



A Descriptive Study to Assess the Level of Internet Addiction and it's Association with Psychopathology Among Adolescents in Selected Schools of District Patiala, Punjab with A View to Develop An Informational Booklet

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ABSTRACT

INTRODUCTION: Internet is the advancement of modern technology. Internet is defined as a worldwide network of computers which provides information and communication. People each over the world are now using internet regularly. The internet has enabled the growth of society. Internet addiction is behavioural addiction in which a person becomes dependent on the use of internet. In the past few years internet addiction have becomes very frequent, leading to many disorders. Internet addiction disorder (IAD) is describes the net dependence as" a pathology; a complaint, an overuse of internet. Psychopathology is study of mental illness. The results of many studies reveals that severe users of internet have shown higher psychological symptoms like depression, anxiety.

AIM OF THE STUDY: The aim of the study is to assess the level of internet addiction and it's association with psychopathology among adolescents in selected school of district Patiala, Punjab with a view to develop an informational booklet.

METHODOLOGY: The research approach adopted for the study was descriptive. 380 adolescents were selected from schools of district Patiala, Punjab by purposive sampling technique. Dependent variable was internet addiction and internet addicted psychopathology and independent variable was informational booklet. Standardized tool was used to assess the internet addiction and its associated psychopathology.

RESULTS: Majority (32%) of adolescents were mild internet users, followed by moderate users 32%, normal users 21% and severe users 16%. Majority (66.3%) of adolescents were having low psychopathology score, followed by 33.7% having high score, 0% having highest and lowest score. There was association between socio-demographic variable i.e. Education of Father and internet addiction. There was no correlation between socio-demographic variables and psychopathology and between internet addiction and psychopathology.

CONCLUSION: The adolescents will gain knowledge after distribution of an informational booklet.

KEY WORDS: Assess, Internet addiction, Psychopathology, Adolescents, Informational booklet

INTRODUCTION AND BACKGROUND OF THE STUDY

In the last decade, the large vacuity of the internet and the embracing of new digital technologies like smart phones are changing people's way of life and introducing new social dynamics..¹

Internet is the advancement of ultramodern technology that has swept the world off its bases with its vast operation. Internet is defined as a worldwide network of computers which provides information and communication. People each over the world are now using internet regularly. The internet has enabled the growth of society..²

Internet addiction disorder (IAD) is also one of them. Description of IAD introduced for the first time by Ivan Goldberg in 1995. It describes the net dependence as "a pathology; a complaint, an overuse of this technology, including a wide range of geste and impulse- control. "³

According to the vaticinations of the statistical company veracious, the number of people suffering from the internet dependence in the period from 2017- 2025 will amount to several billion. This is due to the fact that the number of internet druggies and the average time on the network are adding every time..⁴

Psychopathology is study of internal illness or internal torture of actions and Gestes which may be reflective of internal illness or cerebral impairment. The results of utmost studies reveal that severe druggies of internet have shown advanced cerebral symptoms in four confines similar as compulsive-obsessive, interpersonal perceptivity, depression, anxiety than those with moderate druggies of internet.⁵

One of the biggest problems conceptualizing the psychopathological internet use is that currently an important range of conditioning are carried out online. Social connections have dramatically changed since the time when Young (1996) begun to assess the internet dependence complaint (IAD). Youth compared medicines and internet dependences and equated the IAD to the impulse control Complaint. Both pathologies internet dependence complaint and the family of the 3 impulse control diseases partake a common factor. The incapability to control the use of anything, whether it's internet or a medicine. Most importantly, the incapability itself interferes with the normal functioning of the existent.⁶

Although these findings, given relatively little attention to relationship between internet addiction and psychological variables.

OBJECTIVES

- To assess the level of internet addiction among adolescents in selected schools of district Patiala, Punjab.
- To assess the psychopathology associated with internet addiction among adolescents in selected schools of district Patiala, Punjab.
- To associate internet addiction and psychopathology among adolescents in selected schools of district Patiala, Punjab.
- To find out association of level of internet addiction with their selected socio- demographic variables among adolescents in selected school of district Patiala, Punjab.
- To find out association of internet addicted psychopathology with their selected socio- demographic variables among adolescents in selected schools of district Patiala, Punjab.
- To develop and distribute an informational booklet regarding internet addiction and its association with psychopathology among adolescents in selected schools of district Patiala, Punjab.

METHODOLOGY

Research approach and design: A quantitative exploration approach was employed in this study to assess the position of internet dependence and its association with psychopathology among adolescents in named seminaries of quarter Patiala, Punjab.

Sample and sampling technique: The sample was 380 adolescents to assess the level of internet dependence and its association with psychopathology among adolescents in Govt. Senior Secondary Schools of district Patiala, Punjab, who were available at the time of data collection and also fulfill the addition criteria. Purposive sampling technique was espoused for the selection of the sample for the study. Those who fulfill the addition criteria were included in the sample.

DESCRIPTION OF TOOL

Questionnaire comprised of three sections:-

1. **Section A:** Socio-demographic variables
2. **Section B:** Standardized scale tool to assess the level of internet addiction
3. **Section C:** Standardized scale to assess the Psychopathology associated with Internet Addiction

ETHICAL CONSIDERATION

1. Permission was obtained from the research ethical committee of Adarsh College of Nursing, Patiala, Punjab.
2. Permission was obtained from concerned authorities to conduct the study in selected schools of district Patiala Punjab.
3. Informed consent was obtained from students who were willing to participate in the study.
4. Anonymity and confidentiality of study participants was maintained.

