

Bibliography

Chapter 1

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Chapter 2

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Appendix

Pilot Study Interview Participants:

- Lalchhanhimi (63) Govt. Primary School Headmistress Rtd.
- H. Lalmalsawmi (46) Cashier, UD &PA Department, GOM
- H. lalmuanpuii (43) Breast Cancer Survivor
- Rebecca Lalhrilliani (41) Homemaker
- Elizabeth V.L.Hruaitluangi (42) Self Employed
- Vanlaldintluangi (55) Sub-Inspector, Excise & Narcotics Dept.
- Lalsangzuala Pachuau (56) Inspector (OC) Excise & Narcotics
- H.Lalmuankima (42) Constable, Excise & Narcotics Department
- Anonymous
- Anonymous

Participants of Main Interview

1. Mr. Lalhuapzauva, President, Mizoram Upa Pawl (MUP) (Mizoram Senior Citizens Association), Mizoram Finance & Accounts Service (MF&AS) Rtd, Former Adviser to Chief Minister of Mizoram.
2. a) Mr. R.Lalnggheta, President, Central Young Mizo Association (YMA).
b) Mr. R.C.Zomawia (Central YMA Executive Committee Member)
3. Mr. C.Lianmawia, Asst. General Secretary, Mizoram Civil Pensioners' Association (MCPA)
4. Mr. Lalthangzauva, Village Council Vice President, Zotlang, Champhai district.
5. Mr. F.Lalthanmawia, Senior Research Officer, Art & Culture Department, Govt. of Mizoram.
6. Mr. Samuel Lalsangzuala, Junior Cyber Forensic Consultant, Cyber Crime Police Station (CID Crime), Aizawl, Mizoram.
7. Mr. C. Lalhunkima, Vice President, Lunglei Bazar Veng Village Council

Besides these,

- Mr. Lalhmachhuana, Director General, Telecommunications Department, Govt. of Mizoram,
- Shri Lalthathanga, Senior Scientist, National Informatics Centre (NIC) Mizoram,
- Mr. Rony Lallianmawia, Informatics Officer, Department of Information & Communication Technology, Government of Mizoram,
- Mr. Lalthanhawla Varte, Sub Divisional Engineer at Telecommunication Department, Mizoram

• Managers and staffs of private Internet Service Providers in Aizawl were interviewed to write the internet history of Mizoram. Based on the narration of their stories to the researcher, a brief history of internet in Mizoram could be compiled (details in Chapter 1).

Focus Group Discussions Participants (Digital Natives):

1. Residents of Dingdi Hostel, Republic Hmar Veng, Aizawl.

- i. H.Lalchawimawii (21) UG Student
- ii. Susana K.C. Lalramdinpuii (22) Graduate student
- iii. Lalthafamkimi (18) Medical Entrance Coaching student
- iv. Florence R.Rohlupuii (19) Medical Entrance Coaching student
- v. C.Lalrinawma (17) Class 12 student

2. Students of Govt. Champhai College.

- i. Joel Vanlalfakmawia (20) 3rd Semester BCA
- ii. Joshua V.Zathang (19) 3rd Semester BCA
- iii. Malsawmkima Hauchhum (19) 3rd Semester BCA
- iv. Malsawmtluanga (20) 3rd Semester BCA
- v. Paulianmanga (20) 3rd Semester BCA
- vi. Alex Lalhmingthanga (19) 1st Semester B.Com
- vii. Lallawmsanga (21) 1st Semester B.Com
- viii. Remruatsaka (19) 1st Semester B.Com
- ix. Lalbiakliana (20) 1st Semester B.Com

3. Lunglei Central Area Youth, Lunglei District

- i. K.Lalramsangi (19) 1st Year B.A
- ii. V.Vanhmingmawia (19) 1st Semester B.A
- iii. L.H.Zosangliana (20) 1st Semester B.Sc
- iv. Steven Lalrinmuana (17) Class 12
- v. R. Lalnunsanga (20) 3rd Semester B.A

Focus Group Discussions Participants (Digital Immigrants):

4. Jawahar Navodaya Vidyalaya (JNV) Thenzawl Alumni, Champhai region.

- i. Rodinsangi (42) Govt. Tupui Middle School Teacher

- ii. Hmingthansangi (44) Businesswoman
- iii. Lalmuankima (44) Govt. Middle School Teacher
- iv. P.C.Lalrammawia (40) Private School Teacher
- v. Lalhriatpuia Varte (43) Businessman
- vi. Elizabeth V.L.Hruaitluangi (44) Homemaker

5. Students of Aizawl Theological College

- i. Evelyn Lalhruaizeli (34) 4th Year BD
- ii. F.Vanlalchawimawii (26) 1st Year M.Th (Counselling)
- iii. Lalrinpuia Ralte (30) 3rd Year BD
- iv. Reuben Lawmsangzuala (24) 3rd Year BD.

