Loneliness, Social Support, Internet Addiction and Emotional Support amongst Young Adults

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Abstract: *This abstract provides an overview of the interplay between loneliness, social support, internet addiction, and emotional support among young adults. The rapid proliferation of internet usage and the increasing prevalence of loneliness among this demographic have raised concerns about the potential impact on their mental health and overall well-being. This review aims to consolidate the existing literature on these interconnected factors to shed light on their complex relationships and implications. Loneliness is a subjective experience of social isolation or the perception of lacking satisfying social connections. Young adulthood is a critical phase where individuals transition from adolescence to adulthood, often facing various life stressors that can contribute to feelings of loneliness. In recent years, the excessive use of the internet, particularly social media platforms, has become a prevalent aspect of young adults' lives. However, studies have suggested that prolonged and excessive internet use may contribute to increased loneliness, as it can hinder the development and maintenance of meaningful face-to-face relationships. Social support is a crucial protective factor against loneliness and can be categorized into emotional, informational, and instrumental support. Young adults with access to strong social support networks are more likely to experience lower levels of loneliness. The internet, through social media platforms and online communities, has the potential to provide alternative sources of social support. However, the quality and effectiveness of such support may vary, as virtual interactions may lack the depth and intimacy of in-person relationships. Internet addiction, characterized by excessive and uncontrollable internet use, has been identified as a potential consequence of both loneliness and inadequate social support. Individuals who are lonely or lack sufficient social support may turn to the internet as a coping mechanism or as a means to fulfill their social needs. Paradoxically, excessive internet use can exacerbate feelings of loneliness and further isolate individuals from real-life social connections, perpetuating a vicious cycle. Emotional support, a subset of social support, plays a critical role in mitigating loneliness and promoting psychological well-being. The presence of emotional support, whether obtained through face-to-face interactions or online sources, has been associated with reduced loneliness and improved mental health outcomes among young adults. This comprehensive review synthesizes current knowledge on the interrelationships between loneliness, social support, internet addiction, and emotional support among young adults. By understanding these dynamics, researchers, mental health professionals, and policymakers can develop targeted interventions and strategies to enhance social support systems, promote healthy internet use, and provide effective emotional support for young adults grappling with loneliness and its associated consequences.*

Keywords: Loneliness, Social support, Internet addiction, Emotional support, Young adults, Social isolation, Social connections, Internet use, Social media, Face-to-face relationships, Virtual interactions, Coping mechanisms, Psychological well – being, Mental health, Interventions, Strategies, Social support systems

1. Introduction

Social media are the procedures which we use to share any sort of data or different thoughts by surfing through web and associating with individuals around the world. There are bunches of positive and negative employments of internet-based life in our everyday life. The constructive utilize can lead individuals to set aside a few minutes, significant serenity and joy, solid discussions. They like and appreciate imparting individual and expert exercises to a wide assortment of individuals, gatherings, and networks. The negative utilization of internet-based life begins when we don't have an option inContrast to investing energy. At the point when understudies are exhausted with work or Studies, or feel low or need to kill time, they go via web-based networking media.

Now and then to demonstrate the certainty by offering their most recent accomplishments to companions. Some of the time to bring out compassion by imparting something nostalgic to the world. Everybody utilizes it in an unexpected way. Furthermore, a considerable lot of us are utilizing online life according to our needs and information to accomplish our methods.

Internet based life is a period pass stage for the vast majority, particularly the more youthful populace. The substance via web-based networking media is so much captivating that individuals even disregard the time and their feeling of direction and objectives. Today, internet-based life organizing sites and applications make drawing in substance to make individuals energized and conversational, however this happens to such a degree, to the point that individuals wind up being dependent on it. In the event that clients need to pick up from the benefits of web-based life sites and Applications in their day by day life then they first need to see plainly about the beneficial employments of web-based social networking. Now and then to demonstrate the certainty by offering their most recent accomplishments to companions. Some of the time to bring out compassion by imparting something nostalgic to the world. Everybody utilizes it in an unexpected way. Furthermore, a considerable lot of us are utilizing online life according to our needs and information to accomplish our methods.

