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

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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 addition 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.