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A Study on internet addiction among teenagers in selangor state of malaysia

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Abstract. Internet addiction is becoming a growing phenomenon across the world due to the tendency of Internet overuse for varied reasons. The objective of this study is to identify the extent of Internet use and level of addiction among teenagers with the age ranging from 13 to 17 years old. This also include the risk factor and impact to their social life. The sample data were taken from several schools covering 500 students from the state of Selangor in Malaysia. The survey was done using an instrument from Internet Addiction Test (IAT) developed by Dr. Kimberly Young. This test had been modified to meet the requirements of the youngster's mind-set in Malaysia. Demographics factors such as age, gender and race were examined apart from family and personal factors. The results of the study and Chi-square test summarizes that the level of internet addiction among teenagers in Selangor is $p = 0.161$ and tends to be minimal. We need to be aware of the level of Internet usage by teenagers so that measures could be made in place to deter or mitigate Internet addiction.

1 Introduction

The Internet since its inception for public use in the late 1980s has grown exponentially connecting people globally turning the world in to a global village. The Internet has become an essential part of our life. It cuts across geographical boundaries facilitating new opportunities, and learn new things faster. Today, the Internet has led to many disruptive innovations, disruptive business, and has grown in to one of the biggest economy in the world. Today, the Internet has become an integral part of everyday life especially among the teenagers.

Table 1 shows the world Internet usage statistics where, Asia tops the list in terms of highest number of Internet users with an Internet penetration rate of 48.1%. Malaysia has an Internet penetration of 78.3% with 68.7% penetration in terms of Facebook subscribers as of 31 December 2017 [2]. This statistics shows that Malaysia is one of the countries in Asia with a very high Internet penetration rate and substantially high number of users active on social media.

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