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The Evaluations of the Physical, Behavioural and Psychosocial Consequences of Internet Addiction in Vietnam

Son Quang Le¹, Hai The Hoang^{*,2} and Dieu Thi Thanh Bui³

¹The University of Danang, Danang, Vietnam

*^{2,3}Department of Psychology and Education, The University of Danang, Vietnam
University of Science and Education, Danang, Vietnam*

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ABSTRACT This paper assesses the physiological, behavioural, and psychological ramifications often encountered by adolescents as a result of internet usage. The research sample included 655 students in Vietnam. The Internet Addiction Test and Internet Consequences Scales were used in this study. Descriptive statistics percent, t-test, Pearson's correlation and ANOVA were implemented for data analysis. The results indicated that 389 (60.7%) out of the 655 student participants exhibited characteristics of internet addiction. Along with that, there are symptoms of physical behavioural consequences of internet addiction, but the psychosocial consequences are unclear. There is a significant difference in physical consequences and behavioural consequences between students in the two groups, non-addicted and addicted ($p < 0.05$). Nevertheless, there was no significant difference observed in the psychological repercussions between the two student groups, one with internet addiction and the other without. These findings indicate that internet addiction has adverse impacts on the physical and behavioural well-being of individuals.