RESULTS

Table 1

Frequency and percentage distribution of socio-demographic variables of the adolescents in selected schools of district Patiala.

N=380

Variables	Opts	Percentage (%)	Frequency (f)
Gender	Male	34%	128
	Female	66%	252
Age	15-16	49%	185
	17-18	51%	195
Class	11th	58%	221
	12th	42%	159
Religion	Hinduism	11%	42
	Muslim	0%	0
	Christianity	27%	102
	Sikhism	62%	236
	Others	0%	0
Type of Family	Nuclear	37%	139
	Joint	63%	241
	Single parent family	0%	0
Place of Residency	Urban area	16%	59
	Rural area	54%	206
	Semi-Urban area	30%	115
Education of Father	Illiterate	30%	115
	Primary school	15%	58
	High school	6%	24
	Secondary school	22%	85
	Graduation	26%	98
	Post-graduation	0%	0
Education of Mother	Illiterate	0%	0
	Primary school	27%	102
	High school	9%	53
	Secondary school	64%	243
	Graduation	0%	0
	Post-graduation	0%	0
Occupation of Father	Unemployed	0%	0
	Farmer	62%	235
	Daily wages	8%	29
	Govt. job	27%	104
	Private job	2%	6
	Business	2%	6
Occupation of Mother	Homemaker	62%	236
	Daily wages	0%	0
	Govt. job	0%	0
	Private job	38%	144
	Business	0%	0
Mode of Internet access	Mobile phone/iPad/tablet	74%	282
	Computer/laptop/LED	26%	98
	Others	0%	0

Table no. 1 shows the chance distribution of socio- demographic variables of adolescents.

In this study showed that majority (66%) of adolescents were females and (34%) were males. Majority (51%) of adolescents belongs to age group 17-18 years and (49%) belongs to 15-16 years age. The study revealed that majority of (58%) adolescents were in 11th standard and (42%) were in 12th standard.

The study findings revealed that majority (62%) of adolescents belongs to Sikh religion, followed by (27%) were Christian, (11%) Hindu and there was no adolescent belong to Muslim religion and others.

The study findings showed that majority of (63%) adolescents live in joint families, and (37%) in nuclear families and no one live in single parent family.

The study revealed that majority of (54%) adolescents live in rural area, followed by (30%) in semi-urban area and only (16%) live in urban area.

Majority of (30%) Fathers were illiterate, followed by (26%) graduated, (22%) completed their secondary academy, (15%) Fathers done primary academy, (6%) from high schools. Majority of (64%) Mothers done secondary, followed by (27%) done primary and (9%) high education.

Majority of fathers (62%) were farmers, followed by (27%) doing Govt. job, (8%) doing daily wages and (2%) do private job and business. Majority (62%) were homemakers and (38%) of doing private job.

Majority of (74%) adolescents used mobile phone iPad/ tablet and (26%) adolescents used Computer/ Laptop/ LED.

