TO STUDY THE RELATIONSHIP BETWEEN LONELINESS AND INTERNET ADDICTION AMONGST FEMALE STUDENTS IN THE AGE GROUP OF 18-22 YEARS.

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ABSTRACT

The age group of 18- 22 years is considered to be an extremely crucial stage in the life of an individual. This age group mainly includes the adolescents and young adults. During this period the person experiences changes in friend groups, and sometimes cities as well. This might impact the way they think, feel and sometimes in the many ways of how they act when they are with their friends or even family members. When they experience these changes in their social environment, this tends to have an impact on them, which sometimes could be very influencing and contribute to loneliness which in most cases result from a mismatch between an individual's existing social relationships and what they view as ideal, which leads to a psychologically uncomfortable situation. When we are supported by people in our environment, be it our friends or our family members, we feel a sense of belongingness. But when this support is unavailable due to any reason, it might have a negative impact on the person. Further, to fill that void, he/ she might indulge in activities such as using internet to stay busy which if continued for a long time results in addiction. Generally, researchers believe that loneliness is a crucial factor when considering Internet addiction. Findings from the present correlational study, lend further support to this growing body of literature. This study aimed to understand if there is any relationship between loneliness and internet addiction along with the effect of loneliness on internet addiction in females aged between 18-22 years. The data was collected from 101 participants using UCLA Loneliness Scale and Internet Addiction Test. Descriptive Statistics in result table 1

shows the mean value for Internet addiction to be 35.2871 and standard deviation to be 14.200. Similarly, for UCLA loneliness test the mean value among subjects was calculated to be 25.5842 and standard deviation to be 14.124. The statistics between loneliness and internet addiction among female students in the age group of 18-22 years have been analyzed using Pearson's correlation coefficient that was calculated using SPSS to be 0.459 as shown in result table 2, thus indicating

a positive correlation between loneliness and internet addiction. Linear regression value predicts that loneliness is a significant predictor of internet addiction, thus stating the second hypothesis of the research to be true.

Key words: Loneliness, Internet Addiction, Social relationships, social environment, adolescents, young adults.

Title: to study the relationship between loneliness and internet addiction amongst female students in the age group of 18-22 years.

Introduction

1. The age group of 18- 22 years is considered to be an extremely crucial stage in the life of an individual. It is because it includes the ages when the major changes occur in their lives. The ages 18-19 usually see a transition from school to college which is considered to have a deep impact on the emotions and behavioral patterns of a person.

It is considered as a crucial stage in human life that needs utmost parental care, guidance, and empathy. During this period the person experiences changes in friend groups, and sometimes cities as well. It is also a period of multiple transitions involving education, training, employment and unemployment, as well as transitions from one living circumstance to another (Zaky EA, 2016). This might impact the way they think, feel and sometimes in the many ways of how they act when they are with their friends or even family members. When they experience these changes in their social environment, this tends to have an impact on them, which sometimes could be very influencing, in a good or a bad way. Individuals have a tendency to look around and observe other people in their immediate environment which might act as a source in what they really want from themselves.

Teenagers who have a lot of fundamental abilities frequently feel prepared to move out of the home and start the next chapter of their life. In any case, some might not exactly feel prepared for life as a grown-up. They might feel overpowered now and again when asked as to how they will manage their lives. A few children might know precisely exact the

things they need for their future, while others might not have strong thoughts. This reach is typical, yet most adolescents can in any case utilize some direction on the best way to contact their personal,

vocational, and additionally school objectives. (Vanbuskirk, 2022).

A lot of people might even feel lonely and not worthy around others. The person might lose confidence while being around others assuming them to be way better in terms of appearance/ academics/ communication/ lifestyle etc. These are some of the several factors that contribute to feelings of loneliness in them. A recent report viewed that as 70% of young people were lonely and that the "disturbing" impacts of high school loneliness continued across the life expectancy (Goosby, Bellatorre, Walsemann, and Cheadle 2013). A 2018 investigation of grown-ups (Cigna, 2018) tracked down that 48.3%, almost 50% of those ages 18-22, known as the Gen Z populace, had the most elevated loneliness.

