

ABSTRACT

I.D. No.: 5919637

Key Words: INTERNET ADDICTION, ACADEMIC PERFORMANCE, ANXIETY,
GENDER, STUDY TIME

Name: HTANG SAN

Thesis Title: A PATH MODEL OF THE EFFECTS OF ATTITUDES TO THE INTERNET,
DEPRESSION, ANXIETY, STRESS, GENDER, AND STUDY TIME ON
INTERNET ADDICTION AND ACADEMIC PERFORMANCE OF
UNDERGRADUATE STUDENTS IN KACHIN REGION OF MYANMAR

Thesis Advisor: DR. DONALD ARTHUR JOHNSON

Internet plays an important role in the lives of young people today. The objectives of this study were to determine the relationship between attitudes toward the internet, depression, anxiety, stress, gender and study time on internet addiction and academic performance in the students of Institute of Education and Maija Yang College in Maija Yang of Kachin Region in Myanmar. In this quantitative method study, 113 students were selected by convenience sampling, and data collected using a self-report survey questionnaire which included the “Internet Addiction Test”, “DASS-21”, and “Internet Attitude Scale”. Data was analyzed by SPSS/25 and multiple regression analysis was used to predict internet addiction, study time, and academic performance. Results showed that anxiety, gender, and internet attitude were significant predictors of internet addiction. The research did not find any significant predictors of study time. Gender (female) and study time were significant positive predictors of academic performance, while internet addiction was a negative predictor of academic performance (GPA). Although females reported having higher levels of internet addiction, they also had higher GPA.

The findings, limitations, recommendations, and conclusion of the study were discussed accordingly.