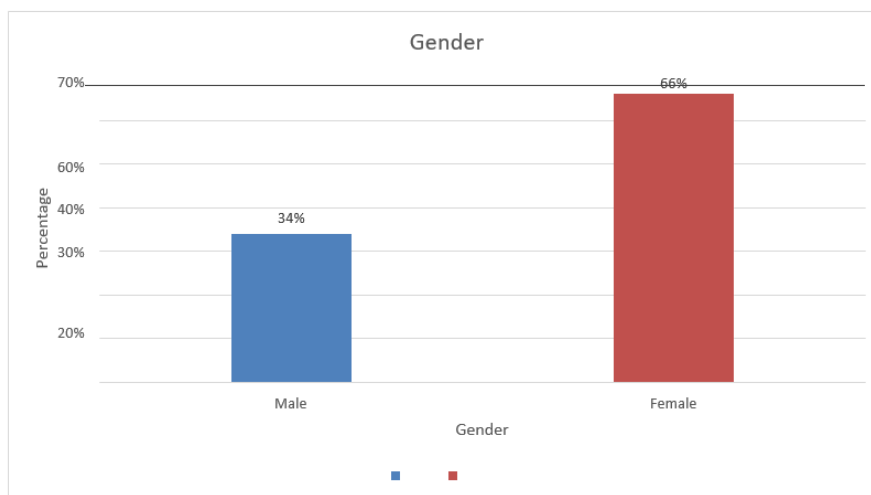


Figure No.3: Bar graph showing percentage distribution of Gender of adolescents

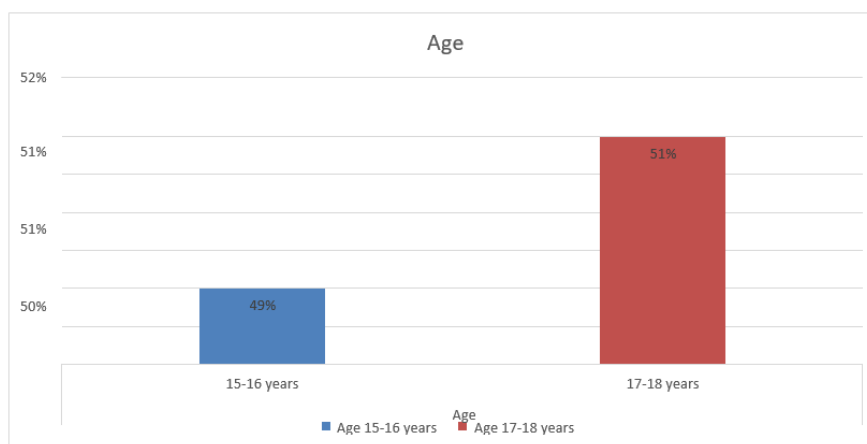


Figure No.4 : Bar graph showing percentage distribution of Age of adolescents

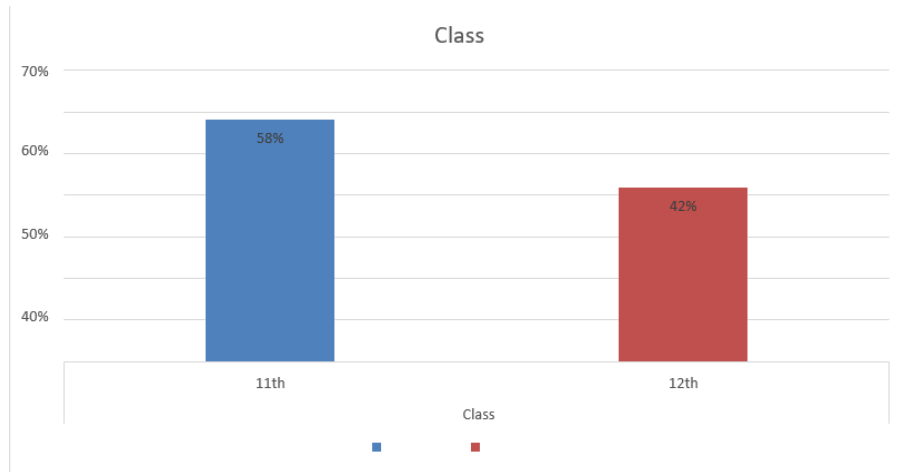


Figure No.5: Bar graph showing percentage distribution of Class of adolescents

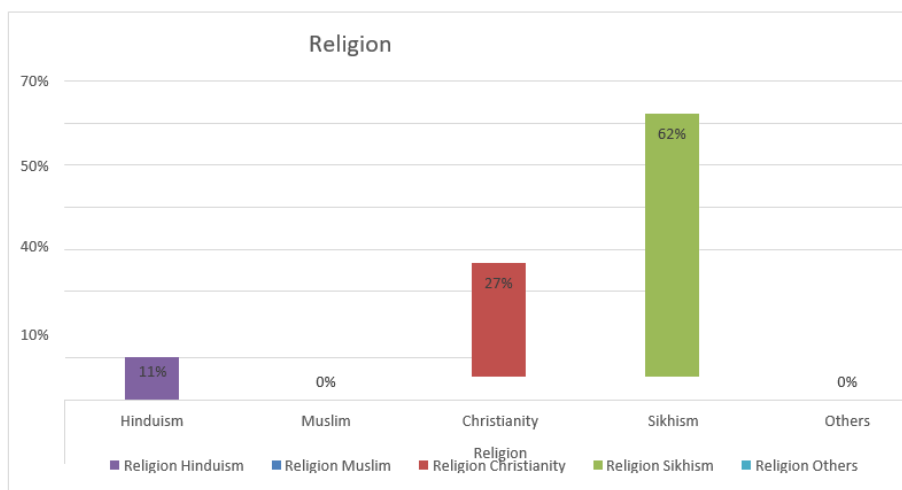


Figure No.6 : Bar graph showing percentage distribution of Religion of adolescents

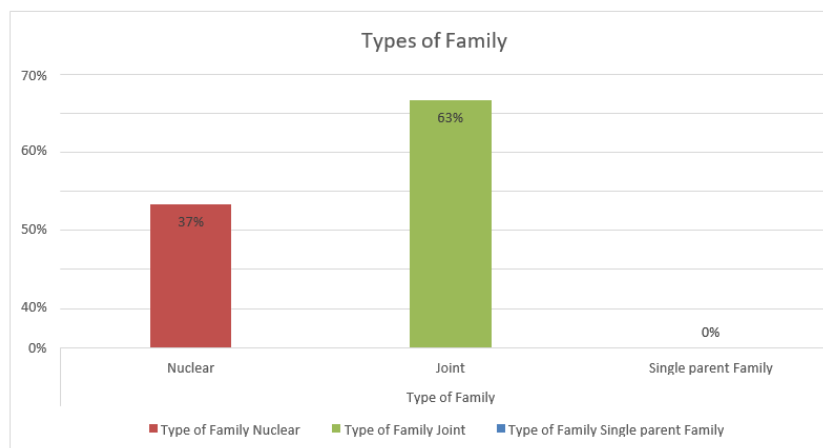


Figure No.7 : Bar graph showing percentage distribution of Type of Family of adolescents

