

## P01-31

### INTERNET DEPENDENCE IN COLLEGE STUDENTS FROM GREECE

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**Aims:** We intended to study the trends of Internet dependence (ID) and to detect possible associations among Greek college students.

**Methods:** 646 college students (300 males and 346 females), mean age 20.5 years, from the Technological Educational Institute of Athens, were randomly selected. The students completed special questionnaires which contained questions on their demographics, Young's Addiction Scale (1996), and Lin and Tsai's (2002) Sensation Seeking scale.

#### Results:

- a. The prevalence of Internet dependents was 7.9%.
- b. There are more boys (32) Internet addicts than girls (19).
- c. There is a significant relationship between ID and gender ( $p < 0.01$ ), average mark in last semester ( $p < 0.001$ ), and daily use of Internet ( $p < 0.001$ ). 11% of internet dependent students use the Internet more than 10h per day compare to 1.6% of non-dependent students.
- d. Internet dependent students have used for more average time per week than non-dependent students online games ( $p < 0.01$ ), blogs, chat rooms, and forums ( $p < 0.001$ ).
- e. Nine (9) factors accounted for 54.467% of the total variance in questions concerning ID, sensation seeking, and relations with others. The three most prominent factors were related problems to internet use, family, and school, compulsive use and withdrawal symptoms and depression.
- f. There is a substantial correlation between Internet addiction and alcoholism, smoking, and substance taking ( $p < 0.005$ ).

**Conclusion:** Internet addicted students are more prone to experience loneliness, withdrawal, depression and rejection from others. Internet over-use affects academic performance and is associated with substance consumption.