

ABSTRACTS

DR. KISS, HEDVIG – PROF. DR. PIKÓ, BETTINA: Problematic smartphone and Internet use among high school and university students: identifying risk groups based on cluster analysis

Increasing development of technology has fundamentally changed the life of new generations in the last few decades. It is no longer a question that the need for instant access to information and being online have become substantial part of our everyday life. However, using different smart devices might give rise to adverse tendencies. The aim of our study was to investigate the most important questions related to problematic internet and smartphone use: what kind of psychological and personality differences can be found between youngsters who are in danger compared to those who can avoid addiction? High school and university students between age 14 and 28 (N=249, 62.2 % female) participated in our study, via online data collection. Besides internet and smartphone use we included such psychological characteristics in the analysis which increase the risk of problematic use based on previous research. Using cluster analysis, we

identified groups by the relationships between the variables: we examined the roles of sensation seeking, self-esteem, self-control, flow, resilience, and boredom in problematic use. We proposed four clusters: strongly protected and sensation-seeker users who are prone to problematic use (18.5 %); balanced users who are not vulnerable (26.1 %); protected and conscious users, but slightly prone to problematic use (39.8 %); and the group of specifically problematic and unprotected users (15.7 %). The identified clusters did not differ by gender, socioeconomic status, level of education and family structure, which can prove the widespread and general presence of the Internet and smartphones. However, the age of problematic users is lower than the age of protected and conscious users, which can be explained by the vulnerability of young generations. According to our results, we indicate the need for prevention in early ages within school-settings.

Keywords: *problematic smartphone use, problematic internet use, cluster analysis, personality*