

Internet Addiction and Life Satisfaction Among Indian College Students

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Abstract

People who suffer from internet addiction show a variety of behavioral characteristics, such as nervousness, trepidation, worry and concern which have a detrimental impact on their personality features and self-esteem. In addition, studies have shown social anxiety to have an inverse relationship with self-esteem. The aim of this study is to understand the relation and impact of Internet Addiction and Life Satisfaction in college students with respect to their education field, the qualitative study was conducted in 2022 among the people of age group ranging from 18-26 years. who are college students. Both male and female have participated in this research. Two questionnaires were combined and provided to the participants to fill. The Internet Addiction Test (IAT) by Kimberly Young. Second one – Satisfaction with Life Scale (SWLS) . Females are more addicted to the internet as compared to males. There is a negative correlation between the internet addiction and life satisfaction. Based on the results, it is found that females are more addicted to the internet as compared to males. There is a negative correlation between the internet addiction

Keywords: Internet Addiction, Depression, Life Satisfaction, College Students

Introduction

Internet has become a huge part of our day-to-day life. It's a necessity nowadays needed and used for survival just like food to eat and air to breathe.

There is no one definition for internet addiction; however, it is generally said that people who are addicted to the Internet have trouble filling personal and professional obligations because of their online activities, and their use of the Internet causes strain on relationships with family and friends. People who are addicted to the Internet often experience negative emotions or withdrawal symptoms when their Internet access is restricted.

Internet Addiction may also be called computer addiction, compulsive Internet use, Problematic Internet Use (PIU), Internet dependence, or pathological Internet use. [5] Researchers estimate that 6% of people are addicted to the Internet

There are five types of internet addiction.

The phrase "internet addiction" is a general one that refers to a variety of online, computer, and mobile technology-related habits and impulse control issues. While no formal criteria for diagnosing internet addiction have indeed been established, researchers have identified 5 types of specific types of computer and internet addictions.

Addiction to cybersex

Among the most self-explanatory addictions is online sex addiction. Online obscenity, adult websites, sexual fantasy/adult chat rooms, and XXX webcam services are all part of it. Obsession with any of these services might jeopardise one's capacity to create genuine sexual, romantic, or personal connections. Rehabilitation for cybersex addiction is accessible, often in the form of an intervention followed by continuous inpatient or outpatient therapy.

After being consumed by an online social life and persona, a person may be left with limited social skills and unrealistic expectations concerning in-person interactions. Many times this leads to an inability to make real-world connections, in turn making the individual more dependent on their cyber relationships. Counseling or therapy is typically required to treat this addiction and ensure lasting behavioral changes.

Compulsions

Net impulses are dangerous interactive online behaviours such as online gambling, stock trading, online auctions (such as eBay), and obsessive online shopping. Those practises could have a negative influence on one's economic independence and interfere with job-related responsibilities. Reckless spending or loss of money can also generate stress in one's connections. Given rapid and easy access to internet gambling and businesses, people who are already predisposed to a betting or expenditure obsession can easily become addicted available on the internet.

Cyber (Online) Relationship Addiction

Cyber or online relationship addicts are deeply involved with finding and maintaining relationships online, often forgetting and neglecting real-life family and friends. Typically, online relationships are formed in chat rooms or different social networking sites but can occur anywhere one can interact with people online. Often people who pursue online relationships do so while concealing their real identity and appearance; this modern phenomenon led to the creation of the term “catfish.”

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Compulsive Information Seeking

The internet provides users with a wealth of data and knowledge. For some, the opportunity to find information so easily has turned into an uncontrollable urge to gather and organize data. In some cases, information-seeking is a manifestation of pre-existing, obsessive-compulsive tendencies. Compulsive information-seeking can also reduce work productivity and potentially lead to job termination. Depending on the severity of the addiction, treatment options can range from different therapy modalities — which target changing compulsive behaviour and developing coping strategies — to medication.

Computer Or Gaming Addiction

Computer addiction, sometimes referred to as computer gaming addiction, involves online and offline activities that can be done with a computer. As computers became more widely available, games such as Solitaire, Tetris, and Minesweeper were programmed into their software. Researchers quickly found that obsessive computer game playing was becoming a problem in certain settings. Office employees would

spend excessive amounts of time playing these games, causing a notable decrease in productivity. Not only are these classic games still available today but so are thousands of new ones, and the condition of computer gaming addiction is as prevalent and harmful as ever.

