

**ROLE OF INTERNET ADDICTION ON INTERPERSONAL RELATIONSHIPS
AND QUALITY OF LIFE AMONG MARRIED COUPLES**



Submitted by: Saman Ahmed

Enrollment # 01-275182-020

Supervisor

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A Thesis submitted in the fulfillment of the requirements for the award

of the degree of Masters in Clinical Psychology

Department of Professional Psychology

Bahria University, Islamabad Campus (MSCP Fall 2018)

**ROLE OF INTERNET ADDICTION ON INTERPERSONAL
RELATIONSHIPS AND QUALITY OF LIFE AMONG MARRIED
COUPLES**

Approved By

(Dr. Mahmood Sadiq)

Supervisor

External Examiner

(Dr. Noshi Iram Zaman)

HOD, DPP

THIS THESIS SUBMITTED

BY

SAMAN AHMED

IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD

IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE

DEGREE OF MASTER OF SCIENCE IN CLINICAL PSYCHOLOGY

2020

APPROVED BY

Dr. Mahmood Sadiq

DEPARTMENT OF PROFESSIONAL PSYCHOLOGY

BAHRIA UNIVERSITY, ISLAMABAD CAMPUS

Dated: 19-Oct-2020

**ALL THE PROCEDURES FOLLOWED AND MATERIAL USED
WERE REVIEWED AND APPROVED BY THE HIGHER
EDUCATION RESEARCH COMMITTEE (HEC), BAHRIA
UNIVERSITY, ISLAMABAD**

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EXAMINER

Dated: 19-Oct-2020



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Programme of Study: MS Clinical Psychology

Thesis Title: **“Role of Internet addiction on interpersonal relationships and quality of life among married couples”**

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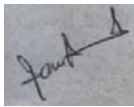
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Program of Study: **MS Clinical Psychology**

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Student/Author's Sign

A handwritten signature in black ink, appearing to read "Saman Ahmed", on a light-colored background.

Name of Student: Saman Ahmed

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I would like to thank Allah all mighty for giving me the strength, patience, and aptitude required to complete my work. It was His countless blessings, which made it possible. I would also like to thank my parents for always believing in me and boosting up my confidence. Also, I would like to thank my husband who has been supportive and understanding throughout my hectic routine. It would have not been possible without his encouragement and constant support.

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DEDICATION

To

Baba and Mama

It's because of them what I am today, they have given me the strength to reach for
the stars and chase my dreams.

SAMAN AHMED

ABSTRACT

The present study aims to explore the relationship between internet addiction, interpersonal relationships, and quality of life among married couples. For this purpose, 200 internet users (age ranging from 18 years to 45 years) were taken from Islamabad and Rawalpindi through social media (what's app and Instagram). The first hypothesis states that there is a significant negative relationship between internet addiction and interpersonal relationships. Secondly, it was assumed that internet addiction will negatively correlate with the quality of life. Thirdly, it was hypothesized that demographics will have a significant relation with study variables. Internet addiction was assessed by internet addiction test (Young 1998), for interpersonal relationships, positive and negative relationship quality (Rogge and Fincham 2017) scale was used. To measure the quality of life World Health Organization Quality of Life (WHOQOL Group 1996) was used. Results revealed that there is a significant relationship between internet addiction, interpersonal relationships, and quality of life among married couples. The results of the correlation analysis revealed that internet addiction is negatively correlated with positive relationship quality and positively correlated with negative relationship quality. Results of correlation also revealed internet addiction negatively predicts all four domains of quality of life physical, psychological, environmental, and social relationships respectively. This study also explored the role of demographic variables with study variables. Females showed more Quality of life and PNR positive than males. Married couples of age 18-25 are most internet addicted according to the results of the study. Individuals aging between 26-35 showed most PNR positive. Undergraduates are most prone to internet addiction according to the finding of the study.