

# **THE RELATIONSHIP BETWEEN INTERNET ADDICTION AND SELF-ESTEEM IN ADOLESCENTS, IN OUR COUNTRY.**

**Desara Agaj**

Department of Psychology, Albanian University, Blv. Zogu I. Tirane, Albania  
Email:desara\_agaj@live.it

## **Abstract**

*Background:* Nowadays most of the youngsters spend a considerable time communicating online. Very often this can lead to an addiction to it. This is a new phenomenon in our country, but which is rapidly spreading. *Aim of the study:* This study aimed to examine the level of internet addiction of the adolescents in our country and specifically to examine the relationship between Internet addiction in adolescents and their self-esteem. *Methods:* The sample of the study consisted of 140 adolescents, aged 15-17. The data was collected through the application of the "Internet Addiction Scale", Kimberly Young, which was composed of 20 question items, and the total score determined one's state of addiction. And "Rosenberg's Self-Esteem Scale", which consists of 10 questions with five-point criteria and measures general self-esteem. Obtained data was analyzed through Pearson correlation coefficient and regression analysis. *Results:* Results showed that there is a negative relationship between internet addiction and self-esteem. Thus the lower the point of self-esteem, the higher Internet addiction level is. It is seen that adolescents with low self-esteem tend to spend more time in social networking sites than those with higher self-esteem. The results also indicate that those who have high self-esteem in reality are less likely to become dependent on cyberspace. Males were more likely to be addicted to the Internet than females.

***Keywords:*** adolescents, internet addiction, self-esteem.