In 1998, Dr. Kimberly Young developed “The Internet Addiction Test.” It includes a 20-item questionnaire that is administered to the client by a proctor. These items include questions like:

- How often do you find that you stay online longer than you intended?
- How often do others in your life complain to you about the amount of time you spend online?
- How often do you find yourself anticipating when you will go online again?

Clients can answer with one of these 6 responses: Not Applicable, Rarely, Occasionally, Frequently, Often, and Always. Each answer has a numerical value assigned to it. At the end of the test all the answer’s values are added together, and a score is calculated and used to determine the presence or severity of an internet addiction.

Other internet addiction tests have also gained popularity. In 2005, Dr. Keith W. Beard published an article in which he proposed 8 characteristics that describe having an internet use disorder. If 5 or more of the traits describe the subject, they would be diagnosed with an internet addiction. The characteristics are:

- Is preoccupied with the internet (thinks about previous online activity or anticipates next online session).
- Needs to use the internet with increasing amounts of time in order to achieve satisfaction.
- Has made unsuccessful efforts to control, cut back, or stop internet use.
- Has stayed online longer than originally intended.
- Is restless, moody, depressed, or irritable when attempting to cut down or stop internet use.
- Has jeopardized or risked the loss of a significant relationship, job, or educational or career opportunity because of the internet.
- Has lied to family members, therapists, or others to conceal the extent of involvement with the internet.
- Uses the internet as a way of escaping from problems or of relieving a dysphoric mood (e.g. feelings of helplessness, guilt, anxiety, depression).

The disorder occurs worldwide, but mainly in countries where computer access and technology are widespread. Clinical samples and a majority of relevant surveys report a male preponderance. Onset is reported to occur in the late 20s or early 30s age group, and there is often a lag of a decade or more from initial to problematic computer usage. Internet addiction has been associated with dimensionally measured depression and indicators of social isolation. Psychiatric co-morbidity is common, particularly mood, anxiety, impulse control and substance use disorders. Aetiology is unknown, but probably involves psychological, neurobiological and cultural factors. There are no evidence-based treatments for internet addiction. Cognitive behavioural approaches may be helpful. There is no proven role for psychotropic medication. Marital and family therapy may help in selected cases, and online self-help books and tapes are available. Lastly, a self-imposed ban on computer use and Internet access may be necessary in some cases.

Literature Review

Yonca (2013) along with other authors, did a cross-sectional study on internet addiction that could be there among college students and the associated factors. While there was no substantial difference in

creating new acquaintances online between boys and girls with PIA, meeting these online friends in person was much greater among guys. It might be asserted that while females' proclivity for using the Internet leads to their making new acquaintances online, they are unable to meet those people in person due to cultural constraints on speaking with the people they want to. Compulsive Internet use has been recognized as the primary symptom and element identifying such use as addiction.

Jens F. Binder (2013) along with other authors a study was conducted on Internet addiction in students: Prevalence and risk factors. In this study, the risk for Internet addiction was assessed on the basis of the interactions between personality traits and the use of specific Internet applications with an assessment tool that allowed for a determination of clinically relevant Internet addiction. To the authors' knowledge no previous studies have done this. Based on the clinical self-report tool utilized, it was found that a total of 3.2% of the students in the present sample were classified as being addicted to the Internet. The last decade has witnessed a large increase in research on the newly emerging mental health problem of Internet addiction. Rather than looking at Internet addiction *per se*, this study focused on particular activities on the Internet that might be potentially addictive and linked them to personality traits that might predispose individuals to Internet addiction. The aims of this study were (i) to assess the prevalence of clinically significant levels of Internet addiction, and to (ii) discern the interplay between personality traits and specific Internet uses in increasing the risk for Internet addiction. This cross-sectional online survey used data from 2257 students of an English university. Results indicated that 3.2% of the students were classified as being addicted to the Internet. The included personality traits and uses of online activities explained 21.5% of the variance in Internet addiction. A combination of online shopping and neuroticism decreased the risk for Internet addiction, whereas a combination of online gaming and openness to experience increased it. In addition to this, frequent usage of online shopping and social online activities, high neuroticism and low agreeableness significantly increased the chances of being addicted to the Internet. Findings and their implications are discussed. Results indicated that 3.2% of the students in the present sample were classified as being addicted to the Internet.

