

**Loneliness, Shyness, Impulsivity as Predictors of Internet Addiction Among Students of
Tertiary Institutions in Oyo State, Nigeria**

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Faculty of Management & Social Sciences, Lead City University, Ibadan, Oyo State,
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Certification

This is to certify that Oloruntofunmi Samuel AKANGBE with Matriculation Number LCU/PG/002965 carried out this research work titled ‘Loneliness, Shyness and Impulsivity as predictors of Internet Addiction among Tertiary Institutions Students in Oyo State’ in the Department of Psychology, Faculty of Management and Social Sciences, Lead City University, Ibadan, Oyo State, for the award of Masters of Science Degree (M.Sc.) in Clinical Psychology and that this has not been previously submitted.

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Dedication

This thesis work is dedicated to God Almighty

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Abstract

This study investigates predictors of internet addiction disorder among youths in Oyo State, Nigeria. Earlier findings revealed significant correlation between certain psychological characteristics and internet addiction. This research seeks to investigate the interplay between loneliness, impulsivity, and shyness in internet addiction disorder. The study was guided by social learning theory. The study employed a cross-sectional survey design. A multistage sampling technique was used to select 416 participants for the study (199 females and 216 males); with an average age of 21.39 years. A standardized questionnaire comprising of loneliness ($\alpha = .96$), impulsivity ($\alpha = .87$), shyness ($\alpha = .90$), and internet addiction disorder ($\alpha = .90$). Five hypotheses were tested with regression analysis, t-test of independent sample and analysis of variance. The findings revealed that shyness has a significant influence on internet addiction disorder ($R^2 = .038$; $F(1,414) = 16.14$ $P < .01$); there is a significant joint prediction of loneliness, impulsivity, and shyness on internet addiction disorder ($R^2 = .040$; $F(3,412) = 5.68$, $P < .01$). However, loneliness ($\beta = .002$; $t = -.336$ $p > .05$) and impulsivity ($\beta = .046$; $t = .943$ $p > .05$) did not show any significant influence on internet addiction disorder. There is no significant difference between male youths ($\bar{x} = 20.29$) and female youths ($\bar{x} = 20.51$) on internet addiction disorder $t(413) = -.493$, $p > .05$. The findings revealed interesting insights as the study confirmed joint influence of loneliness, shyness, and impulsivity on internet addiction disorder. While each factor individually may not have significant impact, their combined effect was found to contribute to internet addiction among youths in Oyo State. It is recommended that the need for support programs be aimed at reducing internet addiction disorder among youths.

Keywords: Internet addiction disorder, Shyness, Loneliness, Impulsivity

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Chapter Two: Literature Review

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