

# Relationship Between Internet Addiction and Sleep Quality in University Students

## Üniversite Öğrencilerinde İnternet Bağımlılığı ile Uyku Kalitesi Arasındaki İlişki

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### Abstract

**Objective:** The purpose of this study was to investigate the relationship between internet addiction and sleep quality in university students.

**Method:** A total of 424 university students were included in the study. The study was conducted online due to the COVID-19 pandemic. "Personal Information Form", "Young's Internet Addiction Test-Short Form (YIAT-SF)", and "Pittsburgh Sleep Quality Index (PSQI)" were used as data collection tools.

**Results:** The average internet addiction scores of individuals with poor sleep quality were higher than the average internet addiction scores of individuals with good sleep quality. In addition, internet addiction significantly affected the sleep quality of university students. It has been determined that internet addiction is an important parameter affecting sleep quality, when internet addiction scores increase by 1 unit, the risk of poor sleep quality will increase by 8.7%.

**Conclusions:** There is a significant relationship between internet addiction and sleep quality of university students and that internet addiction negatively affects sleep quality. In this context, it is expected that holistic studies to be carried out in terms of reducing internet addiction and increasing sleep quality of university students will shed light on both theoretical and applied studies.

**Keywords:** University student, internet addiction, sleep quality

### Öz

**Amaç:** Bu araştırmada, üniversite öğrencilerinde internet bağımlılığı ile uyku kalitesi arasındaki ilişkiyi amaçlanmıştır.

**Yöntem:** Bu araştırma toplam 424 üniversite öğrencisi ile yürütülmüştür. Çalışma COVID-19 pandemisi sebebiyle online (çevrimiçi) olarak yürütülmüştür. Veri toplama araçları olarak "Kişisel Bilgi Formu", "Young İnternet Bağımlılığı Testi-Kısa Form (YİAT-KF)" ve "Pittsburgh Uyku Kalitesi İndeksi (PUKİİ)" kullanılmıştır.

**Bulgular:** Uyku kalitesi kötü olan bireylerin internet bağımlılığı ortalama puanları, iyi uyku kalitesine sahip bireylerin internet bağımlılığı ortalama puanlarına göre yüksek olduğu bulunmuştur. Ayrıca internet bağımlılığının üniversite öğrencilerinin uyku kalitelerini önemli olarak etkilediği tespit edilmiştir. İnternet bağımlılığının uyku kalitesini etkileyen önemli bir parametre olduğu belirlenmiş ve internet bağımlılığı puanları 1 birim arttığında, kötü uyku kalitesi riskinin %8,7 artacağı tespit edilmiştir.

**Sonuç:** Bu araştırma sonucunda, üniversite öğrencilerinin internet bağımlılığı ile uyku kalitesi arasında anlamlı bir ilişki olduğu ve internet bağımlılığının uyku kalitesini olumsuz etkilediği sonuca elde edilmiştir. Bu bağlamda üniversite öğrencilerinin internet bağımlılığının azaltılması ve uyku kalitesinin artırılması noktasında yapılacak bütüncül çalışmaların temel kuramsal hemde uygulamalı çalışmaları için tutumları beklenmektedir.

**Anahtar kelimeler:** Üniversite öğrencisi, internet bağımlılığı, uyku kalitesi



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# The Impact Of Internet Addiction On University Students

**Joacim Rocklöv**



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