscientiousness, neuroticism, and openness to new experiences are the contributing characteristics (Goldberg, 1990, 1992). According to Judge, Martocchio, and Thoresen (1997), extraversion, also known as surgency, is frequently regarded as a type of sociability. Talkative, aggressive, active, craving enthusiasm, and quickly restless or distracted are all characteristics of extraversion (Costa & McCrae, 1992; Judge et al., 1997). According to Barrick & Mount (1991) and Costa & McCrae (1992), the terms polite, flexible, good-natured, cooperative, and tolerant are used to define agreeableness. Reliability, often known as conscientiousness, is defined as personal consideration, self-control, and competency. High conscientious people are trustworthy, persistent, on time, and tend to have a strong drive for success. Conscientiousness and dedication to success were compared by Digman and Takemoto-Chock in 1981. Conscientiousness is primarily defined by one's ability to exercise self-control, according to Costa and McCrae (1992), whereas Murphy and Lee (1994) connected conscientiousness to honesty and integrity. According to Barrick and Mount (1991; Judge et al., 1997), those that demonstrate neuroticism are typically scared, anxious, negative, apprehensive, and paranoid. It's common to refer to openness to knowledge as intellect (Goldberg, 1990). Imaginative, inquisitive, unique, broad-minded, and clever are some characteristics that are used to define openness to experience (Barrick & Mount, 1991).

The enduring emotional interpersonal, experiential, attitudinal and psychological style which explains individual behavior throughout various situations" is what is meant by "personality." (Rose, et al. 2010). There are both positive and negative impacts on an individual from using social networking sites, However some researchers have tried to see the relationship of personality with internet usage and its consequences. There have been studies concluding about Social networking site use and addictive tendencies found to be higher in extroverted and low-conscience persons (Wilson & White, 2010).

## 1.3 PSYCHOLOGICAL WELL BEING

Psychological well-being is how people measure their lives. Well-being is a complex structure. A positive influence is not the opposite of a negative influence Impact, wellbeing is not the absence of mental illness (Ryan & Deci, 2001). From a hedonic point of view, it consists of his three elements- life satisfaction, Presence of positive mood and absence of negative mood, obviously The latter two are not mutually included. This is what is called subjective well being Diener and Lucas Happiness (1999). This was challenged by Ryff and Keyes (1995), who claimed that wellbeing does not only imply obtaining pleasure, but it also entails pursuing excellence through realizing one's full potential. They assert that it has six of them.

Autonomy, personal development, self-acceptance, life purpose, mastery, and positive relationships are some of these factors. Psychological well-being as a term has definitional issues. "Psychological well being," which, according to these notions, "promotes both emotional and physical health," is defined. Psychological well-being is an individual's evaluation responses to their life as a whole, either in terms of life satisfaction 'cognitive evaluations' or impact 'ongoing emotional responses' (Diener & Diener, 1995).

Psychological feeling is the individual's subjective sense of fulfillment, joy, satisfaction with life's experiences and with one's place in the workplace, as well as a sense of accomplishment, usefulness, and belongingness, with no signs of anguish, unhappiness, worry, etc. It draws attention to the advantages of development and growth.

The definition of subjective well-being is how a person assesses their own lives. These assessments may be narrower or more general. Subjectivity, positive measurement, and an overall evaluation of all facets of a person's life are the main characteristics of subjective well-being. A dynamic state defined by a reasonable degree of harmony between an individual's abilities, needs, and expectations and environmental demands and opportunities is known as psychological well-being (Levi, 1975). Checola (1975) asserts that "a harmonious satisfaction of one's desires and goals is a connotative of psychological well-being."

When it comes to the study of psychological well being, Carol Ryff was a pioneer. Despite being a very individualized concept, psychological well-being is used in the health sector as a sort of "catch-all phrase" to refer to contentment, satisfaction with all aspects of life, and self actualization (the sense of having accomplished something with one's life).

It's a way of life to be happy. In particular, a functional life in all social, personal, and environmental dimensions, as well as a life that is ideally inclined to health and wellness, integrating body, mind, and soul, and being full of purpose in one's own life (Myers et al., 2003). An individual's lifestyle and well-being as well as their health are intimately intertwined. The goal of wellbeing is to identify elements promoting health and alter people's lifestyles in that manner. Individuals' life choices do not determine their destiny (Doan, 2006).

There are two primary perspectives on wellbeing, according to optimistic psychological research. According to Keyes et al. (2002) and Ryan and Deci (2001), the two ideas are hedonic and eudaimonic well-being, respectively. As a consequence of subjective well-being and psychological well-being, correspondingly. These several perspectives have been conceptualized scientifically. While psychological well-being equates with a eudemonic viewpoint, subjective well-being is the same as a hedonic viewpoint perspective.

The psychological well-being theory states that a person's psychological health is dependent on how well he does in various areas of his life. Someone who is themselves ought to possess good relationships with other individuals, be in control of their environment, accept themselves and their past, have a purpose in life, be growing personally, and be able to make their own decisions (Zen, 2005). The potential conflict between psychological well-being, happiness, and development arises as a result (Ryff and Singer, 1998).

Both philosophically and practically, psychological wellbeing plays a significant role in personality and development theories. The objectives and goals of psychology consulting are explained by psychological well-being, which directs clinical research that assists advisers in helping their advisors achieve their goals (Christopher, 1999). The idea of subjective well-being typically relates to a person's enjoyment of life, or

pleasure; psychological satisfaction emphasizes self-development and challenges that life presents in this regard.

The relationship between a person's life goals, whether he is aware of his potential, the quality of his relationships with other people, and how he believes about his own life are all included in a thorough investigation of psychological well-being (Ryff and Keyes, 1995).

"A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" is what the World Health Organization (WHO) defines as health. WHO, 1948). The biopsychosocial model of health, which considers the interplay between social, psychological, and physiological factors in health and illness, is consistent with this. Wellbeing frames health as a positive desire by referring to a positive rather than neutral condition. The 1986 Ottawa Charter modified this description by stating that "health is a resource for everyday life, not the object of living." This viewpoint emphasizes the connection between health and social participation by viewing health as a route to a fulfilling life. The positive psychology approach advocated by Seligman (2000).. Positive psychology emphasizes preventing sickness rather than curing it, which is in line with the fundamental public health philosophy of protecting and improving health.

The PERMA model of thriving, which Seligman (2011) presented more recently, contains five fundamental components that contribute to psychological well-being: positive emotions, engagement, connections, meaning, and accomplishment. . In line with these definitions, the University of Cambridge's Wellbeing Institute defines wellbeing as "positive and sustainable characteristics that enable individuals and organizations to thrive and flourish." However, some contend that attempts to measure and categorize it are futile and that wellbeing is really a social and cultural construct. But 'feeling good and working well' has become a prevalent feature throughout the numerous definitions of wellbeing. This comprehensive definition includes a person's personal life experience, a comparison of their circumstances to social norms, and beliefs.

