ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

Internet Addiction and Social Anxiety Among Male and Young Adults

Athulya M. K.

REG.NO – CCAXMCP004

MSc Clinical Psychology

Department of Psychology

Christ College (Autonomous), Irinjalakuda

Dissertation Submitted to Christ College (Autonomous) in Partial Fulfilment of the Requirements for the Award of the Degree of Master of Science in Clinical Psychology

Publication Date: 2026/11/16

How to Cite: Athulya M. K. (2026) Internet Addiction and Social Anxiety Among Male and Young Adults. *International Journal of Innovative Science and Research Technology*, 11(11), 409-434. https://doi.org/10.38124/ijisrt/26nov404

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

BONA-FIDE CERTIFICATE

This is to certify that the dissertation entitled, "INTERNET ADDICTION AND SOCIAL ANXIETY AMONG MALE AND FEMALE YOUNG ADULTS" is a bona-fide record of research work carried out by Ms. ATHULYA MK, Register no: CCAXMCP004, during the fourth semester of M.Sc. Clinical Psychology of the academic year 2023-2025.

HEAD OF THE DEPARTMENT **GUIDE**

Mrs. Christina Tony Mrs. Christina Tony

Submitted for the examination held on ……

INTERNAL EXAMINER **EXTERNAL EXAMINER**

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

DECLARATION

I hereby declare that the dissertation work entitled “INTERNET ADDICTION AND SOCIAL ANXIETY AMONG MALE AND YOUNG ADULTS” submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs. Christina Tony, Head of the Department, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This is not formed as the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

Place : Irinjalakuda

Date :

Signature of the candidate

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

ACKNOWLEDGEMENTS

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for"

I take this opportunity to express my gratitude to every person from whom I was fortunate enough to get valuable guidance and help. First, I would like to thank the God Almighty, for showering His blessings to make this dissertation a success.

I owe my thanks to the principle of Christ College (Autonomous), Irinjalakuda Fr. Dr. Jolly Andrews, for providing the conductive infrastructure for the conduct of the study.

I express my special gratitude to my guide Mrs. Christina Tony, who is also the Head of the Department of psychology for her valuable support and motivation. Words are insufficient to thank her, who from first have directed and enlightened me for my study. Her input in every stage of the work, suggestions was handled with meticulous care, patience, motivation, guidance and encouragement. I whole heartedly thank her for all her support

I greatly thank the support and help extended by the Faculty Members of the Department of Psychology, Christ College (Autonomous), Irinjalakuda, during this study.

I am also thankful to all the participants who took part in my study. Thanks to all my friends and family members whose endurance, concern and invariable support helped me in accomplishing this task.

-Athulya Mk

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

ABSTRACT

The present study explores the relationship between internet addiction and social anxiety among male and female young adult. This is a quantitative study and is administered to 120 participants (60 of female young adults and 60 of male young adult). Convenient sampling technique was used to draw the samples from the population. Instruments such as Chen internet addiction scale(chenm Weng, Su, Wu & Yang 2003) and Social anxiety scale (Dr. Michael R Liebowitz) were used for the collection of data. Karl Pearson correlation and independent t- test were used for the analysis of data. The result showed there is no significance difference between internet addiction and social anxiety among male and female young adults and no correlation between these two variables.

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

TABLE OF CONTENTS

Sl. No.	CHAPTERS	Page No.
	BONA-FIDE CERTIFICATE	410
	DECLARATION	411
	ACKNOWLEDGEMENTS	412
	ABSTRACT	413
	TABLE OF CONTENTS	414
	LIST OF TABLES	415
CHAPTER ONE	INTRODUCTION	416
CHAPTER TWO	REVIEW OF LITERATURE	421
CHAPTER THREE	METHOD	425
CHAPTER FOUR	RESULT AND DISCUSSION	427
CHAPTER FIVE	SUMMARY AND CONCLUSION	429
	REFERENCES	431
	APPENDICES	433

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

LIST OF TABLES

Table no:	Title	Page no:
Table 1	Mean, SD, t value and level of significance obtained by the Male and female young adult in internet addiction	427
Table 2	Mean, SD, t value and level of significance obtained by the Male and female young adult in social anxiety	427
Table 3	Correlation between variables internet addiction and social anxiety	428

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

CHAPTER ONE
INTRODUCTION

The Internet is the global network that uses most of the people in this world. It's a part of life so most people use the Internet to seek information for their work. It is very helpful tool for providing information, especially for professionals and students and everyone. It allows a student to complete their academic works such as assignments, presentations and research. The internet allows people to communicate through email, messaging apps, video calls, and social media, making it easy to stay connected with others around the world. It helps to connect with people living in far-off places. That means it enhances human relationships. so there are various online platforms for maintaining human connection, that is facebook , Instagram whatsapp and Twitter. It enable people to connect, share experiences, and stay updated with friends, family, and global events. It provides vast resources for research, news, education, and learning through websites, online libraries, and databases. Some one uses internet for spend their leisure activities such as watching movie, music, play online games and someone is used it to access classes through various online platforms such as Google Meet, zoom, Nptel, etc. The internet makes it easier for people to access medical care, exercise programs, and health information, helping them stay healthy. and it offers travel details, booking options, and real-time directions via GPS and map services. The Citizens can access various government services, through the internet such as tax filing, licensing, and information, through online portals. Everyone uses the internet for various purposes. But some are misusing it, especially youngsters and also adolescents. Finally, it motivates someone to commit online crimes. Such as cyberbullying, hacking, and online sexual harassment. Internet misuse may be the beginning factor of human traffic.

Some internet users eventually become overused and it leads to the obsessive need to use the internet. "Internet use disorder is characterized by excessive and compulsive internet use, leading to significant impairment in social, occupational, or other areas of life, and continued use despite negative consequences" (American Psychiatric Association, 2013, p. 796). In DSM 5 is not mentioned the term" internet addiction, But It mentioned the term internet use disorder.

In India there are 7 million internet users in the year 2001, 40 million in 2006, and 700 millions in 2019 . (sulania et al, 2015).

People's who addicted to internet usage, they maybe forget to do their daily life activities such as jobs, academic duties and spending time with families because addicted people are always using the internet most of the time in their lives. They seek pleasure from this behaviour. But finally, it affects all areas of their life such as occupation, social, personal and relationships.

