RELATIONSHIP BETWEEN INTERNET ADDICTION AND PERSONALITY TRAITS AMONG YOUNG ADULTS

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ABSTRACT

Given the rising prevalence of internet use disorder among young people, a number of research have looked at the connection between certain personality traits and online addiction. This abstract investigates the complicated relationship between personality traits and young adult internet addiction in order to comprehend the subtle dynamics at the root of this contemporary issue.

A descriptive correlational methodology was used for this investigation. There were 100 male and female young adults in the population of statistics in 2024. Random selection of the participants was done via multistage clustering. Data were gathered using two questionnaires: the five-factor Modified NEO Psychological Inventory and the Internet addiction test. Internet addiction is a condition that is causing worry for a growing number of people. Conscientiousness, extroversion, Agreeableness, Openness and neuroticism are the Big Five traits of the personality model, and this study uses them as a framework to examine the connections between these qualities and internet addiction.

CHAPTER-1

INTRODUCTION

The internet has connected people worldwide and provides a wealth of information, entertainment, and communication opportunities. Over the past several years, internet usage has skyrocketed both in India and throughout the world. The number of internet users in urban India rose from five million in 2000 to 42 million in 2008. Having upwards of 120 million internet users, India ranked third internationally in terms of the percentage of digital natives in 2011. India had 751.5 million individuals with internet access as of January 2024. Of Indians online by beginning of 2024, 52.4 percent were.

The internet is an international system of interconnected computer systems that provides a variety of communication and informational services via the use of standardised communication protocols. These days, technology is essential to practically every facet of everyday life, including communication, education, business, amusement, and much more. Among its numerous advantages are the democratisation of knowledge, the stimulation of creativity, and the creation of international links between people. However, because of its extensive use, a disorder known as internet addiction has also emerged.

The phrase "problematic internet use," sometimes referred to as "internet addiction," refers to excessive or uncontrollable strong urges, obsessions, or behaviours linked to the internet that result in discomfort or impairment. The condition is becoming increasingly commonly recognised despite the fact that numerous clinical manuals do not formally identify it as a distinct disorder due to its rising occurrence and the significant implications it may have on people's lives. A subset of behavioural addictions known as technology addiction exhibit similar symptoms, including extreme violence, social disengagement, aggression, moral and behavioural shifts, and a regression to the initial condition.8. Numerous research conducted worldwide on a wide range of individuals have been conducted to determine the negative effects of Internet use on social behaviours and routines. Meanwhile, several studies have shown that excessive Internet use puts students, a crucial population, at danger. Members of this demographic usually use the entertainment elements of media in their leisure time since they have increasingly widespread utilisation of the Internet. It is important to compare and contrast how male and female adolescents use and rely on the Internet since differences in personality and gender can affect how individuals utilise technology and the Internet.

Numerous manifestations of internet addiction are possible, frequently contingent upon the nature of the online activity that turns into an obsession. Several categories consist of:

- Online gaming addiction, usually involving massively multiplayer role-playing games, is known as gaming.
- Social networking: Media usage that is excessive and causes a great deal of disruption in one's personal, social, or professional life.
- Compulsive database searching or web browsing that reduces productivity and causes one to overlook responsibilities is known as information seeking.
- Online Bidding and purchasing: Obsessive online bidding and purchasing can lead to financial difficulties.
- Internet gambling: An excessive amount of harmful online gaming activity.

There are many different and intricate variables that contribute to internet addiction, such as biological, social, and psychological issues. While some people use the internet as a means of escape or to deal with their bad feelings, others may find the anonymity and extensive social networks available there to be irresistibly alluring. Internet addiction can have serious negative effects on one's social life, career, mental and physical health, and academic achievement. Individuals who struggle with internet addiction frequently experience mental health disorders like anxiety and depression, physical health difficulties like conditions linked to a sedentary lifestyle, and social isolation.