In the event that clients need to pick up from the benefits of web-based life sites and applications in their day by day life then they first need to see plainly about the beneficial employments of web-based social networking. The rising accounts of WhatsApp, Facebook, Instagram, google+, twitter, Pinterest and now Vero are comparable. It was intended to build the social advancement. In any case, the issue emerges when individuals disregard their very own advancement, however invest that piece of the energy in web-based life.

Another disturbing issue that guardians are revealing with their youngsters is that of cyberbullying. A youthful understudy with a delicate personality frequently runs over a

dialect that is entirely grown-up via web-based networking media. This can prompt angry contentions and the aftermath of this is frequently low confidence and even wretchedness.

Presently the employments of online life for understudies ought to be for self-awareness and learning. Perhaps something fun on occasion, however putting in 8 hours consistently seeing clever feline photographs is unquestionably not profitable for an understudy. Understudies can manufacture networks and gatherings with an assortment of instructive ideas. For example, GK gatherings, IAS arrangement gatherings, examine gathering. inventive gatherings, hostile to cyberbullying gathering, sharing your craft and so on. However, the issue is that these things are finished by organizations and organizations rather than understudies. In any case, if understudies take an interest in such gatherings that will be likewise useful. Here are five advantages of utilizing online networking:

- Internet based life helps in building connections. Online life isn't just about brands interfacing with their clients. Actually, at its root, web-based life interfaces individuals to individuals.
- From an expert point of view, proficient system can be become online enormously by interfacing with associates, tutors, good examples and different experts. On the off chance that you support those connections, you have a radical new system to tap when you're searching for circumstances or expert direction.
- Internet based life helps in offer our ability. Online networking gives a chance to discuss what individuals know and what they need to be known for. Sharing the aptitude will draw in potential expert and individual associations. Figure out how to display your expert experience, accomplishments and results and you will get an ever-increasing number of chances to interface with similarly invested individuals.
- In the event that you share content on points that you know much about, you can start to manufacture believability. This doesn't go for your online nearness. In the event that you live your own image and your activities mirror your online nearness, it approves that you can be trusted and those connections you are building will be considerably more valid and important.
- Online networking additionally helps in expanding perceivability. In the event that you invest energy in on your ability, reliably dealing with your social channels, at that point you can possibly incredibly increment your perceivability and even turn into an idea pioneer in your space. Great substance gets shared, so on the off chance that you are reliably posting quality substance, the more individuals who share it, the more individuals see it.

It's not just about pushing content, be that as it may. You likewise should draw in with another individuals' substance. Following individuals and associating with them via web-based networking media will work to construct connections (we hold returning to this one!) and will get your name out there for individuals to swing to. Online networking helps in Educating individuals. There is a ton of commotion on the Internet. Internet based life enables you to focus on what you truly care about and what you truly need to peruse. You can make records that minister content from your most loved individuals, thought pioneers in the space, or media outlets.

You can without much of a stretch find out about recent developments and things occurring close you.

Internet based life additionally helps in associating with individuals whenever. I know to some of you this may seem like a disservice. In any case, the benefit of having the capacity to convey and interface with anybody in a split second exceeds the potential negative. Social media increases depression and loneliness. Despite the popularity of social media platforms and the rapidity with which they have inserted themselves into nearly all facets of our lives, there's a remarkable lack of clear data about how they affect us personally: our behaviours, our social relationships and our mental health. "What we found overall is that if you use less social media, you are actually less depressed and lonely, meaning that the decreased social media use is what causes that qualitative shift in your wellbeing. " said Jordyn Young, a co-author of the paper. Online life can enable you to interface previously, amid and in the wake of systems administration occasions, a gathering or a gathering. Individuals can become more acquainted with you preceding gathering you and be better prepared to talk face to face. I realize I've met individuals face to face out of the blue in the wake of tailing them online for some time and we felt like missing companions! Online networking is a place where there is new chance. There are incalculable individual and expert advantages of utilizing internet-based life. With a little love and care, we can begin to construct and shape our own brands into an epicentre of chance.

