

Internet Addiction in Relationship to Social Isolation and Psychological Well-Being

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ABSTRACT

This study aimed to investigate the relationship between internet addiction levels and social isolation and loneliness, and internet addiction and its effects on the psychological well-being of young adults. The study was conducted with 150 young adults. The data were obtained with the Internet Addiction Scale, Psychological well-being scale, and UCLA Loneliness Scale. The current review will be quantitative in nature. Furthermore, Purposive sampling will be used. A sample of 150 participants will be taken. A correlational design will be utilized to analyze the data. Data were analyzed utilizing the Pearson correlation using IBM SPSS statistics. This study establishes that there exists a positive correlation between internet addiction and loneliness. Additionally, Internet addiction was also found to have a negative correlation with psychological well-being. The findings of this study suggest that excessive or problematic usage of the internet leads to a person developing feelings of social isolation or loneliness. Further, it also suggests that internet addiction leads negatively affect psychological well-being increase in the levels of internet addiction leads to declining psychological well-being among young adults.

Keywords: *Internet Addiction, Social Isolation, Psychological Well-Being*

In 1976, the American Psychological Association (APA) noticed that unreasonable Internet use could prompt addiction. Clinicians were approached to foster strategies and conventions for managing this issue and during the mid-90s Kimberly Young (1996), led the principal research on the peculiarity of Internet addiction. Then again Stanford University's School of Medicine had assessed that internet addiction ought to be viewed as another type of psychopathology that could influence a rising number of people (Aboujaoude, Koran, Gamel, Large, and Serpe, 2006). Despite the fact that Internet addiction has been contemplated to shifting degrees, there is no distinct norm for treatment. The discussion about Internet Addiction shifts from symptomatology to the meaning of specific concepts: how much time utilizing the Internet or the dilemmas of Internet addiction ought to be thought of as not a type of compulsion (Byun et al., 2009). The studies in our country on internet addiction are limited. The motivation behind this study is to understand the phenomenon of internet fixation and its relationship with loneliness and what psychological impact it has on young adults. My interest in this study emerged when I

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observed that the extended utilization of the Internet in college conditions is turning into an issue that requires consideration.

CONCEPTUAL OVERVIEW

Internet Addiction

The Internet has become an important part of a person's day-to-day life. The Internet is primarily a source for obtaining varied and numerous amounts of information. With the internet, people can access information from anywhere and about anything they want. The last ten years have seen a large expansion in research on the recently arising mental health and emotional well-being issues of Internet addiction. In today's world, people use the internet majorly for gaining access to the social media world. Social media sites provide information that is required by the people. Social media provides people the ease to share information about themselves or about any topics that interest them. While we can say that the internet has proved to be a boon to mankind, it also has its fair share of downsides. Internet addiction prompts symptoms usually associated with substance-related addictions, to be specific temperament adjustment, salience, resilience, withdrawal, struggle, and relapse. People are so heavily dependent on the internet that they start using their smartphones as soon as they wake up, or while eating, driving, exercising, and even before sleeping. Regards to how much time people spend on the Internet, especially those who see themselves as Internet addicts, indicated that it differs greatly from 8.5 hours of week to 21.2 hours each week (Yang and Tung, 2007).

Different studies show that the higher the time spent on the internet, the more prominent the degree of the side effects of Internet addiction. Corresponding to clients' psychological profiles, studies have revealed a connection between locus of control, depression, social anxiety, confidence, and Internet addiction. Whang et al. (2003) observed that Internet addicts had a more significant level of dejection and sorrow contrasted with non-addicts. internet addiction was likewise associated with poor psychological well-being and low confidence in adolescents.

The excessive need to constantly check their smartphone to stay updated and to obtain information has led people to feel anxious and distressed when they are unable to do so. This excessive use of social media is a part of internet addiction. The likeness with different addictions is validated by a variety of neurobiological proof. According to a clinical point of view, Internet addiction is dealt with, with a serious and explicit treatment approach and has been embraced in different nations, vouching for the need for expert assistance for individuals who suffer. People tend to feel discomfort, irritation, and restlessness as soon as they start to reduce their internet usage. Some authors (e.g., Widyanto and Griffiths, 2006) have claimed that as opposed to looking at internet addiction fundamentally, researchers should center around specific activities on the Internet that may be possibly addictive because individuals don't become dependent on the medium, however to the actual behaviour they connect and engage with online.

