

# The Use of Internet and The Loneliness of High School Students

Khin Nyunt Nyunt Saw<sup>1</sup> and Htet Su Naing<sup>2</sup>

## Abstract

The main purpose of this study is to investigate the use of internet and the loneliness of high school students in Yangon Region. The required sample was selected using a random sampling technique. The design of this study was a descriptive research design. Generalized Problematic Internet Use Scale 2 (GPIUS2) and UCLA Loneliness Scale Version 3 were used as research instruments. According to the results, there were significant differences in the internet usage by gender and by types of school. Male high school students use the internet more than females. Then, most of the private school students use the internet more than public school students. Moreover, Grade 10 students use the internet more than Grade 11 and Grade 12 students. Furthermore, high school students who are between 15-16 years old use the internet more than other age group students. It was also found that most of the high school students use the internet to play the online games. Moreover, it was found that there were no significant differences in the loneliness by grade, age and internet usage reasons. The result of correlation ( $r = .064$ ) showed that there was no significant relationship between the use of internet and the loneliness of high school students.

**Keywords:** Internet, Loneliness, High school students

---

1. Lecturer, Dr., Department of Educational Psychology, Yangon University of Education

2. Senior Assistant Teacher, Basic Education High School (Tha Pyu), Ka Wa Township, Bago Region (East)