Internet addiction test:

Dr. Young's internet addiction test was used to identify addictive behaviours. Eight criteria for addiction are listed in the world of the web Addiction Test Questionnaire:

- the individual is obsessed with the internet
- To be satisfied, one must spend an increasing amount of time online
- attempts ineffectively to limit, curtail, or stop using the internet
- experiences sadness and worry while using the internet less or not at all
- stays on the internet for a lot longer than expected
- puts one's career, studies, work, and relationships in jeopardy
- keeps the truth about their addiction from their family and medical professionals

- utilizes the internet to get away from the issue.

It had twenty items, scored on 5-point Likert scale ranging from 0 to 5 (0: Does not apply, 1: Rarely, 2: Occasionally, 3: Frequently, 4: Often, and 5: Always).

A person's personality is defined by their distinct mental, emotional, and behavioural tendencies that characterise their interactions with both their physical and social surroundings. Personality traits imply that people's spirits often fit a predictable pattern. These characteristics have shown to be reliable and rational throughout their lives in a range of situations. Many human behaviours, including grooming, observing to a person's beloved music, and the amount of time spent on technology, especially the Internet, have been shown to be affected by personality traits such as extroversion, harmony, neuroticism, experience acceptance, and loyalty.

Researchers utilize a variety of methodologies to define and assess personality, including mental analysis, behaviourism, characteristics approach, cognitive-social, and humanistic methodologies. One of the most often suggested hypotheses at the moment, following trait methods, is the five-factor personality theory. Psychologists generally agree that there are five major and decisive components to personality traits, which include experience acceptance, loyalty, extroversion, harmony, and neurosis.

Personality qualities are clearly one of the most significant factors connected with internet addiction, despite the fact that several factors have been discovered by studies. Despite the fact that personality qualities and internet use are related, different research have found different things about how the same personality traits affect using the internet. Moreover, a survey of the literature shows that the amount of studies on the topic is quite little.

In order to describe personalities, this theory and its model provide a cohesive conceptual framework. Thus far, empirical studies have demonstrated the comprehensiveness and coherence of this model in addition to its applicability in a wide range of contexts and fields of study. On the other hand, it is now acknowledged as a reality that individuals of all walks of life use the Internet. People's use of the Internet can be a reflection of their own needs, values, preferences, and motives as well as their personality traits. Research from science indicates that an excessive reliance on the Internet might cause issues in a person's social, scholastic, career, and psychological domains. These studies suggest that excessive Internet use can cause individuals to experience trauma and develop an addiction. This condition is typically described in terms of the broader concept of "technology addiction."

The Revised NEO Personality Inventory, a five-factor measure:

The Revised NEO Personality Inventory (NEO PI-R), a psychological assessment instrument, measures the big five personality traits, which include neuroticism, extraversion, agreeableness, and conscientiousness. Updated from the original, the NEO Personality Inventory was developed by Paul T. Costa, Jr. and Robert R. McCrae. A well-liked instrument for assessing adult personality in clinical and research settings is the NEO PI-R. To evaluate personality characteristics, the 10-item condensed version of what is known as the Big Five Inventory had been utilised. The response is rated on a 5-point Likert scale: 1 represents severely disagreed, 2 disagreed slightly, 3 indicates neither were in agreement or disagreement, 4 represents somewhat agreed, and 5 represents greatly agreed. Neuroticism: 4R, 9; Openness to Experience: 5R, 10; Agreeableness: 2, 7R; Conscientiousness: 3R, 8; and Extroversion: 1R, 6 (R = item is reversed scored).

Numerous research has examined the psychological traits of problematic internet users and have established a connection between internet use and particular personal traits. Numerous studies have found that while using the internet can help extroverts get more social support, it can also keep introverts alone and alienated. Dependent users were shown to score highly on indicators of self- sufficiency sense of emotion and responsiveness, attentiveness, low-disclosure, and nonconformist qualities. Because the internet may be psychologically addictive, educators are worried about the effects of internet use on people's health.

In this study, the links between internet-related addictive behaviours and personality characteristics based on the five-factor model were investigated in a sample of young people.

