Relationship of Problematic Internet Use and Positive Orientation Indicators in Adolescents

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## Topics

## Sample

1263 adolescents (40.5% boys, 59.5% girls) with an average age of M = 16.85, SD = 1.01
The sample included 45% of grammar school students and 55% of vocational school students.

## Implications For Parents About

Parenting guidance / support

## Implications For Educators About

Other

## Implications For Policy Makers About

## Other PolicyMaker Implication

Prevention and intervention programs

## Implications For Stakeholders About

# Abstract

This paper investigates a model connecting problematic Internet use (PIU) and positive orientation (i.e., life satisfaction, self-esteem, and optimism as its indicators) in an adolescent population. The sample included 1263 adolescents (59.5% girls; Mage = 16.85 [SD = 1.01] years), attending four grammar schools and six vocational schools in Vojvodina, Serbia. The following scales were used: the Problematic Internet use, Satisfaction with life, Optimism and Pessimism, and Rosenberg Self Esteem scale. The tested model indicates that the extracted variables are good predictors of PIU, with 20% of the total variance explained. Pessimism was the main individual variable to explain the PIU variance. Future research should investigate the effects of situational contexts on the connection between mental health factors and PIU.

# Outcome

"The proposed models suggest that positive orientation and pessimism exert a direct effect on levels of PIU, while the impact of satisfaction with appearance
is indirect, through its effect on self-esteem and life satisfaction. In the final model, pessimism also reveals a direct effect on satisfaction with appearance.
With regard to the chosen variables, the strongest correlation (although still moderate in intensity) was found between PIU and pessimism, which was singled
out as the best individual predictor. Somewhat lower negative correlations were registered between PIU and the indicators of positive orientation." (Hinić, Zotović, Beara, Rakić-Bajić, 2020)