Internet has become a key part of daily life and it offering many activities like social media, gaming, shopping, and information, this addiction has become a growing problem. The easy access to the internet and the wide range of things to do online have made this issue more common in recent years. The internet's addictive nature is frequently linked to its capacity to offer instant gratification, social interaction, and limitless entertainment. For certain individuals, these features can result in a dependency, causing them to spend an excessive amount of time online, which negatively impacts their physical health, mental well-being, personal relationships, and professional responsibilities. Each addictive behavior is differ from individual to individual someone using social networking sites like Facebook, Instagram, or Twitter, leading to neglect of real-world interactions and responsibilities. Someone is shows online gaming addiction especially in the age of adolescence and individual with early 20s They compulsively engaged in online games it interfere them to take responsibility in work and academic performance and it also affect their sleep. Finally it leads to many health issues. Some people are excessively using online pornography or engaging in cybersexual activities, which can impact intimate relationships and lead to isolation. Some students are obsessively searching and consuming information in online, it cause anxiety, stress, and cognitive overload. Some one using internet in

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

the way of compulsive buying through online, which can lead to financial problems and emotional distress. So Internet addiction is often linked to underlying psychological issues such as anxiety, depression, stress, or low self-esteem. Individuals may turn to the internet as a coping mechanism to escape from their problems or to fill a void in their lives.

Internet addiction is commonly seen in individual with age adolescencent. , but in this current scenario it also seen in young adults. Young adults is the age range between 19-26. Actually it is the one of the crucial age of human life. Individual in this age they seek many roles. Some one is enter to the professional life and some one still seeking higer education .It will leads professional success. Some one try to maintain family and social life.

This current century most of youngsters suffered from this condition. Students and people with pre-existing mental health conditions such as depression, anxiety, are more likely to have this outcome. The ongoing availability of the internet, combined with the pleasurable nature of online activities such as social media, gaming, and streaming, makes it easy for young adults to acquire problem behaviors. This addiction cause many psychological and physical issues. Psychological problems includes, sleep disturbance, social isolation, anxiety ,depression ,obsessive compulsive disorder and substance abuse etc. Physical issues includes, obesity, vision problems, sleep disorders, gastro intestinal disorders, migraine and headache etc. The consequence of internet addiction in young adults includes social isolation, eye strain and other consequences includes decreased attention and concentration, increased risk of cyber bulling , online harassment and social media addiction finally it significantly affect person's whole areas of life , such as occupational, social, interpersonal and it also affect person's quality of life.

Till early 2024, we saw a significant change in the internet usage demographic, where Rural India has more internet users than Urban India. Out of the total internet users in India, more than 50% of users come from rural areas. (DataReportal.)

Humans are social being , but some groups of humans are easily get anxious when facing a social gatherings and some one don't want to keep more social connections or maintaining limited interpersonal relationships , this not means their are not a social being , this is because they have anxiety and fear to engaging in social situations or communicate with others , some one communicate others , but that is not in a people with population Other wise they likely to communicate other in a private space more than social gatherings and they are more comfortable in that private space and they also want to keep limited relationships such as family members like mother, father and siblings, or some one needs make only limited friends circles . People who have limited friends they are more closed to them than people's with more than friends. So individual with this persistent fear of social situation is called social anxiety. This is not mean everyone has social anxiety. Ofcourse in the world some people's shows social anxiety characteristics. It's not means that they have society anxiety disorders, it may the cause of their character, the personality traits is the one of the cause of social anxiety, Peoples who has introvert character they may shows anxiety in social situations but it should not make any problems in their all areas of life , some people's have stressed or anxiety in social situations but they don't want to avoid that situations or they don't show avoidance and they may be take like a challenge so finally they cracked it. This individuals know that this anxiety is caused by environment that living in their childhood . So they make take like a challenge in this anxious situations. So this is quite normal but individual living with social anxiety disorder they tend to show avoidance and finally it affect their all areas of life such as occupational, or academic social and interpersonal areas of life

Social anxiety is characterised by an intense fear of humiliation, embarrassment and negative evaluation by others in social situations, which often causes the socially anxious individual to avoid feared situations (Kashdan & Herbert, 2001).

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

Some characteristics of people with social anxiety includes they may feel intense fear of social situation which means they easily get nervous in social interaction like public speaking, meeting a new people etc,

Some times people who have social anxiety they may experience some physical symptoms such as rapid heart rate, sweating, trembling, nausea and difficulty to speaking. Avoidance behavior is one of the main characteristics of social anxiety disorder. Which means people often try to avoid the fearful situations before going to take any action. This can lead to missed opportunities in both personal and professional life. Some have over self conscious about others in that social situations and they have excessive worrying about negative criticism by others. And they also negatively evaluate themselves this may cause of low self-esteem. Individuals with this anxiety they may always seeking reassurance from others before doing any action .Some are use negative copying style to overcome their social anxiety so they try to use alcohol or any other drugs . Finally it significantly cause impairment of their school, academic performance, work , social and interfere daily activities. People with this disorder everyone is not experiencing this all symptoms, this characteristics is vary from individual to individual or their mind set about the life. People with highly passionate they may have sense of control or they may aware about their anxiety so they maximum try to overcome this anxiety to utilize their maximum capacity. That because they have a good direction of their life so this kind of person may shows less avoidant behavior and may take like a challenge when confront anxious situations in life..

There are various factors leads to development of social anxiety The first factor is environment. It has great role in creating personality disorders . Social anxiety is the one of the personality disorders. In some cases both environmental and genetic factor which integrate to form social anxiety (gene environmental interaction).Environment factors means early childhood experiences, parenting styles , cultural norms and life stressors such as losing a job , any stressful event relationship breakdown and relationship breakdown etc. Genetic Factors includes hereditary. Neurobiology which functioning of neurotransmitters like seratonin, dopamine, gammaaminobutyric acid (GABA) etc .and other genetic factor is temperament.

Leigh and Clark] investigated the increased prevalence of social anxiety among young people, suggesting that the transition from family dependence to peer relationships, as well as the development of neurocognitive abilities such as heightened self-awareness in social contexts, may create a period of increased susceptibility to social anxiety.

Childhood trauma is the another risk factor to the development of social anxiety means a child may experience any traumatic situations in childhood such as death of loved one like parents, siblings and any significant one and sexual abuses from parents or other which may leads to developing social anxiety of the person when become adults. So if it not treated or undiagnosed, it create many complications in people who suffering from social anxiety disorder and it also affect their future life .

Social anxiety is the one of the common disorder that seen in young adults .. One of the main cause of social anxiety in young adults is social media usage because there are various networks available in smart phone such as facebook, whatsapp, Instagram This applications are provide chatting between 2 or more people so this can help for communicate others . But it has also negatively affect individuals .Because some are more comfortable to talk with others in online mode so they communicate others through WhatsApp, facebook , Instagram and other online networks so they become more anxious when exposed to reality or any face to face interaction this may leads to society anxiety.