Chapter-2

Review of literature

To uncover the complex ways whereby personality influences or are associated with internet addiction tendencies, an exhaustive Evaluation of Written work on the connection between the youthful adults' the online world addictive disorders and individual characteristics digs into an intricate structure of experimental studies, theories, and methodological approaches. The objective of this research is to meticulously include significant findings, recognise novel patterns, and emphasise unexplored research opportunities within the extensive academic discourse around this topic.

With the advent of the digital age, the internet has transformed social interactions, academic endeavours, and recreational activities into an essential part of everyday life. But with the digital revolution have come increasing worries about internet addiction, a disorder marked by an overpowering need to use technology for recreational or professional purposes to the point where it interferes with one's ability to live a normal life and maintain relationships with others. Because of the intricacy of the human psyche, a comprehensive analysis of how it affects the likelihood of developing an internet addiction is a necessary first step in developing focused preventative strategies and therapeutic therapies.

Personality Traits:

The Five Factor Model, sometimes known as the "Big Five," was introduced by McCrae and Costa Jr. (1999) and is currently the most popular and well-known model of personality traits, despite the fact that several other prominent models of personality traits still have an impact on research today **(Jung, 1971; Kirton and De Ciantis, 1986, Rossberger, 2014)**. Paul T. Costa and Robert R. McCrae's Big Five Personality Theory was used in this investigation. This hypothesis explains five traits: neuroticism, extraversion, conscientiousness, agreeableness, and adaptability to new experiences. NEO (Neuroticism, Extraversion, and Openness to Experience) assessments are used to assess a wide range of personality qualities. These questionnaires were developed using the five-factor model of personality. Factors in NEO Inventories are created by clusters of intercorrelated traits, as explained by **McCrae and Costa (1997).**

(Carver & Connor Smith, Citation2010; McCrae & Costa, Citation1997)- The first personality characteristic listed in the Big Five Personality Theory is neuroticism, which indicates a person's emotional stability. A high neuroticism person would be more prone to emotional instability and more likely to experience negative emotions like fear, rage, and sadness. Individuals with low trait scores, on the other hand, might exhibit calm and relaxed behaviour.

Extraversion, the second personality characteristic, is related to a person's vitality and level of social interaction **(Soto, Citation 2018)**. Extraverts enjoy stimulus and excitement from the outside world and are quite gregarious. They frequently exhibit assertiveness, optimism, and activity **(McCrae & Costa, Citation 1987).**

The third personality trait, openness to experience, is defined by inventiveness, intellectual curiosity, and inventive thought processes **(John & Srivastava, Citation 1999).** Low scorers are more conventional and like their tried-and-true routines, whereas high scorers would be unconventional, inventive, and open-minded **(Johnson).**

Consciousness is another personality attribute that involves organization, caution, goal-setting, and decisiveness **(Costa & McCrae, Citation 1992).** Those that exhibit high conscientiousness value structure and commitment to their tasks **(Soto, Citation 2018)**. Less conscientious people, on the other hand, tend to be unorganized, careless, and neglectful. It has also been seen that these people develop an internet reliance **(Rahmani & Lavasani, Citation2011; Samarein et al., Citation2013).**

Last but not least, kindness, generosity, and trust were used to characterize agreeableness. Prosocial, considerate, and concerned about the well-being of others are characteristics of those who score strongly on this personality trait, according to Zaidi et al. (2013) and John & Srivastava (1999). On the other hand, a low score would be linked to more competitive and egotistical conduct rather than cooperative behaviour. (Stendorf, 1993 Citation).

