

# Adults in the United States have internet addiction

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## ABSTRACT

While there is a growing collection of research on internet addiction and psychological issues, the majority of it has been done on younger people outside of the United States. The Internet Addiction Test and important measures of mood, disposition, and cognitive function were administered to 898 US adults ranging in age from 18 to 76 years old using Amazon's Mechanical Turk platform. The amount of Internet Addiction was investigated as a predictor of outcome variables using a series of multiple regressions. To explore differences between groups, ANCOVAs with Fisher's LSD post-hoc analyses were used using the amount of internet addiction as the grouping variable. Internet addiction was found to be a significant

predictor of sadness, impulsivity, self-control, cognitive need, theories of cognitive skills, creativity achievement, cognitive failures, smartphone usage behaviors, mental rotation test, and cognitive reflection test. Furthermore, even mild degrees of internet addiction were linked to worse than ideal results. Furthermore, there was a strong relationship between age and online addiction, with older persons being less likely than younger adults to have greater levels of internet addiction. The relationship between internet addiction status and major psychological characteristics did not appear to be influenced by age. Future research should collect online and in-person data from people of all ages and backgrounds to better understand the mechanics and consequences of internet addiction throughout their lives.

**Key Words:** *Internet addiction; Behavioural addictions*

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## COMMENTARY

Young's internet addiction scale considers a variety of factors, including excessive internet use, a lack of control over internet. While existing research on the prevalence of internet usage has focused on pathological internet use throughout adolescence and early adulthood, little is known about adult internet use behaviors and practices. Furthermore, much of the study on Internet addiction has been carried out in nations other than the United States, particularly in Asia and Europe. This research has provided important insights into the physiological and psychological consequences of problematic internet usage, but it has also raised concerns about the generalizability of these findings to individuals in their middle or late years in other countries.

According to a recent Pew survey, 90 percent of adults in the United States utilize the internet, with at least 73 percent using high-speed home-based broadband internet. Around the world, the pervasiveness of web compulsion has been assessed at 6%. That is disturbing, taking into account that just around 39% of the total populace has web access. There is by all accounts a huge variety in paces of web enslavement between nations. For instance - among youths - the pace of web enslavement in Italy is assessed to be 0.8%, contrasted with 8.8% in China. Nonetheless, it's essential to remember that these measurements might be slanted by constraints in how web dependence is

analyzed and considered. The expansion of high-speed internet and connected mobile services is especially important for older adult populations, who can use these technologies for social engagement and to help with everyday activities. While many older persons historically reported less internet usage and access than younger adults and children. Given the potential for diverse clinical implications across age groups, it's important looking into the incidence of internet addiction as well as related affective, dispositional, and cognitive components in a US population sample.

## CONCLUSION

Overall, this research demonstrates that internet addiction is linked to disparities in cognitive, emotional, and dispositional outcomes among a US online sample of adults. More research is needed to better understand the mechanisms that underpin these relationships, as well as the clinical implications of internet addiction in middle-aged and older persons. Experiments and longitudinal studies with people from all walks of life and from a variety of backgrounds can help us better understand the mechanisms that cause these patterns, as well as discover therapy and intervention paths. Furthermore, given potential disparities in these groups at different stages of life, comparisons of online and in-person samples may be necessary to pro-

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erly understand these correlations. While the nature of internet addiction and associated psychological and behavioral aspects among people of all ages is complex, our study shows that it is a worthwhile area for further investigation.