I.sahin (2013) along with other authors conducted research on Turkish students, it was a cross-sectional study, to assess the relation of loneliness, life satisfaction, and self-esteem in context of internet addiction. The sample size was 1000. And there was a 38% of variance. And it explained that the subjects had problems with health, management of time, and interpersonal problems.

Hatice O. (2013) along other authors studied the relationship between problematic internet use and interpersonal cognitive distortions and life satisfaction in university students, The aim of the study was to analyse the relationship between problematic internet use by college students and interpersonal cognitive distortions and life satisfaction. Findings revealed that males exhibit more problematic internet use than females, which subjects with a pessimistic perception of events have a higher level of problematic internet use than those with an optimistic perception and that subjects who always feel lonely exhibit greater problematic internet use than those who never or only sometimes experience feelings of loneliness. Interpersonal cognitive distortions, life satisfaction and gender were significant predictors of problematic internet use. Problematic internet use exhibits significant variations according to gender, perception of events and feelings of loneliness.

Karim (2014) along with other authors did an inspection on life engagement, life satisfaction impacted by internet addiction. The scores of IA and its dimensions scores across different types of social networking sites also show that persons who often use various social media have considerably higher IA scores. Relationships between many characteristics of Internet usage and important variables show substantial

and positive correlations between Internet use and IA, disregard of duties, and virtual fancies. The findings' implications for theory, research, and practise are examined.

B. baki (2016) conducted a study to analyse the relation of internet addiction and its positive and negative effects and levels of life satisfaction in adolescents of turkey. The result showed a significant negative relationship between the variables. The findings indicated that enhancing teenagers' school happiness and fostering their capacity for emotion regulation may be helpful in reducing Internet addiction.

Brooks (2017) along with other authors where they did a evaluation on internet and social media addiction and life manifestation. The findings indicate that both general Internet addiction and the particular addiction to social media are significantly impacted by life satisfaction. For those who are hooked, underlying problems in their life may be diminishing their level of happiness and fuelling their ongoing or escalating addictions to Internet technology.

Cengiz (2017) along with other authors in which they studied the association between social media addiction and life satisfaction among university students, as well as the influence of social media addiction on life satisfaction prediction. The result showed the correlation between the variables.

M.stavrou (2017) along with other authors conducted research on inspecting levels of internet addiction, commuting and the levels of life satisfaction. The results were that a link was found between increased stress perception (a negative attitude toward commuting) and Internet addiction. This finding suggests that some commuters use the Internet more to compensate for their perceived stress.

P.koc (2017) did a study on levels internet addiction and well-being in college students. According to the findings of the study, happy moods and life satisfaction predict online addiction negatively, whereas negative feelings predict internet addiction positively. The findings were examined, and some recommendations were offered.

Valeria L. (2018) a study was conducted along other authors, on student internet addiction, a study and its preventions. The purpose of the study was to analyse the negative social, psychological, and pedagogical implications of the Internet on young people. The authors analysed the internet addiction problem among students (14-19 years) from the standpoint of the social health of the individuals and society as a whole. In a pilot study, which involved more than 600 adolescent participants aged 14-19 years (secondary school, college and university students), the authors have defined internet addiction as a complex phenomenon. The prerequisites of its development identify and highlights its formation in stages among students (mild fascination, passion, addiction, attachment). At the ascertaining stage of the experiment, a screening study was carried out to examine the state of internet addiction in young students in social networks. The results showed the necessity to design and implement internet addiction prevention programs for young students, which include three main blocks (motivational and cognitive, practice-oriented, reflexive), and a systematic plan for its implementation in the educational space framework. The stages of the experiment provided evidence of the authors' proposed effectiveness of methodologies for young people aged 14-19 years. This article may be useful to pedagogues, psychologists, and parents of students, social workers, and researchers working in the field of addiction prevention among young people.

M.keshvari (2018) along with other authors did a study on the impact of internet addiction on self-esteem and life satisfaction. The type of study was cross- sectional. The prevalence was more in males. There was a signification adverse relationship between the variable.

Seidman (2019) along with other authors did a study on self-esteem, FB addiction, and internet and their relation. The study was conducted in the USA and Italy. The result of the various social medias was not

same everywhere. In Italy it showed high life satisfaction and, in the USA, it showed low levels of life satisfaction. And both the places resulted low self-esteem.