Research on personality disorders and characteristics like impulsivity and sensation seeking in relation to internet addiction goes beyond the Big Five. In particular, impulsivity has been shown to be a significant risk factor for addictive online behaviours, highlighting the crucial role that self-regulation plays in limiting internet usage **(Lee et al., 2017).**

Internet Addiction:

Our everyday lives are definitely made easier by the internet. However, excessive and needless Internet use can lead to the development of addictive behaviour patterns in humans. Given its similarities to pathological gambling, obsessive-compulsive disorders and impulse control disorders can be used to describe internet addiction. According to **Hussain & Pontes (Citation 2019)**, people can utilize the Internet for a variety of things, including social networking, gaming, texting, and browsing. People might get too close to their virtual friends for a variety of reasons, and they can also occasionally become too immersed in social media and gaming. Because Internet gaming disorder and Internet addiction are so similar, they have been included in the classification systems used to identify and diagnose disorders: the **World Health Organization's ICD 11 (Citation 2019)**, the **American Psychiatric Association's DSM 5 (Citation 2013)**, and both organisations' **ICD 11 (Citation 2019).**

According to **Kandell (Citation1998),** "A sense of dependency on the global web, with no regard for the type of engagement engaged in," is what is meant by internet addiction. To be more specific, **Weinstein and Lejoyeux (Citation 2010)** defined the term as "excessive the concerns, urges or attitudes regarding utilisation of computers and access to the web that result in distress". Ivan Goldberg first proposed the concept of Internet addiction in 1995 **(Goldberg, Citation 1996).** While several research were being done at the same time in this field, internet addiction specialist Kimberly Young extensively examined the issue and found six distinct components (K. Young, Citation 2017). Internet addiction is also called pathological (Fuchs et al., 2018; Morahan-Martin & Schumacher, 2000), obsessive (Quiñones-García & Korak-Kakabadse, 2014), and problematic (Diana & Xavier, 2014), according to a number of research (Mazhari, 2012; Quiñones-García & Xavier, 2014). Low self-efficacy (Berte et al., Citation2019), a bad quality of life (Tran et al., Citation2017), and occasionally even anxiety and sadness (Lebni et al., Citation2020; Lim & Nam, Citation 2020) are just a few of the repercussions of internet addiction on human existence.

Kimberly Young (Citation 1999) has conducted extensive research on the subject of internet addiction and has identified several subtypes: cyber-sexual addiction, which involves obsessive pursuit of sites that contain adult material as well explicit content; cyber-relationship addiction, which involves the obsession with online relationships over in-person connections; net compulsions, including compulsive online gambling and shopping; information overload, or the obsession with information seeking; and computer addiction, which involves the compulsive performing of games on computers whether online or offline (**Hoeg, Citation2021; Saini et al., Citation2016**).

Kimberly K. Young (Citation 2017) identified the six characteristics of internet addiction as salience, excessive usage, abandoning work, expectation, lack of surveillance, and neglecting social life. A person's fascination with the worldwide web, especially can even extend to hiding one's online activities from others, is referred to as salience. It also entails an overindulgence in web surfing and the conviction that human existence would be meaningless or depressing without it. Overuse denotes a propensity to spend a lot of time online and the potential for agitation if prohibited from using the internet for a while. Neglect Work refers to the tendency to put off work or academic assignments due to internet activity. Anticipation is the probability that a person will consider engaging in online activities even when they are not utilizing a computer or the Internet. The inability to restrict internet usage and overspending on activities account for the lack of control. Ultimately, a disregard for social interactions suggests that virtual connections are employed as a coping mechanism for offline issues. It represents the propensity to form new connections on the internet that might not exist offline.

While hardly everyone who uses the Internet becomes addicted, some people struggle to resist the impulse to use it. This suggests that personality qualities or individual characteristics may play a role in the development of Internet addiction. The current study set out to evaluate the ways in which various personality traits influenced Internet addiction. Nonetheless, diverse findings were found in the corpus of recent research. For example, although a few studies **(Servidio, 2014; Samarein et al., 2013)** found a negative correlation between those with extraversion and dependence on the web, a number of other studies (Diana & Xavier, 2014; Sum & Hamsan, 2016) found no evidence of an important link between the two. In contrast, it was discovered that there were both positive and negative associations between Internet addiction and openness to experience **(Ahlan & Balogun, Citation 2013; Celik et al., Citation 2012; Ozturk et al., Citation 2015).** Randler et al., however, could not discover any significant link (**Citation 2014**). Between being open to new experiences and using the Internet in an unhealthy way. To put it briefly, these contradictory results also open the door for the current study's applicability in the given situation. Thus, it is evident that a variety of personality qualities influence how people use the Internet. Consequently, considering the theoretical framework as well as the results gleaned from the aforementioned literature, the following hypotheses were developed for the current investigation: -

- Personality characteristics will play a big role in Internet addiction.
- The prevalence of Internet addiction will vary significantly depending on factors including gender, family structure, and residential location.