As a result, there are two aspects of wellness: subjective wellbeing and objective well being. Objective wellbeing, which encompasses things like adequate physical health, education, safety, and nutrition, is more of a stand-in evaluation predicated on presumptions about basic human needs and rights. Measures of objective well-being include rates of mortality and life expectancy, as well as methods for self-reporting (such as asking people if they have a certain health condition). Subjective well-being, also known as personal well-being, is determined by directly asking individuals how they feel about their own health and includes elements like life satisfaction (evaluation), joyful feelings (hedonic), and whether their lives have any significance (eudemonic).

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) is an instrument that has been approved for application in monitoring subjective mental health in the general population and in evaluating projects, programmes, and policies that seek to enhance mental health (See Tennant et al., 2007). The degree of potential fulfillment, the form of developed interpersonal relationships, and an individual's perspective of the purpose and overall control of his or her life are all indicators of psychological well-being. It serves as a gauge for how much a person believes their life has purpose (Frankl, 1963). As a result, poor psychological wellbeing is associated with organizational inefficiency, sick leave absenteeism, decreased productivity and quality of work, poor or ill physical and mental health, higher health care costs, reduced satisfaction with work, and disruptions in personal, professional, occupational, and social life.

Psychological well-being is typically explained as a combination of positive affective states like happiness and performing at one's best in both their personal and social lives (Deci & Ryan 2008). More of a proxy evaluation predicated on presumptions about basic human needs and rights, objective wellbeing encompasses aspects such as adequate nutrition, physical health, education, and safety. Therefore, by the definition, those who score highly on psychological well-being express feelings of happiness, competence, support, satisfaction with life, and so forth. Other effects of psychological well-being involve improved physical well-being, which may be influenced by brain activation patterns, neurochemical implications, and genetic characteristics (Huppert's 2009). Whereas, Tchiki Davis defines wellbeing as the presence of health, joy, and prosperity. It entails enjoying a high level of life happiness, good mental health, and a sense of meaning or purpose. In a broader sense, staying well simply means feeling well. Five Types of Well-Being Are (Tchiki Davis):

1. Emotional well-being refers to the capacity to use stress-management skills, to be tenacious, and to produce positive emotions.
2. Physical well-being is the capacity to enhance bodily performance through a nutritious diet and regular exercise.
3. Social well-being, or the capacity to interact with people, form deep connections with them, and keep up a network of friends and family to help you cope with loneliness.
4. Workplace well-being – the capacity to embrace your passions, beliefs, and goals in order to find fulfillment, joy, and professional development.
5. Societal well being- Ability to actively participate in the community to thrive, culture, and environment is a measure of society's well-being.

## **RATIONALE OF THE STUDY**

The study's goal was to evaluate the connection between young adults' psychological wellbeing, the Big Five Personality Factors, and Internet addiction. Excessive use of the internet is never considered to be a problem, rather it is considered to be a habit or a way to pass time or do web surfing. Understanding the effect of internet addiction will create an awareness among young people and will help them understand how it is negative for the mental health of individuals.

The psychological health and personality of an individual can be impacted by excessive internet use. This chapter also throws light on the variables used for the study.

**OBJECTIVES:**

The objectives of the study are-

1. To study the relationship between internet addiction and psychological well being
2. To determine whether internet addiction and the Big Five Personality Factors are related.
3. To investigate the connection between psychological health and the big five aspects of personality.
4. To examine the relationship between the big five factors of personality, internet addiction and psychological well being.

**HYPOTHESIS:**

1. Measures of internet addiction and psychological well being would be negatively correlated.
2. Measures of internet addiction and big five personality factors are likely to have a differential relationship.
3. Measures of the big five personality factors are positively correlated with psychological well being.
4. Measures of the big five factors of personality, psychological well being and internet addiction overlaps with each other.

## CHAPTER- II REVIEW OF LITERATURE

A thorough examination of the associated studies was done, followed by a thorough analysis of the literature, following the identification of the topic internet addiction, personality and psychological well being. For this available journals, magazines, reference books and articles from different sources have been consulted. The following part provides a methodical reporting of this review.

**2.1 PERSONALITY AND INTERNET ADDICTION**

**Tracy L. and Tuten** (2001) investigated the relationship between personality and Internet usage. A sample of 400 students were collected. The questionnaires used in the study were the measures for the Big Five personality traits, need for cognition, demographic questions, and web usage. The strongest correlation was observed between neuroticism and openness to new experiences in relation to internet use. Internet use was negatively correlated with neuroticism and positively correlated with openness to experience.

**Landers and Lounsbury** (2006) conducted a study to investigate the relationship between big five personality factor inventory and the internet usage of 117 undergraduate students and they found 3 factors Conscientiousness, neuroticism, and extraversion were among the five characteristics that had a negative correlation with overall internet usage.

**Wilson, et.al** (2010) investigated a study to predict young adult's usage of social networking sites and their addictive tendency towards the use of SNSs with respect to their personality characteristics and levels of self esteem. The sample of 201 within the age group of 17 to 24 years was collected. Scales used in this study were SNSs and addictive tendencies for SNSs use and NEO five factor personality inventory and cooper-smith self inventory. Self-esteem and personality were found to be significant predictors of both the degree of SNS use and the readiness for addiction, according to the multiple regression analysis.. Also the extroverted and unconscious individuals reported higher levels of SNS use and addiction.

**Zamani, B.A. et.al** (2011) conducted a study to predict internet addiction based on the personality traits of Kerman high school students. A sample of 538 individuals was collected by using a five factor revised NEO personality inventory and the internet dependency questionnaire. The results were obtained by using ANOVA test and multivariable regression analysis. From the results it can be concluded that there was a significant relationship between personality traits of emotional stability and academic fields.

**Rahmani, S** (2011) examined research that predicted internet dependency using sensation seeking, gender, and the big five personality traits. 179 undergraduate students were chosen as a sample. The instruments consisted of the internet addiction scale, sensation seeking scale and NEO-PI-R. The results indicated a strong positive relationship between internet dependence and general sensation seeking. A negative significant relation was also found between internet dependency with agreeableness and conscientiousness.

**Zadra, et.al** (2016) conducted a study to analyze the association between internet addiction and personality disorders in a general population sample. A sample of 168 students were collected. Tools used in the study were comprehensive standardized interviews by the help of the structure of the composite international diagnostic interview. Results revealed that participants with high internet addiction showed a higher rate of personality disorders. Also in male it was found that they were more prevalent than among non addicted males.

**Oztruk, et.al** (2016) examined a study to analyze the association between personality traits and internet addiction in adolescents. A sample of 328 individuals was collected. The scales used in the study were internet addiction scale, adjective based personality scale and demographic details. The results revealed that participants risk the internet addiction associated with their levels of extraversion and openness to experience.

**Sahraian, A. et.al** (2016) carried out a study to investigate the connection between various aspects of medical students' personalities and internet addiction. A sample of 687 people was gathered. They completed the NEO five factor inventory short form and an internet addiction test. It was found that internet addiction and personality traits of extraversion, agreeableness, and conscientiousness showed a significant negative correlation. In contrast, a significant positive correlation was found for neuroticism.