Methodology

The Impact of Internet Addiction on Life Satisfaction in Indian College Students with respect to their education field

Objectives

1. To analyse the Impact of Internet Addiction on Life Satisfaction in Indian College Students with respect to their education field.
2. To explore the life satisfaction levels among science students
3. To see if humanities students are addicted to the internet are compared to the other fields.
4. To evaluate if the commerce and humanities students will have higher life satisfaction levels.
5. To inspect if the males are more addicted to the internet as compared to females.

Hypothesis

H1- there will be an impact of internet addiction on life satisfaction

H2- science students will have low life satisfaction

H3- humanities students are likely to be more addicted to the internet

H4- males would more addicted to the internet as compared to females

Sample and its selection

The data collection is done through sampling method.

Sample

The sample is collected among college students from Delhi. the data has 120 samples, which consists of male and female, from various fields of education broadly from humanities, commerce and science which are between the age range of 18-28 years. The data is collected irrespective of their caste, religion or race. The confidentiality was assured. The participation of the subjects was voluntary and were duly informed about the objective of the research.

Variables

The dependent variable: In this research the two main dependent variables are the internet addiction (ia) and the life satisfaction(ls).

The independent variable_: in this research_ the independent variable is the field of education.

Description of tools employed

The two tools used in the research are IAT by young and SWLS.

Internet addiction test (IAT) by Young, is the most used and popular scale used to evaluate the internet addiction levels. It has 20 items. The questionnaire is based on a 5-point likert scale. In which the subject is required to chose the responses (0, 1, 2, 3, 4 and 5) for instance, 0 for “not applicable”, 1 for “rarely”, 2 for “occasionally”, 3 for “ frequently”, 4 for “often” and 5 for “always”, whatever suits the best to the subject on the basis of past one month. The subject has to read all the questions properly before choosing

an answer. The scoring of the test is done by summing the score of all the 20 items. The level of internet addiction is determined by the level of score obtained in the test. The sum of score that comes under the range of “0-30” is considered as normal levels of internet usage, “31-49” comes under mild levels of internet addiction, “50-79” reflects moderate levels of internet addiction and “80-100” indicates extreme levels of internet addiction. According to the studies it is confirmed that IAT is a reliable measure which has the key characteristics of pathological internet use. The test has given good reliability among different groups as well.

Satisfaction with life scale (SWLS) by griffin and others is short 5 item scale, which is used by many people around the world. The test measures one’s own awareness about his/her own satisfaction levels with his/her own life. It is based on a likert scale which has 7 options which is as follows, strongly agree is scored 7, agree is scored 6, slightly agree is scored 5, night agree or disagree is scored 4, slightly agree is scored 3, disagree is scored 2 and strongly disagree is scored 1. The levels are scored by adding the score of all the 5 statements. Higher the score, higher the levels of life satisfaction.

Statistical Tool

- Correlation
- T score
- ANOVA

The data is evaluated by using the software IBM SPSS Statistics. In this research correlation method is used to find the relation between the two variables that are, internet addiction and life satisfaction.

Procedure

The questionnaires were converted into a soft copy. Google forms were created online. Which included, firstly, the topic of the research, description of the topic, aim and objective of the research, secondly it included the consent form, then the demographic details, thirdly the two questionnaires. The data of the research was collected through the medium of Internet. Link of the questionnaire was sent to the potential subject (college students). The confidentiality was assured. The subjects were instructed clearly about the test and the adequate and required information. The participation of the subjects in the research was voluntary.

Analysis of Results

The aim of this study is to assess the impact of Internet Addiction on life satisfaction among college students. As well as with the respect to the other variables such as the field of education.

Table 1: Descriptive statistics

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
ia	120	2	100	54.33	24.678
ls	120	2.00	35.00	18.8000	8.06028
Valid N (listwise)	120				

Table 2:

Correlations			
		ia	ls
ia	Pearson Correlation	1	-.418**
	Sig. (2-tailed)		.000
	N	121	121
ls	Pearson Correlation	-.418**	1
	Sig. (2-tailed)	.000	
	N	121	121

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

The correlation value obtained on the relationship between Internet Addiction and Life Satisfaction is -0.418 significant at a 0.01 level. This means that there is a negative correlation between the internet addiction and life satisfaction, which means when the levels of internet addiction increases, the levels life satisfaction decreases.