Self-reported measures are mostly used in studies to assess internet addiction levels and personality factors. This approach is biased and does not adequately portray the dynamic and changing nature of internet usage, even though it offers insightful information. The use of objective internet usage measures and longitudinal research designs may lead to a deeper understanding of the dynamic interactions between personality factors and online addiction.

Empirical studies have demonstrated a robust correlation between personality features and Internet addiction (**Chang & Law, 2008; Correa, Hinsley, & de Zúñiga, 2010**; **Landers & Lounsbury, 2006; Rice & Markey, 2009**). This result is in line with earlier research. According to **Ko et al. (2012),** psychological traits, the impact of parents and other family members, alcohol use, and social anxiety are also considered to be predictive factors for Internet addiction disorder. Because of the Internet's exponential development in usage, there has been an increasing interest in examining how personality variables affect the use of technology, particularly the Internet, social networking, virtual worlds, online and offline games, and so on. Thus, rather than only looking at the connections between subjects' behavior and Internet misuse, current study work is interested in examining the influence of personality factors on Internet addiction risks (**Buckner et al., 2012; Landers & Lounsbury, 2006; Ryan & Xenos, 2011**).

When gender was taken into account, men's PIU scores were significantly higher than women's (**Ozcan & Buzlu, 2007; Tsai et al., 2009; Young, 1996**). The lives of young people who are in school are also impacted by internet use. According to Young and Rogers, excessive internet use by school-age children can lead to problems with learning, such as poor grades and irregular sleep habits (**Young & Roger, 1998**).

Griffiths (1996) proposed the concept of "technological addiction," which is behavioral in nature, nonchemical, and involves excessive human-machine interaction. Examples of technological addiction include passive behaviors like watching television and active behaviors like playing computer games or chatting online, which typically involve inducing and reinforcing elements that may help to promote addictive tendencies. **Ivan Goldberg** initially put up the concept of internet addiction disorder (IAD) in **1995**. The Diagnostic and Statistical Manual of Mental Disorders (4th Ed., DSM-IV American Psychiatric Association, 1994) substance-dependency criteria are the source of the IAD, which is the first classified disorder related to the Internet. It is described as a behavioral addiction with six main elements (**Griffiths, 1998):** salience, mood modification, tolerance, withdrawal symptoms, conflict, and relapse. The devastation caused by Internet Addiction Disorder (IAD) includes social issues, psychological disorders, and neurological issues.

Chapter-3

Method of study

Purpose:

The purpose of the study is to ascertain whether personality qualities (such as neuroticism, extraversion, openness, agreeableness, and conscientiousness) and internet addiction in young adults are statistically correlated. This entails determining which characteristics are most closely linked to increased internet usage and could be. By shedding light on the intricate relationships that exist between personality traits and online habits, the study hopes to improve knowledge and treatment of internet addiction within the framework of contemporary digital society.

Objectives:

- To determine the amount of internet addiction in a specific population of young adults in order to determine the extent of the problem.
- To ascertain whether certain personality features are predictive of internet addiction, or whether, on the other hand, heavy internet use over time affects a person's personality traits.
- Examine the potential interactions between personality traits and demographic variables, such as age, gender, socioeconomic status, and educational background, to influence internet addiction.
- Provide evidence-based suggestions for developing interventions that target people with personality features that put them at high risk of developing an internet addiction for psychologists, educators, and policy makers.

Hypothesis:

- People with extrovert personality will be more addicted to internet as compared to people with introvert personality.
- More neurotic people will be more addicted than less neurotic students.
- Individuals with more outgoing behaviours will have lower Internet addiction rates than more reclusive students.