2. Loneliness is characterized as the abstract condition of feeling alone, disappointment with the amount and nature of social connections (Wilson & Moulton, 2010). Psychological principle and studies offer more than one perspectives to the definition of loneliness. Social psychology emphasizes the emotional distress that outcomes whilst inherent needs for intimacy and companionship aren't met; cognitive psychology emphasizes the unpleasant and unsettling experience that effects from a perceived discrepancy between an individual's favored and actual social relationships. Psychologists from the existential or humanistic views may also see loneliness as an inevitable, painful component of the human circumstance that although may contribute to increased self-awareness and renewal.

Quite possibly the earliest exploration endeavors for the relationship of loneliness and addiction began beginning around 1997 and noticed the mental impacts of Internet use (Foris, Karapetsas et al. 2015). Loneliness in most cases result from a mismatch between an individual's existing social relationships and what they view as ideal, which leads to a psychologically uncomfortable situation. When we are supported by people in our environment, be it our friends or our family members, we feel a sense of belongingness.

But when this support becomes unavailable due to any reason, it might have a negative impact on the person. Further, to fill that void, he/ she might indulge in activities to stay busy which if continued for a long time results in addiction. In the research conducted, loneliness is studied in relation to internet addiction. Generally, researchers believe that

loneliness is a crucial factor when considering Internet addiction.

A study carried out by Hardie and Tee stated that over-users and net addicts spending increasingly time in on line activities, being extra socially hectic and emotionally lonely, and gaining greater guide from internet social networks than common internet customers and perceived aid was one of the sizable predictors of excessive net use.

In some situations, when an individual is not treated as an equal within the friend circle or in the family, this might lead them to be friends with people they hardly know while just connecting with them on various social media platforms. Even though they do not completely rely on these friendships/ relationships but there is less judgment and more acceptance with friends made online.

A few specialists have exhibited that there was a huge positive connection among loneliness and mobile compulsion (P<0.001) and that there was a negative critical relationship between social help and mobile compulsion (P<0.001). The consequences of regression investigation uncovered that among parts of loneliness, family and social loneliness and among parts of social help, family support were the best indicators of students' dependence on phone (H., Hirani.; 2017).

3. By and large, specialists accept that loneliness is a critical element while thinking about Internet addiction. Three significant hypotheses exist: Internet dependence prompts loneliness, loneliness prompts Internet dependence, or loneliness and Internet dependence connect with one another (Shi, Sui, Zhang, 2018). Internet addiction is characterized by excessive or poorly controlled preoccupations, urges or behaviours regarding computer use and internet access that lead to impairment or distress (Lejoyeux, Weinstein; 2010). Loneliness during the ages of 18/ 19 due to several emotional and behavioral changes that usually results in individuals being more close to people of their own age group in comparison to family members might lead to internet addiction. A few scientists found that youngsters dependent on the Internet have higher paces of loneliness instead of non- dependent teens (Fotis, Karapetsas, et al. 2015).

4. An overview of 1,135 high school cell phone users living in Tibet showed that they effectively utilize the cell phone as a significant method for correspondence and a source of social help to assist with lessening loneslliness (Xun Liu, Xinchuan Liu, Ran Wei; 2014). The ages of 20-22 are usually viewed as the ones wherein an individual makes major decisions in terms of their career preferences. These are considered to be the most crucial years in deciding what kind of future the individual wishes to have. If we consider the sources of inspiration for these individuals, a lot of social media influencers, TED talks, bloggers etc are all included. Sometimes, people become so addictive with the life of the influencers that they tend to shape their life in a similar way, which might not be a bad thing till they lose their own identity by making the life of the influencer their own. It is wise to adopt some of the things that we like about them and then implement it in our life, but it is equally unwise to make their life our own life for a lot of reasons. But in case this happens, it might affect the life of an individual in a negative way and contribute to low self-confidence, self-worth and feelings of frustration and loneliness.

