



## **The Relationship Between Internet Addiction and Depression in Adolescents**

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### **Abstract**

*Internet addiction is defined as an excessive use of the internet that can interfere individual's health and cause psychological, social and school problems. One of the psychological impacts of internet addiction is the decreased of quality time with friends and family that can cause social isolation. This condition can lead to depression. Internet addiction is characterized by excessive or poorly controlled preoccupations, urges or behaviours regarding computer use and internet access that led to impairment or distress. The condition has attracted increasing attention in the popular media and among researchers, and this attention has paralleled the growth in computer (and Internet) access.*

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## **Introduction**

Technology is something that is very important in today's civilization where the internet is one of them. The internet or interconnection network is something that cannot be separated from humans, both in work and in social life. Since its founding in the 1960s, developed until now, the internet has become a necessity for almost everyone in the world (Grubor & Jakša, 2018). The results of a survey conducted by We Are Social and Hootsuite as well as the results of a report from the ITU (International Telecommunication Union) in 2018 showed that in a period of 1 year, from 2017 to 2018, internet users around the world experienced an increase of nearly 250 million people in total. users of more than 4 billion people in 2018 from the total human population, namely 7.5 billion people. Based on this, it can be said that more than 50% of the human population worldwide uses the internet.

Based on the results of a survey conducted by Google TEMASEK eConomy SEA 2018, Indonesia is one of the countries with the most internet users in Southeast Asia, where there are 150 million internet users from Indonesia. This means that the need for internet in Indonesia is also very high (Fitria et al., 2018; Morgan & Chng, 2018; Fahlevi et al., 2019). A survey from APJII (Association of Indonesian Internet Service Providers) in 2017 reported that of Indonesia's total population of 262 million, 143.26 million people use the internet. This number has increased from 2016 where APJII has conducted a similar survey and the results were 132.7 million people using the internet at that time. This means that within 2 years internet users in Indonesia have increased by 10.56 million from 132.7 million people or 7.96%.

The large number of internet users in Indonesia is due to the many benefits of the internet itself (Puspita et al., 2018; Setti et al., 2019; Sari et al., 2020). Some of the positive impacts provided by the internet include making it easier for users to obtain information quickly, precisely and affordably (Sari et al., 2020). The internet also allows users to be able to access various information, all of which can be accessed freely (Masoud et al., 2019; Havard et al., 2018; Akkas et al., 2020). Another positive impact of the internet is that it provides information that

can be used as school learning materials, discussions, and reading sources where we can consult with experts on a topic, learn distance, look for scholarship programs, and look for multimedia-based teaching methods (Love, 2009; Sukmawati & Nensia, 2019; Chao, 2019). But on the other hand, the internet can also have a negative impact if it is not used wisely. The negative impacts that can be caused by improper use of the internet are cybercrime (cracking, hacking and carding), internet gambling and cybersex or cyberporn (Kwon et al., 2011; Saputra et al., 2022). Another impact of internet abuse is internet addiction, which occurs as a result of high intensity internet use (Alimoradi et al., 2019; Černja et al., 2019; Su et al., 2020). Internet addiction is one of the phenomena that is in the spotlight at this time as reported by Antaranews on 3 in 2010, where researchers from the University of Maryland in America found that 200 students showed signs of rejection, anxiety accompanied by disability. works fine after being asked to stop using the internet for one full day. (Tabachuk et al., 2018). Another case from Kompas.com in 2019 reported that in South Korea as many as two million people experienced various levels of internet addiction and as many as 68,000 of them were aged 10-19 years.

## **Depression**

Depression is a mood disorder characterized by feelings of deep sadness and a sense of indifference. Everyone feels sad or down at some point in time. A person is declared depressed (Naess & Haukeland, 2008). According to the DSM-IV (Diagnostic and Statistical Manual of Mental Disorder fourth edition) depression is a mood of extreme feelings and lasts at least two weeks, including cognitive symptoms (such as feelings of worthlessness and uncertainty) and impaired physical functioning (such as changes in patterns. sleep, significant changes in appetite and weight or loss of a lot of energy) to the point where even the slightest activity or movement requires enormous effort.

## **Depression Aspects**

Based on the DSM-IV depressive symptoms are characterized by physical and psychological disorders. Physical disturbance characterized by significant weight loss without dieting or gaining weight (more than 5% body weight in a month), or decreased or increased appetite almost every day, experiencing sleep disorders such as insomnia or hypersomnia almost every day, experiencing agitation or psychomotor retardation almost every day (observable by others, not just subjective feelings), and feeling tired or dissipated almost every day.

Psychological disorders are characterized by a depressed mood for most of the day, as indicated by the subject's reports or observations of others, reduced interest and pleasure in anything, or almost all activity during the day (indicated by subjective judgment or observations of others), feelings of worthless or excessive guilt most days (not just self-blame or guilt for the pain), decreased ability to think or concentrate or hesitate almost every day, and recurring thoughts of death (not just fear of death), or attempts suicide or a specific plan to commit suicide.

## **Internet Addiction**

According to Young, internet addiction is excessive time spent on internet-related activities, increased tolerance for the effects of online, unpleasant feelings when offline, and rejection related to problematic behaviour (Van Deursen et al, 2015; Yan, 2020; Longstreet et al., 2019).

## **Aspects of Internet Addiction**

According to Fisoun et al. (2012) there are 6 aspects to individuals who experience internet addiction, namely: Salience, the use of the internet or video games is the most important activity in a person's life, dominating their thinking (busyness and cognitive distortion), feelings (desire) and behaviour (social behaviour decline). For example, even though they are

not actually on the internet, the individual will think about when he will use the internet again (Park, 2020; Shi et al., 2019; Turel & Bechara, 2019).

Mood modification, refers to a person's subjective experiences that people report as a consequence of using the internet, and can be seen as a coping strategy (they experience an exhilarating "buzz" or "high" or, paradoxically, feel calm "running away" or "numb" Tolerance, a person gradually increases the amount of time they spend accessing the internet. Withdrawal, the unpleasant feeling state that occurs when internet use is stopped or suddenly decreases. Conflict, refers to conflicts between internet users and the people around them (interpersonal conflict), conflicts with daily activities, work, school work, social life, hobbies and interests or from within the individual (intrapsic conflict and / or subjective feeling of losing control) which is concerned with spending too much time engaged in internet use. Relapse, is a tendency to do the same thing with the previous pattern. Internet Addiction Measurement Response Category. This scale uses a Likert scale model with five answer choices. The score for strongly disagree is 1, disagree is 2, neutral is 3, agree is 4, and strongly agree is 5.

## Conclusion

Internet addiction is characterized by excessive or poorly controlled preoccupations, urges or behaviours regarding computer use and internet access that led to impairments or distress. The condition has attracted increasing attention in the popular media and among researchers, and this attention has paralleled the growth in computer (and Internet) access.

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