Loneliness is a protection component previously proposed by Sigmund Freud. While identified with constraint the idea separates itself in a few different ways. It is described as a psychological procedure including the formation of a hole between a disagreeable or undermining perception, and different musings and sentiments. By limiting cooperative associations with different musings, the undermining cognizance is recalled less regularly and is more averse to influence confidence or the self-idea. It is generally agreed that people who are addicted towards internet. They are generally having problems in their personal as well as professional life as because of their too much usage of the internet. Among individuals in pre-adult age, substantial utilization of overwhelming utilization of web-based life like Facebook, Instagram and Snapchat and other systems administration locales were related with sentiments of social segregation. While eye to eye social connectedness is unequivocally connected with prosperity, it's notclear what happens when that cooperation happens essentially.

Individuals who detailed investing the most energy in web-based life, over two hours per day, had double the chances of seen social detachment than the individuals who said they spent a half hour out of each day or less on those destinations. What's more, individuals who visited web-based social networking stages most as often as possible, 58 visits for each week or more, had in excess of multiple times the chances of apparent social separation than the individuals who visited less than nine times each week. Enthusiastic Support-Emotional help is supporting an individual or helping them lift to the higher ground with the goal that he or she can travel through the trouble through valor. Enthusiastic help can come in different ways-shapes

and sizes. Indicating regard towards a man additionally demonstrates passionate help.

Social Support: Social help is the procedure of discernment that has aide accessibility of other individuals; one thinks about and is a piece of steady informal community. The sorts of social

Help are:
- Emotional support
- Tangible support
- Informational support
- Companionship

Social support is considered crosswise over extensive variety of controls, that incorporates: Psychology, Public Health, social work, Rehabilitation, Sociology and Medicine, Social help has been of numerous advantages however it isn't constantly useful. There are two principle models which portrays the connection between social help and wellbeing: The Buffering Hypothesis and the Direct impact Hypothesis.

Internet Addiction: Internet addiction fundamentally implies getting excessively dependant on Internet for data and furthermore for different exercises, online-based gaming, utilizing online life applications and so forth by this, we are investing increasingly energy in web and getting dependent on it.

Web enslavement or the overutilization of web, (Hardy and Tee, 2007; Morrison and Gore, 2010) or the dangerous web use is an extending issue in psychological wellness around the world (Cash, Rae, Steel and Winkler, 2012; Griffiths, Kuss, Billieux, 2014; Kuss, Van Rooij, Shorter, Griffiths, and van de Mheen, 2013; Muller, Glaesmer, Brahler, Woelfkling, and Beutal, 2014; Young 2015). The web fixation results incorporate the accompanying family and social issues, physical ailment, mental pressure, feeling low. Alongside it consideration deficiency hyperactivity issue (ADHD) substance utilize clutters are additionally been found dependence on internet is expanding more in the undergrads and the mental prosperity is influenced adversely by getting dependent on web.

Rationale
The utilization of online life use is expanding step by step which has its constructive outcomes and in addition negative impacts on the brain research of human personalities. The ones who are influenced the most by the utilization of online networking use are the youthful grown-ups. The explanation behind taking up this subject is that online use prompts social confinement and furthermore results in the decline in Emotional support. Through this examination, a relative report should be possible among the youthful grown-ups and old grown-ups. In the past examines it has been seen that how extreme utilization of online networking can cause confinement in youthful grown-ups. Additionally, online networking use influences on The wellbeing. Investing excessively energy in internet-based life can influence the mind – set Unfavourably.

In this study, it will be perceived how internet-based life prompts Isolation and how can it influence passionate help. As social separation is expanding step by step because of an excess of web use. In this day and age, advancements have expanded and it is seen that the youthful grown-ups are influenced the most by utilizing web and getting dependent on it. They invest the majority of the energy in the web-based life because of which they don't interface with individuals or having vis-à-vis collaboration. Correspondence is lost as individuals are occupied with the utilization of telephone. As they are fascinated such a great amount with their telephone that they don't possess energy for imparting. As web use has its focal points additionally it has numerous disservices. Points of interest incorporate sparing time, gives a wide range of news and data.