Social Isolation/Loneliness

Loneliness is an abstract or subjective psychological feeling or experience that happens when an individual detects an absence of satisfactory relational connections and a gap between their ideal and genuine levels of communication. Peplau and Perlman (1979) accepted that loneliness is a despondent experience connected with an individual's lack of social support or network. A few researchers have exhibited those social abilities and strategies for dealing with stress from negative social events as well as support from society,

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particularly from core family members, instead of demographic factors like sex, occupation, age, marriage, education level, financial circumstances, family, financial circumstances, and financial status, meaningfully impact isolation. Various research has shown that in distressing circumstances, the people who are mentally or physically supported by a family member, loved one, or relative are less inclined to feel isolated. However, many researchers have confirmed a negative connection between friendly help and loneliness.

Internet dependence is a kind of addiction that should be visible at whatever stage in life. Environmental and psychological factors related to the lives of young adults and college-going students might make them be impacted by Internet addiction. College students might confront an assortment of challenges in life or issues like meeting their requirements like accommodation, nourishment, well-being, taking part in a gathering, fearlessness, adjusting, and growing close associations with their environmental surroundings. The individual are isolated from their parents as neighbouring emotional support turns out to be scarce; family contact becomes restricted; and the individual faces the trouble of fostering an entirely different arrangement of connections. Most students who come to college from various physical, social, and environmental backgrounds enter a momentary period in their lives and experience an impermanent feeling of loneliness because of the various sentiments that they have about being in an alternate climate. Also, as far as their regular routines, college students' plans give them a great deal of flexibility and extra energy bringing about lots of free time to spend on various applications on the internet. Also, college students have simple access through direct Internet connections in residences, libraries, and labs.

Events that can influence one, like leaving loved ones for school, the separation of a romantic connection, issues with companions and flat mates, and hardships with homework, may create a discrepancy between genuine and wanted interpersonal relations, which could prompt loneliness. In parallel with this view, Weiss (1973) stated that loneliness does not come from being alone but from the lack of a certain set of relationships that are clearly needed. In other words, there may be a lack of intimate connections, friendships, or other social bonds. Loneliness generally is viewed not as a feeling in individuals; it is seen as a phenomenon different from being alone and as an unexplained fear, problem, or hopelessness that can be seen sometimes for a short while and sometimes for longer. Similarly, the feeling of loneliness is expressed as an unwanted and unpleasant experience accompanied by feeling different from other people and by feeling anxiety, anger, and sadness; it appears to be more intense in adolescence and young adulthood, although it exists as a feeling that can be seen in almost every period of human life. As time passes, some students overcome the feeling of loneliness, but some continue to live this sentiment even in the last class.

Spending time on the Internet is one of the defensive mechanisms developed to constantly face loneliness, such as continuously and exceedingly eating, purchasing things senselessly and constantly, continuously watching TV without making a choice, and watching storefronts without purpose.

Some of the factors that make the Internet attractive can be listed as being able to establish relationships through the Internet that could not happen in real life, being able to communicate risk-free with other people, expressing one's thoughts and feelings freely, and while masking, showing one's identity how one wants to be seen, being able to hide one's true identity, and being able to get in contact whenever one wants. Lone individuals are more inclined to use the Internet, and it is also likely that they get an opportunity to decrease

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their loneliness by setting up social relationships. The findings of many of the studies have also demonstrated that, loneliness is an important determinant of Internet addiction.

Psychological well-being

The main model for mental and psychological well-being is the Ryff (2014) model. Ryff (2014) looked for building blocks in an assortment of wellness studies and theories from John to Aristotle to Stuart Mill, from Carl Jung to Abraham Maslow, to foster a hypothesis that fuses metaphysical concerns. Recent years have seen a big change or shift in research writing from an emphasis on mental disorders and dysfunctions to an emphasis on prosperity and positive emotional or psychological well-being. This change in perspective has been particularly unmistakable in momentum mental examination.

Yet, it has likewise caught the consideration of disease transmission specialists, social researchers, market analysts, and strategy creators. This uplifting outlook is likewise cherished in the constitution of the World Health Organization, where wellbeing is characterized as "a condition of complete physical, mental and social prosperity and not only the shortfall of sickness or illness" (WHO, 1948). All the more as of late, the WHO has characterized positive psychological well-being as "a condition of prosperity wherein the individual understands their own capacities, can adapt to the typical anxieties of life, can work gainfully and productively, and can make a commitment to their local area" (WHO, 2001).