Variables:

- Independent variable
  - o Internet Addiction- This is the primary outcome variable, usually measured by the extent and nature of internet use that negatively impacts daily life and functioning.

- Dependent Variable
  - o Personality traits- neuroticism, extraversion, openness, agreeableness, conscientiousness.

Research Design:

- Cross sectional survey design- In this data was collected at a given point of time, through a questionnaire from different people of the age group 18 to 26.

Sampling:

- Sample size- 50 females and 50 males(total N=100)
- Sampling Method- In order to make sure that the sample accurately represents the various demographic data, like gender, age, family type and education, the stratified random technique was used in the research.

Tools:

A questionnaire was prepared which consisted of three sections. The first section carried questions related to the demographic details of the person, like name, age, gender, qualification, family type, locality.

In the second section, the Internet addiction test (IAT) was used. It was created to gauge the extent to which adults are dependent on technology and the Internet. Internet addiction is seen as a novel clinical illness that needs evaluation and treatment, as it is becoming a more prevalent cultural and clinical phenomenon. The IAT is a novel yet the first verified test used in schools and mental health settings. In a number of testing environments, such as private practice clinics, educational institutions, medical facilities, and residential treatment programs, the Internet Addictiveness Test (IAT) can be used to evaluate signs of Internet addiction. The word "Internet" refers to any interaction people have with web-based services, such as social media, games played on the Internet, websites, and online entertainment, which can be accessed on a variety of devices, including phones, computers, screens, and portable electronic devices. The 20-item Internet Addiction Test (IAT) assesses traits and actions linked to compulsive Internet use, such as escapism, reliance, and compulsivity. Inquiries also evaluate issues pertaining to social, professional, and personal functioning that result from using the Internet. Respondents rate how much they agree with each statement on a Likert scale by assigning a number between 1 and 5, which represents a continuum.

In the third section, the Big Five personality traits—extraversion, agreeableness, conscientiousness, emotional stability, and openness—are measured on the 10-item BFI-10 scale. The 44-item Big Five Inventory (BFI-44; John, Donahue, & Kentle, 1991; Rammstedt, 1997) served as the basis for the development of the scale, which was intended for use in situations when respondents had a limited amount of time. Retest correlations indicate a satisfactory level of dependability. The BFI-10 scores appear to have strong validity based on correlations with other Big Five instruments, self-peer judgments, and sociodemographic characteristics. English and German versions of the BFI-10 were developed concurrently (see Rammstedt & John, 2007). Items were chosen so that they would: (1) measure the essential components of the Big Five factors without being redundant; (2) display the basic structure of factor loadings; (3) represent each factor with one item that is negatively and one that is positively keyed; and (4) have the same meaning in both German and English. A number of studies show that the BFI-10 has respectable reliability estimates. Rammstedt and John (2007) showed test-retest correlations between r=.65 (openness) and r=.79 (extraversion) in a sample of American students over a 6–8 week period. Several research revealed similar results for the German BFI-10 items. For instance, retest correlations between r =.49 (neuroticism) and r =.62 (openness) over a 6-week period were observed by Rammstedt et al. (2014).

Data collection and Data Analysis:

The data was collected from individuals from different localities(urban/ rural) and different age group between 18-26. A google form was created with had three sections and it was circulated to different people across the country. After using multiple regression to look at the relationships between the Big Five personality traits—conscientiousness, agreeableness, neuroticism, and openness—and internet addiction, it was discovered that

Table 1:

Showing descriptive statistics for internet addiction and the big-five factors of personality

	N	Mean	SD	Skewness	Kurtosis
Internet Addiction		36.94	17.10	.701	1.046
Big-Five					
Extraversion		5.97	1.67	-.109	-.325
Agreeableness	100	6.83	1.32	.319	-.332
Conscientiousness		5.76	1.55	.099	-.306
Neuroticism		6.33	2.08	-.089	-.563
Openness		6.32	1.27	.218	.333

For this research sample (N=100), the mean and SD for internet addiction is 36.94 and 17.10 respectively. The means and SDs for the five factors of personality are as follows: the mean and SD for extraversion is 5.97 and 1.67 respectively; the mean and SD for agreeableness is 6.83 and 1.32 respectively; the mean and SD for conscientiousness is 5.76 and 1.55 respectively; the mean and SD for neuroticism is 6.33 and 2.08 respectively; and the mean and SD for openness is 6.32 and 1.27.

