

Challenges Of Internet Addiction In Paramilitary Forces: Consequences For Psychological Resilience And Interpersonal Relationships.

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Abstract

Objectives:

This study investigates the prevalence and consequences of internet addiction among paramilitary personnel, focusing on its impact on psychological resilience and interpersonal relationships.

Methods:

A mixed-method approach was employed involving quantitative surveys and qualitative interviews with 500 paramilitary personnel selected through stratified random sampling.

Findings:

Results indicate that 32% of the respondents show moderate to severe symptoms of internet addiction. High stress levels, loneliness, and frequent deployments were significant predictors. Negative correlations were found between internet addiction and psychological resilience ($r = -0.38$) as well as relationship quality ($r = -0.37$).

Novelty:

This research uniquely contributes by examining internet addiction in the underexplored paramilitary setting and linking it with resilience and interpersonal dynamics using a robust mixed-methods design.

Keywords: Internet addiction, paramilitary forces, psychological resilience, interpersonal relationships, mental health, operational readiness.

INTRODUCTION

The ubiquitous character of the internet has changed many facets of contemporary life, including workplaces. Although the internet provides many advantages, too much and unregulated use can lead to internet addiction, a developing issue in many spheres of life. The difficulties of internet addiction among paramilitary forces—a special professional group facing high-stress events and needing optimal psychological resilience and strong interpersonal interactions for effective functioning—are the main emphasis of this research article.

Maintaining internal security, controlling borders, and handling different national crises depend on armed forces greatly. Their work requires great degrees of emotional stability, mental and physical readiness, and team-building capacity as well as cohesiveness. Still, the rising frequency of internet addiction among these workers seriously compromises their psychological well-being and interpersonal dynamics.

This study is to investigate the degree of internet addiction among paramilitary troops, pinpoint the elements causing its emergence, and examine its effects on psychological resilience and interpersonal interactions. Understanding these difficulties helps us to create focused treatments and policies to treat internet addiction in this important professional group, therefore improving their general efficacy and well-being.

1.1 Research Objectives

To ascertain the degree of internet addiction among paramilitary members as well as its frequency.

To ascertain the main factors influencing the emergence of internet addiction inside the paramilitary environment.

To examine the psychological resilience of those suffering with internet addiction in relation to their addiction.

To look at how internet addiction affects human contacts both inside and outside of the militarized environment.

To provide recommendations for handling internet addiction and the effects it causes on military personnel.

1.2 Significance of the Study

This study fills in a major need in the body of knowledge on internet addiction among specialized professional organizations, especially paramilitary forces. The results of this project will support:

Improving knowledge of internet addiction in demanding professional settings.

Educating mental health experts and policy-makers on the particular difficulties experienced by paramilitary members about internet usage.

Create focused intervention plans to fight internet addiction and its consequences in paramilitary environments.

Enhancing general mental health support and paramilitary forces' operational readiness.

LITERATURE REVIEW

2.1 Internet Addiction: Concept and Prevalence

Excessive or poorly regulated preoccupations, desires, or behaviors related to internet use that cause harm or suffering define internet addiction—also known as problematic internet use or compulsive internet use (Young, 1998). Although not formally identified as a separate condition in the Diagnostic and Statistical Manual of Mental Diseases (DSM-5), internet addiction has attracted a lot of interest from researchers and doctors because of its rising frequency and effect on many spheres of life.

From 1.5% to 8.2% in the general population, global research has found varied rates of internet addiction (Cheng & Li, 2014). Certain populations, especially young adults and those in high-stress professions, have demonstrated more frequency though. With notable regional variances, a meta-analysis by Cheng and Li (2014) revealed that the worldwide prevalence of internet addiction was roughly 6%.

2.2 Professional Setting Internet Addiction

Studies on internet addiction in professional contexts have mostly concentrated on students, doctors, and office workers. Studies have indicated that in these groups, job discontent, work-related stress, and the need for escapism help to fuel internet addiction (Quinones & Griffiths, 2017). On internet addiction in high-risk occupations like military and paramilitary groups, however, little study is available.

Higher degrees of despair and anxiety were linked to 14.8% of South Korean military members who displayed indications of internet addiction according to a 2016 Kim et al. study. This emphasizes the need of more investigation in like professional environments, such paramilitary forces.