**Othman, et al.** (2017) conducted a research to analyze the occurrence of internet addiction and its relationship with personality traits within college students of age group 18 to 24 years. The scaled use in the research study were internet addiction scale, cross cultural Malay language 40 items, Zuckerman Kuhlman personality questionnaire. The results obtained was that the prevalence rate of internet addiction is 31.8% having medium and high use of the internet using 30.7% and 1.1 % respectively. Positive correlation was established among impulsive sensation seeking and neuroticism anxiety traits in the association with internet addiction.

**Tejrao K.A** (2017) investigated the gender differences among internet addicts adolescent girls and boys on the dimensions of depression, social support, coping response and personality. Also the variations among high and low internet addicts individuals on the dimensions were studied. They included a sample of 400 students (200 boys and 200 girls) of age group 16- 18 years. The scales used in the study were five factor inventory, beck depression inventory, coping response inventory, social provision scale, and internet addiction test. It was revealed from the study that the two groups ( boys and girls) differ on neuroticism, extraversion, openness to experience and agreeableness domains on the other hand no difference is observed in these two groups on conscientiousness.

**Oztruk, C et.al** (2018) examined how personality traits and teenage internet addiction are related. 328 Turkish high school students were selected as a sample. Data was collected by using internet addiction scale, adjective based personality scale. It found a statistical difference among the average subdimensional scores for extraversion and openness to experiences and between students who are at a risk of internet addiction which was found to be associated with their levels of extraversion and openness to experiences.

**Bhardwaj and Ashwinikumar. M** (2020) conducted a research that is used to examine internet use and addiction among university students and their relationship with loneliness, personality traits and psychosocial wellbeing among these individuals. They Too Collected a sample of 360 students out of which 180 were female and 180 were males. Is used in the study were internet addiction scale (IAT), NEO PI -R personality inventory, loneliness inventory and psychological well being scale. The findings showed that there was no difference in internet addiction between the sexes. Also neuroticism, extraversion and openness was found to be significantly and positively correlated to internet addiction. On the other hand, conscientiousness and agreeableness were found to be significantly negative.

**Sofia A. et. al** (2022) conducted an examination to assess the big five personality traits and their association with problematic internet use in a large and diverse population. Both the internet addiction test and the Big Five Inventory were used to analyze a sample of 1,109 working-age adults. Results obtained concluded that the personality traits extraversion and openness to experience were significantly associated with the individuals having disorder. Within the adjustment models, there was a positive association found between these traits.

**2.2 PSYCHOLOGICAL WELL BEING AND INTERNET ADDICTION Mehmet** (2013) examined the relationship between internet addiction and psychological well being. 479 college students who answered the online cognitive scale and psychological well-being scales were included in the sample. Using multiple regression analysis and correlation, the connections between Internet addiction and psychological health were investigated. The findings showed that decreased impulse control, loneliness/depression, social comfort, and distraction were all negatively correlated with psychological well-being. Low psychological well-being is more common among students who are more addicted to the Internet. The results also denoted that psychological well-being was affected by internet addiction negatively.

**Sharma A. and Sharma R.** (2018) investigated the goal of determining the connection between college students' psychological health and internet addiction.. A total of 461 students, using the internet for at least the past 6 months were included in the research. Young's Internet addiction scale, Ryff's PWB scale was used in this study. A significant negative correlation between internet addiction and PWB and its subdimensions was discovered. PWB is more likely to be low in students who are more addicted to the internet.

**Nishit K.S. et. al** (2020) conducted research to look into the relationship between problematic Internet use and psychosocial well-being and dispositional mindfulness. The sample was collected from a questionnaire survey of 246 postgraduate students. The findings imply that lower problematic Internet use is linked to higher mindfulness, and that self-control and negative affect do not entirely mediate this relationship. Problematic Internet use partially mediates the association between mindfulness and depression/loneliness (indicators of psychosocial well-being).

**Gaur and Abhinav** (2021) conducted a research to investigate the psychological variables (loneliness, well being and emotional states) of internet addiction in youth. The study also looked at the impact of gender and parental education. The study was conducted on adolescents of age 16- 20 years. The scales used in the study were internet addiction scale, University of California Los Angeles Loneliness scale - 3, psychological wellbeing scale and 8 state questionnaire ( emotional states). In the study it was observed that the internet addicts face social withdrawal and they prefer online interaction more. Also low scores were obtained on the dimension of interpersonal relation in psychological wellbeing scale. Also regarding the emotional states of the adolescents, they face many emotional problems in their life. Most of the internet addicts were found in the state of extraversion and arousal.

**Mariya S. and Dr. Rashmi. R** (2021) examined the effect of internet addiction on the psychological wellbeing of students of the age group of 21-25 years. The research comprised a total of 80 samples including both male and female research participants. Tools used in this research were internet addiction and psychological well being. Consequently, there is a strong correlation between psychological health and internet addiction. From the results, it is concluded that internet addiction has an inverse relationship with the psychological wellbeing of the students which indicates that as the usage of the internet increases the psychological wellbeing of students decreases.

**Kumar K., et.al** (2023) conducted a study to analyze the association between internet addiction, depression, anxiety, and psychological well-being in young adults. In all, 1287 students were assessed for the study. The Internet Addiction Test, Psychological Well-Being Index, Generalized Anxiety Disorder-7, and Patient Health Questionnaire-9 were used to assess the participants. It was found that there was a significant positive correlation with internet addiction and depression and anxiety and a negative correlation with PWB.

### 2.3 PERSONALITY AND PSYCHOLOGICAL WELL BEING

**Ryff and Carol D** (1997) examined a study to explicate the connections between personality and well-being. The tools used in this study were NEO five factor inventory and psychological well being inventory. The results showed distinctive personality correlates were observed for the 6 psychological wellbeing outcomes: self-acceptance, environmental mastery, and purpose in life was associated with Neuroticism Extraversion and Conscientiousness. On the other hand personal growth was associated with Openness to Experience, positive relations with others was associated with Agreeableness and autonomy was linked with neuroticism

**Ruini, et. al** (2003) did a study that aimed to analyze the concept of psychological well being and its relation to distress and personality. A sample of 450 participants were collected who undergone assessments like Kellner's Symptom Questionnaire Ryffs psychological well being scale, and Cloninger's tridimensional personality questionnaire. The results analyzed that the pearson's coefficients were satisfactory for all 6 PWB scales. Psychological well being scales were negatively and significantly correlated to all of the symptoms scale, but only with personality characteristic TPQ harm avoidance.

**Salami and Samuel O.** (2011) conducted a study to assess the relationship between big five personality traits and psychological well being for adolescents and the role of emotional intelligence in that relationship. Sample of 400 participants was randomly collected from secondary schools in Nigeria. Tools used in the research were- NEO FFI, emotional intelligence scale and psychological well being scale. It was concluded that personality factors and emotional intelligence have a significant correlation with respect to psychological well being. Also emotional intelligence moderated the association between neuroticism, extraversion and psychological well being.