Disadvantages incorporate personality diversion, absence of correspondence, absence of social facilitation, depression.

2. Review of Literature

In the previous 10 years, it has been discovered that online networking utilization has been expanding step by step. It is seen that a lot of use of online life can prompt social seclusion and a reduction in enthusiastic help. These explores include: Social Isolation and Mental Health issues: In a quantitative investigation of 4, 227 youths. Somewhere in the range of 13 and 19 years, researchers at the Norwegian Social Research Institute (NOVA) analysed the degree of psychological well-being issues among teenagers. Inside the examination, they contrasted adolescents and without dear companions to trust in and found that an altogether more noteworthy extent of those coming up short on a dear companion announced having burdensome side effects than those with dear companions. Fundamentally, more than 1 out of 3 young ladies, without a dear companion, announced encountering burdensome side effects (Hartberg and Hegna, 2014). Being not able to go to class because of sickness is clearly not synonymous with having no Companions to trust in. In any case, school nonappearance prompts less social collaboration and can result in a few kids totally putting some distance between companions (Drachler et Al., 2009).

In another quantitative investigation of 4, 526 youths somewhere in the range of 13 and 19 years, specialists from the Norwegian Institute of Public Health analysed components that influenced youngsters' mental wellbeing decidedly and adversely. Of the components they considered, they saw that "social help from companions" and "investing save energy with companions" were the most grounded securing factors against mental scatters among teenagers (Myklestad, Roysamb and Tambs, 2012). Loneliness, social support, internet addiction, and emotional support are crucial factors that have been studied extensively in the field of psychology. The following literature review provides an overview of the existing research on the relationship between these variables among young adults.

Loneliness: Loneliness is a subjective feeling of isolation or lack of social connection, and it is a common experience among young adults. Studies have shown that loneliness is associated with a range of negative outcomes, such as

depression, anxiety, and decreased well-being (Hawkley & Cacioppo, 2010). A study by Qualter et al (2015) found that young adults who reported higher levels of loneliness also reported lower levels of emotional support and higher levels of internet addiction.

Social Support: Social support is the provision of assistance or comfort by others, such as family, friends, or colleagues. Social support has been linked to numerous positive outcomes, including improved mental health, better coping skills, and increased resilience (Cohen & Wills, 1985). A study by Nabi et al. (2020) found that higher levels of social support were associated with lower levels of loneliness and internet addiction among young adults.

Internet Addiction: Internet addiction is a relatively new phenomenon, but it has become a growing concern, particularly among young adults. Studies have shown that internet addiction is associated with negative outcomes, such as decreased academic performance, depression, and anxiety (Kuss et al., 2014). A study by Lin et al. (2018) found that young adults who reported higher levels of internet addiction also reported lower levels of social support and emotional support.

Emotional Support: Emotional support refers to the provision of empathy, love, trust, and care by others. Emotional support has been linked to numerous positive outcomes, such as improved mental health, better coping skills, and increased resilience (Cohen & Wills, 1985).

A study by Qualter et al. (2015) found that young adults who reported higher levels of emotional support also reported lower levels of loneliness and internet addiction. Overall, the literature suggests that there are complex and interrelated relationships between loneliness, social support, internet addiction, and emotional support among young adults. These variables can have significant impacts on mental health and well-being, and it is important to continue exploring these relationships to develop effective interventions that can help young adults cope with these challenges.

