

## **P-63 - INTERNET DEPENDENCE IN POLISH MIDDLE AND HIGH SCHOOL STUDENTS**

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Internet dependence becomes our day growing up psychosocial problem.

**The aim of the work:** We tried to measure intensity of internet addiction according to Internet Addiction Test of Polish middle and high school students.

**The study group:** We examined 175 middle school students and 357 high school students. Average age of examined students was 16,4 years.

**Methods:** Our own Sociodemographic Inventory, Internet Addiction Test by Young, based on which we distinguished the group of 170 students (60 girls and 101 boys) in the preliminary phase of internet addiction and those who are not internet dependent.

**Results and conclusions:**

1. Middle school students are significantly more internet dependent than high school students.
2. Middle school students significantly tend to prolong the time of internet use, they believe that life without internet is empty and boring.
3. Middle school girls significantly more often than high school girls prolong the internet time, try ineffectively to limit the time online, they have also more intensive abstinence symptoms.
4. The boys significantly more often tend to prolong time online and tend to shortened the sleep time because of internet usage.