**James, C. et.al** (2012) conducted a study to examine the emotional intelligence and personality as predictors of psychological well being. A sample of 150 student participants were examined. Tools used in the study were used to measure the big five personality traits and emotional intelligence to assess their relationship to psychological well being. The tools were coping style satisfaction with life, performance based self esteem scale, global severity index scores. The results analyzed that emotional intelligence was significantly related to 3 variables among the five variables, also the big five personality traits of neuroticism was found to be a stronger predictor of well being.

**Katja Kokko** (2013) conducted a study to analyze the association of personality traits with psychological wellbeing for the age group of 33-50 years. The results indicated low initial level of neuroticism and high level of conscientiousness, openness, agreeableness correlated significantly with psychological well being.

**Anglim, et.al** (2016) to analyze the big five and HEXACO personality factors with subjective well being and psychological well being. The results highlighted the value of big five traits like neuroticism, extraversion, and conscientiousness. The correlation between big five personality and subjective wellbeing was similar in the personality measures. It was found in the HEXACO model, extraversion was strongest well being correlate.

**Richard E. and Mehta Y.P.** (2018) investigated how big five factors and type A personality traits are linked to psychological well being. In addition the study assessed the effect of age on psychological well being. 286 participants of age 18- 85 years were examined. Tools used in the research study were Ryff's psychological well being scale, the Framingham type A behavior scale, international personality pool- big five factor scale and social desirability scale. Hierarchical multiple regression and pearson's product correlations were performed to analyze the big five factors and type A personality to predict psychological well being. It was found that personality traits predict psychological wellbeing and psychological well being was found to be negatively correlated with age.

**Oravec, et.al** (2019) analyzed a study on psychological well being and personality traits associated with experiencing love in everyday life. In this study individuals' subjective perceptions were examined to understand the impact of the experiences by studying the extent to which they felt loved in their life. They found that there were evident individual differences in the characteristics and are related to both psychological well being and personality. Individuals scoring high on neuroticism showed lower baseline and high scorers for extraversion and psychological well being showed lower baseline.

**Dur Khan** (2020) conducted a study to explain the association between personality traits and psychological well being domain. It involved 706 participants. Tools used in the research were Goldberg's scale, Ryff's well being scale. The results denoted an association between personality traits and psychological well being. Personality traits like extraversion, openness, conscientiousness, agreeableness were moderately judged psychological wellbeing and openness to experiences was related to personal growth and purposefulness.

## CHAPTER- III

### METHODOLOGY

This chapter deals with the methodological and procedural domain of the problem. It explains the operational definitions, design followed in this section of the sample, hypotheses, description of tools and procedure used in the collection of the data and analysis of the data. In this research, an attempt has been made to analyze if there is any relationship between Internet Addiction, Big five Factors of Personality and Psychological Wellbeing.

#### **PROBLEM:**

To study the relationship between Internet Addiction, Big Five Factors of Personality and Psychological Wellbeing among Young Adults.

#### **3.1 OBJECTIVES:**

The objectives of the are as follows

1. To study the relationship between internet addiction and psychological well being
2. To determine whether internet addiction and the Big Five Personality Factors are related.
3. To investigate the connection between psychological health and the big five aspects of personality.

#### **3.2 HYPOTHESIS:**

1. Measures of internet addiction and psychological well being would be negatively correlated.
2. Measures of internet addiction and big five personality factors are likely to have a differential relationship.
3. Measures of the big five personality factors are positively correlated with psychological well being.

#### **3.3 SAMPLE:**

The research design used was a convenient sampling technique. The study was conducted on a sample of (N=100) of the working and student population. The participants were administered with three questionnaires i.e Internet Addiction Scale (Kimberly Young,1998)), NEO- FFI (Costa and Mc Crae,1992), Psychological Well Being Scale.(Carol D. Ryff, 2007). Age range of the subject was from 18-30 with the mean age of 24 years. The sample included 50 males and 50 females from the general population.

Inclusion criterion for the study:

1. Young adults below the age of 18- and above 30 years.
2. Participants can be male or female.
3. Individuals who have been using the internet for the duration of 3 months or more with the usage of more than 6 hours in a day.

4. Individuals studying in colleges and working young population.

Exclusion criterion for the study:

1. Individuals who do not use the internet.
2. Individuals who are below the age of 18 years.
3. Individuals above 30 years of age.
4. Individuals who are unwilling to be a part of the study.

### **3.4 TOOLS USED:**

#### **3.4.1 Internet Addiction Test (IAT) by Kimberly Young (1998)**

Dr. Kimberly Young, of St. Bonaventure University and the Director of the Centre for Internet Addiction Recovery, created the Internet Addiction Test in 1998. To assess the degree of Internet addiction, IAT was used. The first reliable and valid test for evaluating internet addiction is the Internet Addiction Test. It consists of a five-point self-report scale with the options "Rarely," "Occasionally," "Frequently," "Often," and "Always" weighted at 1, 2, 3, and 4,5 on the scale. The scale's items are presented in the form of questions that demand information for each of the five options: "Rarely," "Occasionally," "Frequently," "Often," and "Always." The scale's norms were determined to be mild online addicts (20–39), moderate internet addicts (40–69), and severe internet addicts (70–100). The higher the score on the scale, the more Internet addiction there is, and vice versa. The highest rating for Internet dependence. The internet addiction scale had a test-retest reliability of 0.82. The internet addiction test's bisection was 0.72 and its content and convergent validity were 0.88.

#### **3.4.2 NEO Five Factor Inventory by Costa and Mc Crae (1992)**

The 60-item NEO- five factor inventory was used to measure the five traits of personality i.e, neuroticism, extraversion, conscientiousness, openness and agreeableness that includes 12- items per factor. All items were evaluated on a 5 point likert scale ranging from “ strongly disagree (1) to strongly agree (5) response format.

The Big Five Theory, developed by Robert McCrae and Paul Costa in 1987, defines five major personality dimensions. The five traits are frequently referred to as the OCEAN model, which is an abbreviation for each trait.

1. Openness to experience: (Ingenious/Curious vs. Consistent/Prudence): Art, emotion, adventure, unusual ideas, curiosity, and different experiences. Openness reflects your level of intellectual curiosity Human creativity, novelty and sense of diversity. It is also listed how resourceful, independent, and I tend to personally prefer a variety of activities to a rigorous routine. There is still disagreement about how to interpret the openness factor Sometimes called "intelligence" rather than openness to experience.

2. Conscientiousness (Efficient/Organized vs. Easygoing/Careless): Tendency to be organized, trustworthy, and act with self-control. Conscientious and determined to succeed, preferring to act deliberately rather than spontaneously behave.
3. Extraversion (sociable/active vs. Lonely/reserved): Energy, positive emotions, positivity, positivity, sociability and you tend to seek inspiration with others and speak positively.
4. Agreeableness (Friendly/Sympathetic vs. Analytical/Aloof): Tendency to be compassionate and cooperative rather than suspicious and paranoid hostile to others. It is also a measure of a person's trustworthiness and usefulness disposition and whether the person's mood is generally good
5. Neuroticism (sensitive/nervous vs. safe/confident): Tendency to feel unpleasant emotions such as anger Anxiety, depression, vulnerability. Neuroticism also refers to the degree of: Low emotional stability and impulse control, sometimes referred to as the low effect of "emotional stability."