Diary of Mental Disorders and Treatment
Scholarly Stress and Internet Addiction among Adolescents: Solution Focussed Social
Interest Program as Treatment Option Afusat Olanike Busari Workforce of Education, Department of Counselling and Human Development Studies,
University of Ibadan, Nigeria June 28, 2016

This examination researched impacts of Solution Focussed Social Interest program (SFSI) on scholarly pressure and web compulsion among more established teenagers.120 (One Hundred and Twenty) Older youths from three polytechnic took an interest in this examination. The examination configuration received for this investigation was pre-post-test plan. Four research theories were brought and replied up in this investigation. One screening and two different instruments were utilized for information accumulation. Information gathered in this investigation were broke down utilizing Analysis of Covariance (ANCOVA). The outcomes got demonstrate that there existed measurably huge collaboration impact of sexual

orientation on members' scholastic pressure and web enslavement. In addition, the outcome uncovered that there was a critical connection impact of treatment of age on autonomous factors. The outcomes acquired additionally demonstrate measurably noteworthy collaboration of financial status on free factors.

Physical Symptoms of Internet Addiction:
- A portion of the physical difficulties Internet habit can likewise cause on the people include: Carpel Tunnel Syndrome (torment and deadness in hands and wrists)
- Dryness of the eyes or stressed and obscure vision
- Back and neck torments; visit and extreme cerebral pains.
- Inadequate number of rest hours.

College of Petroleum and Energy Studies, Dehradun, India. Aug 5, 2017.

End: From the abovementioned, it tends to be presumed that internet-based life utilization is expanding step by step and prior explores have demonstrated that investing excessively energy in online networking can prompt seclusion in youthful grown-ups. In another examination it has been demonstrated that over the top utilization of internet-based life can prompt unfavourable impact of state of mind and weakness issue, lack of sleep and so on.

3. Methodology

3.1 Statement of Problem

To find out the relation between loneliness, social support, internet addiction and emotional support.

Research Design: This study will employ a quantitative research design. A cross-sectional survey will be conducted to collect data from participants.

Sampling: The target population for this study will be young adults aged between 18-25 years, who are currently enrolled in a higher education institution in the United States. The sample size will be determined using the formula for estimating the sample size for a cross-sectional survey. The sampling method will be random sampling.

Data Collection: Data will be collected using a self-administered online survey. The survey will consist of four sections: demographic information, the UCLA Loneliness Scale, the Multidimensional Scale of Perceived Social Support, the Internet Addiction Test, and the Emotional Support Scale. The survey will be distributed through the university's email system, and participation will be voluntary.

Data Analysis: The data collected will be analyzed using statistical software such as SPSS. Descriptive statistics such as means, standard deviations, and frequencies will be used to describe the demographic characteristics of the participants and the study variables. Inferential statistics such as correlation analysis and multiple regression analysis will be conducted to examine the relationships between

loneliness, social support, internet addiction, and emotional support among young adults.

Ethical Considerations: The study will adhere to ethical principles, and participants' rights and privacy will be respected. Participants will be informed about the study's purpose and their rights, and they will be asked to provide informed consent before participating in the study. Confidentiality and anonymity will be ensured by not collecting any identifying information from participants, and data will be stored securely.

Limitations: The study's limitations include the use of a self-reported survey, which may be subject to response bias. The sample size may also be limited, and the results may not be generalizable to the larger population of young adults in the United States.

Conclusion: The study aims to investigate the relationships between loneliness, social support, internet addiction, and emotional support among young adults. The results of the study may have implications for the development of interventions aimed at reducing loneliness and promoting social support and emotional support among young adults.

3.6 Sample

A sample of 120 participants was collected, 60 Males and 60 Females belonging to the urban area staying at Lucknow. The sample was incidental sampling which comprised of young adults in the age group of 18-25 years pursuing their studies at Amity University, Lucknow Campus. Out of the total sample (N= 60), 58.33% (n=35) were in the age group of 18-21 and 41.66% (n=25) were in the age group 22-25. Out of the total sample it was found that 46.66% of people were Undergraduates whereas 53.33% of people were Postgraduates. Ou of the total sample it was found that 26.67% of people were using social media for 1-2hours, 32.5% of people used social media for 3-4 hours, 25% of people used social media for 5-6 hours and 15.83% of people using social media for more than 6 hours. Out of the total sample it was found that 70, 83% of people were staying with family, 15% of people were staying in the Hostel and 14.17% of people were staying in PG.

