

Psychosocial Correlates of Excessive Computer Use among Pakistani Adolescents

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This study aimed to investigate the relationship between excessive computer use and its impact on psychosocial functioning of high school students. The participants included 300 school students of grades 6 – 9 and were taken from public and private schools of Lahore city. Their ages ranged from 11- to-14 years ($M=12.5$, $SD=1.42$). The data was collected using a self constructed Computer-Related Addictive Behaviors Questionnaire that probes issues about the computer use, computer-induced behavioral alterations and symptoms. CRAB (1990) contained two sections, i.e. first section aims at analyzing the extent of computer use while the second section assesses the symptoms that are produced due to the excessive use of computer. Based upon the cut off scores of section I of CRAB, the participants were divided into three groups of users: minimal users 20–39 (65 students, 19.5 %), moderate users 40–59 (130 students, 43.3%) and excessive users 60–100 (105 students, 38.2 %). The findings indicated that computer-induced behavioral alterations occurred most frequently in excessive computer users and it was significantly correlated with total CRAB scores section II that measured subjective psychological complaints.

Keywords: Computer Addiction, Psychosocial functioning, computer-induced behavioral alterations