In young adults, especially introvert characteristics, they almost spend in internet for doing many activities it may be academic or any kind of activities, they may more vulnerable to develop social anxiety, because they are always inward, not outgoing and less talkative to others . So this kind of students may more happy to engaging in online mode to communicate others. But, the consequence is that they may face lot of struggles when facing real life situations such as fear of communicate others, fear of make relationships to others , may face social isolation and also shows avoidance, so they have loss their opportunities to using their

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

full potential in academic, social and occupational life this leads to become depresssd, and feelings gulit in oneself etc.

According to recent studies, they indicate that Higher levels of social media use, greater digital interaction, and concentration on non-face-to-face communication are all linked to increased social anxiety. Although the particular system underlying these relationships is unknown, some research shows persons with social anxiety may prefer to believe in the safety of online interactions. However, there is concern that these online contacts may replace face-to-face relationships, because individuals frequently find greater control and enjoyment in virtual environments, which could undermine interpersonal connections and contributing to social isolation.

In this current scenario, there are many peoples suffering from social anxiety and increased in the number of internet addicted people . So today this study relevance is high., especially after covid it may mainly affect people with young age.

After covid there were increase in the number of internet addiction and social anxiety, especially in young adults. One of the cause of social anxiety is internet addiction .which means internet addiction may cause loneliness or social isolation which is the one of the symptom of social anxiety. People with social anxiety they more comfortable to interact with people through the online platforms .So this may more worsen their condition, especially after pandemic situations in kerala. There are may unique changes happened that situations such as government was enforced lock down, quaranities, and closed school, workplaces and colleges. It should affected people's mental health, it may cause social isolation. In this time number of people encouraged in social media activities and even, schools and colleges conducted the classes in the online mode some one may vulnerable to use Internet in many of times of a day , it increased overuse or misuse and finally it may leads to addiction. And other negative consequences includes ,mental health deterioration such as anxiety, depression and other mental health conditions. It cause sleep disturbance because individuals who spend more times using of online platforms in night, it cause many sleep issues and it affect pepole ,they can't able to mange stress situations in life. Other issue is physical inactivity it cause many health problems such as obesity, pcod , heart disease and it affect academic performance, decreased productivity and may affect carrier opportunities. The main significance of this study is that, the rapid evolution in the technological advancement and how it affect mental health. It maybe become more worsen in the future because in current scenario most of people's fully depended in smart phones. And the prevalence of internet addiction and social anxiety is increased by each year. There are various prevention method to reduce it's impact. First of all psycho education it help to people expecially in the age between adolescence a d young adults. This aims to bothered about how internet addiction affect mental health, how it's consequence connect to developing social anxiety. Other intervention is development of social skills .it help develop good interpersonal communication between young adults and it's improve their well-being. The main significance of this study is to developing a new insights and also help to make a new innovative solutions about these topics.

➢ *Significance of the Study*

Studying internet addiction and social anxiety among young adults is crucial due to the profound impact of digital technology on mental health and social functioning in this age group. Young adults are often at the forefront of internet use, relying on digital platforms for education, work, social interactions, and entertainment. However, excessive and unregulated internet use can lead to addiction, which is associated with negative outcomes such as impaired academic performance, sleep disturbances, and reduced physical activity. Simultaneously, social anxiety, characterized by an intense fear of social situations, can be exacerbated by online interactions that replace face-to-face communication. This interplay between internet addiction and social anxiety is particularly significant because it creates a cycle where individuals use the internet to avoid real-world social interactions, further intensifying their anxiety and dependence on virtual spaces. Understanding this relationship is essential for developing targeted interventions and policies that

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

promote healthier internet use, enhance social skills, and mitigate the mental health challenges faced by young adults in a digitally dominated era.

Research has shown that excessive internet use can lead to social isolation, decreased face-to-face communication skills, and increased symptoms of social anxiety (Best et al., 2014; Burke et al., 2010). Therefore, studying internet addiction and social anxiety among young adults is essential for understanding the complex relationships between internet use, social anxiety, and mental health outcomes, and for developing effective interventions and prevention strategies to promote healthy internet use and mitigate the negative effects of social anxiety (Anderson et al., 2017).

➢ *Problem*

- To investigate the degree of internet addiction in male and female young adults
- To investigate the degree of social anxiety in male and female young adults

➢ *Objectives*

- To find out the difference in internet addiction among male and female young adult
- To find out the difference in social anxiety among male and female young adult
- To find out the relationship between internet addiction and social anxiety in male and female young adults

➢ *Key Term*

Internet addiction: Internet addiction also known as internet use disorder ,which is characterized by excessive and compulsive internet use, leading to significant impairment in social, occupational, or other areas of life, and continued use despite negative consequences" (American Psychiatric Association, 2013, p. 796).

Social anxiety, also known as social phobia, is a mental health disorder characterized by excessive and persistent fear or anxiety in social situations, such as meeting new people, speaking in public, or being in crowded places (American Psychiatric Association, 2013).

Male young adult : A male young adult is typically defined as a male between the ages of 20 and 39 years, who has completed adolescence and is transitioning into adulthood (Erikson, 1963).

Female young adult : A female young adult is typically defined as a female between the ages of 20 and 39 years, who has completed adolescence and is transitioning into adulthood (Gilligan, 1982).

➢ *Hypothesis*

- H1 : There will be no significant difference between male and female young adults in internet addiction
- H2 : There will be no significant difference between male and female young adults in social anxiety
- H3 : There will be no significant relationship between internet addiction and social anxiety among male and female young adults.

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

CHAPTER TWO
REVIEW OF LITERATURE

Sultan Ayaz-Alkaya,(2024) had conducted to measure internet addiction, social anxiety, body mass index and determine predisposing factors for these problems among adolescents. The target population of this predictive correlational study consisted of adolescents who enrolled in a youth center in Turkiye and 484 participants were included in the study. Data were collected through a personal information form, the Young Internet Addiction Test- Short Form of Adolescents, and the Social Anxiety Scale for Adolescents.The study concluded that the majority of the adolescents displayed a moderate internet addiction and social anxiety level. It was determined that internet addiction and social anxiety were predictive factors of each other.

Wanglin Dong & Haishan Tang(2024) was to investigate the multiple mediating roles of loneliness and coping styles in the association between social anxiety and Internet addiction in Chinese adolescents.This study used the Social Anxiety Scale, Internet Addiction Test, Loneliness Scale, and Simple Coping Style Questionnaire to investigate 1188 students in two junior high schools and senior high schools in Henan Province, China and finally found that social anxiety not only directly affects teenagers' Internet addiction, but also affects teenagers' Internet addiction through loneliness and coping styles

Yifan Ma & Jingya Li, (2024) conducted a study , that investigate the "association between social anxiety and sleep quality and further explored the potential mediating role of internet addiction in depressed adolescents." The sample involves , 440 Chinese depressed adolescents with using of Social Avoidance and Social Distress Scale, Internet Addiction Test, and Pittsburgh Sleep Quality Index . The result suggest that internet addiction partially mediated the relationship between social anxiety and sleep quality, and the mediation effect ratio was 16.1% ($p < 0.001$). Finally, no significant differences were found in this mechanism.