Studies about the reasons behind internet addiction showed that qualities like shyness, signs of depression, and low confidence (Aydin and Sari, 2011) are ascribed to a tendency toward internet dependence (Yang and Tung, 2007). As dependence on the internet expands the aspects of psychological well-being diminish (Waldo, 2014). Well-being is a positive and a more, feasible condition that permits people, gatherings, or countries to flourish and prosper. Psychological well-being is about lives working out in a good way.

It is the mix of feeling good and working and functioning effectively. people with more elevated levels of internet addiction are bound to be low in psychological well-being. Students who are dependent on internet utilization have mental side effects like Somatization, Compulsiveness, melancholy, interpersonal sensitivity, tension, aggression, phobic anxiety, distrustful ideation, and psychoticism more than students who are non-dependent on internet utilization. Anxiety, depression, and stress were anticipated positively in internet addiction.

A lot of research has been conducted on the issue of internet addiction. While some of them focus on the level of internet addiction; others focus on examining the relationship internet addiction has with PWB. However, many of the studies conducted on the relationship between internet addiction and PWB are in developed countries. Some researchers such as Dutta & Chye found a negative correlation between internet addiction and PWB.

OVERVIEW OF LITERATURE REVIEW

Excessive usage of the internet is causing people to be stuck on their smartphones and computers. People spend more time on their devices and interact with others through social media platforms rather than meeting them in person. This is creating a lack of social interaction between people.

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A disturbing pace of individuals show apparent symptoms of dependence on the internet. Youngsters appear particularly susceptible, with proof highlighting students whose scholarly performance is compromised as they spend excessive measures of time on the Internet (Al-Menayes, 2014). Some likewise suffer well-being and health issues coming about because of lack of sleep and rest brought about by the increasing amount of time they spend on the Internet particularly late around evening time or night. Research into Internet addiction has developed drastically since the mid-1990s, particularly as an ever-increasing number of cases among young adults and college students have been recognized by university medical healthcare experts.

The terminology, to depict this phenomenon, changes generally in the literature in addition to addiction to the Internet, terms, for example, 'Web dependency', 'habitual Internet use', 'problematic Internet use', and 'neurotic Internet use' have been utilized to portray what is basically similar behaviour.

As far as specific applications, gaming has been widely explored as a web-based application with a high addictive habit-forming potential (Huang, 2006; Kuss and Griffiths, 2012; Leung, 2004). Moreover, the utilization of social applications, in particular, online chatting, the many social networking sites such as Facebook, Instagram, Twitter, etc. (SNSs), and online instant messengers have been viewed as related to Internet addiction. Furthermore, investing more energy in internet-based activities, for example, gaming and shopping has been linked to depressive symptoms.

It gives the idea that these applications might be explicitly predictive of Internet addiction. In addition to the use of specific internet-based activities, character qualities have been linked to Internet addiction.

Higher scores on neuroticism and low scores on extraversion have been laid out as possibly significant factors for Internet addiction. Web gaming addiction evidently has been related to neuroticism, aggression, and antagonism, introversion, social hindrance.

Zavaleta et al. (2017), defined Social Isolation as the lack of quality and number of social relations with others at different levels where human collaboration happens. A story analysis uncovered that the students who are dependent on internet-based activities agreed that, they are investing less energy and time with their families and are failing to get a grip on emotions.

According to the study by McWhirter (1990), loneliness seems to be especially prevalent among university students. In McWhirter's study, an estimated 30% of university students reported loneliness as a problem. In a study of university freshmen, 75% of the students report some degree of loneliness in the first 2 weeks of school, with 47% of these students classified as having moderate to severe loneliness and feelings with other relatives. There are numerous studies that talk about social isolation occurring in the later stage of life, specifically, when a person gets old and loses contact with people, however with the internet becoming as prominent as it has, there is and will be a rising increase in social isolation created by internet addiction.

One might say that the time spent on the internet adversely affects social relationships and that it drives an individual to both emotional and social loneliness as long as he/she is on the internet. It is felt that the issues in social and family relations might significantly affect an

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individual's habits and addictions. As per Weis (1973), loneliness incorporates both emotional loneliness and social separation. emotional loneliness is when an individual doesn't feel anything for anyone or anything.

Social isolation is the absence of one where the individual is unable to express his thoughts, dreams, standards, and bits of knowledge. Loneliness is likewise a complex phenomenon, shifting in intensity, and across causes and conditions. several types of research show that loneliness is connected with social isolation, lower confidence, family issues, character qualities, relational trust, self- critical Poor scholastic performance, and internet addiction.