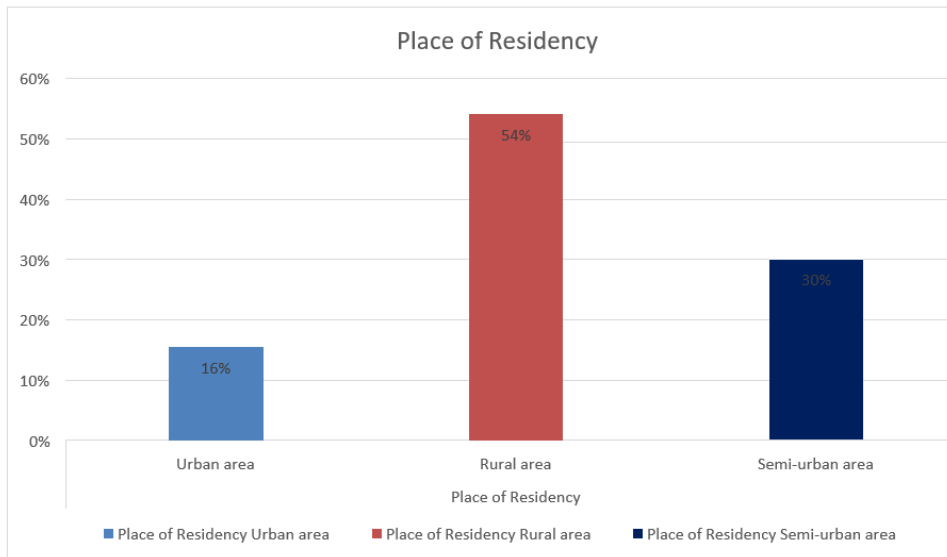


Figure No.8 : Bar graph showing percentage distribution of Place of Residency of adolescents

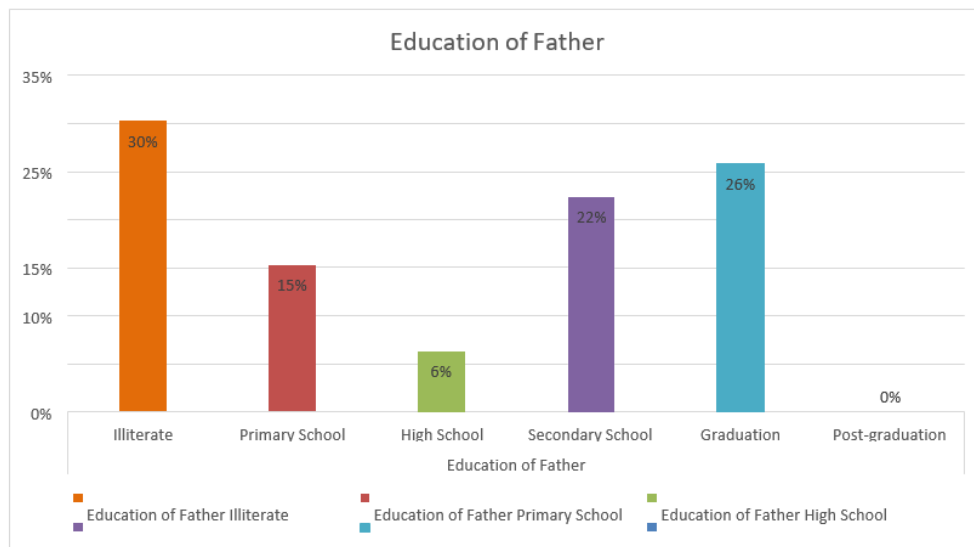


Figure No.9 : Bar graph showing percentage distribution of Education of Father of adolescents

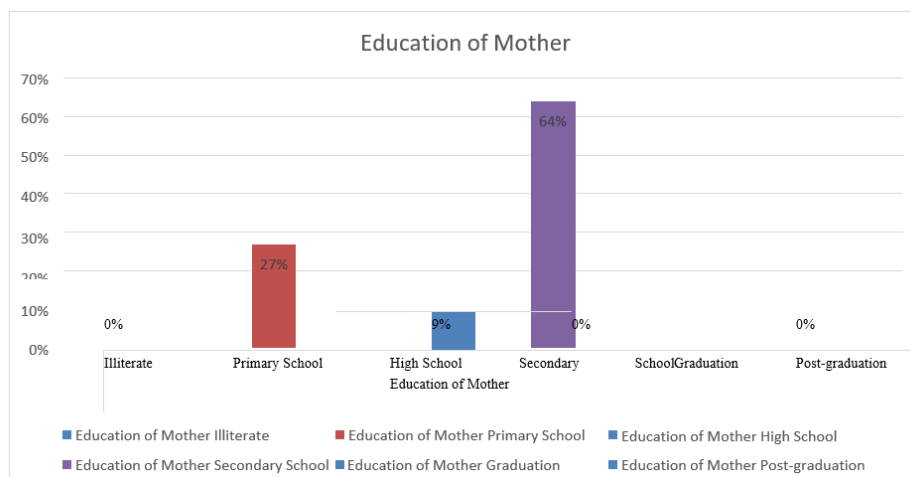


Figure No.10 : Bar graph showing percentage distribution of Education of Mother of adolescent

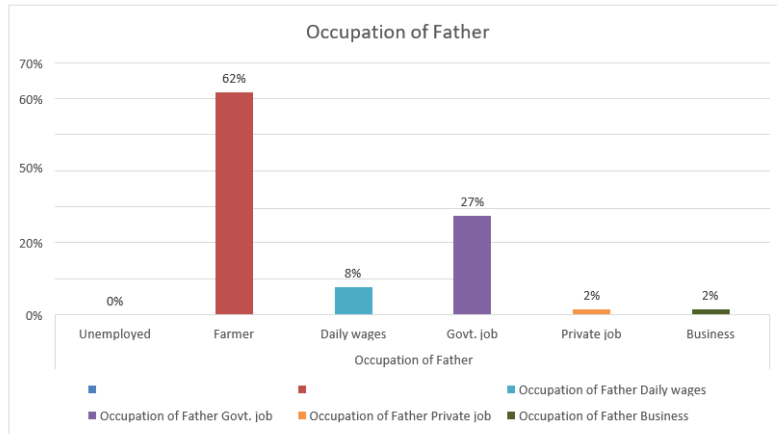


Figure No.11 : Bar graph showing percentage distribution of Occupation of Father of adolescents