Reliability ( internal consistency) of the subscale of conscientiousness and neuroticism were 0.83 and 0.80, respectively. For the subscales of agreeableness and extraversion were found out to be 0.60 and 0.58 respectively.

### **3.4.3 Psychological well being scale by Carol D. Ryff (2007)**

The 42- item psychological well being (PWB) scale measures six aspects of wellbeing and happiness: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self acceptance (7 items in each domain).

1. Autonomy: Self determination and independence; the ability to resist social pressures to think and act in a particular way, regulate behavior from within.
2. Environmental mastery: sense of mastery and competence in one's environment; the ability to control a complex array of external activities and leverage opportunities.
3. Personal growth: feelings of continued development and the sense that one is growing and expanding.; realization of one's potential and perceived improvement in self and behavior over time.
4. Positive relations with others: satisfying, warm, trusting relationships with others; concern for the welfare of others.
5. Purpose in life: the possession of goals and a sense of direction; the feeling that there is meaning to present and past life.
6. Self acceptance: feeling of continued development and the sense that one is growing and expanding; realization of one's potential and perceived improvement in self and behavior over time.

The participants are rated on how they 1= strongly agree; 2 = somewhat agree; 3 = a little agree; 4 = neither agree or disagree; 5 = a little disagree; 6 = somewhat disagree; 7 = strongly disagree to that statement. In the PWB scale item number -1, 2, 3, 4, 6, 7, 11, 13, 17, 20, 21, 22, 23, 27, 29, 31, 35, 36, 37, 38, and 40 should be reverse-scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring. The six scales provide acceptable internal consistency ranging from .93 to .86. Moreover the test retest reliability was found to be ranging from .88 to .81.

### **3.5 RESEARCH DESIGN:**

The main principle of this research is to answer all questions through the use of scientific measures. The research design used in this research was correlational experimental design. A correlational research design studies relationships between variables. The researcher does not control or manipulate any of the variables. A correlation reflects the direction of the relationship between two (or more) variables. The direction of a correlation can be either positive or negative. The participants were assessed on the variables- internet addiction, psychological well being and big five factors of personality.

### **3.6 PROCEDURE:**

The data for the study was collected through an online survey using a semi-structured format of questionnaire chosen as tools of the research. The respondents were chosen according to inclusion criteria of the study and they were selected to be a part of the study. It was ensured to the respondents that the information will be kept confidential. It was also ensured that answers were given for all questions and the intention of the study was also informed to the respondents. The questionnaires were filled by the respondents. Respondents who were willing to be a part of the study were taken into the consideration of the research. Later, the demographic details like age, sex, occupation were asked. All this information was filled by the respondent. The instructions given were “Here is a list of questions related to internet use, personality traits and psychological well being. There are no right or wrong answers to this. Please fill all the answers carefully. Your responses will be kept confidential. After the collection of the data, the scoring was done according to the norms of the questionnaires.

### **3.7 STATISTICAL ANALYSIS**

The data was statistically treated by using Statistical Package for the Social Sciences (SPSS).The tabulation of the results was done according to the hypothesis and as per the requirement of the study. The observed values were compared with critical values at 0.05 to know whether the results are significant or not. The statistical approach used in this research was pearson moment product correlation as according to the hypothesis we were supposed to study the relationship between internet addiction, big five factors of personality and psychological well being.

## CHAPTER- IV

## RESULTS AND DISCUSSION

TABLE: 4.1

## LIST OF VARIABLES WITH THEIR CODE NAMES:

S.No.	Variable	Code
1.	Autonomy (PWB)	Auto
2.	Environmental mastery (PWB)	Env. mastery
3.	Personal growth (PWB)	Per. growth
4.	Positive relation (PWB)	+ve Relat.
5.	Purpose in life (PWB)	Pur. in life
6.	Self acceptance (PWB)	Self accep.
7.	Internet addiction	IA
8.	Neuroticism	N
9.	Extraversion	E
10.	Openness	O
11.	Agreeableness	A
12.	Conscientiousness	C

**RESULTS:**

The relationship between Big Five Personality Factors, Internet Addiction and Psychological Wellbeing among Young Indian Adults were studied in this research. The personality variable consisted of 5 domains namely, neuroticism, extroversion, openness to experiences, agreeableness and conscientiousness. Psychological variables consist of six domains namely, autonomy, environmental mastery, personal growth, positive relation, purpose in life, self acceptance. Each of these variables were calculated by adding the scores on the respective subscales.

**TABLE 4.2 - DESCRIPTIVE STATISTICS**

Statistics

		Mean	Median	Mode	Std. Deviation	Skewness	Kurtosis	Minimum	Maximum			
N	Valid	100	100	100	100	100		100	100			
	Missing		949	949	949	949		949	949			
Auto		31.23	31.00	28	5.862	.105		0.159	18	49		
Env. Mastery		30.76	31.00	28	4.979	.039		0.161	19	43		
P.Growth		34.7	35.00	28	7.252	.079		-.811	19	49		
+ve Relat. Pur. in life		31.99	31.00	28	7.243	.553	36	7.165	-	0.067	14	49
Self Accep.		32.729.5	33.00	.026	28	6.146	.206		-0.833	17	48	
			29.00					0.751	12	46		
IA		37.26	40.00	45	15.003	-.395		-0.314	5	65		
N		39.97	39.00	36	7.171	.379		-0.01	24	56		
E		38.54	38.00	36	4.111	.137		1.245	24	59		

O 39.03 39.00 35 4.698 -.167 -0.174 24 49 A 38.38 38.00 35 4.336 -.103 0.336 24 48 C 42.21 43.00 45 6.207 -.274 1.000 24 57

The data was collected from 100 individuals. The minimum age of this sample was 18 years and the maximum age was 30 years. Mean, median, mode, standard error, standard deviation, skewness and kurtosis values were obtained for each subscale of the variables- personality, internet addiction and subscales of psychological well being.

