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Depression, internet addiction and loneliness relations in adolescents of high school students

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This study was conducted as a cross sectional research, in order to investigate the depression, internet addiction and loneliness relationship in adolescents of high school students and it was targeted to reach 690 students. In the study, Personal Information Form, Beck Depression Scale, Internet Addiction Scale and UCLA Loneliness Scale were used. In the evaluation of the data, descriptive statistics (frequency and percentage values, minimum, maximum, average and standard deviation), and Pearson correlation coefficients were used. When the characteristics of adolescents of high school students who participated in the survey were examined and it was found that 46.0% of the adolescents are women, 30.6% of them study in 9th grade, 30.9% of them are 17 years old and 74.3% of them have internet connections in their homes. It is determined that the level of internet addiction in the adolescents with depression tendency ($\bar{x}$=19.40±18.61) is significantly higher than the adolescents without depression tendency ($\bar{x}$=9.81±11.77) and the level of loneliness in the adolescents with depression tendency ($\bar{x}$=52.61±6.57) is significantly higher than the adolescents without depression tendency ($\bar{x}$=50.75±6.74). It is determined that there is no significant relation between the levels of loneliness and internet addiction in the adolescents (r=0.011; p>0.05). Besides, it is determined that there is a positive and high level relation between the depression level and internet addiction of the adolescents (r=0.384; p<0.05) and there is a positive and low level relation between the loneliness level and internet addiction of the adolescents (r=0.090; p<0.05).

Biography

Hülya Arslantaş is working as Associate Professor of Psychiatric Nursing Department at Adnan Menderes University College of Nursing in Aydin,Turkey. Her work include teaching nursing concepts, problem solving therapy, group therapy and therapeutic relationship to undergraduate and graduate students at Adnan Menderes University.The main work is related to the area of group therapy and problem solving therapy. She has extensive experience preventing violence to nurses, patients and patient families. She served as Chief Nurse in Psychiatry Department and conducted programs to educate patients with chronic psychiatric problems. She also conducted hospital supported home visits and clinical group therapies as therapist and co-therapist.

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