Kraut et al. found that excessive internet usage presents a negative effect on face-to-face interactions by reducing time spent with friends and family members, which leads to increased loneliness and depression, thus decreasing psychological well-being (PWB). Liu reported that internet use increased the degree of loneliness in college students.

The previous studies observed the negative effect of the internet on their daily lives and a break in the PWB of young adults. These studies defined well-being in the concept of mental illness and distress such as loneliness and depression, behavioural difficulties, impulsivity, sensation and novelty-seeking, and social isolation. Similarly, Oktuğ's study reported well-being as a state compromised such as failure to manage time, missed sleep, missed meals, and so on picturing similar patterns and norms of other addictions. But in another study, a positive relationship was reported between internet usage and well-being, that greater internet usage leads to better communication and greater social involvement, resulting in an enhanced sense of well-being. Therefore, the present study was conducted with the objective of finding out the relationship between internet addiction and PWB among young adults.

Mental well-being plays a significant part in character and development both hypothetically and essentially. psychological well-being, which guides clinical studies that will assist advisers with making their advice arrive at their objectives, illuminates the objectives and motivations behind counselling.

The idea of subjective well-being, for the most part, alludes to an individual having a great time in life, all in all, psychological bliss focuses on self-advancement and fulfilment in life. A broad examination of mental well-being incorporates an individual's relationship with life objectives and goals; assuming he knows about his true capacity; the nature of his relationship with others; and what he feels about his own life.

METHODOLOGY

Research Design

The aim of the present study is to analyze whether internet addiction is causing social isolation among young adults and its impact on their psychological well-being. Data was gathered from the surveys and findings were gathered from the statistical analysis.

Participants

The participants for the study were selected using the snowball sampling technique. As such, there was no age bar, but since they were undergrads, they were between the age of 18 to 25 years of age. Test information has a place with the same social, land, political and financial foundation of subjects.

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Measures

Self-report measures with rating scales were used in this study to measure each variable.

Internet addiction Test

Author & Year- Kimberley Young (1998)

IAT is a 20-item scale that measures the presence and severity of internet addiction. This test was designed as a research and diagnostic tool, based on the DSM-IV criterion for pathological gambling diagnosis. The IAT is a symptom-measuring tool for internet addiction. Internet addiction is defined here as online compulsive behavior that causes hindering normal social interactions, and also increases daily stress and feelings of solitude, anxiety, and depression. The test measures the degree of involvement in online activities using responses on the 5- degree Likert type scale and categorizes the addictive behavior into four categories: lack of addiction, mild signs of addiction, moderate signs of addiction, and severe addictive behavior. Studies have confirmed that IAT is a reliable measure covering the key characteristics of pathological internet use.

The IAT total score is the sum of the ratings given by the participants for the 20-item responses. Each item is rated on a 5-point scale ranging from 0 to 5. The maximum score is 100 points. The higher the score is, the higher the severity of the problem. Total scores that range from 0 to 30 points are considered to reflect a normal level of Internet usage; scores of 31 to 49 indicate the presence of a mild level of Internet addiction; 50 to 79 reflect the presence of a moderate level, and scores of 80 to 100 indicate a severe dependence upon the Internet.

UCLA Loneliness Scale

Author & Year- Russell, D, Peplau, L. A. & Ferguson, M. L. (1978)

No. of items- 20 item scale

Highly reliable, both in terms of internal consistency (coefficient alpha ranging from .89 to .94) and test-retest reliability over a 1-year period ($r = .73$). Convergent validity for the scale was indicated by significant correlations with other measures of loneliness. Construct validity was supported by significant relations with measures of the adequacy of the individual's interpersonal relationships, and by correlations between loneliness and measures of health and well-being. Especially compared to earlier (pre-1978) scales, the UCLA scale scored highly in various tests of its validity, such as internal consistency. Developer Daniel Russell had however expressed concern that publication of the scale could skew responses.

The scale has been criticized for being unidimensional. A common view among researchers and practitioners in the loneliness relief field is that in order to properly understand and address loneliness, it is necessary to break it down into component parts, at least to the top-level division into social & emotional loneliness. For this reason, some researchers prefer multidimensional scales which give results for different types of loneliness. Such as the De Jong Gierveld scale (which reports separately on social and emotional loneliness) or SELSA (which reports on social, romantic & family loneliness - the latter two dimensions being subtypes of emotional loneliness.)