The enormous number of internet clients, particularly in the number of inhabitants in youngsters, and

the peculiarity of web dependence on them, has driven established researchers (clinicians, specialists and teachers) to direct their concentration toward this new peculiarity of reliance to the new advances (Stern, 1999).

Because college student have ample leisure time and convenient and consistent Internet access through a range of wireless tools, modern postsecondary students often spend considerable time on the Internet, and therefore, they are more likely to experience Internet addiction. Additionally, the initial stage of postsecondary life is a critical period in students' development. In the transition from high school to postsecondary education, first-year students experience many changes in their internal and external environments. These changes tend to place students at risk of Internet addiction (Shi, Sui, Zhang, et al; 2018). Thus, required amount of attention should be given to them so that they do not indulge in harmful activities that might lead to addiction when continued for long periods.

Review of literature

In the previously conducted researches, loneliness is conducted to be a significant predictor of internet addiction. Further, some of the studies even revealed that, only loneliness was related to Internet addiction through low self-control. In a study conducted by Osman Erol, Nese Sevim (2019) a significant correlation between loneliness, Internet addiction, age, and Cumulative Grade Point Average (CGPA). Additionally, loneliness and CGPA significantly predict Internet addiction. Mustafa Savci, Ferda Aysan (2016) conducted a study to examine the rel relationships between impulsivity, social media usage, and loneliness and to test the structural hypothetical model developed based on the literature. The study was conducted on 307 (164 female, 143 male) university students. Data collection instruments of the study were the Barratt Impulsivity Scale Short Form, Social Media Usage Scale (SMUS), and UCLA Loneliness Scale Short Form. It was observed that impulsivity directly, positively and significantly predicts social media usage and that impulsivity indirectly, positively and significantly predicts loneliness.

Yasin Demir, Mustafa Kutlu (2016) conducted a study to examine the role of internet addiction in the relationship between loneliness and depression. Subjects included 452 university students (241 women, 211 men) ranging in age from 17 to 31. UCLA Loneliness Scale, Young Internet Addiction Test Short Form, and Indication Scanning List were applied to the participants. There are relations in a positive way among loneliness, depression, and internet addiction. The findings of the study demonstrated a partial mediation role of internet addiction in the relation between loneliness and depression. According to the result, it was stated that loneliness and internet addiction are risk factors for depression.

Izabela Tabak , Dorota Zawadzka (2017) aimed to assess the relationships between Internet addiction,

loneliness and adolescents' lower quality of life. The subjects in this study included a sample of 376 students, aged 14–19. The Young's Diagnostic Questionnaire, the De Jong Gierveld Loneliness Scale and KIDSCREEN-10 index were used. Of the participants, 11.6% were identified as addicted to Internet, and 8.2% – as being at risk of addiction; 37.8% of the participants were moderately lonely, and 2.5% – severely lonely. Partial correlations with age and gender as controlled variables revealed relationships between Internet addiction and overalland emotional loneliness, but not social loneliness nor quality of life.

In another study conducted by Alaettin Unsal, Didem Arslantas et al. (2014) the aim was to determine the frequency of Internet addiction and loneliness in secondary and high school students. This cross-sectional study was conducted among 1157 secondary and high school students. Young Internet Addiction Scale was used to assess the internet addiction. University of California, Los Angeles Loneliness Scale was used for the evaluation of the level of loneliness. SPSS 15 was used for statistical analysis. There were 636 (55.0%) male and 521 (45.0%) female aged 11 to 19 years. According to the Internet Addiction Scale, 91(7.9%) of the subjects were addicted to the internet. Obesity (odds ratio: 9.57), "Type A" personality, first time usage of internet before age 12, using the internet every day and use the internet more than 2 hours a day were risk factors of internet addiction. A positive correlation was found between the internet addiction and loneliness. Internet addiction was found to be a major health problem in middle and high school students. A positive correlation between loneliness and internet addiction was also found.