6. Adventist English School Teachers, Bazar Veng

- i. R.Lalmangaiha (37) Middle Section Mathematics Teacher
- ii. H.P.Lalnunkimi (32) High School Section Science Teacher
- iii. C.Lalchungnunga (55) High School Section Social Science Teacher
- iv. Joseph V.Lalrintluanga (32) High School Section Mathematics Teacher
- v. C. Remthangi (74) Kindergarten Teacher

FOCUS GROUP DISCUSSION PARTICIPANTS



Digital Immigrants of Lunglei District: Adventist English School Teachers



Digital Natives of Lunglei District: Lunglei Venglai Youth



Digital Immigrants of Aizawl District: Aizawl Theological College Students & Alumni



Digital Natives of Aizawl District: Dingdi Hostel Residents, Republic Veng



Digital Immigrants of Champhai District: Jawahar Navodaya Vidyalaya (JNV) Thenzawl Alumni, Champhai region



Digital Natives of Champhai District: Govt. Champhai College students

The questionnaire distributed is attached below:

DIURNAL INTERNET DEPENDENCY SCALE

Hello,

I am Vanlal Chhanchhuahi and am pursuing PhD at the Department of Mass Communication & Journalism at Tezpur University. I request you to kindly respond to this survey as it is an important part of the fulfilment of my thesis. As the form is a little long, I will be very grateful if you could fill all the requirements till the end. Thank you so much for giving me your valuable time.

Chibai,

Vanlal Chhanchhuahi ka ni a. Mass Communication & Journalism Department, Tezpur University-a PhD zirlai ka ni. Heng ka zawhna siam te hi ka zirlai atan a pawimawh em avangin khawngaihin min lo chhansak turin ka ngen a che. A thui deuh hlek avangin a tawp thlengin chhan tur awm ang ang te dawhthei taka min chhan zawhsak theih chuan ka lawm hle ang. I hun hlu tak min pek avangin ka lawm e.

Name (Chhangtu Hming) :
Age (kum) :
Phone no. :
Email (optional) :
Address :

Based on the scale given below, with 1 as minimum and 5 as maximum, kindly evaluate your dependence on the internet.

A hnuaia scale ang hian number 1 a hniam ber leh 5 a sang ber anga ngaiin internet i hman dan han inchhut/teh chhin teh le.

1 – Never
2 – Rarely
3 – Occasionally
4 – Frequently
5 – Always

1 – Ngai lo
2 – Khat khawp mai
3 – A chang changin
4 – Zing ve thawkhat
5 – Englai pawhin

If your score is :-

- below 50 – you are not an internet dependant
- between 50 – 100 you are moderately dependant
- above 100 – you are highly dependent on the internet

I score chu:-

- 50 aia a hniam chuan – internet i hmang nasa lem lo
- 50 - 100 anih chuan – internet i hmang nasa viau
- 100 aia a san chuan – internet telloin i awm thei lo

***Kindly start giving your response from the next page.**

**Phek lehlam atangin i chhang tan dawn nia.*

Practice	-				+
1. I start using the internet right from the moment I wake up in the morning. <i>Zing thawh veleh internet ka khawih tan thin.</i>	1	2	3	4	5
2. The last thing I do before I sleep at night requires internet connection. <i>Zan mut hmaa ka thil tih hnuhnun ber thinin internet connection a mamawh.</i>	1	2	3	4	5
3. My screen time can take upto more than 10 hours in one day. <i>Ni khatah darkar 10 aia rei te ka phone screen a eng thin.</i>	1	2	3	4	5
4. I keep checking my phone almost every minute. <i>Minute tin deuhthaw phone ka khawih(check) deuh reng.</i>	1	2	3	4	5
5. I tend to switch focus during work/studies when there is internet access. <i>Lehkha zir/hna thawh laiin internet a awm chuan thildangah rilru pek a awl.</i>	1	2	3	4	5
Enhancement					
6. I get enlivened when I go online. <i>Ka online hian ka hlimin min tiphur thin.</i>	1	2	3	4	5
7. Internet boosts my self-esteem. <i>Internet awm hian keimah inhmuh/inhriat dan tha zawk min neih tir.</i>	1	2	3	4	5
8. Internet makes my life more comfortable. <i>Internet hian nun nuam zawk min siam sak.</i>	1	2	3	4	5
9. I cannot study/work without internet. <i>Internet tello chuan lehkha zir/hna thawh ka thei lo.</i>	1	2	3	4	5
10. Digital devices increase my productivity in study/work. <i>Internet hman theihna (computer, mobile leh adang te hian hnathawh a tisawt.</i>	1	2	3	4	5
Familiarity					
11. I am trying to get acquainted with the internet as a part of my life. <i>Internet hi ka nun phunga bet anga neih chhoh ve ka tum.</i>	1	2	3	4	5
12. I try to adopt the kind of lifestyles/practices I see on the internet. <i>Internet a mi awmdan/nundan te ka entawnin ka la chhawng (copy) thin.</i>	1	2	3	4	5
13. I believe internet to be a trustworthy source of information <i>Internet atanga ka thil hmuh leh dawn te rintlakah thawkhatah ka ngai.</i>	1	2	3	4	5
14. (a)I was born before the internet exists so I find it difficult to cope up with it.	1	2	3	4	5

