

THE RELATION BETWEEN INSTRUMENTAL MUSICAL ACTIVITY AND INTERNET ADDICTION AMONG HIGH SCHOOL STUDENTS

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Introduction: Musicians are a population often stereotypically linked to a wide range of substance use behaviors. A number of convenience studies provide support for the perception of disproportionately high substance use rates by musicians.

Objectives: An association between alcohol and substance abuse and musical activity has been reported previously. However, up until now, no study has been carried out on the relationship between Internet overuse and musical activity.

Aims: The aim of this study was to evaluate Internet addiction among adolescents and to examine the correlation between problematic Internet use and musical activity.

Methods: The study was conducted among 1905 students, aged between 14 and 18 years. Internet Addiction Test (IAT) and a sociodemographic query form were used in the collection of data. Students were also asked if they were regularly engaging in a musical activity.

Results: The students with problematic Internet use and Internet addiction were more likely to engage in musical activity than students with average Internet use ($p < 0.001$). Adolescents who regularly engage in a musical activity scored higher on IAT than adolescents who do not (36.3 ± 17.5 , 28.9 ± 14.9 , respectively; $p < 0.001$). Additionally, students who regularly engage in a musical activity were found to spend more time on Internet when compared to those who do not ($p < 0.001$).

Conclusions: These results indicate an association between the Internet addiction and musical activity. We hope that future studies will fruitfully draw upon our exploratory findings in order to generate a more nuanced understanding of the nature and implications of Internet addiction among musicians.