Chapter-4

Result

The research was carried out on 50 male and 50 female participants. The individuals were between the age group 18-26 and belonged from different areas, working environment and family type. The table below gives us the correlation between internet addiction and personality traits, telling us whether the different personality traits are correlated to internet addiction or not.

Table 2:

Showing correlations between internet addiction and the big-five factors of personality

	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness
Internet Addiction	-.228*	-.227*	-.206*	.317**	-.049

Table 3 shows that for the current sample (N=100), internet addiction has a significant relationship with four out of the five personality factors.

Internet addiction is negatively and significantly correlated with extraversion (r = -.228, p<0.05). The correlation is significant at the 0.05 level, the strength is low, and the direction implies that higher the internet addiction, lower will be personality trait of extraversion.

There is a significant relationship between internet addiction and agreeableness (r = -.227, p<0.05). The two variables are negatively correlated, indicating that as internet addiction increases, the level of agreeableness decreases and vice versa.

Conscientiousness and internet addiction are negatively correlated (r = -.206, p<0.05). The correlation is significant at the 0.05 level, the strength of the relationship is low, and the direction of the relationship explains an inverse relationship between the two variables. This indicates that more a person is addicted to internet, lower is their level of conscientiousness.

A significant and positive relationship has been found between internet addiction and neuroticism (r = .317, p<0.01). The correlation is significant at the 0.01 level, with a low strength. Direction of the relationship implies that higher the internet addiction, stronger is the trait of neuroticism.

However for openness, which is the last trait in the big-five cluster, no significant relationship has been found with internet addiction (r = -.049, p>0.05). As p>0.05, it means the relationship is insignificant, but from the direction of the relationship it can be understood that higher the internet addiction, lesser is the openness experienced by an individual.

Table 3:
Independent Sample t-Test – Gender and Internet Addiction

Test Variable	Gender	N	Mean	SD	t	df	Significance
Internet Addiction	Male	50	35.46	19.95	-.864	98	0.38
	Female	50	38.42	13.17			

Interpretation

For this research sample (*N*=100), males (*M* = 35.46, *SD* = 19.95, *n* = 50) have obtained a lower score on internet addiction as compared to females (*M* = 38.42, *SD* = 13.17, *n* = 50), *df* = 98, *t* = -.864, *p* = 0.38. This difference is insignificant at the 0.05 level, and indicates that there is no significant gender difference on internet addiction. **However, females show higher internet addiction in comparison to males, for the current research sample**.

Chapter-5

Discussion

The aim of the following experiment was to find the relationship between internet addiction and personality traits among young adults. The present gives us some understanding about the addiction behaviour and personality traits. Consequently, the results corroborate a few of our above stated hypothesis. The increasing usage of the Internet has sparked a discussion on how personality types affect the way that technologies—specifically, the Internet, social networking, virtual worlds, online and offline games, and so forth—are used. Therefore, current research is interested in examining the influence of personality traits on the risks of Internet addiction rather than just focusing on the relationships between subjects' behavior and Internet overuse (Buckner et al., 2012; Landers & Lounsbury, 2006; Ryan & Xenos, 2011).

Gender

An independent sample t- test was done in order to find a relationship between gender and internet addiction. For this research sample (N=100), males (M = 35.46, SD = 19.95, n = 50) have obtained a lower score on internet addiction as compared to females (M = 38.42, SD = 13.17, n = 50), df = 98, t = -.864, p = 0.38. This difference is insignificant at the 0.05 level, and indicates that there is no significant gender difference on internet addiction. Still it can be said that females are more addicted to internet as compared to males. The difference is small due to small sample size.