<i>Internet awm hmaa piang ka nih avangin duh ang thâlin ka hmang thiam zân lo.</i>	1	2	3	4	5
Or (emaw – pakhat chauh chhan tur)					
(b)I was born after the internet exists yet I’m not very familiar with it.					
<i>Internet awm hnua piang mah ni ila ka hmang thiam em em hran lo.</i>					
15. (a) I was born before the internet, yet I have no problem living with it.					
<i>Internet awm hmaa piang ni mah ila, harsatna awm loin ka hmang thiam ve zel.</i>	1	2	3	4	5
Or (emaw – pakhat chauh chhan tur)					
(b) I was born after the internet, so it is an important part of my life.	1	2	3	4	5
<i>Internet awm hnua piang ka nih avangin ka nunah hmun pawimawh tak a chang.</i>					

Socialization

16. Use of the internet shapes the way I see people around me.	1	2	3	4	5
<i>Internet hman nasat hian ka bula mi te ka hmuh/thlir danah nghawng a nei.</i>					
17. Use of the internet influences the way I behave with my friends and family.	1	2	3	4	5
<i>Internet hman hian ka chhungte leh thianta bula ka nungchang a ti danglam.</i>					
18. I believe the internet brings changes to the culture I live in.	1	2	3	4	5
<i>Internet hian kan hnamzia leh nundan te a thlak danglamin ka hria.</i>					
19. I communicate differently in online and offline mode.	1	2	3	4	5
<i>Online leh offline-a mi ka biak dan a inang lo.</i>					
20. I prefer online friendship to offline one.	1	2	3	4	5
<i>Offline aiin online-a thian kawm nuam ka ti zawk..</i>					

Constraints

21. Excessive use of the internet deters my important works.	1	2	3	4	5
<i>Internet khawih nasat avangin hna tul ka thulh phah fo mai.</i>					
22. Absence of the internet makes me restless.	1	2	3	4	5
<i>Internet a awm loh chuan ka awm hle hle thei thin lo.</i>					
23. Exposure to internet degrades my self-esteem.	1	2	3	4	5
<i>Internet khawih nasat hian mahni indukhawp lohna (tha intih tawk lohna) ka nei thin.</i>					
24. I believe internet is controlling my life more than me controlling it.	1	2	3	4	5
<i>Internet hian ka hriathiam bakin ka nun a control in ka hria.</i>					
25. People around me often tell me that I use the internet too much.	1	2	3	4	5
<i>Ka bul vela miten internet ka khawih nasat thu min hrilh fo.</i>					

Dependency

26. Digital devices have become an integral part (extension) of me.	1	2	3	4	5
<i>Digital device (mobile phone, computer leh thil dang dang te)hi keima peng</i>					

pakhat a ni chho ta reng mai.

27. I tend to use the internet more provided that I get the required information that caters to my need. 1 2 3 4 5

Internet atanga ka mamawh leh duhzawng ka hmuh nasat poh leh ka hmang nasa zual.

28. I depend on digital devices for every simple task in everyday life. 1 2 3 4 5

Nitin hun hmanah thil ho te te pawh ni se khawl thil (phone etc) ah ka inngat thui ta viau mai.

29. I believe technology is controlling the human society. 1 2 3 4 5

Khawl thil lama thiamna/hmasawwna hi mihring te nunphung thununtu/kaihruaitu a ni.

30. Technology depends on human as it is the result of human activity. 1 2 3 4 5

Khawl thil lama thiamna/hmasawwna hi mihring te hnathawh avanga awm chauh a ni.

Please add your total score

I score zat belh khawm

Device (Choose one)

Internet ka hman thlinna ber (Pakhat thlang rawh le):

Mobile phone	A
Computer	B
Laptop	C
Tablet/iPad	D
All of the above (a vaiin)	E

Factors (Choose one/Pakhat thlang rawh)

Internet min hmantir tu ber chu

Friends/peers. <i>Thiante/rualpuite.</i>	A
Easy access/affordability. <i>A remchan vangin.</i>	B
To escape from problems. <i>Harsatna tlanbosan nan.</i>	C
Work/Education. <i>Hna/zirlai vang</i>	D
Entertainment. <i>Intihhlim/inawmtlei nan.</i>	E

How the internet changes the way I think

Internet-in ka ngaihdan a thlak danglam dan chu

The problems I face due to engagement with the internet

Internet hman vanga harsatna ka tawh tlangpui te

Changes that the internet brought in my culture

Internet-in kan culture a thlak danglam dan nia ka hriat chu

Do you know anyone who is facing problem due excessive use of internet?

Internet hman nasat lutuk avanga harsatna tawh thian/hmelhriat sawi tur i hria em?

Yes (Aw)

No (Aih)

If yes, can you give us your contact detail(s) or theirs for further information?

Hriat i neih chuan kan zirchian chhunzawm theih nan nangmah emaw amah/anmahni emaw biak pawh theihna min hrilh thei angem?

Would you like to join a discussion regarding the topic (internet) covered?

Heng kan tarlan ho (internet) chungchang sawihonaah i lo tel ve thei angem?

Yes (Aw)

No (Aih)