Ryff's Psychological Well-Being Scales

Developed by psychologist Carol D. Ryff, the 42-item Psychological Wellbeing (PWB) Scale measures six aspects of well-being and happiness: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance (Ryff et al., 2007; adapted from Ryff, 1989). The test-retest reliability coefficient of RPWBS was

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0.82. The subscales of Self-acceptance, Positive Relation with Others, Autonomy, Environmental Mastery, Purpose in Life, and Personal Growth were found to be 0.71, 0.77, 0.78, 0.77, 0.70, and 0.78 respectively, which were statistically significant ($p < 0.001$).

Interestingly, Ryff's six dimensions of psychological well-being were derived from research conducted in the context of ageing. In this, Ryff (1989b) pointed to limitations of existing research, including an absence of theoretical frameworks, an over-focus on ill-being, a failure to treat the construct of wellbeing as dynamic rather than static, and a failure to account for cultural and value-based differences regarding what constitutes wellbeing.

To address these problems, Ryff (1989b) integrated the perspectives of several existing theories from the fields of lifespan development (e.g., Erikson, 1959), personal growth (e.g., Rogers, 1961), and mental health (e.g., Jahoda, 1958) to reveal six dimensions that make up psychological wellbeing.

This conceptualization was then carried over into developing the Psychological Wellbeing Scales, which are applicable to a range of age groups and demographics.

Procedure

So as to gather the information members were reached at different places, for example, their living arrangement, working environment, and so forth. They were informed about the primary reason for the study. All the inquiries in regards to the survey and research reason were understood and they were mentioned for precise reaction. Privacy of the acquired information was guaranteed to the participants.

A particular time and date were set commonly with the approval and consent of the respondent to gather the said details for the questionnaire that was to be filled.

Informed consent was taken verbally from the respondent and the question sheets were filled by the respondent either by themselves or the researcher made sense of everything and provided an explanation to the respondent verbally and their reaction and answers were marked by the researcher.

Data Analysis

The data collected was scored, and encoded by replacing descriptive terms like Males and Females with numerical values like 1 and 2 for the statistical computation. The descriptive and inferential analyses were carried out using the Statistical Package for Social Sciences (SPSS) tool of version 25.

RESULTS FROM STATISTICAL DATA

Relationship among variables from the close perusal of Tables 1 and 2 the following findings can be indicated for the relationships between different variables relating to Internet addiction and psychological well-being.

Table 1 – Scale Descriptive Statistics

	Descriptive Statistics				
	N	Minimum	Maximum	Mean	Std. Deviation
IA	150	33	72	49.97	7.906
LO	150	2	29	13.20	9.716
PWB	150	10	151	109.53	20.942
Valid N (listwise)	150				

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The means obtained for each of the scales were as follows: Internet addiction questionnaire = 49.97; loneliness scale = 13.20; Psychological wellbeing scale= 109.53. The standard deviation is a measure of the average number of deviations of a score from the mean. The standard Deviation for the internet addiction scale is 7.91, For loneliness, the scale is scale 9.72 and for psychological well-being, the scale is 20.94. Table 1 reports the descriptive statistics obtained for each scale.

Pearson's Correlation Coefficient

A Pearson's Correlation Coefficient determines the strength and the direction of the relationship between continuous variables, in this study the continuous variables are Internet addiction, loneliness, and psychological well-being.

Table 2: Correlation between Internet addiction and loneliness scores
Correlations

		IA	LO
IA	Pearson Correlation	1	.306**
	Sig. (2-tailed)		<.001
	N	150	150
LO	Pearson Correlation	.306**	1
	Sig. (2-tailed)	<.001	
	N	150	150

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

The very first hypothesis for the present research is that there will be a positive relationship between Internet addiction and social isolation/loneliness. Table 1 suggests that there is a low positive correlation between the two variables ($r = .306$; $p < .001$). Although technically a positive correlation, the relationship between the variables is weak. The result is significant at $p < .01$. By conventional criteria, this difference is considered to be statistically significant.

