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CYBERADDICTION AND TEMPERAMENT

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Objective: The objective of our study is to determine the relationship between cyber addiction and temperament in a population of young students.

Population and methods: Our population was composed of 60 students belonging to 2 different colleges.

For data collection, we used:

- A data sheet containing demographic data, reasons for Internet connection ...
- The test of Dr. Young to detect users suffering from an addiction to the Internet.
- The TEMPS-A: to assess the affective temperaments.

Results: Our sample was formed by 60 students' divided into 2 groups:

- 30 Students were cyber addicts.
- 30 Students witnesses.

The mean age was 22.6 years, with extremes ranging from 19 to 30 years.

The reasons for connection to the Internet were in:

- 43.3% to deepen knowledge.
- 28.3% as a hobby.
- 16.7% to expand the circle of friendship.

Cyber addict's students had a cyclothymic temperament in 50% cases, 26% were hyper mood, 13% were anxious and 11% had a depressive temperament.

In our sample, cyber addiction was significantly correlated with cyclothymic temperament (**p = 0.024**).

Conclusion: Accordingly, patients suffering from Internet addiction should be given a specific addiction treatment and monitoring taking into account the temperament.