

## Investigating The Link of Internet Addiction Disorder with Quality of Life of Adolescents: A Correlation Study

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### ABSTRACT

This study explores how excessive internet use—defined as Internet Addiction Disorder (IAD)—affects the overall quality of life (QoL) of adolescents. By examining key dimensions such as physical health, psychological well-being, social relationships, and environmental satisfaction, the research employs a correlational design with a sample of 70 teenagers from various regions in India. Using the Internet Addiction Test (IAT) alongside the WHOQOL-BREF questionnaire, the study reveals significant negative associations between higher internet dependency and all QoL dimensions. The findings underscore the need for preventive interventions, including digital wellness education, parental monitoring, and targeted psychological support to help adolescents maintain a healthier balance between online and offline life.

**Keywords:** *Internet Addiction Disorder, Quality of Life, Adolescents, Correlational Study*

The rapid advancement of technology and widespread internet access have significantly transformed how people communicate, interact, and acquire knowledge. While the internet offers numerous benefits, its excessive and uncontrolled use has led to Internet Addiction Disorder (IAD), particularly among adolescents. IAD is characterized by compulsive internet usage, often interfering with daily life, social interactions, and overall well-being.

Young (1998) first introduced the concept of IAD, likening it to pathological gambling due to its compulsive nature. Although not officially recognized in the DSM-5, IAD shares similarities with other behavioral addictions, such as gaming disorder (American Psychiatric Association, 2013). Research indicates that around 6% of the global population exhibits symptoms of IAD, with adolescents being the most affected group (Cheng & Li, 2014). Contributing factors include excessive social media use, online gaming, peer pressure, and the pursuit of online validation, all of which can negatively impact an individual's quality of life (Andreassen et al., 2017).

Quality of Life (QoL) is a multidimensional concept encompassing physical, psychological, emotional, and social well-being. It reflects an individual's overall satisfaction with life,

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influenced by factors such as health, relationships, financial stability, and environmental conditions. Studies suggest a strong correlation between IAD and deteriorating QoL in adolescents, affecting their mental health, academic performance, and physical well-being. Excessive internet use has been linked to increased stress, anxiety, and depression (Keles et al., 2020), as well as poor sleep patterns, musculoskeletal issues, and a sedentary lifestyle (Higuchi et al., 2024).

Given the rising prevalence of IAD among adolescents, it is crucial to examine its impact on QoL. This study aims to explore the relationship between internet addiction and various dimensions of QoL, highlighting the need for preventive measures and interventions to mitigate its adverse effects.

### ***Rationale of the Study***

While previous research has examined the effects of Internet Addiction Disorder (IAD) on adolescents, few studies have directly analyzed its impact on different dimensions of Quality of Life (QoL). This study addresses this gap by focusing on specific QoL domains, including social relationships, physical health, and emotional well-being. The central research question is: *To what extent does Internet Addiction Disorder affect various dimensions of adolescents' Quality of Life?* This study aims to determine whether increased internet addiction correlates with declines in social, physical, and psychological well-being. A quantitative research design will be employed, using standardized questionnaires such as the Internet Addiction Test (IAT) and the WHOQOL-BREF scale to assess internet addiction levels and QoL dimensions. The study will focus on adolescents aged 12 to 19 years, selected through random sampling from schools and educational institutions. Correlation analyses will be conducted to identify key relationships and influencing factors. This research contributes to the existing literature by providing a data-driven perspective on how internet addiction affects adolescent well-being. Unlike prior studies that broadly discuss the negative effects of excessive internet use, this study offers an empirically supported correlation and identifies potential risk groups. The findings will aid in developing targeted prevention and intervention strategies, ensuring that adolescents can engage with digital technology while maintaining a healthy balance in their overall well-being.

## **REVIEW OF LITERATURE**

With the advent of the digital era, Internet Addiction (IA) has become a burgeoning issue, especially among adolescents who are highly engaged with technology. Meanwhile, Quality of Life (QOL) has been identified as an important indicator of overall well-being, covering physical, psychological, social, and environmental dimensions. Although international research documents the complex relationship between IA and QOL, region-specific studies are lacking, especially in India. This chapter summarizes current literature on IA and its effects on QOL, focusing on main findings, research methods, and conceptual frameworks that are applicable to this study.

### ***Overview of the Variables***

The research centers on two main variables:

1. Internet Addiction (IA)
2. Quality of Life (QOL)

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Previous studies have considered these variables across different contexts. The subsequent sections present a systematic review of literature, investigating (a) Internet Addiction, (b) Quality of Life, and (c) their convergence.