In another research conducted by Gazo, Ahmad M.; Mahasneh, Ahmad M et al. (2020) investigated the relationship between social self-efficacy, loneliness and internet addiction among University students. The purposive sample for this study consisted of 618 students at the University. The Social Self-efficacy, Loneliness and Internet Addiction Scales were used. The results show that the level of social self-efficacy was medium, with statistically significant differences in the level of social self-efficacy attributed to students by gender in favor of male students, and in the level of social self-efficacy by academic level in favor of second-year students. There was a negative correlation between social self-efficacy and loneliness and internet addiction, and a positive correlation between loneliness and internet addiction. In a studyconducted by Qilong Cao, Jing An et al., 2020 The findings revealed that loneliness positively correlated with Internet addiction, while psychological resilience negatively correlated with Internet addiction. The moderating effect analysis suggested that resilience could alleviate theadverse impact of loneliness on Internet addiction.

The past two years have witnessed internet to be the most preferential leisure activity due to the pandemic especially among the teens and young adults. Arzu Sarıalioğlua, Tutku Atay et al (2021) conducted a study to determine the relationship between the levels of loneliness adolescents feel during the pandemic, and their respective levels of internet addiction. The sample of the study consists of 482 adolescents. Participants filled

out a Google Docs form including the "Descriptive Information Form", "ULS-SF" and "IASA", which were used to collect data. As a result of the multiple regression analysis, it was found that family income, mothers' education status, fathers' education status, the duration of Internet use before and during the pandemic, and the total score of ULS-SF had statistically significant effects on the total score of IASA. Loulwah Al Sumait, Hasah Al Heneidi (2021) explored the association of loneliness, internet addiction and related factors such as the number of hours spent online, and the quality of the relationship of people spending the quarantine with on well-being using the Internet addiction scale, UCL loneliness short scale, and WHO-5 measure. The data was collected from a sample of 613 adults and analyzed through SPSS using correlation and regression. The results showed an association between loneliness, internet addiction and low well-being; the number of hours spent online was negatively correlated with well-being, and the quality of the relationship with people spending the quarantine was positively associated with well-being.

Loneliness and internet addiction also contributes to lower quality of life especially among teens and young adults. Izabela Tabak , Dorota Zawadzka (2017) assessed the relationships between Internet addiction, loneliness and adolescents' lower quality of life. The subjects included 376 students, aged 14–19. The Young's Diagnostic Questionnaire, the De Jong Gierveld Loneliness Scale and KIDSCREEN-10 index were used. Partial correlations with age and gender as controlled variables revealed relationships between Internet addiction and overall and emotional loneliness, but not social loneliness nor quality of life. Path analysis confirmed significant associations between Internet addiction and emotional loneliness, and between emotional loneliness and quality of life. Emotional loneliness was a statistically significant mediator between Internet addiction and quality of life. Internet addiction is a predictor of adolescents' loneliness, and excessive use of the Internet indirectly lowers the quality of life of young people,causing emotional loneliness.

Mansour Beyrami, yazdan movahedi, et al (2015) conducted with the aim of determining the relationship among components of Perceived Social Support and the Feeling of social- Emotional loneliness with Internet addiction in students. 173 students from Tabriz University (78 males and 95 females) were selected by multiphase cluster-random sampling and in addition to demographic information, they completed the Perceived Social Support, Feeling of social- Emotional loneliness, and Internet addiction questionnaires. The data were analyzed by descriptive statistical methods, Pearson's correlation coefficient, and multivariate regression.

Results showed there were significant relationships among Perceived Social Support and the Feeling of Social-Emotional Loneliness with Internet addiction.