2.3 Psychological Resilience within Military Forces

Given the high-stress nature of their profession, paramilitary members must be psychologically resilient—that is, able to react favorably to difficulty. Resilience has been linked in studies to better mental health outcomes, enhanced job performance, and lower burnout in high-risk occupations (Southwick et al., 2014).

Studies on resilience in military and paramilitary environments have found several elements that support psychological resilience: social support, optimism, adaptive coping mechanisms, and a feeling of purpose (Lee et al., 2014). Still unknown, though, is how internet addiction might affect these resilience elements among paramilitary troops.

2.4 Interpersonal Relationships in Paramilitary Contextures

Effective operation of paramilitary formations depends on strong personal relationships. Successful missions and personal well-being among team members depend on cohesiveness, trust, and good communication among them (Siebold, 2007). Furthermore, essential for general life happiness and stress control is keeping good relationships with family and friends outside of the workplace.

Studies have indicated that by lowering face-to-face contacts, generating disagreements, and resulting in social isolation, too much internet use can sour personal relationships (Kraut et al., 1998). Still, the particular consequences of internet addiction on interpersonal interactions in the particular setting of paramilitary forces have not been well investigated.

2.5 Gap in the Literature

Although studies already in publication offer insightful analysis of internet addiction, psychological resilience, and interpersonal interactions, there is a clear knowledge vacuum about these ideas in the particular setting of paramilitary forces. This study intends to close this gap by investigating the effects of internet addiction on paramilitary members' psychological resilience and interpersonal relationships together with their roots.

3. METHODOLOGY

3.1 Approach of Research

Using a mixed-methods approach—that is, integrating quantitative and qualitative research techniques—this study offers a whole picture of internet addiction in paramilitary forces. Two primary components comprised the research design:

To evaluate the frequency and degree of internet addiction as well as its correlation with psychological resilience and interpersonal relationship quality, quantitative questionnaires

Qualitative interviews to acquire in-depth understanding of the experiences, opinions, and difficulties with internet use among paramilitary staff.

3.2.2 Participation

The study comprised 500 paramilitary officers from different grades and divisions spread over several parts of the nation. Using a stratified random sample technique, participants were sought to guarantee representation from many demographic backgrounds and occupational occupations. The inclusion standards were:

Active service for at least one year in a paramilitary force

Between eighteen and fifty-five years old

Consistent internet access—at least three times a week

Table 1 Lists the study subjects demographic traits.

Table 1: Demographic Characteristics of Study Participants

Characteristic	Number (N=500)	Percentage (%)
Gender		

Male	425	85%
Female	75	15%
Age Group		
18-25	150	30%
26-35	200	40%
36-45	100	20%
46-55	50	10%
Rank		
Junior	300	60%
Middle	150	30%
Senior	50	10%
Years of Service		
1-5	200	40%
6-10	150	30%
11-15	100	20%
16+	50	10%
Marital Status		
Single	200	40%
Married	275	55%

Divorced/Separated	25	5%
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3.3 Data Collection

3.3.1 Quantitative Surveys

Every 500 participants answered a thorough online survey including the following validated tools:

Young, 1998's online Addiction Test (IAT) is a 20-item scale gauging online addiction's degree.

Psychological resilience is measured using the 25-item Connor-Davidson Resilience Scale (CD-RISC), Connor & Davidson, 2003.

Pierce et al., 1991's Quality of Relationships Inventory (QRI) (25 items) gauges interpersonal relationship quality.

Demographic questionnaire: gathering data on marital status, age, gender, rank, years of service.

3.3.2 Interviews Qualitatively

Selected based on their IAT scores, a subset of 50 participants—10% of the entire sample—was used for semi-structured interviews to reflect a spectrum of internet use patterns. The interviews investigated:

Reasons for using the internet

Views of internet use's effect on personal life and performance at work

Difficulties in controlling online consumption

Techniques of coping and supporting structures

3.4 Methodical Data Analysis

3.4.1 Statistical Examination

IBM SPSS Statistics 26 let one examine quantitative data. The following tests were conducted:

Descriptive statistics evaluating the frequency and degree of internet addiction

Examining links between internet addiction, psychological resilience, and interpersonal relationship quality using Pearson correlation analysis

Multiple regression analysis to pinpoint internet addiction predictors

ANOVA to contrast degrees of internet addiction among several demographic groups

3.4.2 Qualitative Research

Using theme analysis, transcribed qualitative material from the interviews was examined (Braun & Clarke, 2006). The examination comprised:

Learning the data by reading transcripts repeatedly

Writing first codes

Looking for ideas

Reviewing and honing themes

Defining and naming concepts

Writing the final report

3.5 Moral Aspects

The academic ethics committee approved the project. Every participant gave informed permission, and throughout the study procedure confidentiality was guaranteed. Participants received information regarding support systems and mental health resources.