### Internet Addiction (IA)

Studies suggest that IA is associated with different psychological conditions. Ho et al. (2014) reported that IA is associated with conditions such as anxiety, depression, and ADHD, and integrated treatment strategies are necessary. Demirci et al. (2015) showed that excessive use of smartphones is responsible for development of poor sleep, anxiety, and depressive symptoms. Likewise, Hawi and Samaha (2017) noted that social media addiction has a negative influence on self-esteem and satisfaction with life

### Quality of Life (QOL)

QOL is an umbrella construct including physical health, mental well-being, social relations, and the environment. Orben et al. (2019) postulated that moderate usage of social media can have positives but also hinted at its ambivalent contribution to mental well-being. Keles et al. (2020) outlined positives and negatives wherein social media would offer aid but also magnify mental issues. This is in keeping with why cautious analysis of online habits needs to be taken.

### Internet Addiction and Quality of Life

The detrimental impact of IA on QOL has been well-documented. Noroozi et al. (2021) established that IA lowers physical and psychological well-being significantly. Luo et al. (2022) associated IA with reduced QOL scores for adolescents with Major Depressive Disorder. Ferrari Junior and da Silva (2023) observed that IA causes daytime sleepiness and lower general well-being. Soriano-Molina et al. (2025) established that IA is associated with anxiety, depression, and suicidal behavior, which supports the need for intervention measures.

### The Indian Scenario

Even with increasing concern, studies on IA and QOL in Indian adolescents are limited. Current studies concentrate on aspects of mental health like stress, anxiety, and depression but do not address a complete perspective of all QOL aspects. This makes research a priority that takes into consideration culture-specific, infrastructure-specific, and socio-economic issues particular to India. Through the understanding of how IA affects various dimensions of adolescent existence, interventions can be specifically designed.

## METHODOLOGY

### 1. Purpose of the Study

This study examines the impact of Internet Addiction Disorder (IAD) on adolescents' quality of life (QoL) using a correlational research design. It aims to analyze the effects of IAD on various QoL dimensions, including emotional stability, social interactions, physical health, psychological well-being, and environmental factors.

### 2. Hypothesis

- H<sub>1</sub>: Internet Addiction Disorder negatively affects the quality of life of adolescents.
- H<sub>2</sub>: Internet Addiction Disorder negatively affects the physical health of adolescents.
- H<sub>3</sub>: Internet Addiction Disorder negatively affects the psychological health of adolescents.
- H<sub>4</sub>: Internet Addiction Disorder negatively affects the social health of adolescents.

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H<sub>5</sub>: Internet Addiction Disorder negatively affects the environmental health of adolescents.

### 3. Sample

The study included 70 randomly selected participants from different regions of India, including Uttar Pradesh (Lucknow, Noida), Maharashtra, Madhya Pradesh, Haryana, Rajasthan (Kota, Bhiwadi), and Uttarakhand. Participants were aged 11 to 19 years and consisted of 37 males and 33 females.

### 4. Research Design

A correlational research design was used to examine relationships between variables without manipulation. In this study, Internet addiction was the predictor variable, while quality of life was the criterion variable.

### 5. Sampling Technique

Participants were selected through random sampling via Google Forms, ensuring an unbiased selection process and enhancing the study's validity and reliability.

### 6. Instruments

#### a) Internet Addiction Test (IAT)

The Internet Addiction Test (IAT), developed by Dr. Kimberly Young, assesses internet dependency through 20 self-report items.

#### b) WHOQOL-BREF Questionnaire

The WHOQOL-BREF, developed by the World Health Organization (WHO), measures quality of life across four key domains:

- Physical Health (7 items) – Pain, energy, sleep, mobility.
- Psychological Well-being (6 items) – Emotions, self-esteem, cognitive function.
- Social Relationships (3 items) – Social support, personal relationships.
- Environment (8 items) – Safety, financial resources, healthcare access.

## RESULTS

This chapter presents the findings of the study, analyzing the correlation between Internet Addiction Disorder (IAD) and various domains of Quality of Life (QoL) using PSPP software.

### Correlation Between IAD and Physical QoL

		IAD	Physical domain
IAD	Pearson correlation	1.000	-.607
	Sig. (2-tailed)	.70	.000
	N		69
PD	Pearson correlation	-.607	1.000
	Sig.(2-tailed)	.000	.69
	N	69	

A Pearson correlation analysis revealed a strong negative correlation between IAD and the physical domain of QoL ( $r = -0.607$ ,  $p < 0.001$ ). This indicates that higher internet addiction is associated with poorer physical health. The scatterplot confirms this inverse relationship, showing a downward trend.

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***Correlation Between IAD and Psychological QoL***

		<b>IAD</b>	<b>Psychological domain</b>
IAD	Pearson correlation	1.000	-.482
	Sig. (2-tailed)	.70	.000
	N		69
PsD	Pearson correlation	-.482	1.000
	Sig.(2-tailed)	.000	.69
	N	69	

The analysis found a moderate negative correlation between IAD and the psychological domain of QoL ( $r = -0.482$ ,  $p < 0.001$ ). This suggests that as internet addiction increases, psychological well-being declines. The scatterplot further supports this finding with a clear negative trend.