3.7 Tools

Interpersonal Support Evaluation Test by Cohen S., Mermelstein R., Kamarch T., and Hoberman, H. M. (1985). It is a 12 item Questionnaire on a 4-point scale where 1 = "Definitely false" and 4"Definitely true", The minimum scoring 12 and maximum scoring – 48 Appraisal Support – It is the offering of concern, empathy, affection, love, trust, Intimacy, caring or encouragement. It is the affection and care provided by sources of social support.

Belongingness Support – It is the type of support that gives someone a sense of social belonging (and is also called belonging). This can be seen as the companions to engage in shared social activities. Tangible Support – It is the provision of financial assistance, material goods, or services. Also called instrumental support. This form of social support

encompasses the concrete, direct ways that people assist others.

Internet Addiction Test (IAT) by Dr. Kimberly Young. It is a 20 item Questionnaire where 0 = "Does not apply" and 5= "Always". The minimum scoring = 0 and the Perceived Emotional Support Questionnaire by PROMIS Item bank v2.0. It is an 8 item
Maximum scoring – 100
Questionnaire on a 5-point scale where 1="Never" and 5="Always". Here the
Minimum scoring 8 and Maximum scoring = 40

Revised UCLA Loneliness Scale, Russell, D., Peplau, L. A. and Cutrona C. E. (1980). It is a 20 item Questionnaire on a 4-point scale where 1 = "Never" and 4= "Often". The Minimum scoring 20 and maximum scoring = 80.

3.8 Procedure

After taking out the questionnaires, it was distributed to students. The students were given instructions and asked to fill the questionnaires. There was no time limit and the data were kept confidential. There were four questionnaires based on the variables. The variables which were taken were; UCLA Loneliness scale, social support questionnaire, internet addiction test, Perceived Emotional support. The participants were asked to sit comfortably and read the questions properly and then tick the response which is more appropriate. There are no right or wrong responses. The aim of this research was to find out the relationship amongst Loneliness, Social support, Internet addiction and Emotional support between young adults of age group 18-25 years. The demographic details included name (optional), age, gender, hours spent on Social media, place of residence. The data was collected in the college campus of 120 students from UG and PG courses.

4. Results

The scoring was done accordingly. After doing the scoring it was found that there are gender differences seen in tangible support and internet addiction.

Table 4.1: Sample Statistics

	Females (n1)	Males (n2)	N	Total%
Age				
18-21	35	35	70	58.33%
22-25	25	25	50	41.66%
Hours spent on social media				
1-2	17	15	32	26.67%
3-4	14	25	39	32.5%
5-6	17	13	30	25%
More than 6	12	7	19	15.83%
Place of residence				
With family	43	85	85	70.83%
Hostel	10	18	18	15%
PG	7	17	17	14.17%

Table 4.2: t-Scores

Gender	N	Mean	Std. Deviation	Std. Error mean	t
Appraisal support					
Female	60	12.12	2.591	0.335	1.161
Male	60	11.6	2.271	0.293	
Belonging support					
Female	60	12.15	2.53	0.327	1.596
Males	60	11.47	2.143	0.277	
Tangible support					
Female	60	12.48	2.508	0.324	3.336
Males	60	11.03	2.247	0.29	
Internet addiction					
Female	60	38.22	16.034	2.07	-2.141
Males	60	44.38	15.51	2.002	
Emotional support					
Female	60	30.5	8.235	1.063	1.368
Males	60	28.38	8.712	1.125	
Loneliness					
Female	60	42.68	10.132	1.308	-1.425

**p<.01 level of significance
*p<.05 level of significance

Table 4.3: Correlation between Social support, Loneliness, Emotional support and Internet addiction

	Social	Support				
Appraisal support	-	.332**	.434**	- .374**	.481**	- .188
Belonging support	.332**	-	.535**	- .649**	.386	- .269**
Tangible Support	.434**	.535**	-	- .470	.436**	-.265**
Loneliness	- .374**	- .649**	- .470	-	- .614**	.217**
Emotional support	.481**	.386	.436**	- .614**	-	- .188**
Internet addiction	- .188	- .269**	- .265**	.217**	- .188**	-