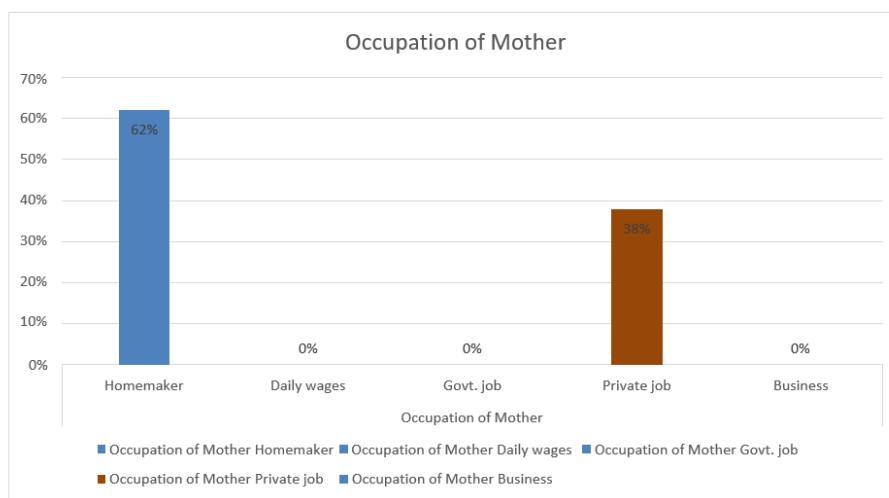


Figure No.12 : Bar graph showing percentage distribution of Occupation of Mother of adolescents

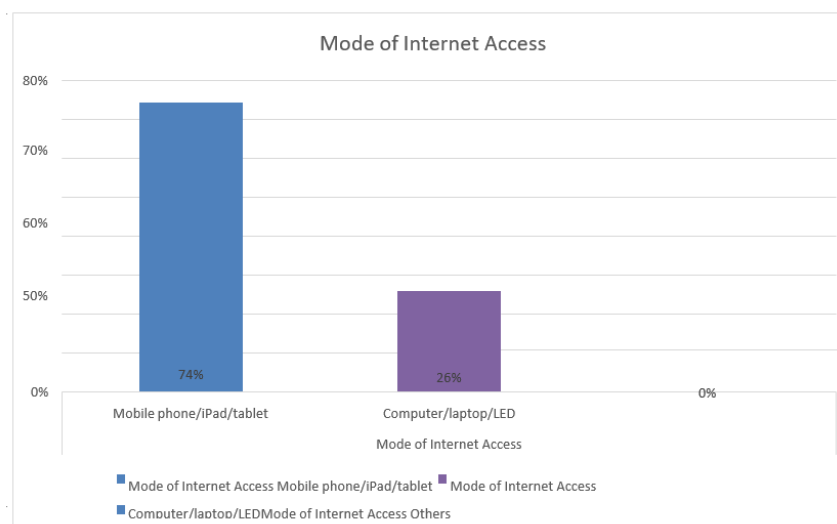


Figure No.13 : Bar graph showing percentage distribution of Mode of Internet access in adolescents

SECTION B

Objective 1: To assess the level of internet addiction among adolescents in selected schools of district Patiala, Punjab.

Table No. 3: Percentage and frequency distribution of level of internet addiction among adolescents N= 380

CRITERIA MEASURE OF INTERNET ADDICTION SCALE SCORE		
Level of score	Percentage	Frequency
Severe use (80-100)	16%	61
Moderate use (50-79)	31%	117
Mild use (31-49)	32%	122
Normal use (0-30)	21%	80

Maximum =100 Minimum =0

Table no. 3: shows that majority (32%) of adolescents are mild internet users, followed by moderate users 31%, normal users 21% and severe users 16%.

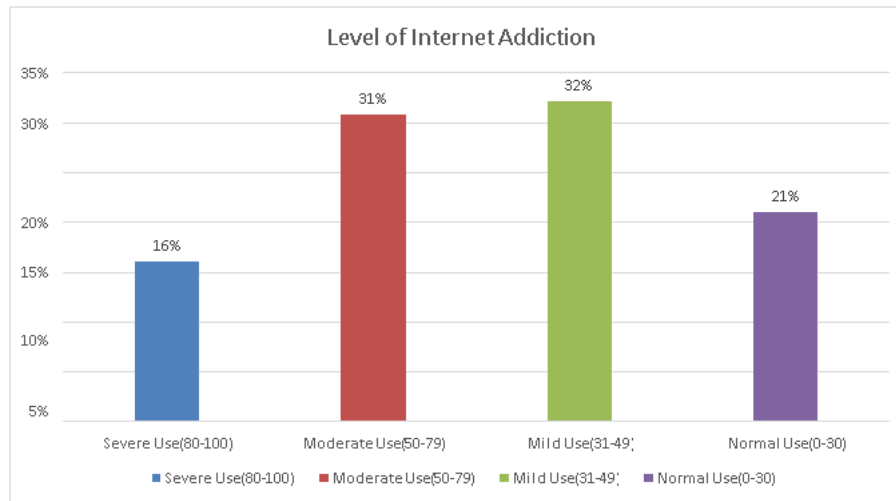


Figure no. 14: Bar graph showing percentage distribution of Level of Internet addiction among adolescents

Table no.4: Mean, Median, Range and S.D. of level of internet addiction among adolescents

Descriptive Statistics	Mean	Median	S.D.	Maximum	Minimum	Range	Mean %
INTERNET ADDICTION SCALE SCORE	50.90	48	24.95	100	0	100	50.90%

Maximum =100 Minimum =0

Table no.4 depicts the mean, median, range, and S.D. of the level of internet addiction among adolescents in selected schools of district Patiala, Punjab. The mean score was 50.90, median was 48 and S.D. was

24.95 with range 100. Maximum score obtained were 100 and minimum were 0 out of total possible scores of 100. Mean percentage of internet addiction was 50.90.