**Correlation between IAD and Social QoL**

		<b>IAD</b>	<b>Social domain</b>
IAD	Pearson correlation	1.000	-.356
	Sig. (2-tailed)	.70	.000
	N		69
SD	Pearson correlation	-.356	1.000
	Sig.(2-tailed)	.000	.69
	N	69	

A significant negative correlation was observed between IAD and the social domain of QoL ( $r = -0.356$ ,  $p = 0.003$ ). Adolescents with higher internet addiction tend to have weaker social interactions and reduced social support, as demonstrated by the scatterplot's downward pattern.

**Correlation Between IAD and Environmental QoL**

		<b>IAD</b>	<b>Environmental domain</b>
IAD	Pearson correlation	1.000	-.448
	Sig. (2-tailed)	.70	.000
	N		69
ED	Pearson correlation	-.448	1.000
	Sig.(2-tailed)	.000	.69
	N	69	

The study identified a moderate negative correlation between IAD and the environmental domain of QoL ( $r = -0.448$ ,  $p < 0.001$ ). This indicates that higher internet addiction is linked to lower satisfaction with one's environment, including safety, financial resources, and healthcare access. The scatterplot confirms this trend.

**Correlation Between IAD and Overall QoL**

		<b>IAD</b>	<b>Quality of life</b>
IAD	Pearson correlation	1.000	-.567
	Sig. (2-tailed)	.70	.000
	N		69
QOL	Pearson correlation	-.567	1.000
	Sig.(2-tailed)	.000	.69
	N	69	

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A moderate-to-strong negative correlation was found between IAD and overall QoL ( $r = -0.567$ ,  $p < 0.001$ ). This suggests that adolescents with higher internet addiction experience a significantly lower quality of life across all domains. The scatterplot highlights this clear downward trend.

### **Key Finding**

All correlations were statistically significant ( $p < 0.001$ ), confirming the reliability of the results.

## **DISCUSSION**

The study sheds light on how Internet Addiction Disorder (IAD) can adversely affect the quality of life among adolescents. It reveals that excessive internet use is not just a behavioral concern; it has far-reaching consequences on physical health, psychological well-being, social interactions, and overall satisfaction with one's environment. Adolescents struggling with IAD often experience significant declines in physical health, as evidenced by a strong negative correlation ( $r = -0.607$ ,  $p < 0.001$ ) with well-being. This overuse is associated with a sedentary lifestyle, sleep disturbances due to disrupted melatonin production, and physical complaints like eye strain, musculoskeletal pain, and unhealthy eating habits.

Psychologically, the data indicate that increased internet addiction correlates with heightened stress, anxiety, and depression ( $r = -0.482$ ,  $p < 0.001$ ). Many teenagers turn to the internet as a way to cope with daily pressures, yet this habit can expose them to negative influences such as cyberbullying and unrealistic beauty standards, which only serve to worsen their emotional distress. The tendency to replace healthier coping strategies with compulsive online behaviors—such as endless scrolling or binge-watching—further impairs their mental health.

Socially, excessive internet use seems to take a toll on real-life interactions. A moderate negative correlation ( $r = -0.356$ ,  $p = 0.003$ ) was found between IAD and social well-being, suggesting that time spent online can reduce opportunities for face-to-face connections. This reduction in direct social interactions may lead to a decline in interpersonal skills and an increased sense of loneliness over time. Moreover, the study finds that adolescents with higher levels of internet addiction tend to have lower satisfaction with their environment ( $r = -0.448$ ,  $p < 0.001$ ). This disengagement often results in reduced participation in school, family events, and outdoor activities, which can, in turn, affect academic performance and overall motivation.

Overall, the strong negative association between IAD and quality of life ( $r = -0.567$ ,  $p < 0.001$ ) underscores the significant risks that excessive internet use poses to adolescent well-being. Several factors may explain these findings, including neurobiological changes in the brain's reward circuits that mirror those seen in substance addiction, the displacement of crucial social and physical activities by online time, and the use of the internet as a maladaptive coping mechanism to deal with stress.

The implications for intervention are clear. Incorporating digital wellness education into school curricula could empower adolescents to develop healthier online habits, while parental guidance through setting screen time limits and promoting offline activities is equally important. Additionally, providing robust mental health support in schools—

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including access to counseling and interventions like Cognitive Behavioral Therapy (CBT)—could help address the psychological challenges associated with IAD. Finally, encouraging participation in physical activities and outdoor sports might serve as a preventive measure, helping adolescents strike a healthier balance between their digital and real lives.

### CONCLUSION

In conclusion, the findings emphasize the urgent need for a balanced approach to technology use. While the internet is an essential part of modern life, its overuse can have detrimental effects on adolescent development. By promoting mindful digital consumption and fostering healthy lifestyle habits, society can ensure that adolescents reap the benefits of technology without compromising their well-being.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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