In another study, Veysel Demirer, Ismail Sahin (2013) investigated the relationship among loneliness, self-esteem, life satisfaction, and Internet addiction. Participants were 384 university students (114 males, 270

females) from 18 to 24 years old from the faculty of education in Turkey. The Internet Addiction, UCLA Loneliness, Self-esteem, and Life Satisfaction scales were distributed to about 1000 university students, and 38.4% completed the survey. It was found that loneliness, self-esteem, and life satisfaction explained 38% of the total variance in Internet addiction. Loneliness was the most important variable associated with Internet addiction and its subscales. Xinxin Shiab, Juan Wang (2017) investigated the possibility of self-esteem and loneliness mediating the link between family functioning and adolescent Internet addiction. A sample of 3289 middle school students completed the questionnaires regarding demographics, family functioning, self-esteem, loneliness and Internet addiction. The results of this study revealed that: (a) family functioning was negatively linked to Internet addiction; (b) self-esteem and loneliness not only parallelly but also sequentially mediated the link between family functioning and Internet addiction; (c) significant gender and grade differences were found in themultiple mediation model.

Satoko Ezoe1, Masahiro Toda (2013) conducted a study to investigate the factors contributing to Internet addiction in 105 Japanese medical students. The subjects were administered by a self- reporting questionnaire designed to evaluate demographic factors, Internet addiction, loneliness, health- related lifestyle factors, depressive state, patterns of behavior, and mobile phone dependence. Results of multivariate logistic regression analysis indicated that loneliness and mobile phone dependence were positively related to degree of internet addiction. Findings suggested that Internet addiction is associated with loneliness and mobile phone dependence in Japanese students. In a research conducted by Jale, Meryem Vural (2013) on whether internet addiction is related to gender, academic achievement, duration of internet use, loneliness and shyness, results indicated that internet addiction changed according to gender, academic achievement and duration of internet use. Moreover, while academic achievement significantly and negatively predicted internet addiction, duration of internet use and shyness significantly and positively predicted internet addiction. However, the variables of gender and loneliness were found to have no significant effects on internet addiction.

Materials and Methodology

Plenty of researches have been done to study the relationship between loneliness and internet addiction followed by the effect that these two variables have on each other. These studies were mostly performed on students of foreign based schools which further consisted of mixed group of students. Fewer studies have been conducted on the Indian population students and particularly on males or females. The present study is conducted only on female students because the researcher experienced the feelings of loneliness during the transition from school to college and spent a lot of time on social media sites; hence to understand if there are others belonging to the same group, she conducted this study with only females. The present study is conducted with high school and graduation female students who are in the age group of 18-22 years to

specifically understand the relationship and effect that loneliness among these female students has on internet addiction.

The objective of the present study was to study the effect of loneliness on internet addiction among female students in the age group of 18-22 years. Thus, two research hypotheses were put forward- 1) There will be significant relationship between Loneliness and Internet Addiction amongst Female students; 2) There will be significant effect of Loneliness on Internet Addictionamongst Female students.

The sample of the study comprised of 101 individuals that included only female students studying in various schools and colleges in India basically to understand the level of both the variables during the teenage and early adulthood years for the female students. All the students were in the age group of 18-22 years, which mainly consisted of high school and graduation female students. The students were randomly selected as per the criteria of the study. After finalizing methodology and questionnaire, participants were then briefed about filling of the questionnaire. The questionnaire was shared with all of them in the form of a Google form that included the consent form as well. Collected data was then subjected to statistical analysis with respect to Correlation and regression.

There were two tools that were used for the purpose of this study:

1) **Internet Addiction Test**

It was developed by Young (1998) to calculate the presence and severity of the Internet dependency, in a North American population sample. The IAT measures self-pronounced compulsive use of the Internet and assesses signs of Internet addiction in a diffusion of settings. It consists of 20 statements. The concern is needed to choose the response that excellent describes him/ her from a five point Likert scale.

