

Relationship of internet addiction with depression, loneliness and health related lifestyle among university students

R.M.A. Chamika^{1*} and S.R. Dias²

¹*Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka,* ²*Department of Psychiatry, Faculty of Medicine, University of Peradeniya, Sri Lanka*

**anjalirathnayaka@ymail.com*

Internet addiction (IA) is a newly emerged clinical disorder and it has negative effects on physical and mental health. University students are the most vulnerable group for Internet addiction. The aim of the present study was to determine the relationship of IA with Depression, Loneliness and Health related Lifestyle among University students.

Cross-sectional survey was conducted by enrolling 175 students of Faculty of Allied Health Sciences, University of Peradeniya. Internet Addiction Test (IAT) was used to assess the level of IA. Depression, Loneliness, and Health related lifestyle were assessed using Peradeniya Depression Scale (PDS), University of California at Los Angeles (UCLA) Loneliness Scale and Health Practice Score (HPS) respectively. T-test and ANOVA were conducted to examine the differences; and correlation and regression analyses were used to examine the relationships between variables.

Overall, 40.6% of students were placed in IA group. Generally 28.6% of students had mild and 12.0% had moderate addiction. No case of sever IA was seen. There were 20.6% of students in depressive state and 17.1% of students had poor health practice score. The average score that the student got from loneliness scale was 23.42. There was a positive significant correlation between IA and both depression and loneliness. Moreover a negative significant correlation found between IA and health related lifestyle. Male students had higher IA scores than female students. There was a significant effect of purpose of surf internet on IA and a positive correlation between time spent on Internet and IA.

IA was positively correlated with depression, loneliness and time spent on Internet and it negatively correlate with health related lifestyle. Male students are more addicted to Internet than female students. Purpose of surf Internet had significant effect on IA. The results of the study are considered to develop preventive interventions and treatment strategies.