4.3 FREQUENCY DISTRIBUTION

TABLE: 4.3.1 FREQUENCY DISTRIBUTION - NEO FFI

Class Interval	Neuroticism	Agreeableness	Openness	Conscientiousness	Extraversion
21-25	2	1	1	1	1
26-30	3	2	0	4	1
31-35	16	26	26	3	13
36-40	40	36	34	28	57
41-45	19	28	33	37	22
46-50	10			7 6 19	6
51-55	8	0	0	3	0
56-60	2	0	0	4	0
Total	100	100	100	100	100
Mean	39.97	38.54	39.03	38.38	42.21
SD	7.171	4.111	4.698	4.336	6.207
Skewness	.379			.137 -0.167 -0.103	-0.274
Kurtosis	-0.010	1.245	-0.174	.336	1.000

TABLE: 4.3.2 FREQUENCY DISTRIBUTION- PSYCHOLOGICAL WELLBEING

Class Interval	Auto	Env. mastery	Per. growth	+ve Relat. Pur. in life	Self accep.
11-15	0		0 0	1 0	2
16-20	6		4 2	1 3	5
21-25	8		9 6	16 15	14
26-30	35		35 27	31 20	40
31-35	26		34 21	21 22	24

36-40	20	15 20	16 24	10
41-45	4	3 14	8 12	4
46-50	1	0 10	6 4	1
Total	100	100 100	100 100	100
Mean	31.23	30.76 34.7	31.99 32.7	29.5
SD	5.826	4.979 7.252	7.243 7.161	6.146
Skewness	.105	.039 .079	.553 -.026	.206
Kurtosis	.159	.161 -.811	.067 -.833	.751

**TABLE: 4.3.2 FREQUENCY DISTRIBUTION- PSYCHOLOGICAL WELLBEING**

Class Interval	IA
0-5	3
6-10	6
11-15	3
16-20	4
21-25	6
26-30	17
31-35	10
36-40	10
41-45	18
46-50	16
51-55	4
56-60	5

61-65	6
Total	100
Mean	37.26
SD	15.003
Skewness	-0.395
Kurtosis	-0.314

**TABLE 4.4 - CORRELATIONAL ANALYSIS**

Correlation analysis was conducted with the help of Pearson Product Moment Correlation to analyze the relationship between the internet addiction, big five factors of personality and psychological well being.

<i>Correlations</i>													
		Auto	Env. Mastery	P. Growth	+ve Relat.	Pur. in Life Self Accp. IA			N	E	O	A	C
Auto	Pears on Correlation	1	<b>.493**</b>	<b>.343**</b>	<b>.257**</b>	<b>.485**</b>	<b>.473**</b>	-0.195	<b>-.354*</b>	<b>.266**</b>	0.06	0.003	<b>.307**</b>
Env. Mastery	Pears on Correlation		1	<b>.623**</b>	<b>.358**</b>	<b>.666**</b>	<b>.622**</b>	-0.04	-0.132	0.068	0.082	0.089	<b>.233*</b>
P. Growth	Pears on Correlation			1	<b>.617**</b>	<b>.718**</b>	<b>.524**</b>	0.061	-0.084	0.125	0.073	0.181	<b>.202*</b>

+ve	Pears on Correlation				1	<b>.601**</b> <b>.336**</b> -0.058	-0.133	0.098	0.036	<b>.246*</b>	<b>.243*</b>
Relat.						1 <b>.499**</b> -0.025	<b>-.231*</b>	0.156	0.068	0.15	<b>.219*</b>
Pur. in	Pears on Correlation										
Life											
Self	Pears on Correlation					1 -0.148	<b>-.304*</b>	<b>.277**</b>	0.129	<b>.221*</b>	<b>.421**</b>
Accep						1	0.179	0.005	-0.137	-0.01	- <b>.229*</b>
. IA	Pears on Correlation										
N	Pears on Correlation						1	- <b>.266**</b>	0.163	-0.007	- <b>.284**</b>
E	Pears on Correlation							1	<b>.363**</b>	<b>.374**</b>	<b>.604**</b>
O	Pears on Correlation								1	<b>.425**</b>	<b>.522**</b>
A	Pears on Correlation									1	<b>.421**</b>
C	Pears on Correlation										1

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

**DISCUSSION :**

In order to examine the degree of association among the variables used in the study, Pearson's product moment correlations were computed between all possible pairs of variables. The inter-correlations among different sets of variables have been described separately, under respective titles:

**(a) Correlation between Big Five Factors of Personality and Internet Addiction:** Internet addiction and conscientiousness were found to be significantly negatively correlated. ( $p = -.229^*$ ,  $r = <0.05$ ). This indicates that if there will be a rise in the tendency to be organized, trustworthy, and act with self-control then internet addiction will reduce. The other subscales like: neuroticism, extraversion, agreeableness, and openness were not found to be significantly correlated.

This has been supported by the study conducted by Landers and Lounsbury (2006) to investigate the relationship between big five personality factors inventory and the internet usage of 117 undergraduate students concluded that there was a negatively significant correlation between conscientiousness and internet addiction. Also Rahmani.S (2011) conducted a study to predict internet dependency by sensation seeking and big five personality factors and gender. That denoted that there was a negatively significant correlation between internet dependency with agreeableness and conscientiousness.

**(b) Correlation between Big Five Factors of Personality and Psychological Wellbeing** The results showed that there is a negative correlation between between neuroticism and autonomy i.e. ( $r = -.354^{**}$ ,  $p < .01$ ). Which indicates that if the ability to resist social pressures to think and act in a particular way increases then the tendency to feel unpleasant emotions such as anger Anxiety, depression, vulnerability decreases and vice versa.

The domain of extraversion and autonomy are significantly positively correlated i.e. ( $r = .266^{**}$ ,  $p < .01$ ). There was a positive significance for the domain of conscientiousness and autonomy. ( $r = .307^{**}$ ,  $p < .01$ ). This denotes that the ability to resist social pressures to think and act in a particular way increases then the extrovertedness increases. Also there is an increment of the tendency to be organized, trustworthy with being more autonomous.

It can be inferred from the results that there is a significant positive correlation between environmental mastery and conscientiousness. ( $r = .233^*$ ,  $p < .005$ ). This means that by increasing the sense of mastery the individual also develops a tendency to be more organized, trustworthy, and act with self-control.

There was a significant positive correlation between personal growth and conscientiousness. ( $r = .202^*$ ,  $p < .005$ ). This indicates that if one is growing and expanding they will develop a tendency to be more organized.

The domain of positive relation is significantly positively correlated with agreeableness i.e. ( $r = .246^*$ ,  $p < .005$ ). Since there is a negative correlation, it indicates that if the ability to develop trust relationships increases, there will be a significant decrease in the tendency to be compassionate and be cooperative.

Where as positive relation is also found to be significantly positively correlated with conscientiousness ( $r =$

.243\*,  $p < .005$ ). This indicates that if the person's ability to develop trusting relationships with others increases then their ability to resist social pressures to think and act in a particular way.

In the other domain of psychological well being, i.e purpose in life is significantly negatively correlated with neuroticism ( $r = -.231^*$ ,  $p < .005$ ). This indicates that if there is an increase in meaning to present and past life, there will be a decrease in the tendency to feel unpleasant emotions.

It was found that purpose in life is significantly positively correlated with conscientiousness ( $r = .219^*$ ,  $p < .005$ ). If there will be a rise in tendency to be more organized then there will be an increase in the meaning to present and past life. The domain of self acceptance and neuroticism is found to be significantly negatively correlated i.e. ( $r = -.304^{**}$ ,  $p < .001$ ). This indicates that if the feeling of continued development increases then the tendency of feeling unpleasant emotions will decrease. It was found that self acceptance is significantly positively correlated with extraversion. ( $r = .277^{**}$ ,  $p < .001$ ).