SECTION C

Objective 2: To assess the psychopathology associated with internet addiction among adolescents in selected schools of district Patiala, Punjab.

Table No. 5: Percentage and frequency distribution of psychopathology among adolescents

N= 380

CRITERIA MEASURE OF PSYCHOPATHOLOGY SCORE		
Level of scores	Percentage	Frequency
Highest (76-100)	0.0%	0
High (51-75)	33.7%	128
Low (26-50)	66.3%	252
Lowest (0-25)	0.0%	0

It shows that majority (66.3%) of adolescents are having low psychopathology score, followed by 33.7% having high score, 0% having highest and lowest score.

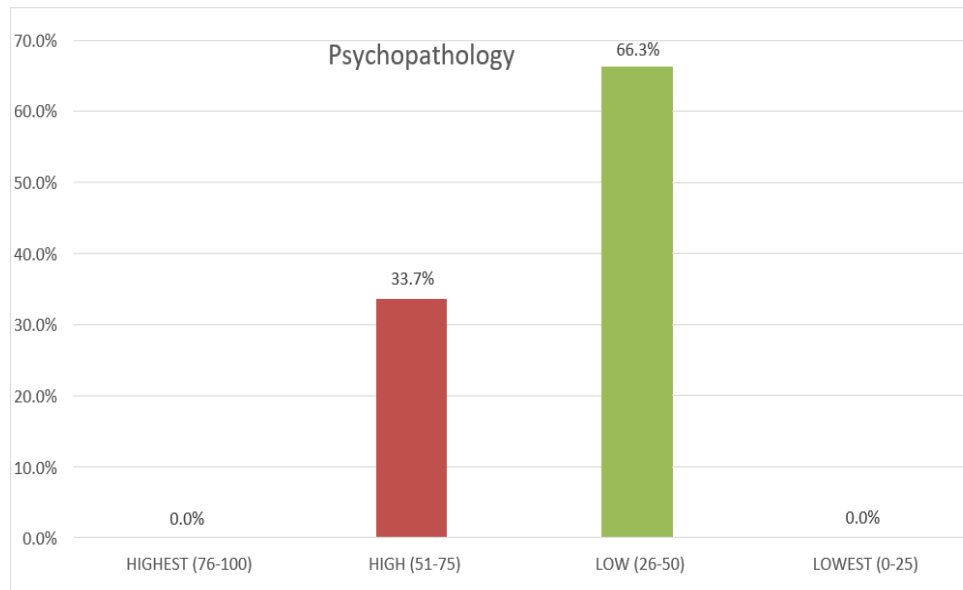


Figure No.15: Bar graph showing Level of Scores of psychopathology

Table No.6: Mean, Median, Range and S.D. of psychopathology among adolescents

Descriptive statistics	Mean	Median	S.D.	Maximum	Minimum	Range	Mean %
PSYCHOPATHOLOGY SCORE	48.31	48.44	6.48	66.67	30.02	36.65	48.31%

Maximum =100 Minimum =0

Table no. 6 depicts the mean, median, range, and S.D. of psychopathology among adolescents in selected schools of district Patiala, Punjab. The mean score was 48.31, median was 48.44 and S.D. was 6.48 with range 36.65. Maximum score obtained were 100 and minimum were 0 out of total possible scores of 100. Mean percentage of internet addiction was 48.31.

SECTION D

Objective 3: To associate internet addiction with psychopathology among adolescents in selected schools of district Patiala, Punjab.

Table no. 7: Association between internet addiction and psychopathology

This section deals with the findings related to the association between internet addiction and psychopathology. Pearson's correlation was used to determine the association between internet addiction and psychopathology

PAIR	Pearson's correlation	
	Mean	SD
INTERNET ADDICTION	50.903	24.949
PSYCHOPATHOLOGY	48.305	6.477
N	380	
Correlation	0.009	
Table Value	0.101	
P Value	0.863	
Result	Not Significant	

Table no. 7: shows that the association between internet addiction and psychopathology. Pearson's correlation was used to determine the association between internet addiction and psychopathology .

There is no significance association between internet addiction and psychopathology .The calculated values were less than the table value at the 0.05 level of significance.

ASSOCIATION		HIGHEST (76-100)	HIGH (51-75)	LOW (26-50)	LOWEST (0-25)	Chi Test	P Value	df	Table Value	Result
INTERNET ADDICTION SCALE SCORE	Severe use (80-100)		20	41		1.781	0.619	3	7.815	Not Significant
	Moderate use (50-79)		45	72						
	Mild use (31-49)		38	84						
	Normal use (0-30)		25	55						

SECTION E

Objective 4: To find out association of level of internet addiction with their selected socio- demographic variables among adolescents in selected schools of district Patiala, Punjab.