Neuroticism

Usually described as a propensity toward worry, despair, self-doubt, and other negative feelings, neuroticism is one of the Big 5 personality traits. Personality traits, such as neuroticism, are not fixed; rather, individuals vary greatly in their degree of neuroticism. Sometimes, low emotional stability or negative emotionality are used to characterize neuroticism in relation to the Big 5. According to this study neuroticism has a positive and significant relationship with internet addiction (r = .317, p<0.01).

One of the symptoms of neuroticism is ineffective emotion regulation. Individuals with high neuroticism may use the internet as a means of self-distraction or escape from uncomfortable feelings. Interacting with others online, playing games, or even just consuming content can provide momentary solace from the stress and strain of everyday life. High neuroticism people may find in-person contacts more stressful and thus prefer the relative control and privacy offered by online interactions. This may result in a preference for socializing online, which may then turn into an addiction or compulsive use.

Extraversion

The personality trait known as extraversion, sometimes known as extroversion, is defined by high levels of emotional expressiveness, talkativeness, assertiveness, excitability, and sociability. Extraverted individuals are gregarious and often energized in social settings. They are more thrilled and energized when they are around other people. Reserved people tend to be introverted or low in this personality trait. Social circumstances need less energy from them, although attending social activities can be exhausting. A time of peace and quiet is often necessary for introverts to "recharge." In this study extroversion is found to be inversely corelated with internet addiction (r = -.228, p<0.05). Since there is a negative correlation between extraversion and internet addiction, it is possible that young adults who are more introverted will experience higher levels of internet addiction.

Agreeableness and Conscientiousness

Characteristics like kindness, affection, trustworthiness, generosity, and other prosocial actions are examples of this personality feature. Individuals with high agreeableness tend to be more cooperative, whereas those with low agreeableness tend to be more manipulative and competitive. Conscientiousness is a personality attribute characterized by high levels of thinking, good impulse control, and goal-directed activities among other traits. Those that are highly conscientious are usually well-organized and detail-oriented. They consider the impact of their actions on others, make plans in advance, and pay attention to deadlines. These characteristics have a negative correlation with online addiction, (r = -.227, p<0.05) and (r = -.206, p<0.05), suggesting that those with lower levels of conscientiousness and agreeability may also have higher internet addiction scores.

Limitations

- The sample size was small
- A self-reported questionnaire was used in this study, which raises the risk of recall bias.
- Cross-Sectional Design: A key drawback of the study is its incapacity to establish causality. A longitudinal strategy to studying the association between personality factors and internet addiction across time may prove beneficial for future research.
- The generalizability of the study's findings is limited because they might not apply to other age groups or cultural contexts.

Chapter-6

Conclusion

This research contributes to our comprehension of the relationship between specific personality factors and young adult internet addiction. The lack of a significant finding for openness emphasizes the intricacy of internet addiction dynamics, even as the characteristics of neuroticism, extraversion, agreeableness, and conscientiousness show significant connections. Based on personality profiles, these findings open the door to more focused treatments and studies meant to lessen internet addiction. The results from the study confirms our hypothesis that

- People with extrovert personality will be more addicted to internet as compared to people with introvert personality.
- More neurotic people will be more addicted than less neurotic students.
- Individuals with more outgoing behaviours will have lower Internet addiction rates than more reclusive students

Contributing to the current conversation on psychological health and technology use, this article provides insightful information for mental health practitioners, educators, and legislators. In order to successfully treat and prevent internet addiction, it highlights the necessity of focused therapies that take into account unique personality characteristics. To further understand the causation and long-term effects of internet addiction, future research should attempt to investigate these correlations in a variety of demographics and through longitudinal studies.

In conclusion, creating more successful preventative and intervention techniques requires an awareness of the connection between personality factors and internet addiction. This study advocates for a more nuanced approach to addressing the psychological effects of the digital era on young adults, in addition to adding to the body of knowledge already available on the subject.

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