



"Danubius" University of Galati, Romania
Faculty of Communication Sciences



Committee for Philology of the
Polish Academy of Sciences,
Wroclaw Branch, Poland

STYLES OF COMMUNICATION

Volume 5, Issue No. 1 / 2013

Editura
Universitară
DANUBIUS

The Relationship between Compulsive Behaviour and Internet Addiction

Maria Rosita Cecilia, PhD Student

Monica Mazza, Researcher

Silvia Cenciarelli, MA Student

Marta Grassi, MA Student

Vincenza Cofini, Researcher

University of L'Aquila, Italy

mariarosita.cecilia@graduate.univaq.it,

monica.mazza@cc.univaq.it,

vincenza.cofini@cc.univaq.it

Abstract: A variety of behavioural and emotional problems among university students is due to Internet Addiction (Alavi et al. 2012, Rusconi et al. 2012). In 2013 a survey is conducted on a sample of 532 students of University of L'Aquila. The purpose is to investigate Internet use patterns and the correlation between Internet Addiction disorder and compulsive behaviour. Two self-administered questionnaires are used: the Internet Addiction Test and the Cognitive Behavioural Assessment 2.0. 517 students show signs of Internet Addiction, which is moderate for 31% of respondents and severe for 1% of them. 5% shows intrusive thoughts and compulsive behaviours. The symptoms of obsessive-compulsive disorder are statistically associated with Internet Addiction (χ^2 test=23.53, $p=0.000$). Among young people there is a relationship between compulsive behaviour and Internet Addiction. This relationship has significant effects on treatment of Internet Addiction.

Keywords: problematic internet use, mental health.

1. Introduction

The scientific study of behaviour and mental processes follows human socio-cultural evolution. The Internet is considered the most important breakthrough in interpersonal communication of the 20th century. It has been providing many benefits to its users. Its basic features, such as widespread usability and access, have created a circulation of data of any kind, at any distance, with limited costs and maximum speed (Di Maria, Cannizzaro 2001). Over the past decade, Internet usage has grown on a global scale enabling new forms of social interaction, activities, and organizing. However, people actually spend too much time online. This situation has