Also self acceptance and agreeableness is positively correlated ( $r = .221^*$ ,  $p < .005$ ). At last self acceptance is significantly positively correlated with conscientiousness ( $r = .421^{**}$ ,  $p < .001$ ). It can be inferred that if there is a feeling of continued development then there will be a high tendency to be organized, trustworthy. of personality traits with psychological wellbeing for the age group of 33-50 years.

It can be inferred from a research performed by Dur Khan (2020) to analyze the association between personality traits and psychological well being domain. The results denoted an association between personality traits and psychological well being. Personality traits like extraversion, openness, conscientiousness, agreeableness were moderately judged psychological wellbeing and openness to experiences was related to personal growth and purposefulness. In addition to supporting the hypothesis, a study conducted by Katjo Koko (2013) analyzed the association of personality traits with psychological wellbeing for the age group of 33-50 years. The results denote that there is a low initial level of neuroticism and high level of conscientiousness, openness, agreeableness correlated significantly with psychological well being.

**(c) Correlation between Psychological well being and internet addiction** In the present study, considering the hypothesis : measures of internet addiction and psychological well being would be negatively correlated is rejected. As there is no significant correlation found between the dimension of Autonomy (PWB) and internet addiction i.e. ( $r = -.195$ ,  $p = .051$ ). There is no significant correlation obtained for environmental mastery and internet addiction i.e. ( $r = -.040$ ,  $p = .692$ ). For the dimension of personal growth and internet addiction no significant relationship was there i.e. ( $r = .061$ ,  $p = .544$ ). Internet addiction and positive relation are not significantly correlated i.e. ( $r = -.058$ ,  $p = .565$ ). The dimension of purpose in life is not significantly correlated with internet addiction i.e. ( $r = .025$ ,  $p = .803$ ). At the last there was no correlation between self acceptance and internet addiction. ( $r = -.148$ ,  $p = .142$ )

**CHAPTER-V****CONCLUSION**

The current study sought to study the relationship between personality traits, psychological wellbeing and internet addiction among the young Indian population. Technology has always played a role in the journey of human beings. The Internet has also been a member of this technological family for thirty years. In recent years the use of the internet in universities and offices has increased tremendously. Due to the charming and exciting nature of the internet, youngsters are using the internet and expanding their precious time in activities whether they are useful or not. The effects of the internet were so worse that it hindered personality traits and psychological well being.

The study unveils that there is a significantly negative correlation between internet addiction and conscientiousness denoting that if the level of addiction to the internet increases then the level of conscientiousness i.e. tendency to be more organized. Trustworthy and self control decreases and vice versa.

The study also concluded that the sub dimensions of Big Five Factors of personality i.e. extraversion, and conscientiousness (Big Five Factors of personality) were positively correlated with autonomy (Psychological Wellbeing). Which indicated that if the energy, positive emotions and tendency to be organized increases then the ability to resist social pressure and become independent decreases. Also conscientiousness has been found to be positively correlated with environmental mastery, personal growth, positive relations and purpose in life. This indicates that if the tendency to be organized, trustworthy and self controlled increases then the ability to sense the competence in the environment, feeling of continued development, forming of satisfying and trusting relationships with others and a meaning to present and past life increases.

Also it has been concluded that if the tendency to be more competitive and cooperative increases then ability to form trusting and warm relations with others and feeling of continued development increases. This can be inferred from the results as there was a significant positive correlation found between agreeableness, positive relations and self acceptance.

As concluded in the results there was a significant negative correlation between neuroticism, self acceptance and purpose of life. This demoted that if there is an increase in the feeling of a meaning to present and past life and realization of one's abilities then there will be a significant decrease seen in the tendency to feel unpleasant emotions like: anger, anxiety, etc.

Lastly the energy, positive emotions, and sociability increases with the feeling of continued development and growth.

In the conclusion, there was a differential correlation in the domains of Big Five Factors of Personality and Psychological Wellbeing. Which denotes that there will be an effect of sub dimensions of personality on the sub dimensions of psychological wellbeing. As there was no correlation found between Internet Addiction

and Psychological Wellbeing, denoted that there was no significant effect on the psychological wellbeing of the individual by being addicted to the internet.

### 5.1 IMPLICATIONS OF THE STUDY

The purpose of every research is the welfare of mankind. The potential consequences, application or outcomes of the findings and conclusions of a research study are:

1. The findings of this study will be useful to the researcher for a better understanding of the psychological well being among the internet addicted individuals and plan a certain strategy.
2. This study would also be helpful to understand the changing patterns of personality within the individuals who are addicted to the internet.
3. This study opens a new horizon in front of young adults to analyze the pros and cons of the high usage of the internet, their personality changes and effects on their wellbeing.
4. An intervention program can be created regarding the rehabilitation of addicted adolescents.
5. Most family members and related people to addicted youngsters sometimes underestimate the severity of this problem. So findings of this study will make them aware and inspire them to treat addicted youngsters in the right manner.

### 5.2 LIMITATIONS

In view of the discussion and conclusion of the present study, the following limitations may be generated for further researches in the area:

1. Small sample size was taken due to the deadline for the study period. If the sample size would be larger, the findings could be generalized in a broad span of internet addiction, personality traits and psychological well being.
2. In this study few variables were selected, if more variables were taken then the investigation can be much more effective.
3. The role of the working population (belonging to IT companies etc.) were not taken into consideration separately.
4. The data was also collected online with three large questionnaires which can make the participants fill it randomly.
5. The situation of addicted people varies from time to time in their life. If the study was conducted in several time slots or many time intervals, we can get more accurate and effective results.
6. More data could be included to generalize the findings on individuals belonging to different working sectors and different organizational cultures.

### 5.3 SUGGESTIONS

In view of the limitation of the present study, the following suggestions may be made for further research in the area.

1. The sample size can be increased to get more generalized results.
2. More of the variables that are being impacted can be included to increase the effectiveness of the study.

3. Populations working with more of the internet can be included in the study for much more valid and accurate results.
4. As the forms were filled online, the future researchers should try to collect data offline by using tools having less number of items to reduce the chances of random answers.
5. For researchers, future research must be based by adding different occupational and cultural factors on these variables.

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APPENDICES

**Internet Addiction Test (IAT) by Kimberly Young (1998)**

Instructions: Based on the key given below, read the questions and choose the answer that is most applicable to you. 0 = Not Applicable 1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always

S. No.	ITEMS <sup>N/A</sup>	Rarely (0) (1)	Occasionally (2)	Frequently (3)	Often (4)	Always (5)
1	How often do you find that you stay online longer than you intended?					
2	How often do you neglect household chores to spend more time online?					
3	How often do you prefer the excitement of the Internet to intimacy with your partner?					
4	How often do you form new relationships with fellow online users?					
5	How often do others in your life complain to you about the amount of time you spend online?					
6	How often do your grades or school work suffer because of the amount of time you spend online?					
7	How often do you check your email before something else that you need to do?					
8	How often does your job performance or productivity suffer because of the Internet?					
9	How often do you become defensive or secretive when anyone asks you what you do online?					
10	How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?					
11	How often do you find yourself anticipating when you will go online again?					
12	How often do you fear that life without the Internet would be boring, empty, and joyless?					
13	How often do you snap, yell, or act annoyed if someone bothers you while you are online?					
14	How often do you lose sleep due to being online?					
15	How often do you feel preoccupied with the Internet when off-line, or fantasize about being online?					