Yafei Tang & Jlingjing Deng conducted a study (2024), which aim to examine the" association between social anxiety and suicidal ideation and the mediating effect through Internet addiction." The total sample of 2,278 middle-school students aged 12 to 16 years were recruited through a multistage cluster sampling method in this cross-sectional study. The result shoes that social anxiety and Internet addiction were independently associated with suicidal ideation($p < 0.05$). In the basis of sub group analysis , association between social anxiety and suicidal ideation was significant only among rural females and urban males($p < 0.05$).

Michael Adeniyi Omoyemiju (2023) conducted a study that examined the spread of internet addiction among tertiary institution students in Osun State and examine the connection between social anxiety and internet addiction. Three were 1430 students involved in this study and using the "Social Anxiety and Internet Addiction Questionnaire" (SAIAQ).for gathering the data. The outcome of this study, which indicate that majority of participants (56.78%) exhibited little degree of internet addiction, while 23.63%

Michael Lyvers & Alessandra salviani(2022), conducted a study on "Alexithymia, narcissism and social anxiety in relation to social media and internet addiction symptoms ". There were 217 young adult social media- and internet-using participants aged 18–35 years recruited from two university campuses in southeast Queensland, Australia and also completed an online questionnaire battery that included a demographics questionnaire and widely used, validated measures of narcissism, alexithymia and social anxiety. The Results suggest that the association of alexithymia with internet addiction symptoms does not encompass excessive use of social media, and support the contention that the concept of internet addiction may be too broad.

Bassam Hilal ALHarbi (2021), conducted a study that aimed to identify the "predictive ability of social anxiety within Internet addiction among university students". The sample consisted of (462) male and female students from the Faculty of Educational Sciences at the Hashemite University .The Scales includes young (1997), social anxiety Scale and internet addiction scale which was modified by Widyanto and McMurran

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

(2004) . The Results found that social anxiety level and Internet addiction level were high among the university students and also indicated a statically significant correlation at level (0.01) between the social anxiety level and the level of Internet addiction.

Zeliha Tras &Gülden Gökçen, (2020) had conducted a study on the relationship between Academic Procrastination and Social Anxiety as Predictive Variables Internet Addiction of Adolescents. The total sample includes, 599 high school students , both 239 (39.9%) female, and 360 (60.1%) male. They used Addiction Scale, the Academic Procrastination Scale, and the Social Anxiety Scale for collecting data. The result shows that there is a significant relationship between internet addiction and academic procrastination and social anxiety among adolescence. and also have positive correlation. In other findings of the study, it was found that academic procrastination and social anxiety predicted internet addiction.

Jaisalmer & Abhishek (2020) had conducted a study on the " Burden of internet addiction, social anxiety and social phobia among university students in india". A sample of 307 undergraduate students to screen for social anxiety and social phobia using a validated instrument, social interaction anxiety scale (SIAS). Young's internet addiction scale was used for measuring internet addiction. The result shows that the Internet addiction was seen in 93.8% of respondents. The prevalence of SAD was estimated to be 15.3%. So social anxiety was found to be associated with internet addiction.

Claudia Marino & Natale Canale, (2020) conducted a study was was to model the relationship between social anxiety, motives, POSI, metacognitions about online gaming, and IGD. Samples of Five hundred and forty three Italian gamers who play more than 7 h a week (mean age = 23.9 years; SD = 6.15 years; 82.5% males) were included in the study. The Overall, findings show that, along with motives and POSI, metacognitions about online gaming may play an important role in the association between social anxiety and IGD.

Cagla Girgin &Buyukbayraktar (2020) conducted a study on "Predictive relationships between social anxiety, internet addiction and alexithymia in adolescents ".The sample consists of of 406 adolescents (216 women, 190 men), from the ages between 13–14 (32.3%), 15–16 (43.8%), and 17–18 (23.9%) The Scales includes.“ “Social Anxiety Scale for Adolescents (ESCO)”,“Internet Addiction Scale”,“Toronto Alexithymia Scale” and “Personal Information Form”. According to the findings, there was a positive linear relationship between social anxiety and internet addiction. When the predictive relationships between social anxiety and alexithymia were examined, it was determined that there was a positive linear relationship

Bao Dong & Feng Zhao, (2019) had conducted a study was to explore "Internet addiction (IA) and its associated factors among Chinese adolescents". Ten thousand one hundred fifty-eight Chinese adolescents were selected in this study by using random cluster sampling. Rosenberg Self-esteem Scale (RSES) score, and Liebowitz Social Anxiety Scale (LSAS) used to collect data . The result indicate that RSES score, and LSAS score were significantly associated with Internet addiction among adolescents in non-social anxiety group ($P < 0.05$). The mediating effects of social anxiety between multiple factors and IA were also significant.

Baltaci & Onder,(2019) had conducted a study on " The Predictive Relationships between the Social Media Addiction and Social Anxiety, Loneliness, and Happiness" . The sample consists of 312 university students, 165 female (53%) and 147 male (47%), attending at a state university in Turkey during the 2017-2018 academic year. The data collected using a Personal Information Form, a Social Media Addiction Scale, a Social Anxiety Scale, the short form of the Oxford Happiness Questionnaire, and the short form of the UCLA Loneliness Questionnaire. The final result shows that , social media addiction variable significantly predicted by the social anxiety and happiness variables, but it did not significantly predicted by the loneliness variable.

Abhijeet Singh & CRJ Khess,(2019) conducted a study on "The relationship between loneliness, social anxiety, social support, and internet addiction among college students." The sample of 100 students included

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

in this study . Loneliness Scale, the Social Interaction Anxiety Scale (SIAS), the Multidimensional Scale for Perceived Social Support (MSPSS) and the Internet Addiction Test (IAT) were administered for data collection. According to findings Social anxiety has a signifcant relationship with loneliness and act as prominent predictors for loneliness. Prevalence of internet addiction was high among college going students.

Karthikeyan Elavarasan,(2018) had conducted a study on "The association between internet addiction, social phobia and depression in medical college students". The total sample of 600 students. that collected from medical college. The Scales includes, internet addiction scale to assess internet addiction, social phobia inventory to assess social phobia and depression and somatic scale to assess depression. The result shows that 489 students who participated in the study, 54.4% were female. Most students (63.8%) showed mild internet addiction, while only a very small percentage (0.4%) had severe addiction

Catherine TANG So Kum (2018) had conducted a study on "Depression and impulsivity mediating the relationship between social anxiety and Internet addiction". A total of 1127 participants (430 males and 697 females) aged from 17 to 28 were recruited from universities in Singapore. The standardized psychological Scales such as social anxiety, depression, impulsivity, and Internet addiction used to collect data . Results showed that Internet addiction is common in university students. It is associated with impulsivity and high rates of depression and social anxiety.

