INTERNET ADDICTION, ACADEMIC PROCRASTINATION AND SELF- ESTEEM AMONG UNIVERSITY STUDENTS

ANAM SEHAR

03-275221-001

A thesis submitted in fulfillment of the

requirements for the award of the degree of

Master of Science (Clinical Psychology)

Institute Of Professional Psychology

BAHRIA UNIVERSITY LAHORE CAMPUS

MARCH, 2024

Approval for Examination

Scholar's Name: Anam Sehar

Registration NO. 79096

Program of Study: Master of Clinical Psychology

Thesis Title: Internet addiction, Academic Procrastination and Self Esteem among university students

I hereby confirm that I am satisfied with the completion of the scholar's thesis, and believe it meets the appropriate standards for examination and submission. The plagiarism test, conducted using the HEC prescribed software, returned a similarity index of 16%, which is within the permissible limit set by the HEC for MS degree theses. Additionally, the thesis adheres to BU's recognized format for MS theses.

Principal Supervisor's Signature:

Date:

Name:

Author's Declaration

I, Anam Sehar hereby state that my MS thesis titled "Internet addiction, Academic Procrastination and Self Esteem among university students " is my work and has not been submitted previously by me for taking any degree from this university Bahria University or anywhere else in the country/world. At any time if my statement is found to be incorrect even after my Graduate the university has the right to withdraw/cancel my MS degree.

Name of scholar: Anam Sehar

Date:

Plagiarism undertaking

I, solemnly declare that the research work presented in the thesis titled " Internet Addiction, Academic Procrastination and Self-esteem among university students" is solely my research work with no significant contribution from any other person. Small contribution/help, wherever taken, has been duly acknowledged and that complete thesis has been written by me.

I understand the zero-tolerance policy of the HEC and Bahria University towards plagiarism. Therefore, I as an Author of the above-titled thesis declare that no portion of my thesis has been plagiarized and any material used as reference is properly referred to/ cited.

I undertake that if I am found guilty of any formal plagiarism in the above-titled thesis even after awarding of MS degree, the university reserves the right to withdraw/revoke my MS degree - and that HEC and the University have the right to publish my name on the HEC/ University website on which names of students are placed who submitted plagiarized thesis.

Scholar's sign:

Name of scholar: Anam Sehar

Dedication

With the blessing of Allah Almighty, I express immense gratitude to Allah for granting me strength, wisdom, and opportunity to undertake this journey of knowledge. This thesis is dedicated to my beloved parents Tahir Ali Khan and Mrs. Tahir, because without their love, support, and encouragement I'm nothing. They always supported me throughout my academic journey. My dear husband Uzair Ch , Your presence in my life has been a constant source of strength and motivation, your trust and support made this thesis possible. My dearest brother, M. Faisal I am always grateful for your presence in my life. Lastly, I also dedicate this thesis to myself, acknowledging my unwavering determination and commitment that carried me. through the entire process.

Acknowledgements

In the name of Allah. the Most Gracious, the Most Merciful. I begin by expressing my profound gratitude and thanks to the Almighty for granting me the strength. wisdom. and blessings to complete this thesis.

I extend my sincere gratitude to my supervisor, Dr. Ayesha and my co- supervisor Mr Naveed Ahmed for their valuable guidance, expertise. and constant support have been pivotal in shaping the outcome of this research. Their mentorship has been a guiding light throughout this journey, and I am deeply indebted for their encouragement and belief in my work.

To my beloved parents, I am forever thankful for your prayers, love, and belief in my abilities. Your unyielding support has been my source of inspiration and determination, and I am truly blessed to have you as my pillars of strength.

To my dear Husband, I feel blessed to have you in my life as my partner. Thanks for encouraging me always.

I am also grateful to my friends and all class fellows for their support during the challenges of this academic encouragement and positivity have been invaluable in keeping me motivated.

Lastly, I extend my appreciation to all those who have contributed, directly or indirectly, to this thesis. Your support and encouragement have been instrumental in making this endeavor possible,

In gratitude and humility, I dedicate this work to Allah, seeking His continued guidance and blessings in all my future endeavors.

Abstract

This study aims to examine Internet Addiction, Academic procrastination, and Self-esteem among university students. The correlational research design was employed, a sample of (N=453) university students of the age range (18-26) selected from public and private universities through purposive sampling. The Internet addiction scale was employed to assess addiction of internet, academic procrastination scale was employed to assess procrastination of students and self-esteem scale was employed to assess the self-esteem of students'. Academic procrastination, and self-esteem questionnaires were used. The Descriptive statistics such as mean and standard deviation were run to assess the frequency, percentage, and demographic variables, The Pearson Product Moment correlation was employed to assess the relationship between study variables. Multiple regression was employed to find out the prediction of independent variables in predicting dependent variables. Furthermore, Mediation analysis was carried out to assess the mediating role of academic procrastination between internet addiction and self-esteem by process through Hays. The results revealed that Internet Addiction has significantly positive relationship with Procrastination and Self-esteem. Procrastination has significantly positive relationship with Self-esteem. There are significant age and gender differences in terms of Internet Addiction, Procrastination and Self-esteem. But there were no significant gender differences in terms of Self-esteem. The result of the mediation analysis showed that Internet Addiction significantly and positively predicts Self-esteem. Moreover, Procrastination significantly and positively predicts Self-esteem. Lastly, the interaction between Internet Addiction and Procrastination shows significant prediction of Self-esteem

Keywords: Internet Addiction, Academic Procrastination, Self Esteem

Table of Content

S. No	Content	Page. No
	Approval for Examination	II
	Author's Declaration	III
	Plagiarism Undertaking	IV
	Dedication	V
	Acknowledgement	VI
	Abstract	VII
Chapter-I	**Introduction**	
	Background	1
	Internet Addiction	2
	Academic Procrastination	4
	Relationship b/w variables	6
	Self Esteem	7
	Types of self esteem	8
	Problem Statement	9
	Research Objective	10
	Significance of Study	10
Chapter-II	**Literature Review**	
	Literature from Eastern & Western countries	12-17
	Theoretical Framework	18
	Hypothesis	20
Chapter-III	**Methodology**	22-27
	Research Design	22
	Participants	22

	Sample	22
	Inclusion criteria	22
	Exclusion criteria	22
	Measures	23
	Instruments	23
	Procedure	24
	Operational Definitions	25
	Ethical Consideration	27
	Statistical Analysis	27
Chapter-IV	**Results**	28-36
	Psychometric Properties of Scales	32
	Frequencies and Percentage of Demographic Variables	29
	Correlational Analysis	33
	Independent sample T-test	35
	Mediation Analysis	36
Chapter-V	**Discussion**	38-48
	Implications of the Study	47
	Limitations	47
	Recommendations	47
	Conclusion	45
	References	
	Appendices	

LIST OF TABLES

Table No.	Contents	Page No.
Table 4.1	*Demographics characteristics of the sample*	27
Table 4.2	*Psychometrics properties of scales (N=453)*	30
Table 4.3	*Pearson Correlation b/w demographic variables*	31
Table 4.4	*Independent sample T-test comparing Gender differences*	33
Table 4.5	*Mediation through Process indicating the interaction effect of internet addiction and procrastination on self esteem*	32

LIST OF FIGURES

Figures	Contents	Page No.
Figure 1	Mediation Model	19

LIST OFAPPENDICES

APPENDIX	TITLE
A	Inform consent
B	Demographics sheet
C	Internet Addiction Questionnaire
D	Academic Procrastination Questionnaire
E	Self-esteem Questionnaire
F	Plagiarism Report