

P02-90 - HIGH LEVELS OF STRESS AND ADDICTION TO INTERNET

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Objective: Stress is integral part of human life today. Stressful situations not only affect on the short-term events such as death or birth, but also it affects on events such as marriage, employment situations and particular political atmosphere that are to long-term events. However, whether these factors are short-term or long-term, individual reaction to cope with situations will be different. So the study aimed to investigate one of problems of 20th century, addiction to internet, and its relation to stress.

Method: In sampling process 100 university students were randomly selected. All participants were requested to complete Coudron's Stress Inventory (CSI) and Addiction to internet inventory (AI).

Results: Analyzing of the data showed that there is significant positive correlation between stress and addiction to internet. It showed people with stress are more dependent to the Internet and have more tendency to overuse of internet.

Conclusion: With regards to results, it is better to plan for increasing of skills of cope with stress and decrease addiction to internet in university students.