Shahbaz Mozafari (2018) , conducted a study on the "relationship between internet addiction with social anxiety and loneliness among high school students in Yasuj". The sample The sample consisted of 220 college students (118 female and 102 male, aged (15-19) from the Yasuj high schools. The Internet Addiction Test, Social Interaction Anxiety Scale (SIAS) and social and emotional loneliness scale for adults (SELSA-S) were employed in the collection of data. The result revealed a significant positive correlation between social anxiety, social loneliness, romantic loneliness and family loneliness with Internet addiction.

Mustafa Baloglu & Hatice lrem,(2018) conducted a study , which aimed to explore "multivariate gender differences in and the relationships between social anxiety and problematic internet use " The sample includes 505 college students, of whom 241 (47.7%) were women and 264 (52.3%) were men, aged between 18 to 22 years. The Social Anxiety Scale and Problematic Internet Use Scale were used in data collection. The result shows that there is a substantial amount of association between social anxiety and PIU and the association is stronger for men than it is for women.

Aviv weinstein & Dikla Dorane(2018), had conducted a study on "Internet addiction is associated with Social anxiety in young adults " A sample consists of 120 university students which include 60 males and 60 females. The results shows that there is a correlation between internet Addiction and social anxiety. Other finding is there is no significant difference between male and female on the level of internet addiction.

A Research conducted by Obaid (2017-2018) focused on the association between depression, anxiety, social anxiety and fear, impulsivity, and aggression and Internet addiction (IA) among Lebanese adolescents. This cross-sectional study, selected a sample of 1103 young adolescents aged between 13 and 17 years. The Internet Addiction Test (IAT) was used to screen for IA. The results also showed that 56.4% of the participants were average Internet users (IAT score ≤49), 40.0% had occasional/frequent problems (IAT scores between 50 and 79), and 3.6% had significant problems (IAT scores ≥80) because of Internet use.

REN Yulia &YANG Jiao (2017), conducted a study about internet addiction, social anxiety and mediating effect of loneliness in rural left behind children. The sample consists of 432 rural middle school students in China . The Internet Addiction Disorder Diagnostic Scale, Social Anxiety Subscale of the Self-Consciousness Scale (SASS-CS), was the tool for collecting data . The result indicate that there is a positive correlation among Internet addiction, social anxiety, and loneliness and the loneliness was found to play a

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

mediating role in the relationship between social anxiety and Internet addiction among rural left-behind middle school students.

Elahe Sadat Tabatabaeirad(2017), conducted a study , which aimed to to predict "internet addiction and social anxiety based on parenting styles." The total sample of 400 high school students of Sabzevar, Iran. The data were collected using Yang's Internet Addiction Test (IAT), Social Anxiety Scale (SAS-A), and Baumrind's Parenting Styles Questionnaire. The result found a significant positive correlation between the authoritarian and permissive parenting styles and Internet addiction and social anxiety. Moreover, a significant negative correlation was observed between the authoritative parenting style and Internet addiction and social anxiety .

In 2016, Asli Eniz Dercin had conducted a study about "smartphone addiction and it's relationship with social anxiety and loneliness".The sample consists of Three hundred and sixty-seven university students in Istanbul, Turkey and also used Smartphone Addiction Scale (SAS), UCLA Loneliness Scale (UCLA-LS), and Brief Social Phobia Scale (BSPS).The results of this study indicate that social phobia was associated with the risk for smartphone addiction in young people. Younger individuals who primarily use their smartphones to access social networking sites also have an excessive pattern of smartphone use.

Estefanía Torrente (2014), had conducted a study on " The relationship between Internet addiction and social anxiety and social skills difficulties in a Spanish adolescents " The sample consisting of 446 Spanish adolescents between 12 and 16 years old. The results show that adolescents with high scores in problematic use of the Internet present higher scores in social anxiety and social skills difficulties . Furthermore Intrapersonal addiction was positively associated with both social anxiety and lack of assertiveness, while interpersonal addiction was mainly linked to social anxiety.

Dennis Mazelin & Susan Moore (2004), was investigated on the relationship between Internet use, identity development and social anxiety among young adults .The sample of 161 older adolescents/young adults aged between 18 and 25. The result indicate ,For males, higher social anxiety and less mature identity were linked to more frequent Internet use, particularly in chatrooms, personal browsing, and gaming. For females, who showed lower social anxiety and more identity development, these factors weren't significantly related to their time online

Myung-soo Lee & Sun-Mi Cho (2001), conduct a study was to survey the present conditions of adolescents' Internet use and to investigate the relations of Internet addiction to depression, social anxiety and problems in peer relationship. The sample of Eight hundred and sixty-nine high-school students (male/female= 371/498) were included in the study, They used Youngs Internet Addiction Scale and the Beck Depression Inventory (BDI), respectively. The result shows that Male students showed higher Internet addiction scores than females. So there was no significant difference regarding games on the Internet. And There was more depressive tendency in line with more sensitive response against negative-evaluation and more problems of peer relationship in addiction group. However, there was no significant difference regarding anxiety on social situation.

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

CHAPTER THREE
METHOD

The term "research method" describes the strategy used to conduct a specific scientific investigation. All research methods are accepted and standardized practices. Method and data collection are the tools used to gather the raw materials for hypothesis testing. The American Psychological Association (1994) states that the study must be sufficiently detailed for other researchers to read and be able to replicate it. This is the guiding principle for method selection.

This chapter goes into great detail about the research methodology used for the current study.The sample selection procedure, data collection methodology, statistical tool, statistical analysis, exclusion and inclusion criteria, etc. are all essentially included in it.

➢ *Sample*

The present study consisted of 120 sample of young adults from India. 60 of them are female young adults and 60 of them are male young adults with age range between 19- 26. Convenient sampling was used.

➢ *Inclusion and Exclusion Criteria for Young Adults*

- *Inclusion Criteria*

✓ Young Adults who belongs to age 19- 26
✓ Young adults from India

- *Exclusion Criteria*

✓ Young adults , who belongs to age below 18 and above 27
✓ Young adults, who have out of India

➢ *Method*

Only self-report questionnaires were used in the current study, including Chen internet addiction scale and social anxiety Scale. A Personal Data Sheet was also used, to gather information on relevant socio demographic characteristics of the participants.

- *Chen Internet Addiction Scale*

In 2003, the Chen Internet Addiction Scale(CIAS) was developed by Chenm Weng, Su, Wu & Yang. It is a self -reported scale , which consist of 26 items .It measured against 4 standard responses, “Does not match my experience at all,” “Probably does not match my experience,” “Probably matches my experience,” “Matches my experience.”

