INTERNET ADDICTION AS A PREDICTOR TOWARD THE RISK OF DEPRESSION AND LONELINESS AMONG UNDERGRADUATES IN MALAYSIA

KHAW MEI TING

B.A. (HONS) PSYCHOLOGY
FACULTY OF SOCIAL SCIENCES & LIBERAL ARTS
UCSI UNIVERSITY
MALAYSIA

AUGUST 2013
ABSTRACT

This study aimed to examine the relationship between internet addiction with depression and loneliness among undergraduates in Malaysia. There are 220 undergraduates (121 females and 99 males) aged 18-25 were selected for face-to-face and online surveys for this research. Internet Addiction Test (IAT), Beck Depression Inventory (BDI), and UCLA Loneliness Scale (Version 3) were used as a quantitative method to collect data. The data was analyzed by using Pearson correlation and the result showed that there was significant relationship between internet addiction with depression and loneliness. A linear regression was used to predict the depression and loneliness from internet addiction. Result showed that internet addiction was statistically significantly predicted depression and loneliness. Additionally, an independent t-test was used to measure the gender difference in internet addiction. It was found that there were no significant differences on internet addiction. Derived from the research, students could have a better understanding on the impacts of internet addiction affecting their life and psychological problems. It also helps to enhance students’ self-control toward internet use.

Key words: Internet addiction, Depression, Loneliness.