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Assoc. Prof. Dr. Ramazan Akdoğan

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THE ROLE OF INFERIORITY IN THE INCREASE OF EMOTION DYSREGULATION AND INTERNET ADDICTION AMONG TURKISH YOUTH

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Internet addiction has become a more striking and intense problem in many parts of the world with the increase of isolation measures of Covid 19 (see. Lin, 2020; Servidio et al. al., 2021). This study was conducted with 443 university students (343 females [77.4 %] and 100 males [22.6 %], with an age range of 18-28 years (M=20.12 years, SD=1.51) during the pandemic period. In the study, the hypothesis of "The potential relationship between inferiority feelings and Internet addiction is mediated by a difficulty in regulation of emotions" was tested and the hypothesis was confirmed. The results of the study reveal the importance of students' feelings of inferiority during the pandemic process and their effects on internet addiction. At the same time, it is seen that emotion regulation makes students a risky group for internet addiction. In the light of the results, various suggestions were made to parents and experts.rn

Keywords: internet addiction , inferiority feeling, emotion dysregulation

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