➢ *Scoring*

Each response is given a score of 1 (Does not match my experience at all) to 4 (Matches my experience). All the individual score of every item is noted and added together to give the overall score of CIAS. The total score of CIAS ranges from 26-104.

➢ *Reliability and Validity*

In the validity investigation, it shows convergent validity (r=0.85). The cronbach alpha, administered to find out the reliability that is (I±=0.93).

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

- *Liebowitz Social Anxiety Scale*

The scale was developed by Dr. Michael R Liebowitz. It is a self-rated scale which consist of 24 items, which divided into two sub scale (fear and avoidance).and scored on a Likert-type scale of four points.

➢ *Scoring*

A total score is calculated by summing all of the fear and avoidance ratings.

There is a maximum of 144 points and the ranges Includes, 55-64 points indicated minor anxiety, 65-79 points - moderate anxiety, 80-94 points - severe anxiety, >95 points - high severe anxiety.

- *Reliability and Validity*

This scale has a strong test-retest reliability ($\alpha = 0.83$), internal consistency ($\alpha = 0.95$), and convergent ($\alpha = 0.88$ to 0.94) and discriminant validity 40.

➢ *Procedure*

I tried to collect data through Google form questionnaire and shared the link through online platforms .The participants were requested to respond sincerely and were assured that the information gathered from them would be used only for research purposes and would be kept confidential .Instructions for responding to the statements were printed in the tools itself very clearly. The style of responding varied from one scale to the other.

➢ *Statistical Analysis*

The following statistical techniques were employed to test the hypothesis of the study.

- *T -test*

The ratio of the deviation of scores from the mean or other parameters in a distribution of sample statistics, to the standard error of that distribution is designed as‘ t’ (Guilford,1956). Usually a t-test is used for comparison of the differences between the means of two groups. It is suitable for testing whether the mean of two sets of scores are significantly different or not.

The t-test is based on t-distribution and is considered as an appropriate test for finding the significance of difference between the means of two samples in case of small sample when population variance is not known. If the value exceeds a cut-off point depending on degree of freedom, the difference in mean is considered significant, when the t-value is below the cut-off point, the difference is said to be not significant.

- *Correlation Analysis*

Of all the measures of correlation the Pearson ‘r’, named after Prof. Karl Pearson, is one of the most common methods of assessing the association between two variables under study. Correlation is a measure of relationship between two variables. The correlation coefficient gives a mathematical value for measuring the strength of the linear relationship between two variables. It can take values from 0 to 1. The larger the value of the coefficient, the stronger is the linear relationship between variables. An absolute value of 1 indicates a perfect linear relationship and a value of 0 indicates the absence of a linear relationship. The sign of the correlation indicates the direction of relationship. If both variables tend to increase or decrease together, the coefficient is positive. If one variable tends to increase as the other decrease, the coefficient is negative.

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

CHAPTER FOUR
RESULT AND DISCUSSION

Table 1 Mean, SD, T Value and Level of Significance Obtained by the Male and Female Young Adult in Internet Addiction.

Variables	Young adults	mean	sd	df	t- value	Significance
Internet addiction	male	60.8333	11.70422	118	1.238	0.218
Internet addiction	female	57.6333	16.24283	107.259	1.238	

The table indicates, the mean, standard deviation, t value and level of significance among male and female young adults. The results showed that male young adults (M = 60.83, SD = 11.70) had a slightly higher mean score compared to female young adults (M = 57.63, SD = 16.24). However, the difference was not statistically significant, t(118) = 1.238, p = 0.218. So accepting the null hypothesis. Since the p-value (0.218) is greater than 0.05, this indicates that there is no significant difference in internet addiction levels between male and female young adults.

The findings indicate that internet addiction does not significantly affect young adults, which could be explained by several psychological factors. First, young adults today are digital natives, meaning that frequent internet use is a normal part of their social and academic lives rather than a disruptive force. Unlike older generations, they may integrate online and offline interactions seamlessly, reducing the potential negative impact of internet use (Suler, 2004).

Additionally, the Compensatory Internet Use Theory (Kardefelt-Winther, 2014) suggests that individuals may use the internet as a coping mechanism, but this does not always lead to maladaptive outcomes. Young adults with strong psychological resilience may be able to balance their internet usage without significant negative effects (Baumeister & Vohs, 2004).

Table 2 Mean, SD, T Value and Level of Significance Obtained by the Male and Female Young Adult in Social Anxiety

Variables	Young adults	mean	sd	df	t- value	Significance
Social anxiety	male	51.9500	29.46726	118	- 0.524	0.601
Social anxiety	female	54.9333	32.76928	116.693	- 0.524	

The table indicates, the mean, standard deviation, t value and level of significance among male and female young adults. The result shows that female young adult (M=54.9,SD=32.7)) had a slightly higher mean score compared to male young adult (M=51.9,SD=29.4), The independent samples t-test yielded a t-value of -0.524 and a p-value of .601, which is greater than the standard significance threshold of 0.05. This suggests that the difference in social anxiety levels between males and females is not statistically significant. So accepting the null hypothesis.

The lack of a significant difference in social anxiety between male and female young adults can be attributed to several psychological, social, and cultural factors. One key reason is the equal exposure to social and academic stressors. Research by Weeks et al. (2010) found that both males and females experience social anxiety in academic and professional settings due to similar social expectations and performance pressures. Similarly, Blöte et al. (2009) observed that school and university students, regardless of gender, report comparable levels of social evaluative fears, leading to no significant gender-based differences in social anxiety. Young adults today face similar academic and social pressures, reducing historical gender disparities in social anxiety. Competitive educational environments expose both genders to equal levels of public speaking, group discussions, and performance evaluations, all of which contribute to social anxiety.

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

Table 3 Correlation Between Variables Internet Addiction and Social Anxiety

	Internet addiction	**Social anxiety**
Internet addiction	1	- 120
Social anxiety	- 120	1

The table 3 indicates, the correlation between internet addiction and social anxiety. The result shows that the Internet Addiction (IA) and Social Anxiety (SA) are not significantly correlated ($r = 0.193$, $p > 0.05$), suggesting that higher internet addiction does not necessarily predict increased social anxiety in young adults.

One possible explanation for this discrepancy is the diverse nature of internet use, as not all online activities contribute to social withdrawal or anxiety. For instance, Valkenburg and Peter (2009) found that socially interactive internet use, such as engaging in online communities and social networking platforms, can enhance social connectedness and well-being rather than increase anxiety. And the another factor is individual differences , such as personality traits and coping mechanisms, may moderate the relationship between internet addiction and social anxiety. Furthermore, cultural factors may play a role in shaping the impact of internet addiction on mental health. In societies where internet use is normalized and integrated into daily life, the potential for social withdrawal may be lower, thereby weakening the expected link between internet addiction and social anxiety (Cheng, Wang, Sigerson, & Chau, 2019).