16	How often do you find yourself saying "just a few more minutes" when online?				
17	How often do you try to cut down the amount of time you spend online and fail?				
18	How often do you try to hide how long you've been online?				
19	How often do you choose to spend more time online over going out with others?				
20	How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back online?				

**Psychological Well Being (42 items)**

**Age:** Adult

**Duration:** 10-15 minutes

**Number of items:** 42

**Answer Format:** 1 = strongly agree; 2 = somewhat agree; 3 = a little agree; 4 = neither agree or disagree; 5 = a little disagree; 6 = somewhat disagree; 7 = strongly disagree

**Instructions:** Circle one response below each statement to indicate how much you agree or disagree.

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little Somewhat disagree disagree	Strongly disagree
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1. "I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people."
2. "For me, life has been a continuous process of learning, changing, and growth." 3. "In general, I feel I am in charge of the situation in which I live."
4. "People would describe me as a giving person, willing to share my time with others." 5. "I am not interested in activities that will expand my horizons."
6. "I enjoy making plans for the future and working to make them a reality." 7. "Most people see me as loving and affectionate."
8. "In many ways I feel disappointed about my achievements in life."
9. "I live life one day at a time and don't really think about the future."
10. "I tend to worry about what other people think of me."
11. "When I look at the story of my life, I am pleased with how things have turned out." 12. "I have difficulty arranging my life in a way that is satisfying to me."
13. "My decisions are not usually influenced by what everyone else is doing." 14. "I gave up trying to make big improvements or changes in my life a long time ago." 15. "The demands of everyday life often get me down."

16. "I have not experienced many warm and trusting relationships with others."
17. "I think it is important to have new experiences that challenge how you think about yourself and the world."
18. "Maintaining close relationships has been difficult and frustrating for me." 19. "My attitude about myself is probably not as positive as most people feel about themselves." 20. "I have a sense of direction and purpose in life."
21. "I judge myself by what I think is important, not by the values of what others think is important."
22. "In general, I feel confident and positive about myself."
23. "I have been able to build a living environment and a lifestyle for myself that is much to my liking."
24. "I tend to be influenced by people with strong opinions."
25. "I do not enjoy being in new situations that require me to change my old familiar ways of doing things."
26. "I do not fit very well with the people and the community around me." 27. "I know that I can trust my friends, and they know they can trust me." 28. "When I think about it, I haven't really improved much as a person over the years." 29. "Some people wander aimlessly through life, but I am not one of them." 30. "I often feel lonely because I have few close friends with whom to share my concerns." 31. "When I compare myself to friends and acquaintances, it makes me feel good about who I am."
32. "I don't have a good sense of what it is I'm trying to accomplish in life." 33. "I sometimes feel as if I've done all there is to do in life."
34. "I feel like many of the people I know have gotten more out of life than I have." 35. "I have confidence in my opinions, even if they are contrary to the general consensus." 36. "I am quite good at managing the many responsibilities of my daily life." 37. "I have the sense that I have developed a lot as a person over time."
38. "I enjoy personal and mutual conversations with family members and friends." 39. "My daily activities often seem trivial and unimportant to me."
40. "I like most parts of my personality."
41. "It's difficult for me to voice my own opinions on controversial matters." 42. "I often feel overwhelmed by my responsibilities."

**NEO five factor inventory (60 items)**

**Age:** Adult

**Duration:** 20-25 minutes

**Number of items:** 60

**Answer Format:** 1 = strongly disagree; 2 = disagree; 3 = neutral 4 = agree; 5 = strongly agree

1. I am not a worrier \*
2. I like to have a lot of people around me \*
3. I don't like to waste my time daydreaming \*
4. I try to be courteous to everyone I meet \*
5. I keep my belongings neat and clean \*
6. I often feel inferior to others \*

7. I laugh easily \*
8. Once I find the right way to do something, I stick to it \*
9. I often get into arguments with my family and co-workers \*
10. I'm pretty good about pacing myself so as to get things done on time \* 11. When I'm under a great deal of stress, sometimes I feel like I'm going to pieces ( falling apart) \*
12. I don't consider myself especially "lighthearted" \*
13. I am intrigued by the patterns I find in art and nature \*
14. Some people think I'm selfish and egotistical \*
15. I am not a very methodical person \*
16. I rarely feel lonely or blue \*
17. I really enjoy talking to people \*
18. I believe letting students hear controversial speakers can only confuse and mislead them\* 19. I would rather cooperate with others than compete with them \*
20. I try to perform all tasks assigned to me conscientiously \*
21. I often feel tense and jittery \*
22. I like to be where the action is \*
23. Poetry has little or no effect on me \*
24. I tend to be cynical and skeptical of others' intentions \*
25. I have a clear set of goals and work towards them in an orderly fashion \*
26. Sometimes I feel completely worthless \*
27. I usually prefer to do things alone \*
28. I often try new and foreign food \*
29. I believe that most people will take advantage of you if you let them \* 30. I waste a lot of time before settling down to work \*
31. I rarely feel fearful or anxious \*
32. I often feel as if I'm bursting with energy \*
33. I seldom notice the moods and feelings that different environments produce \* 34. Most people I know like me \*
35. I work hard to accomplish my goals \*
36. I often get angry at the way people treat me \*
37. I am a cheerful, high spirited person \*
38. I believe we should look to our religious authorities for decisions on moral issues \* 39. Some people think of me as cold and calculating \*
40. When I make a commitment, I can always be counted on to follow through \* 41. Too often when things go wrong, I get discouraged and feel like giving up \* 42. I am not a cheerful optimist \*
43. Sometimes when I'm reading poetry or looking at a work of art I feel a chill or a wave of excitement \*
44. I am hard-headed and tough-minded in my attitudes \*
45. Sometimes I'm not as dependable or reliable as I should be \*
46. I am seldom sad or depressed \*

47. My life is fast-paced \*
48. I have little interest in speculating on the nature of the universe or the human condition\* 49. I generally try to be thoughtful and considerate \*
50. I am a productive person who always gets the job done \*
51. I often feel helpless and want someone else to solve my problems \* 52. I am a very active person \*
53. I have a lot of intellectual curiosity \*
54. If I don't like people, I let them know it \*
55. I never seem to be able to get organized \*
56. At times I have been so ashamed, I just wanted to hide \*
57. I would rather go my own way than be a leader of others \*
58. I often enjoy playing with theories or abstract ideas \*
59. If necessary, I am willing to manipulate people to get what I want \* 60. I strive for excellence in everything I do \*