2) **UCLA Loneliness Scale**

It was developed through psychologist Daniel Russell (1996). It is a 20-object measure that assesses how frequently someone feels disconnected from others that consists of feelings of loneliness and social isolation. The individuals mark every object as either O (I frequently sense this way), S (I once in a while experience this manner), R (I rarely feel this manner) or N (I inno way experience this manner).

Results

Descriptive Statistics

	Mean	Std. deviation	N
IAT	35.2871	14.20094	101
UCLA	25.5842	14.12464	101

Table 1: Mean and Standard deviation values for Internet Addiction Test and UCLA lonelinesstest

Correlational Analysis

	N	p	Sig.
IAT	101	0.459	<0.001
UCLA	101	0.459	<0.001

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**- Correlation is significant at the 0.01 level. (1-tailed)

Table 2: Pearson's correlation between Loneliness and Internet addiction among female students in the age group of 18-22 years (p= 0.459; p<0.01)

The correlation between loneliness and Internet addiction among 101 participants was calculated using SPSS. Pearson's correlation is used. The calculated value for correlation between both variables is 0.459, which is significant at 0.01 level (1-tailed).

Regression

Value	B	SE	Beta	t	Sig.	R sq. variance	R
UCLA	0.462	0.090	0.459	5.416	0.001	0.211	0.459

Table 3: Loneliness as a predictor of internet addiction among female students

A Simple Linear Regression was calculated to predict the effect of loneliness on internet addiction among female students.

A significant regression equation was found (F= 26.485, p<0.001), with an R square of 0.211. Loneliness was found to be a significant predictor of internet addiction.

Discussion

In various research works, loneliness has been established as an important variable in internet addiction. When we talk about the age group of 18-22 years, it mainly consists of teenagers and young adults who are in their high school or graduation years. This phase of their life involves various changes in relationships with family, friends, teachers etc. it also involves them taking major decisions in their careers. There are a lot of female students who tend to experience feelings of loneliness and isolation due to the above mentioned changes. Sometimes, when they do not get what they want from other people, they tend to look for that on various social media platforms. They interact with common friends, sometimes even strangers and connect with them virtually. Well, this indeed has no harm on one's social life till the point it does not create any permanent dependence on those people. But once any sort of dependence is created, the person tends to detach from the real world, and puts in efforts to maintain what we call a "social media image". When this happens for a longer period of time, it makes the person addicted to be a part of all those platforms and they tend to enjoy the virtual image that they have created, since it doesn't expose who they actually are. Teenage and young adulthood involves a lot of changes in the personality, physical appearance and the social circle of a person, especially for females, but this doesn't always tend to be positively in favor of the student, which kind of makes them get involved on a platform where they will not be judged for the way they look, what careers they are pursuing, where they come from or what kind of friends they have.

Other than that, using internet has become one of the most popular leisure activities among teenagers and young adults. There is much less inclination towards outdoor sports or other hobbies of ineptest. Since the study includes only female students, previous researches have shown them to be more prone to feelings of loneliness and isolation, which results in less social interaction with peers mainly due to the fear of being judged by them.

Findings from the present correlational study, lend further support to this growing body of literature. This study aimed to understand if there is any relationship between loneliness and internet addiction along with the effect of loneliness on internet addiction in females aged between 18-22 years. There were two hypotheses for this research- There will be significant relationship between Loneliness and Internet Addiction amongst Female students and there will be significant effect of Loneliness on Internet Addiction amongst Female students. The data was collected from 101 participants using UCLA Loneliness Scale and Internet Addiction Test.

Descriptive Statistics in result table 1 shows the mean value for Internet addiction to be 35.2871 and standard deviation to be 14.200. Similarly, for UCLA loneliness test the mean value among subjects was calculated to be 25.5842 and standard deviation to be 14.124. The statistics between loneliness and internet addiction among female students in the age group of 18-22 years have been analyzed using Pearson's correlation

coefficient that was calculated using SPSS to be

0.459 as shown in result table 2, thus indicating a positive correlation between loneliness and internet addiction. This shows the first hypotheses of the research to be true. Simple Linear regression from table 3 gives a significant regression equation that was found (F= 26.485, p<0.001), with an R square of 0.211 which further predicts that loneliness has a significant effect on internet addiction, thus stating the second hypothesis of the research to be true.

