

## Internet Addiction, Sport participation and Self-esteem of students

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### Abstract

Present study has conducted to examine the Internet addiction, Sport participation and Self-esteem of students. Total 300 participants selected randomly from college population at Arts and Commerce college, Bhuj-Kachchh (Gujarat-INDIA). The Yong's Internet Addiction Test has filled up to know internet addicted population of students. Sport participation students also selected by Sport Participation Checklist. The Rosenberg's Scale of Self Esteem administered to measure self esteem of all students. Results indicates that 25% students have addicted with internet, 20% students have participated in sport and remaining 55% students have neither addicted with internet nor participated in sport, we consider these students as other students in this study. Internet addicted students have low self-esteem as compare to Sport participated students and other students. Sport participated have high self-esteem as compare to internet addicted students and other students. There is no significant difference with regard to self esteem between Sport participated students and Other students.

**Keywords :** Internet Addiction, Sport participation, Self-esteem

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