

Internet Addiction, Anxiety, and Quality of Life of Adults

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ABSTRACT

The present study was to ascertain the relationship among internet addiction, anxiety and quality of life of adolescents and adults. The study is based on 110 students of different education and qualification levels. Out of 110 students, 46 were male and 64 were women, drawn from different places like public and private sector universities and colleges. In the research it was hypothesized that there would be a relationship between internet addiction, anxiety and quality of life of adults. The instruments used in this research were The Internet Addiction Test (internet addiction) (Young 1998), Generalised Anxiety Disorder Questionnaire (GAD-7) by (Mossman et al., 2018) and (WHOQOL-BREF) designed by the World Health Organization (WHO) in 1995. Findings of Pearson correlation indicated that adults who were addictive of internet usage had higher level of anxiety. Moreover, adults scoring high on anxiety had poor quality of life. Results of Multiple Linear Regression Analysis showed that anxiety is a statistically significant predictor of quality of life. Results further indicated that Internet Addiction is not a statistically significant predictor of quality of life.

Keywords: Internet Addiction, Anxiety, Quality of Life