Table 3: Correlation between Internet Addiction and psychological well-being Scores.
Correlations

		IA	PWB
IA	Pearson Correlation	1	-.015
	Sig. (2-tailed)		.852
	N	150	150
PWB	Pearson Correlation	-.015	1
	Sig. (2-tailed)	.852	
	N	150	150

The second hypothesis for the present research is that there will be a negative relationship between Internet addiction and psychological well-being. Table 2 suggests that there will be a negative correlation between the two variables ($r = -.852$)

DISCUSSION

The main aim of this study was to observe the relationship between Internet Addiction, Social isolation/loneliness, and psychological well-being among young adults. The last ten years have seen a large expansion in research on the recently rising mental health and

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emotional well-being issues of Internet addiction (Griffiths, 2000; Young, 2010) In today's world, people use the Internet majorly to gain access to social media world (Griffiths, 2000; Young, 2010). this extensive use of the internet is more prominent among young adults who in the current times have easy access to the internet and are severely becoming dependent on it. Whang et al. (2003) observed that Internet addicts had a more significant level of dejection and sorrow contrasted with non-addicts. internet addiction was likewise associated with poor psychological well-being and low confidence in adolescents. Spending time on the Internet is one of the defensive mechanisms developed to constantly face loneliness, such as continuously and exceedingly eating, purchasing things senselessly and constantly, and continuously watching TV without making a choice. The discussion about Internet Addiction shifts from symptomatology to the meaning of specific concepts: how much time utilizing the Internet or the dilemmas of Internet addiction ought to be thought of as not a type of compulsion (Byun et al., 2009).

In this study, two hypotheses were drawn. For the data to be obtained, the internet addiction scale, UCLA loneliness scale, and Ryff's psychological well-being scale were utilized for a sample of 18-25-year-old participants. The information was gathered and analyzed through IBM-SPSS. descriptive statistics generated from the results of the study. The table reports the means generated, standard deviations, and maximum and minimum scores obtained, in each of the measures. The means obtained for each of the scales were as follows: Internet addiction questionnaire = 49.97; loneliness scale = 13.20; Psychological wellbeing scale= 109.53. The standard deviation is a measure of the average number of deviations of a score from the mean. The standard Deviation for the internet addiction scale is 7.91, For loneliness, the scale is a scale 9.72 and for psychological well-being, the scale is 20.94.

The first hypothesis proposed that there will be a positive correlation between internet addiction and loneliness. The outcomes (Table 1) of this study propose, three standardized questionnaires namely, Young's Internet Addiction Test (IAT) and the UCLA loneliness scale, specific review demonstrate that Internet Addiction has a positive relationship with Loneliness ($r = .306$; $p < .01$). as stated in the hypotheses, the results are that there will be a positive correlation between internet addiction and loneliness among young adults. The outcomes in Table 2 show that there is a negative correlation between the two factors namely internet addiction and psychological well-being ($r = - .852$; $p < .01$). this is consistent with the study done by Widyanto et.al (2015) who suggested spending more time on the Internet is harmful and has a significant relationship with social isolation or loneliness. Pryme et.al (2009) who conducted a study to find out the possible downsides of excessive and problematic internet suggested that internet addiction has effects on feelings of loneliness and social isolation. Therefore, this hypothesis is accepted.

The second hypothesis proposed that there will be a negative correlation between internet addiction and loneliness. The results in (table 3) suggest that there is a negative correlation between internet addiction and psychological well-being ($r = -.852$). A lot of research has been conducted on the issue of internet addiction. While some of them focus on the level of internet addiction; others focus on examining the relationship internet addiction has with PWB. Some researchers such as Dutta & Chye found a negative correlation between internet addiction and PWB. A study conducted by Waldo et. al (2014) suggested that as dependence on the internet expands the aspects of psychological well-being diminish. In another study, a negative relationship was reported between internet usage and well-being, that greater internet usage leads to loss of personal communication and less social involvement, resulting from a decreased sense of well-being. Kraut et al. found that excessive internet usage

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presents a negative effect on face-to-face interactions by reducing time spent with friends and family members, which leads to increased loneliness and depression, thus decreasing psychological well-being (PWB). Therefore, this hypothesis is accepted.

CONCLUSION

The main aim of this study was to find the relationship between internet addiction, loneliness, and psychological well-being among young adults aged between 18-and 25 years. The goal was to find the direct relationship between Internet Addiction and social isolation/loneliness and to observe whether there was a relationship between Internet Addiction and Psychological well-being.

To conclude the study, it can be said that there is a positive relationship between internet addiction and loneliness, and is significant it has also been found that there is a relationship between internet addiction and psychological well-being, however, it is not significant it might be because these 2 scales may not align with each other.

The outcomes determined through a person's correlation demonstrate that there is a positive relationship between Internet Addiction and loneliness, and a negative correlation between internet addiction and psychological well-being. to battle internet addiction various interventions like family therapy and cognitive behavioral therapy have been found to be effective treatments.

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Conflict of Interest

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