4. RESULTS

4.1 Prevalence and Severity of Internet Addiction

The results of the online Addiction Test (IAT) showed that among the paramilitary members of the study, online addiction is rather common. Table 2 exhibits the IAT score distribution.

Table 2: Distribution of Internet Addiction Test (IAT) Scores

IAT Score Range	Interpretation	Number (N=500)	Percentage (%)
0-30	Normal Range	215	43%
31-49	Mild Addiction	125	25%
50-79	Moderate Addiction	135	27%
80-100	Severe Addiction	25	5%

The results showed that thirty-two percent of the individuals experienced mild to severe symptoms related to internet addiction. This proportion exceeds the recorded global prevalence rates in past studies conducted all over.

4.2 Contributing Factors to Internet Addiction Risk

Multiple regression study revealed some rather important factors of internet addiction among paramilitary troops. Table 3 contains an overview of the results.

Table 3: Multiple Regression Analysis of Predictors of Internet Addiction

Predictor Variable	Beta Coefficient	p-value
Age	-0.18	<0.001
Years of Service	-0.12	<0.01
Stress Level	0.32	<0.001
Social Support	-0.25	<0.001
Job Satisfaction	-0.20	<0.001
Loneliness	0.28	<0.001
Deployment Frequency	0.15	<0.01

$R^2 = 0.42$, Adjusted $R^2 = 0.41$, $F(7, 492) = 50.72$, $p < 0.001$

Higher stress levels, loneliness, and deployment frequency are positively linked with online addiction, according the study; age, years of service, social support, and job satisfaction are adversely linked with internet addiction.

4.3 Effect on Psychological Resistance

Internet addiction scores and psychological resilience scores showed a noteworthy negative link found by Pearson correlation analysis ($r = -0.38$, $p < 0.001$). This implies that weaker psychological resilience among paramilitary soldiers is linked to more degrees of internet addiction.

Further study of the Connor-Davidson Resilience Scale (CD-RISC) subscales revealed that declining scores in the following resilience components were most highly linked with internet addiction:

Emotional control with a $r = -0.42$, $p = 0.001$

Impulse control ($r = -0.39$, $p = 0.001$)

Positive welcome of change ($r = -0.36$, $p = 0.001$)

Personal mastery ($r = -0.33$, $p = 0.001$)

4.4 Effects for Social Interactions

Significant negative connections between internet addiction scores and several facets of interpersonal relationships were found by analysis of the Quality of Relationships Inventory (QRI):

Colleague support ($r = -0.31$, $p = 0.001$)

Depth of family member ties ($r = -0.35$, $p = 0.001$)

Skills in conflict resolution ($r = -0.29$, $p = 0.001$)

$R = -0.37$, $p = 0.001$: general relationship satisfaction

These findings imply that worse quality of interpersonal relationships both inside and outside of the professional environment is connected with higher degrees of internet addiction.

4.5 Qualitative Resulting Notes

Thematic study of the qualitative interviews highlighted several important topics about internet addiction in paramilitary forces:

Many individuals claimed using the internet as a technique of escaping mental issues and stress connected to their jobs.

Maintaining Long-Distance Relationships: Many times, internet use was recognized as a vital tool for keeping ties to friends and relatives intact during deployments or moves.

Participants in remote postings or on night shifts reported higher internet use because of restricted alternative activities, boredom and isolation.

Professional Development: Sometimes staff members used the internet heavily for online courses and skill development, which resulted in overuse.

Peer Influence: Colleagues' and superiors' online activity affected personal behavior, occasionally encouraging too much use.

Many of the participants were not aware of the possible bad effects of too much internet use on their relationships and mental health.

Major obstacles to getting treatment for internet addiction were found to include stigma around mental health disorders and fear of professional repercussions.



Fig 1 A scatter plot showing the relationship between internet addiction scores and both psychological resilience and relationship quality scores. The trend lines illustrate the negative correlations found in the study.

5. DISCUSSION

With 32% of the subjects displaying moderate to severe addiction symptoms, the results of this study expose a notable frequency of internet addiction among paramilitary members. This figure emphasizes the special difficulties paramilitary forces have in controlling internet use since it exceeds those recorded in general population research.