Table no. 8: Showing association of level of internet addiction with their selected socio- demographic variables

This section deals with the findings related to the association between score and selected demographic variables. The chi-square test was used to determine the association between the score levels and selected demographic variables

N=380

Demographic Data		Levels				ASSOCIATION WITH INTERNET ADDICTION SCALE SCORE				
Variables	Opts	Severe use	Moderate use	Mild use	Normal use	Chi Test	P Value	df	Table Value	Result
Gender	Male	1 6	4 5	3 5	3 2	5.505	0.13	3	7.815	Not Significant
	Female	4 5	7 2	8 7	4 8					
Age	15-16	2 7	6 0	5 4	4 4	3.026	0.388	3	7.815	Not Significant
	17-18	3 4	5 7	6 8	3 6					
Class	11th	3 5	7 1	6 8	4 7	0.627	0.890	3	7.815	Not Significant
	12th	2 6	4 6	5 4	3 3					
Religion	Hinduism	7 1	1 1	1 7	7 0	5.615	0.468	6	12.592	Not Significant
	Muslim	0	0	0	0					
	Christianity	1 3	3 8	2 7	2 4					
	Sikhism	4 1	6 8	7 8	4 9					
	Others	0	0	0	0					
Type of Family	Nuclear	2 1	4 3	4 0	3 5	2.653	0.448	3	7.815	Not Significant
	Joint	4	7	8	4					

		0	4	2	5										
	Single parent family	0	0	0	0										
Place of Residency	Urban area	9	1	1	1	8.330	0.215	6	12.592	Not Significant					
	Rural area	3	5	7	3										
		9	7	3	7										
	Semi-Urban area	1	4	3	3										
		3	1	1	0										
Education of Father	Illiterate	1	3	4	2	21.569	0.043	1	21.026	Significant					
		7	6	2	0										
	Primary school	1	1	2	4										
		0	9	5											
	High school	2	6	9	7										
	Secondary school	1	2	2	2										
		5	0	6	4										
	Graduation	1	3	2	2										
		7	6	0	5										
	Post-graduation	0	0	0	0										
Education of Mother	Illiterate	0	0	0	0	3.543	0.738	6	12.592	Not Significant					
	Primary school	1	3	3	2										
		3	2	7	0										
	High school	5	9	1	7										
				4											
		Secondary school	4	7	7						5				
		3	6	1	3										
	Graduation	0	0	0	0										
	Post-graduation	0	0	0	0										
Occupation of Father	Unemployed	0	0	0	0	16.923	0.153	1	21.026	Not Significant					
	Farmer	4	6	7	5										
		1	6	5	3										
	Daily wages	5	1	7	5										
			2												
		Govt. job	1	3	4						2				
		3	1	0	0										
	Private job	1	3	0	2										
	Business	1	5	0	0										
Occupation of Mother	Homemaker	3	6	8	5	2.264	0.519	3	7.815	Not Significant					
		7	7	1	1										
	Daily wages	0	0	0	0										
	Govt. job	0	0	0	0										
	Private job	2	5	4	2										
		4	0	1	9										
	Business	0	0	0	0										
Mode of Internetaccess	Mobile phone/iPad/tablet	4	8	9	5	3.928	0.269	3	7.815	Not Significant					
		9	1	5	7										
	Computer/laptop/LED	1	3	2	2										
		2	6	7	3										
	Others	0	0	0	0										

Table no. 8: shows that the association between the level of score and socio demographic variable. Based on the objective used to Chi-square test used to associate the level of Internet Addiction and with their selected socio- demographic variables.

There is significant association between the level of scores and demographic variables with Education of Father. The calculated chi-square value was more than the table value at the 0.05 level of significance.

SECTION F

Objective 5: To find out association of internet addicted psychopathology with their selected socio- demographic variables among adolescents in selected schools of district Patiala, Punjab.

Table No. 9: Table showing association of internet addicted psychopathology with their selected socio-demographic variables

This section deals with the findings related to the association between score and selected demographic variables. The chi-square test was used to determine the association between the score levels and selected demographic variables

N=380

Demographic Data		Levels				ASSOCIATION WITH PSYCHOPATHOLOGY SCORE				
Variables	Opts	Highest	High	Low	Lowest	Chi Test	P Value	df	Table Value	Result
Gender	Male	0	49	79	0	1.826	0.177	1	3.841	Not Significant
	Female	0	79	17	0					
Age	15-16	0	68	11	0	1.524	0.217	1	3.841	Not Significant
	17-18	0	60	13	0					
Class	11th	0	75	14	0	0.015	0.902	1	3.841	Not Significant
	12th	0	53	10	0					
Religion	Hinduism	0	16	26	0	1.521	0.467	2	5.991	Not Significant
	Muslim	0	0	0	0					
	Christianity	0	38	64	0					
	Sikhism	0	74	16	0					
	Others	0	0	0	0					
Type of Family	Nuclear	0	53	86	0	1.939	0.164	1	3.841	Not Significant
	Joint	0	75	16	0					
	Single parent family	0	0	0	0					
Place of Residency	Urban area	0	19	40	0	2.216	0.330	2	5.991	Not Significant
	Rural area	0	64	14	0					
	Semi-Urban area	0	45	70	0					
Education of Father	Illiterate	0	37	78	0	6.994	0.136	4	9.488	Not Significant
	Primary school	0	25	33	0					
	High school	0	6	18	0					
	Secondary school	0	34	51	0					
	Graduation	0	26	72	0					
	Post- graduation	0	0	0	0					
Education of Mother	Illiterate	0	0	0	0	2.159	0.340	2	5.991	Not Significant
	Primary school	0	34	68	0					

