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Poster Presentation

Internet Addiction and Anxiety

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Abstract

The Internet is a widely recognized channel for information exchange, academic research, entertainment, communication and commerce. The internet is a new tool that is evolving into an essential part of everyday life all over the world and its use increases especially among young people. Although the positive aspects of the Internet have been readily praised, there is a growing amount of literature on the negative side of its excessive and pathological use. However, excessive use of the internet has resulted in negative consequences. Internet addiction disorder is nowadays recognized as a new syndrome among psychologist research nucleus and has provided a fresh area of research points out that excessive and ill use of the internet will result in the withdrawal of the individual from friends, family, and lead to behavioral or personal disorders. Research on internet addiction demonstrated that the greater use of the internet is associated with some social and psychological variables such as, declines in the size of social circle, depression, loneliness lower self-esteem and life satisfaction sensation seeking poor mental health, and low family function. Internet addiction also may contribute to anxiety and stress. Internet addiction can worse the anxious and depressive tendency. Those who suffer from anxiety and stress often have a great deal of trouble communicating and interacting with others in a healthy, positive, and meaningful way. There is also found a significant relationship between anxiety and depression in childhood with internet addiction in adolescent. Clinicians should consider anxiety during childhood to prevent internet addiction. There exists a positive and significant correlation between the level of anxiety and internet addiction. Problematic internet use may serve to worsen to social fears and avoidance to face the social interactions.

Keywords: Internet Addiction, Psychological, Anxiety

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