Previous researches have established the relationship between loneliness and internet addiction among various age groups among males and females. Most of these studies have been conducted on college students especially the ones pursuing medical. It has been indicated in these studies that the high levels of loneliness have an impact on internet addiction among the students. In a study conducted by Bozoglan, Demirer et al in 2013 it was found that male members are greater addicted to the Internet than woman participants. Also those, women and men, who had Internet access, had more tendencies to be hooked on the Internet.

Further there are studies that prove that internet addiction changes according to gender, educational achievement and period of internet use. Moreover, while educational achievement extensively and negatively anticipated internet addiction, the duration of time spent on the internet certainly indicated predicted internet addiction. In a research conducted by Demerir and Sahin in 2013, it was found that loneliness, vanity, and lifestyles pride explained 38% of the whole variance in Internet addiction. Loneliness turned into the most important variable associated with Internet dependency and its subscales.

A relevant example of the research conducted includes the pandemic situation that lasted for almost two years and still continues to be a part of our everyday life. If we look back at those times when we were stuck at homes and nowhere to go, internet proved to be the most preferable leisure activity adopted by a lot of people especially teenagers and young adults. To get rid of the boredom and to avoid the loneliness to some extent people became really active on social media platforms, sharing their hobbies, interests etc. with the continuation of the lockdown for a longer period of time, this definitely resulted in people becoming a victim of internet addiction.

Conclusion

All of us at some time in our life experience loneliness. It mainly emerges as a result of when people got nothing to do or no one to talk to. Considering the age group of 18-22 years that was a part of this research, it is important to note that this age group consists of the teenagers and young adults who are either pursuing their dreams or are struggling to reach somewhere. This age group tends to experience a lot of substitutions in friend circles, infrastructures and sometimes cities as well. Forming social connections is considered to be crucial for survival be it within the family, workplace or school. But when people are unable to form social

connections with others be it due to their shy nature, or being an introvert or just being a part of the new environment they are in, it might lead to loneliness.

Loneliness in today's time among the millennial is understood as a consequence of the inability to connect with others. Most of them believe in the individualistic nature. While it is necessary to connect with self to be able to understand our strengths and weaknesses it is also crucial to be able to understand others and empathize with them. But this is only possible if one takes in the efforts of connecting with others. When this does not happen the individuals find some or the other leisure activities that does not involve the participation of others, to keep themselves occupied the most preferred leisure activity among the teenagers and young adults is the use of internet, be it to virtually interact with others, follow several influencers, share their vacation vlogs etc. This particular group of students always focuses on the exceptional.

Especially when we consider the females, they tend to focus a lot about their appearance, dressing styles, clothing brands, etc. The Internet seems to be a major source for all this. There exists a number of influencers who share a lot of related stuff that seems to be having both positive and negative impact on individuals. It is necessary to realize that loneliness might lead individuals to be more active on the internet which further causes low self-esteem, depression, fear of missing out, lower self- control, overeating and anxiety. The present research aimed to study the relationship between loneliness and internet addiction, which was shown to be existing with a correlation value of 0.459. Thus, in order to work on the issue of loneliness, it is equally important to increase and foster social connections to further reduce internet addiction.

Loneliness is proved to be a predictor of internet addiction with reference to some of the previous researches. The current study found similar results while working with the female students in the age group of 18-22 years, with a significant linear regression value. Thus, loneliness predicts internet addiction, and it can further be said that if a person is lonely, it is possible that he might become a victim of internet addiction. If we want to deal with internet addiction, it is equally necessary to focus on the factors causing loneliness for that particular person.

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