	High school	0	8	27	0					
	Secondary school	0	86	157	0					
	Graduation	0	0	0	0					
	Post- graduation	0	0	0	0					
Occupatio n of Father	Unemployed	0	0	0	0	1.773	0.777	4	9.488	Not Significant
	Farmer	0	79	156	0					
	Daily wages	0	11	18	0					
	Govt. job	0	34	70	0					
	Private job	0	3	3	0					
Business	0	1	5	0						
Occupatio n of Mother	Homemaker	0	71	165	0	3.612	0.057	1	3.841	Not Significant
	Daily wages	0	0	0	0					
	Govt. job	0	0	0	0					
	Private job	0	57	87	0					
	Business	0	0	0	0					
Mode of Internet access	Mobile phone/iPad/ta blet	0	90	192	0	1.532	0.216	1	3.841	Not Significant
	Computer/lap top/LED	0	38	60	0					
	Others	0	0	0	0					

Table no.9 shows that the association between the level of score and socio- demographic variable. Based on the objective Chi-square test used to associate the level of Psychopathology and selected socio- demographic variables.

There is no significant association between the level of scores and socio-demographic variables. The calculated chi-square values were less than the table value at the 0.05 level of significance

DISCUSSION

This chapter deals with the finding in accordance with the objectives of the present study "A descriptive study to assess the level of internet addiction and it's association with psychopathology among adolescents in selected schools of district Patiala, Punjab with a view to develop an Informational booklet."

The discussion is done under the following categories: **To assess the socio-demographic profile of the sample Demographic profile of subject according to:**

Majority (66%) of adolescents were females and minority (34%) were males.

Majority (51%) of adolescents belongs to age group 17-18 years and minority of (49%) belongs to 15-16 years age.

The study revealed that majority of (58%) adolescents were in 11th standard and minority of (42%) were in 12th standard.

The study findings revealed that majority (62%) of adolescents belongs to Sikh religion, followed by 27% were Christian, minority of Adolescents were (11%) Hindu and there was no adolescent belong to Muslim religion and others.

The study findings showed that majority of (63%) adolescents live in joint families, minority of adolescents (37%) in nuclear families and no one live in single parent family.

The study revealed that majority of (54%) adolescents live in rural area, followed by (30%) in semi-urban area and only 16% live in urban area.

Majority of (30%) Fathers were illiterate, followed by 26% graduated , 22% completed their secondary school, 15% Fathers done primary school, 6% from high schools.

Majority of (64%) mothers done secondary, followed by 27% mothers done primary and minority (9%) of mothers completed high education

Majority of fathers (62%) were farmers, followed by 27% doing Govt. job, 8% doing daily wages and minority of fathers (2%) do private job and business.

Majority (62%) of Mothers were homemakers and minority (38%) of mothers doing private job.

Majority of (74%) adolescents used mobile phone/iPad/tablet and minority of adolescents used (26%) Computer/Laptop/LED.

Objective 1: To assess the level of internet addiction among adolescents in selected schools of district Patiala, Punjab.

Percentage and frequency distribution of level of internet addiction among adolescents

Majority (32%) of adolescents were mild internet users, followed by moderate users 32%, normal users 21% and severe users 16%.

Sinkkonen HM, Puhakka H, Meril(2014) conducted a combining qualitative and quantitative study to assess the internet use and dependence among 475 Finnish adolescents Finnish. Internet dependence test(IAT) used to collect the data. Study revealed that,14.3% were normal druggies,61.5% were mild over-users, and24.2% were moderate druggies. Study showed that, the most common reason for use was having fun. While half the scholars reported disadvantages associated with their use, farther qualitative analysis revealed that scholars with serious overuse didn't report any detriment caused by using the Internet. As disadvantages of using the Internet, scholars reported that it's time consuming and causes internal, social, and physical detriment and poor academy attendance. Four factors of Internet dependence were set up, and for two of them, a statistical difference between ladies and males was set up.³⁰

Objective 2: To assess the psychopathology associated with internet addiction among adolescents in selected schools of district Patiala, Punjab.

Percentage and frequency distribution of psychopathology among adolescents

Majority (66.3%) of adolescents were having low psychopathology score, followed by 33.7% having high score, 0% having highest and lowest score.

Objective 3: To associate internet addiction with psychopathology among adolescents in selected schools of district Patiala, Punjab.

Association between internet addiction and psychopathology

Pearson's correlation was used to determine the association between internet addiction and psychopathology.

There is no significance association between internet addiction and psychopathology .The calculated values were less than the table value at the 0.05 level of significance.

Objective 4: To find out association of level of internet addiction with their selected socio- demographic variables among adolescents in selected schools of district Patiala, Punjab.

Association of level of internet addiction with their selected socio-demographic variables

There is significant association between internet addiction and socio-demographic variables with Education of Father. Based on the objective used to Chi-square test used to associate the level of Internet Addiction and selected demographic variables. The calculated chi-square values were more than the table value at the 0.05 level of significance.

Objective 5: To find out association of internet addicted psychopathology with their selected socio- demographic variables among adolescents in selected schools of district Patiala, Punjab.

Association of internet addicted psychopathology with their selected socio-demographic variables Association between the level of score and with their socio demographic variable. Based on the objective, Chi-square test used to associate the level of Psychopathology and selected socio-demographic variables. There is no significance association between the level of scores and with their selected demographic variables .The calculated chi-square values were less than the table value at thelevel of significance

CONCLUSION

Adolescents have mild and moderate position of internet addiction. There was significant association between Education of Father and Internet Addiction. There was no correlation between Socio- demographic Variables and Psychopathology and between Internet Dependence and Psychopathology.

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