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Internet Addiction And Impulsivity Among University Students

B.Ö. Ünsalver 1, H. Aktepe 2
1Uskudar University, Medical Documentation and Secretariat, İstanbul, Turkey
2Uskudar University, Psychology, İstanbul, Turkey

INTRODUCTION
The progress in technology adds to the new ways of communication between people. In our age, online communication has taken the place of face to face communication. People express themselves, become friends and in a way become who they are through the tools of social media. Many biological and psychological factors may affect the choice of people for communicating through social media. According to the 2016 statistical reports of "We Are Social", 3.419 billion people are online worldwide. 2.307 billion internet users are actively using social media. Of the 3.790 billion mobile phone users 1968 billion use their mobile phones for reaching social media. Turkey has a population of 79,14 million and 46.3 million are online. 42 million of internet users are actively using social media. 36 million of these users use their mobile phones for social media purposes.

OBJECTIVE
Main objective of this research is to measure the frequency of internet addiction and it's relationship to social media use and impulsivity.

METHODS
The population of the study is composed of 117 female (58.5%) and 83 male (41.5%) students between 18-25 years of age from Uskudar University. Barratt Impulsivity Scale, Internet Addiction Scale and the usage purposes scale of social networks were used for data collection and measurement of variables.

RESULTS
97.5% of the participants were found to go online everyday. 74.5 % of the participants went online for social media use. Only 5% of the subjects fitted the criteria for internet addiction. 36% had limited symptoms for internet addiction. Internet addiction symptoms and impulsivity were positively related. The tool for internet access did not affect internet addiction. Those who used a smart phone went online for social media use more commonly than those who used a computer.

Results of the ANOVA analysis of the relation of three impulsivity subscales with regard to variables of financial responsibility, ownership of computer, place of internet connection (home, internet cafe, school, dorm), aim of internet use (social media, e-mailing, chatting, online-shopping, study, watching videos, reading news), instrument of internet connection (cell phone, computer, other), frequency of going online (everyday, every two days, every 3-4 days) were statistically nonsignificant.

There was a significant correlation between average time spent online and nonplanning impulsivity subscale (r=-.046, p<.005). A significant and moderate uphill relationship was found between attention impulsivity subscale and internet addiction (r=-.316, p<.005). A significant and moderate uphill relationship was found between motor impulsivity subscale and internet addiction (r=-.330, p<.005).

A significant and weak positive uphill relationship was found between nonplanning impulsivity subscale and internet addiction (r=.286, p<.005).

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CONCLUSION
We found that in accordance with our hypotheses there were significant relations between all subscales of impulsivity and internet addiction. Impulsivity is an important and common factor in all types of addiction. It has been debated that social media and the increase in smart phone use may be affecting young people and increase internet addiction rates, however we have found that impulsivity is an important factor for internet addiction as in other types of addiction. It was found that nonplanning impulsivity increased the mean time spent online. Interventions that target development of better planning skills may decrease time spent online.

REFERENCES