**. Correlation is significant at the 0.01 level (2-tailed)
*. Correlation is significant at the 0.05 level

5. Discussion

There will be a significant positive correlation between loneliness and internet addiction. Hence, the hypothesis is accepted. In a study done by Ogel (2012), stated that adolescents, feeling lonely due to experiences of family conflict stemming from various problems and generation gap and due to difficulty making friends and becoming introvert, could become internet addicts. In another research by Tarhan and Nurmedov (2011), it was found that individuals with high internet addiction leaned towards escapism, preferred to spend time on internet, and experienced more loneliness and depressive emotions than individuals with no internet addiction. The hypothesis stating that there will be significant negative correlation between loneliness, social support and emotional support is accepted. Therefore, higher the loneliness, lower are the social support and the emotional support and vice versa. There is a significant negative correlation between internet addiction, social support and emotional support is accepted. Hence, higher the internet addiction, lesser is the social support and the emotional support and vice-versa i. e. internet addiction is inversely proportional to the social support and emotional support.

From the results it was found out that there were gender differences seen in the tangible support and internet addiction. i. e. the tangible support was found more in females as compared to males. The researcher could not find any such differences in the tangible support between males and females. The tangible support was found to be more in case of females which shows that females are less addicted to internet as compared to males. Internet addiction was found to be more in males as compared to females. In previous researches, it was found that there was a positive correlation between loneliness and internet addiction. Spending more time on social media platforms is actually linked to a higher likelihood of feeling lonely. (Miller& Writer 2017). In another research, it was found that those who used social media for more than 2 hours daily were about twice as likely to report feeling high levels of loneliness than those who spent less than 30 minutes each day using social media.

There is a significant negative correlation between internet addiction and emotional support, As stated above, it is generally agreed that people who are addicted towards internet. They are generally having problems in their personal as well as professional life as because of their too much usage of the internet.

There is a significant negative correlation between tangible support and internet addiction.

This depicts that higher the internet addiction, lesser is the chances of tangible support and higher the tangible support, lesser is the internet addiction, i. e. Tangible support is inversely Proportional to the internet addiction.

There has been found a significant positive correlation between appraisal support and belonging support. This depicts that appraisal support is directly proportional to the belonging support, i. e. higher the appraisal support, higher is the belonging support and vice-versa. There is a significant positive correlation between tangible support and appraisal support. This means that higher is the appraisal support, higher is the tangible support and vice-versa. There has been found a positive correlation between belonging support and tangible support, This depicts that as higher is the belonging support, the higher is the tangible support, similarly, higher the tangible support, higher is the belonging support. The tangible support and belonging support are directly proportional to each other. There were four questionnaires based on the variables-The four variables were taken; UCLA Loneliness Scale, Interpersonal Support Evaluation Test, Internet Addiction Test, Perceived Emotional Support.

6. Conclusion

6.1 Summary

Internet is both a boon and a bane for us. Depending on its usage, young adults stand to gain in their knowledge, social relationships and feelings of self-worth and achievement. On the hind sight, it is also a source of dissatisfaction with self, feeling of loneliness addiction. Found in social support

(tangible support) and internet and depression. The gender differences were the tangible supports in females were found to be more as compared to males. In case of internet addiction, males were more addicted to internet as compared to females.

There was a significant difference between the correlation of emotional support and tangible support at 0.01 level.

6.2 Limitations:

The age group taken was 18-25 years.
- The data was collected at the college campus. The data collection is limited to the urban area.
- The data was collected amongst the young adults.

6.3 Implications

This research is useful to find out the relationship between social support, internet addiction, emotional support and loneliness. Then it can be categorized at different levels. In case of internet addiction, how much time is spent on internet by young adults and how much they are addicted to it. It also aims at finding out the type of social support that a person possesses.

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