

Study of Interrelation of Internet Addiction with Psychological Features in Adolescents

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Abstract: *This article presents research data on the general level of Internet addiction and the psychological characteristics of adolescents. The article is considered a relationship between psychological characteristics of the personality of a teenager with Internet addiction.*

Keywords: adolescents, correlation, Internet addiction, personality, psychological features

1. Introduction

Today, the Internet is extremely popular in the field of education, communication, and leisure, and Internet addiction is widespread in modern society. One of the most vulnerable categories of the population, prone to become addicted to the network over time, is adolescents. Vulnerability is caused by several factors, among which the most important is the specific of development of adolescents (the transition from the world of childhood to the world of adulthood) in modern social conditions, as compared to previous generations, modern adolescents experience the teenage period differently, otherwise, they solve age-related problems, face new social risks, among which - the spread of the Internet; change in the structure and essence of the family; many options for identification [1].

Along with the difficulties dictated by the current situation the adolescent is maturing in, it is also necessary to note that it is the emotional and psychological traits inherent in this age period that cause instability of the adolescent's inner world and its increased vulnerability [6], which can have a decisive influence on the development of the deviant behavior. The first studies interpreted Internet addiction as a pathological disorder associated with an inability to self-control, but recent studies offer a new understanding based on the compensatory model, according to which some people use the Internet as compensation for certain psychological difficulties. [7; 3; 5].

2. Research Methodology

This study was aimed at studying the relationship between the integral indicator of Internet addiction and the psychological characteristics of adolescents 13-17 years old, all high school students in Chisinau, Republic of Moldova, of which 108 are male and 92 females, total 200 teenagers. As part of the study, was used Chen's Internet Addiction Scale (CIAS) adapted by Malygin, V. and Feklisov, K. (author S.-H. Cnen) [4]. This methodology allows diagnosing of the alleged fact of the presence or absence of Internet-dependent behavior. A five-factor personality questionnaire was also applied, the adapted option of 5PFQ (compiled by Hijiuro Tsuyi) in the Russian-language adaptation of Hromov, A. [2]. The five-factor model considers the personality structure from the point of view of

the five most important, basic factors (traits), each of which is bipolar: "Extraversion-Introversion" (E-I) reflects the orientation of the individual to an external stimulus or to his own inner world; the essence of the second factor, "Attachment-Separation" (A-S) is interaction with people; the "Controlling-Naturalness" (C-N) characterizes the volitional regulation of behavior; the factor "Emotionality-Emotional restraint" (E-ER) contains the characteristics of the affective sphere of personality; "Playfulness-Practicality" (PI-Pr) reflects a person's desire for a world of the play, of art or a real world.

3. Discussion of research results

A quantitative analysis of the results of the CIAS scale allowed us to identify an integral indicator of the Internet dependence of each respondent (Figure 1).

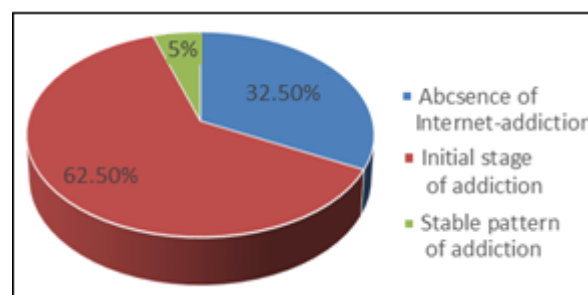


Figure 1: The severity of integral indicator of the Internet dependence

Thus, the sample was divided into three groups depending on the magnitude of the indicators: the first group - adolescents with low indicators on the CIAS scale, do not show Internet-dependent behavior (32.5%); the second group - adolescents at the initial stage of dependence (62.5%); the third group includes adolescents with a stable pattern of Internet-dependent behavior (5%).

Analyzing the results of the 5PFQ questionnaire, we may note that the average indicators on the scales of the five-factor personality model are within the upper and middle boundaries of the norm, so the indicators for our sample were distributed as follows (Table 1.).

Table 1: The average of a five-factor personality questionnaire

Scale	(E-I)	(A-S)	(C-N)	(E-ER)	(PI-Pr)
Mean	50	51	50	47	56
Standard deviation	3.28	4.02	3.07	3.01	3.98

Interpreting the obtained data, it can be noted that adolescents in this sample are more prone to sociability, the search for new experiences, dominance, activity, and love for everyone's attention. The sample, in general, is characterized by warmth, credulity, affection, a penchant for cooperation, and a desire for competition. They are characterized by moderate accuracy and perseverance, as well as irresponsibility and impulsiveness. However, adolescents are more prone to anxiety, depression, they are distinguished by emotional instability, internal tension, a tendency to self-criticism. They are also focused on the attitude to life as a game, they are carefree and frivolous.

Correlation analysis using the Pearson linear correlation coefficient made it possible to identify the statistically significant negative correlation between the integral indicator of Internet addiction and the following parameters: "Attachment-Separation" (-0.134 at $p \leq 0.05$); "Controlling-Naturalness" (-0.250 at $p \leq 0.0005$); "Playfulness-Practicality" (-0.110 at $p \leq 0.05$). A positive correlation was found with the factor "Emotionality-Emotional restraint" (0.227 at $p \leq 0.0005$).

Thus, we can say that in interpersonal interactions, adolescents with a stable pattern of Internet-dependent behavior, as well as adolescents with an initial stage, tend to dominate, tend to distance themselves, and compete. Regarding the volitional regulation of behavior, we may note such features as impulsiveness, carelessness, irresponsibility, rigidity. Among other things, adolescents with a revealed tendency to Internet addiction are characterized by high emotionality: a low threshold of sensitivity to environmental influences, especially in stressful situations, as well as they are predisposed to anxiety and depression.

4. Conclusion

The search for their place in society, intensive physical and psychological development, forming identity, an expansion of the sphere of their independence in the absence of personal maturity, and, often, increased social expectations and requirements give the behavior of a teenager and his inner world characteristic instability. However, the formation of personality and maturity occurs in the process of building relationships with the world and oneself, solving life problems. Thus, the natural achievement of maturity can serve the development of psychological stability, as well as personality traits that contribute to a favorable, non-destructive form of interaction with the Internet. Nevertheless, we would like to note that the prevention and correctional work of educational institution specialists and the attitude of parents to their teenage children, which should be based on unconditional acceptance, respect, and love, are important for achieving maturity, cultivating the necessary human values in children, and attaining psychological health in general.

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