

Abstract

The purpose of this study is to investigate the addiction condition of Internet-addicted students and correlation with their interpersonal relationship and pressure in daily life. We employ the approach of "cluster sampling", taking samples from 1017 Form 2 students among 13 secondary schools in Macao. Collection of data were performed by asking the students to fill out structured questionnaires anonymously. We use the stratified random sampling and t-test to analyze the data. We then use the "Chinese Internet addiction scale" to screen out the top 5% as the group of "dangerously addicted", a total of 50 persons. The rest, a total of 967 students, are classified as "ordinary". We also identify the whole sample as the "total".

The main results of the study are summarized as follows.

(1) Personal factor:

- a) The ratio of male-to-female is 1:1 in the "ordinary" sample and the "total" sample. On the other hand, the ratio is 2:1 in the "dangerously addicted" sample.
- b) The majority of the "ordinary" and the "total" sample is below 15 in age, while the students in the "dangerously addicted" sample are mostly between 15 and 16.

(2) Internet usage of the sample:

- a) Students in the "total" and "ordinary" samples mostly have been using Internet within one to two years, while the "dangerously addicted" students have been using Internet for more than 3 years.
- b) Internet time per week: "total" and "ordinary" are about one to three times per week, and each time is within 5 hours. The "dangerously addicted" use the Internet at least once per day and the weekly average is 27 hours at most.
- c) Students in the "total" and "ordinary" samples connect to Internet primarily at home and then at school, while the "dangerously addicted" students connect to Internet primarily at home and then at Internet bar.

(3) Internet addiction condition

The total scores and various scores in the "Chinese Internet Addiction Stress Scale" of the students in the "total" and "ordinary" samples are lower than the "dangerously addicted" students. In addition, the t-test score of "Internet Addiction" of the "dangerously addicted" students are obviously higher than the students in the "total" and "ordinary" sample.

There is no difference between male and female in the sample of "dangerously addicted" students according to the t-test of the total and various scores. On the other hand, the "total" and "ordinary" samples show an obvious difference between male and female. Males are more likely to logon to internet.

(4) Interpersonal relationship:

According to the "Chinese Internet Addiction Scale" and "Interpersonal relationship Scale", the correlation between the Internet addiction and interpersonal relationship is quite low. The "dangerously addicted" group do not get recognition or satisfaction from their real life, and so turn to the Internet for friendship and comfort. At the same time, they look for recognition of the community on the Internet. They feel that Internet actually lays down a new way for communication and they are not disconnected from the rest of the society and do not have the feeling of being isolated.

The average T-test score in "Interpersonal relationship scale" reflected that there is no difference between male and female in internet addiction in the sample of "dangerously addicted" students. However, obvious differences between male and female exist in the groups of "ordinary" and "total" students, according to "Interpersonal relationship scale" and "Dependence scale". Females tend to have dependence and communication problems. The "Shyness scale" of the "ordinary" sample shows less difference between male and female. Females are more shy than males.

(5) Pressure in daily life:

The three samples show difference in the level of pressure in daily life. The "dangerously addicted" students tend to be under higher pressure while the "total" and "ordinary" have lower pressure.

The "dangerously addicted", "ordinary", and "total" sample show no difference between male and female in the "Family pressure" and "classmate relation" scores of the "Daily life pressure". On the other hand, the "total" and "ordinary" samples show obvious differences between male and female in the "Academic pressure" that females are having more problems in academic pressure. The "total" and "ordinary" samples show obvious differences between male and female in the "Surrounding pressure" that males are having more problems in surrounding pressure. The "total" and "ordinary" samples show obvious differences between male and female in the "Dating pressure" that males are having more problems in dating pressure.