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THE ASSOCIATION BETWEEN INTERNET ADDICTION, DISSOCIATION, AND SOCIO-DEMOGRAPHIC FEATURES AMONG COLLEGE STUDENTS

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Aims: This study aims to investigate Internet addiction among young adult university students and to examine the correlation between excessive Internet use, dissociative symptoms, and socio-demographic features. University student Internet use patterns are also investigated.

Methods: The study was conducted among 1034 students, aged between 18 and 27 years, from the Duzce University. Internet Addiction Scale (IAS), Dissociative Experiences Scale, and a sociodemographic query form was employed in the collection of data. Pearson correlation analysis, the t-test, one-way analysis of variance, and chi-square test were used for data analysis.

Results: According to the IAS, 9.7% of the study sample was addicted to the Internet. The Internet addicts were more likely to use alcohol ($p < 0.001$). The Pearson correlation analysis results revealed a significant positive correlation between dissociative experiences and Internet addiction ($r = 0.220$, $p < 0.001$) and weekly internet use ($r = 0.227$, $p < 0.001$). Levels of internet addiction were significantly higher among male students than females ($p < 0.001$). The internet use pattern also differed significantly between genders.

Conclusions: According to the results of this study, Internet addiction is a relatively frequent phenomenon among young adult college students in Turkey. Excessive internet use is associated with higher levels of dissociative symptoms and alcohol use.