



A study on internet addiction in relation to loneliness among youth

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Abstract

The present study was conducted to examine the relationship between Internet Addiction and Loneliness among individuals. The study aimed to determine whether excessive Internet use is associated with increased feelings of loneliness. A sample of 100 participants was selected through the Random Stratified Sampling Method. Data were collected using a self-made questionnaire for measuring loneliness and the Internet Addiction Test (IAT) developed by Young (1998) for assessing Internet addiction. The collected data were analyzed using the Karl Pearson Product-Moment Correlation Coefficient. The findings revealed a positive correlation between Internet Addiction and Loneliness, indicating that participants with higher levels of Internet Addiction tended to experience higher levels of loneliness. The study highlights the importance of balanced Internet use and meaningful social interaction for promoting psychological and social well-being.

Keywords: Internet addiction, loneliness

Introduction

The rapid advancement of technology and the increasing complexity of contemporary social, economic, and environmental challenges have created a strong need for systematic research in every field. Research helps in understanding existing problems, identifying their causes, and developing practical and evidence-based solutions. It also contributes to the expansion of knowledge and supports informed decision-making among individuals, institutions, and policymakers. The present study focuses on an important issue that requires detailed investigation through a structured and scientific approach. By examining the selected topic, this research aims to understand its current status, major influencing factors, and possible outcomes. The study is based on the assumption that a clear understanding of the problem can help in developing effective strategies and improving existing practices.

Justification of the Study

The justification for conducting this research lies in the importance and relevance of the selected topic in the present context. Although several studies may have been conducted in this area, gaps may still exist in terms of updated information, specific populations, geographical settings, or practical applications. Therefore, the present study is necessary to generate reliable and context-specific findings. The results of this research may be useful for researchers, students, professionals, organizations, and policymakers in understanding the issue more effectively. Furthermore, the study may help identify existing challenges, evaluate current practices, and suggest suitable measures for improvement. Thus, this research is justified because it has academic significance as well as potential practical value for addressing the identified problem and contributing to future research.

Objectives

- To examine the prevalence of internet addiction among youth.
- To analyse the impact of IA on loneliness

Hypothese

- IA is positively correlated with loneliness among youth.

Delimitation of the Study

- The study was delimited to 100 respondents selected through stratified random sampling and focused on the relationship between Internet Addiction and Loneliness.
- Data were collected using a self-made loneliness questionnaire and Young's (1998) Internet Addiction Test. The findings were based on participants' responses

Data analysis and interpretation

1. To examine the Prevalence of Internet Addiction among Youth

In order to understand the extent and pattern of internet usage among the selected youth population, the prevalence of internet addiction was assessed using a standardized measurement scale. The analysis in this section provides a comprehensive overview of how frequently and intensely young individuals engage with the internet. The findings derived from the data offer insight into the distribution of normal, mild, moderate, and severe levels of addiction. This descriptive analysis forms the foundation for further interpretation and helps in identifying emerging trends related to problematic internet use among youth

Table 1: Prevalence of Internet Addiction among the Youth Sample

Level of Internet Addiction	Score Range	Number of Youth	Percentage (%)
Normal Use	0-30	05	5%
Mild Addiction	31-49	35	35%
Moderate Addiction	50-79	51	51%
Severe Addiction	80-100	09	9%
Total		100	100%

The table shows the level of Internet Addiction among 100 youth. Only 5% of youth have normal Internet use. 35% have mild addiction, 51% have moderate addiction, and 9%

have severe addiction. The highest percentage (51%) is found in the moderate addiction category. Overall, most of the youth have some level of Internet addiction.

Examining the Impact of Internet Addiction on Loneliness among Youth

To examine the impact of Internet Addiction on loneliness among youth, a correlation analysis was conducted. Internet Addiction was treated as the independent variable, while loneliness was considered the dependent variable.

Table 2: Correlation Analysis Predicting loneliness from Internet Addiction among Youth

Variable	Mean	SD	r value	Remark
loneliness	25.32	5.32	4.23	<.001
Internet addiction	43.98	6.99	4.23	<.001

The results indicate a significant relationship between loneliness and internet addiction. The mean score of loneliness was 25.32 with a standard deviation of 5.32, whereas the mean score of internet addiction was 43.98 with a standard deviation of 6.99. The correlation value ($r = 0.423$, $p < .001$) indicates a statistically significant positive relationship between loneliness and internet addiction. This means that individuals with higher levels of loneliness tend to show higher levels of internet addiction.

Conclusion

The present study concluded that there is a significant positive relationship between loneliness and internet addiction among youth ($r = 0.423$, $p < .001$). The findings indicate that higher levels of loneliness are associated with higher levels of internet addiction. Thus, youth who experience loneliness may be more likely to engage in excessive internet use. The study highlights the importance of understanding loneliness as an important psychological factor associated with internet addiction among youth.

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