

**INTERNET ADDICTION AMONG UNIVERSITY STUDENTS AND ITS
RELATIONSHIP WITH DEPRESSION AND LONELINESS**



BY

ADEEBA IMTIAZ

**BAHRIA UNIVERSITY
ISLAMABAD, PAKISTAN**

2016

THIS THESIS SUBMITTED

BY

ADEEBA IMTIAZ

**IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD
IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
DEGREE OF MASTERS OF SCIENCE IN CLINICAL PSYCHOLOGY**

2016

APPROVED BY

DR. MEHMOOD SADIQ

ASSSTANT PROFESSOR

DEPARTMENT OF PROFESSIONAL PSYCHOLOGY

BAHRIA UNIVERSITY, ISLAMABAD CAMPUS

Dated: _____

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

THIS THESIS SUBMITTED

BY

ADEEBA IMTIAZ

**IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD
IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
DEGREE OF MASTERS OF SCIENCE IN CLINICAL PSYCHOLOGY**

2016

EXAMINER-1

EXAMINER-2

Dated: _____

DEDICATION

I dedicate this thesis to my family for their endless support and continuous prayers. My mother had always remained a source of inspiration and motivation for me. My mother's keen interest in my study matters served as a booster for me. This thesis would not be

possible without the love, support and prayers of my family and friends. I am thankful to my family for trusting in me and making it possible for me to reach this stage.

ACKNOWLEDGMENT

In the name of Allah, the Most Merciful and the Most Beneficent. All praises be to Allah for the strength and countless blessings. The completion of this thesis would not have been possible without the blessings of Allah. I would like to appreciate the continuous efforts of my supervisor Dr. Mehmood Sadiq in making the completion of this thesis possible. I find myself extremely lucky and blessed to have him as my supervisor. His precious guidelines

and profound knowledge polished the shape of this thesis much better. I am thankful for everything he did which served a source of motivation for me in completing my thesis.

I am highly obliged to pay special thanks to Dr. Noshi for her precious time, kindness and help. Her expertise generated the ability to look at things from different angles. I would like to appreciate the support and kindness of my friends Miss. Babra Amanat, Tuba Syed, and Sidra Riasat during the completion of this thesis.

I would like to thank my family for their moral support and patience. I would also like to thank my younger brother and sisters, for their love.

I would like to pay my gratitude to participants of my research study for their valuable time and cooperation.

ADEEBA IMTIAZ

TABLE OF CONTENTS

	CHAPTER – I	
Introduction		2-14
	CHAPTER – II	
Literature Review		15-25
Rationale		26
	CHAPTER – III	

Methodology	27
Objectives	27
Hypotheses	27
Operational Definitions of Variables	27-28
Participants	28
Research Design	28
Inclusion and Exclusion Criteria	28
Description of Measures	29-30
Procedure	30
Statistics	31

CHAPTER – IV

Results	32-38
---------	-------

CHAPTER – V

Discussion	39-44
Recommendations and Limitations	44-46
Conclusion	47

CHAPTER – VI

References	48-61
------------	-------

CHAPTER – VII

Appendices	62
------------	----

LIST OF ANNEXURES

Annexure A	Informed Consent Form
Annexure B	Demographic Information Sheet
Annexure C	Internet Addiction Test (IAT)

Annexure D	Beck Depression Inventory (BDI)
Annexure E	UCLA Loneliness Scale

LIST OF TABLES

Table-1	Sociodemographic Characteristics of Participants (N =120).	33
Table-2	Psychometric Properties of Study Major Variables (N =60).	35
Table-3	t-test analysis among gender on depression, loneliness and internet addiction	36

Table- 4	Pearson correlation coefficient between depression loneliness and internet addiction (N =60).	37
----------	---	----

LIST OF GRAPHS

Graph-1	Types of Internet Users Classified by Using IAT	34
Graph -2	Level of Depression Loneliness and IA in Females	37
Graph- 3	Level of Depression Loneliness and IA in Males	37

ABBREVIATIONS

IA	Internet Addiction
BDI	Beck Depression Inventory
DSM	Diagnostic and Statistical Manual of Mental Disorders

IAT	Internet Addiction Test
IAD	Internet Addiction Disorder
EFC	Emotion Focused Coping
UK	United Kingdom
US	United States