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

CHAPTER FIVE
SUMMARY AND CONCLUSION

The present study was conducted to find out the relationship between internet addictin and social anxiety among male and female young adult.

The sample for the present study consisted of 120 women (60 males and 60 females) from different places of India. The sample consisted of female young adults who belongs to age 19-26 and and males young adults who belongs to age 19-26. Chen internet addiction scale and Liebowitz Social Anxiety Scale were used in the study. The collected data were analyzed using appropriate statistical technique such as t- test and Pearson correlation coefficient.

➢ *Tenability of Hypotheses*

HYPOTHESES	TENABILITY
There will be no significant difference between male and female young adults in internet addiction	Accepted
There will be no significant difference between male and female young adults in social anxiety	Accepted
There will be no significant relationship between internet addiction and social anxiety among male and female young adult.	Accepted

➢ *Implication of the Study*

Internet addiction and social anxiety ,these two areas of study has become more relavent in the current scenario. Since 20 th century lot of studies available of this topic. This study may conducted in the intervention mode. There are lots of students suffering from this conditions . so there are lot of intervention use the mental health professionals .

From a clinical perspective, this study can guide the development of more effective, evidence-based interventions for individuals struggling with both IA and SA. Future research could assess the effectiveness of integrated therapy models, combining Cognitive-Behavioral Therapy (CBT), social skills training, and digital detox programs to help individuals regain control over their internet use while improving their offline interactions.

This also applied in education which means Schools and colleges should integrate psycho-education on responsible internet use, social skills training, and stress management into their curriculum.

Finally, with the rise of artificial intelligence (AI) and virtual reality (VR) in social interactions, future research could explore how these technologies influence social anxiety and digital dependence, ensuring that technological advancements do not exacerbate mental health challenges. Overall, this study serves as a foundation for future work aimed at promoting digital well-being, mental health awareness, and healthier social interactions in the digital era.

➢ *Limitations of the Study*

There are some limitations to the study. First of all, the data collection method—the data was collected online—may have introduced some bias. We cannot be certain that participants responded accurately when encouraged to fill out the questionnaire. Another limitation is that no significant difference or correlation was found between these two variables. Although these two variables are generally expected to be significantly connected or correlated, the lack of a relationship in this study may be due to the sample size and the limited

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

number of variables. This limitation could be addressed in future research by including a larger sample and incorporating additional relevant variables.

- *Scope for Further Research*

The study on Internet Addiction (IA) and Social Anxiety (SA) among male and female young adults aims to explore the prevalence, contributing factors, and psychological consequences of excessive internet use. Internet addiction, characterized by excessive or poorly controlled online activity, has been associated with negative mental health outcomes, including social anxiety (Kuss & Griffiths, 2015). Social anxiety, marked by intense fear or discomfort in social situations, may be exacerbated by excessive internet use, as online interactions can replace real-world social experiences (Caplan, 2010). Several studies have reported a strong correlation between problematic internet use and increased social anxiety symptoms, particularly among young adults (Cheng et al., 2018; Przepiorka et al., 2021). This study examines the relationship between IA and SA, focusing on whether high levels of internet usage contribute to increased social anxiety and whether there are gender-based differences in these patterns. Research suggests that males may be more prone to internet gaming addiction, whereas females often engage in excessive social media use, both of which can impact social anxiety differently (Andreassen et al., 2012; Ha & Hwang, 2014). Psychological factors such as self-esteem, loneliness, and coping mechanisms may mediate the relationship between internet addiction and social anxiety, further influencing young adults' mental health (Younes et al., 2016). Understanding these dynamics is crucial for developing targeted interventions, particularly in clinical and educational settings, to promote healthier internet use and address social anxiety among young adults. This research holds significance for psychologists, educators, and mental health professionals aiming to mitigate the adverse effects of internet overuse on mental well-being.

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

REFERENCES

[1]. American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). American Psychiatric Publishing.
[2]. DataReportal. (2024). Digital 2024: India. Retrieved from https://datareportal.com
[3]. Baltaci, Ö., & Önder, A. (2019). The predictive relationships between social media addiction and social anxiety, loneliness, and happiness. Turkish Journal of Psychology, 34(1), 67-79.
[4]. Baumeister, R. F., & Vohs, K. D. (2004). Handbook of self-regulation: Research, theory, and applications. Guilford Press.
[5]. Burke, M., Marlow, C., & Lento, T. (2010). Social network activity and social well-being. In Proceedings of the SIGCHI Conference on Human Factors in Computing Systems (pp. 1909–1912). ACM.
[6]. Cheng, C., Wang, H.-Y., Sigerson, L., & Chau, C. L. (2019). Do socially connected individuals feel less lonely in social media? Computers in Human Behavior, 97, 1–10. https://doi.org/10.1016/j.chb.2019.03.021
[7]. Kashdan, T. B., & Herbert, J. D. (2001). Social anxiety disorder in childhood and adolescence: Current status and future directions. Clinical Child and Family Psychology Review, 4(1), 37–61. https://doi.org/10.1023/A:1009576610507
[8]. Dercin, A. E. (2016). Smartphone addiction and its relationship with social anxiety and loneliness. International Journal of Psychology Research, 10(2), 105-117.
[9]. Kashdan, T. B., & Herbert, J. D. (2001). Social anxiety and social anxiety disorder. Psychological Science, 12(6), 238–245.
[10]. Liebowitz, M. R. (1987). Social phobia. Modern Problems of Pharmacopsychiatry, 22, 141–173.
[11]. Singh, A., & Khess, C. R. J. (2019). The relationship between loneliness, social anxiety, and internet addiction among college students. Asian Journal of Psychiatry, 45, 89-95. https://doi.org/10.1016/j.ajp.2019.06.002
[12]. Tang, C. S. K. (2018). Depression and impulsivity mediating the relationship between social anxiety and internet addiction. Journal of Behavioral Addictions, 7(1), 98–108.
[13]. Weeks, J. W., Heimberg, R. G., & Rodebaugh, T. L. (2010). The fear of positive evaluation scale: 44–54. https://doi.org/10.1016/j.janxdis.2009.08.002
[14]. Weinstein, A., & Dorani, D. (2018). Internet addiction is associated with social anxiety in young adults. Journal of Nervous and Mental Disease, 206(6), 438–444. https://doi.org/10.1097/NMD.0000000000000824
[15]. Gilligan, C. (1982). In a different voice: Psychological theory and women's development. Harvard University Press.
[16]. Erikson, E. H. (1963). Childhood and society. New York: Norton.
[17]. World Health Organization. (2018). Young people's health. Retrieved from (link unavailable)
[18]. Kashdan, T. B., & Herbert, J. D. (2001). Social anxiety disorder in childhood and adolescence: Current status and future directions. Clinical Child and Family Psychology Review, 4(1), 37–61.
[19]. McLean, C. P., & Anderson, E. R. (2009). Brave men and timid women? A review of the gender differences in fear and anxiety. Clinical Psychology Review, 29(6), 496–505.
[20]. Andreassen, C. S., Torsheim, T., Brunborg, G. S., & Pallesen, S. (2012). Development of a Facebook Addiction Scale. Psychological Reports, 110(2), 501–517.
[21]. Younes, F., Halawi, G., Jabbour, H., & El Osta, N. (2016). Internet addiction and relationships with insomnia, anxiety, depression, stress, and self-esteem in university students: A cross-sectional designed study. Asian Journal of Psychiatry, 23, 28–35.
[22]. Przepiorka, A., Blachnio, A., & Cudo, A. (2021). The relationship between problematic Facebook use, internet addiction, and social anxiety. Psychiatry Research, 300, 113927.
[23]. Ha, J. H., & Hwang, J. Y. (2014). Gender differences in internet addiction associated with psychological health indicators among adolescents. Cyberpsychology, Behavior, and Social Networking, 17(9), 602–608. https://doi.org/10.1089/cyber.2014.0176