Table 3: T score independent Sampling

Group Statistics						
	gender	N	Mean	Std. Deviation	Std. Error Mean	
ia	0	62	45.06	19.738	2.507	
	1	59	63.15	26.828	3.493	
ls	0	62	19.8871	7.06899	.89776	
	1	59	17.3390	9.13238	1.18893	

For comparison in Life Satisfaction and Internet Addiction in Male and Female, T score in independent sampling is done. In which firstly, the mean score in female in Internet addiction is more than the males. This is M in female, 63.15.

Which basically indicates that the internet addiction levels are higher in females as compared to males.

Table 4: ANOVA

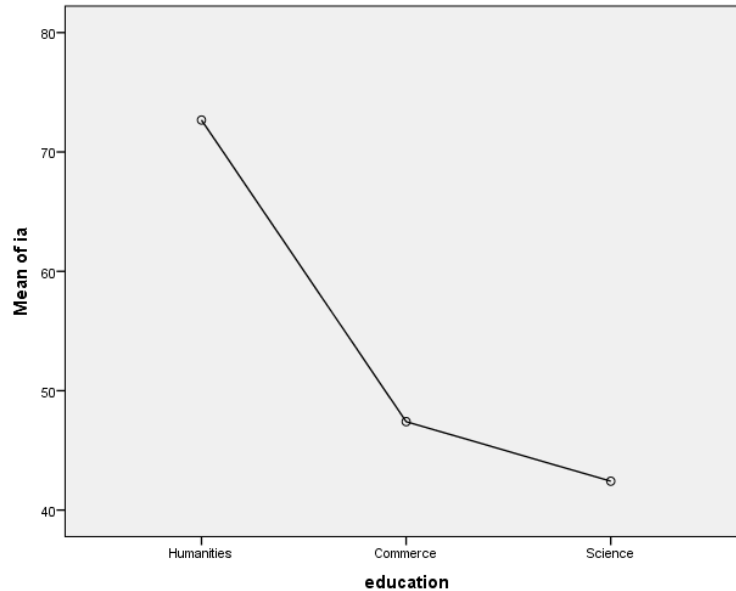
Descriptives										
	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum		
					Lower Bound	Upper Bound				
ia	Humanities	40	72.68	27.254	4.309	63.96	81.39	12	100	
	Commerce	44	47.41	16.778	2.529	42.31	52.51	7	100	
	Science	36	42.42	17.502	2.917	36.49	48.34	2	80	
	Total	120	54.33	24.678	2.253	49.87	58.79	2	100	
ls	Humanities	40	13.8000	9.05595	1.43187	10.9038	16.6962	2.00	33.00	

Commerce	44	22.5000	6.32639	.95374	20.5766	24.4234	8.00	35.00
Science	36	19.8333	5.78421	.96404	17.8762	21.7904	9.00	31.00
Total	120	18.8000	8.06028	.73580	17.3430	20.2570	2.00	35.00

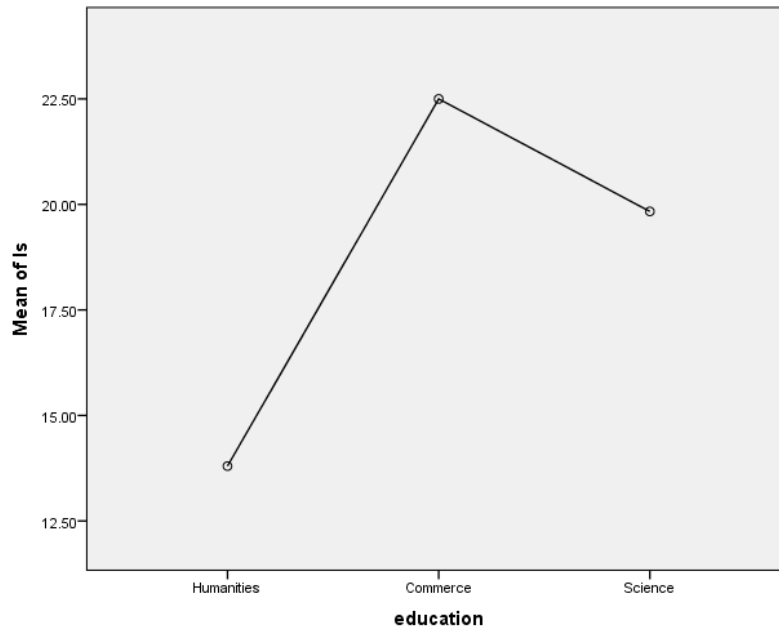
In table 4. The Anova method was implied to the find and compare the levels of internet addiction and life satisfaction with respect to the field of education.