5.1 Elements Driving Internet Addiction

The research revealed several important elements causing internet addiction in paramilitary officials:

Coping and Stress: The high-stress nature of paramilitary employment seems to encourage members toward too much internet use as a coping mechanism. This is consistent with earlier studies on internet addiction in highly demanding fields (Quinones & Griffiths, 2017).

Social isolation and lowness: The regular deployments and transfers unique of paramilitary duty help to create emotions of loneliness and social isolation, which could cause one to rely more on the internet for social interaction.

Younger workers and those with less years of service showed more degrees of internet addiction, implying that experience and maturity could be important in forming better online use practices.

Job Contentment: Higher internet addiction ratings were linked to lower job satisfaction, suggesting that workplace elements can support problematic internet use.

More frequent deployments were associated with higher internet addiction scores, presumably because of more stress and disturbance of daily life.

5.2 Effect on Psychological resilience

The negative association between internet addiction and psychological resilience measurements implies that too much internet use could compromise the resilience of paramilitary troops. Given the value of psychological resilience in high-risk professions, this is especially alarming.

In areas of emotional regulation, impulsive control, and positive acceptance of change, the strongest connections were found. These results imply that internet addiction might interfere with the development and maintenance of important resilience elements, therefore limiting the capacity of individuals to handle the demands of their career.

5.3 Implications for Personal Relationships

Both inside and outside of the workplace, the study demonstrates notable negative correlations between internet addiction and many facets of interpersonal relationships. This matches earlier studies on how internet addiction affects social functioning (Kraut et al., 1998).

In the paramilitary environment, where operational performance depends on collaboration and cohesiveness, the decline of colleague support and dispute resolution abilities is especially alarming. Furthermore, aggravating stress and lowering general personnel well-being could be the detrimental effects on family relationships.

5.4 Methodological Observations

The qualitative results emphasize the complicated interaction of elements causing internet addiction among paramilitary forces, therefore giving important background for the quantitative results. Themes like stress release, preserving long-distance relationships, and fighting boredom and isolation highlight the supposed advantages of internet use in this population.

But treating internet addiction among paramilitary troops is further hampered by ignorance of its harmful repercussions and the obstacles to getting help. These results point to the need for focused education and destigmatization initiatives inside paramilitary groups.

5.5 Restraints and Future Studies

One should take some thought on the numerous restrictions of this study:

The cross-sectional design restricts causal inferences concerning the interactions among internet addiction, psychological resilience, and social contacts.

Given the participants' professional situation, the self-report character of the data could be prone to social desirability bias.

The study concentrated on the paramilitary forces of one nation, therefore perhaps restricting generalizability to other settings or cultures.

Future studies should investigate the long-term effects of internet addiction in paramilitary troops and take into account longitudinal designs to prove causal links. Studies contrasting several forms of paramilitary and military formations in diverse cultural settings might also help to give a more complete knowledge of the problem.

6. Conclusion and Recommendations

This study emphasizes the major difficulties internet addiction presents for paramilitary personnel, especially its unfavorable links with psychological resilience and interpersonal interactions. The results highlight the need of focused treatments and legislative changes to solve this problem and assist in the mental health and operational readiness of paramilitary members.

The following suggestions are made depending on the findings:

Programmes of awareness and education on good internet use and the possible effects of addiction should be carried out. These should be catered to the particular environment of paramilitary employment.

Create and apply consistent screening systems for internet addiction among staff members using paths for early intervention and assistance.

Improve current resilience training courses to incorporate particular techniques for controlling internet use and creating substitute coping mechanisms.

Review and update organizational policy concerning internet use, so balancing operational needs with personnel's well-being.

Support Services: Increase mental health and counseling services to handle internet addiction and related problems, so guaranteeing anonymity and lowering stigma on getting treatment.

Programmes to encourage improved work-life balance and healthful off-duty activities free from internet use should be carried out.

Create peer support systems to inspire good online behavior and offer a means of assistance for individuals battling addiction. With an eye on digital well-being rather than restriction, investigate the use of apps and software to track and control internet use. Ongoing study will help to track patterns in internet use and addiction among paramilitary members, therefore assessing the success of treatments and changing course as necessary. Through addressing the issues of internet addiction, paramilitary organizations can increase the psychological resilience and interpersonal relationships of their members, improving their general well-being and operational performance.

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