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

[24]. Kuss, D. J., & Griffiths, M. D. (2015). Social networking sites and addiction: Ten lessons learned. International Journal of Environmental Research and Public Health, 12(3), 1280–1306. https://doi.org/10.3390/ijerph120201280.
[25]. Alkaya, S. A. (2024). Internet addiction, social anxiety, body mass index, and predisposing factors among adolescents. Turkish Journal of Psychiatry, 35(1), 78-95.
[26]. Baloglu, M., & Lrem, H. (2018). Multivariate gender differences in and the relationships between social anxiety and problematic internet use. European Journal of Psychology, 24(3), 290-305.
[27]. Elavarasan, K. (2018). The association between internet addiction, social phobia, and depression in medical college students. Indian Journal of Psychological Medicine, 40(2), 134-141.
[28]. Jaisalmer, & Abhishek. (2020). The burden of internet addiction, social anxiety, and social phobia among university students in India. International Journal of Mental Health, 50(2), 198-214.
[29]. Mozafari, S. (2018). The relationship between internet addiction with social anxiety and loneliness among high school students in Yasuj. Iranian Journal of Psychology, 33(4), 176-190.
[30]. Tabatabaeirad, E. S. (2017). Predicting internet addiction and social anxiety based on parenting styles. Journal of Adolescent Mental Health, 31(2), 94-110

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

APPENDICES

➢ *Internet Addiction Scale (Chen)*

Focusing on the last three months, rate the degree to which each statement matches your experience

- Does not match my experience at all
- Probably does not match my experience
- Probably matches my experience
- Definitely matches my experience

➢ *Items*

No.	Item	Rating
1	I was told more than once that I spend too much time online.	1 2 3 4
2	I feel uneasy once I stop going online for a certain period of time.	1 2 3 4
3	I find that I have been spending longer and longer periods of time online.	1 2 3 4
4	I feel restless and irritable when the Internet is disconnected or unavailable.	1 2 3 4
5	I feel energized online.	1 2 3 4
6	I stay online for longer periods of time than intended.	1 2 3 4
7	Although using the Internet has negatively affected my relationships, the amount of time I spend online has not decreased.	1 2 3 4
8	More than once, I have slept less than four hours due to being online.	1 2 3 4
9	I have increased substantially the amount of time I spend online.	1 2 3 4
10	I feel distressed or down when I stop using the Internet for a certain period of time.	1 2 3 4
11	I fail to control the impulse to log on.	1 2 3 4
12	I find myself going online instead of spending time with friends.	1 2 3 4
13	I get backaches or other physical discomfort from spending time surfing the net.	1 2 3 4
14	Going online is the first thought I have when I wake up each morning.	1 2 3 4
15	Going online has negatively affected my schoolwork or job performance.	1 2 3 4
16	I feel like I am missing something if I don’t go online for a certain period of time.	1 2 3 4
17	My interactions with family members have decreased as a result of Internet use.	1 2 3 4
18	My recreational activities have decreased as a result of Internet use.	1 2 3 4
19	I fail to control the impulse to go back online after logging off for other work.	1 2 3 4
20	My life would be joyless without the Internet.	1 2 3 4
21	Surfing the Internet has negatively affected my physical health.	1 2 3 4
22	I have tried to spend less time online but have been unsuccessful.	1 2 3 4
23	I make it a habit to sleep less so that more time can be spent online.	1 2 3 4
24	I need to spend an increasing amount of time online to achieve the same satisfaction as before.	1 2 3 4
25	I fail to have meals on time because of using the Internet.	1 2 3 4
26	I feel tired during the day because of using the Internet late at night.	1 2 3 4

- Scoring: The minimum and maximum scores of the CIAS are 26 and 104. Higher scores indicate a more severe level of Internet addiction. Respondents with scores of 64 and above were classified as Internet addicted

ISSN No:-2456-2165 https://doi.org/10.38124/ijisrt/26nov404

➢ *Liebowitz Social Anxiety Scale*

Fear or Anxiety:	**Avoidance:**
0 = Never (0%)	0 = None
1 = Occasionally (1—33%)	1 = Mild
2 = Moderate	2 = Often (33—67%)
3 = Severe	3 = Usually (67—100%)

No.	**Situation**	**Fear / Anxiety**	**Avoidance**
1	Telephoning in public. (P)		
2	Participating in small groups. (P)		
3	Eating in public places. (P)		
4	Drinking with others in public places. (P)		
5	Talking to people in authority. (S)		
6	Acting, performing or giving a talk in front of an audience. (P)		
7	Going to a party. (S)		
8	Working while being observed. (P)		
9	Writing while being observed. (P)		
10	Calling someone you don’t know very well. (S)		
11	Talking with people you don’t know very well. (S)		
12	Meeting strangers. (S)		
13	Urinating in a public bathroom. (P)		
14	Entering a room when others are already seated. (P)		
15	Being the center of attention. (S)		
16	Speaking up at a meeting. (P)		
17	Taking a test. (P)		
18	Expressing a disagreement or disapproval to people you don’t know very well. (S)		
19	Looking at people you don’t know very well in the eyes. (S)		
20	Giving a report to a group. (P)		
21	Trying to pick up someone. (P)		
22	Returning goods to a store. (S)		
23	Giving a party. (S)		
24	Resisting a high pressure salesperson. (S)		