ANOVA						
		Sum of Squares	df	Mean Square	F	Sig.
ia	Between Groups	20678.505	2	10339.253	23.356	.000
	Within Groups	51794.161	117	442.685		
	Total	72472.667	119			
ls	Between Groups	1640.800	2	820.400	15.760	.000
	Within Groups	6090.400	117	52.055		
	Total	7731.200	119			

Graph 1: Means Plots



According to graph 1, it indicates that the levels of internet addiction is highest in the people with humanities field as compared to the people with commerce and science field.

Graph 2 : Means plot

According to Graph 2, the levels of life satisfaction is lowest in the people with humanities and highest among the people with commerce.

Discussion

The aim of this study is to assess the impact of Internet Addiction on life satisfaction. The sample of this research is 100. Both Male and female are the subjects from various fields of education, broadly humanities, science and commerce. This study consists of two independent variables that are, internet addiction and the field of education and the dependent variable is the life satisfaction.

The main objective of conducting this study is to examine if there is a correlation between the levels of internet addiction and life satisfaction. And the levels of internet addiction and life satisfaction with respect to the field of education. Along with comparing and assessing internet addiction and life satisfaction levels in male and female.

Two tools were used to measure the levels of internet addiction and life satisfaction. The tool used to measure internet addiction was Internet Addiction Test (IAT) by Dr. kimby. The tool adopted to measure life satisfaction is Satisfaction with life scale (SWLS) by Griffin. The scoring was done through the use of manuals and the results inferred were mean, standard deviation, correlation, t score and Anova. The analysis of the data was done through using SPSS IBM Statistics.

The results obtained in the study are summarised as follows,

To examine the first objective spearman correlation was applied to data of life satisfaction and internet addiction and the relationship and the impact was analysed among them.

The first hypothesis of this study was there will be an impact of internet addiction on life satisfaction. It was seen from the pearson correlation table, that the value of the correlation between internet addiction and life satisfaction was -0.418 significant at a 0.01 level. This means that there is a negative correlation between the internet addiction and life satisfaction, which means when the levels of internet addiction increases, the levels life satisfaction decreases. Hence it is found that there exists a significant correlation between internet addiction and life satisfaction. Thus, H1 stands accepted.

The second hypothesis was that the science students will have low life satisfaction, it was ascertained from the Anova method, according to the mean graph 2, it shows that the life satisfaction among science students is fairly high, in contrast the humanities students have the lowest levels of life satisfaction. Hence the science students don't have low life satisfaction levels. Thus, H2 is denied.

The third hypothesis was that the humanities students are likely to be more addicted to the internet, it was ascertained from the Anova method, according to graph 1, it indicates that the levels of internet addiction is highest in the people with humanities field as compared to the people with commerce and science field. Where the mean score is 72.68. Hence it is found that humanities students are more addicted to the internet, and have higher levels of internet usage.

The fourth hypothesis was that the males would more addicted to the internet as compared to females, it was ascertained from t scoring of independent variables, in which firstly, the mean score in female in Internet addiction is more than the males. The mean score in female, 63.15. Which basically indicates that the internet addiction levels are higher in females as compared to males. Hence it is found that females are more addicted to the internet as compared to males. Thus, H5 is denied.

Summary and Conclusion

The aim of this study is to assess the impact of Internet Addiction on life satisfaction. The sample of this research is 100. Both Male and female are the subjects from various fields of education, broadly humanities, science and commerce. This study consists of two independent variables that are, internet addiction and the field of education and the dependent variable is the life satisfaction.

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According to the Pearson's correlation method, there is a negative correlation between the internet addiction and life satisfaction among college students, which means when the levels of internet addiction increases, the levels life satisfaction decreases. And the life satisfaction among science students is fairly high, in contrast the humanities students have the lowest levels of life satisfaction. According to the Anova method, the humanities students are more addicted to the internet, and have higher levels of internet usage. According to the T scoring in independent variables, it is found that females are more addicted to the internet as compared to males.

Limitations and Suggestions

The following can be considered as limitations during this research.

To begin with, the questionnaire was made using Google Forms and circulated over the internet to concerned individuals fitting within the sample range to fill, which might leave a space for inauthentic responses from individuals, if any.

Moreover, since the tools were used in English, it limits the people that could be included in the study.

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