



Exploring the Predictive Dynamics of Net Compulsions and Perceived Loneliness on Digital Escapism in Emerging Adults

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Abstract: The relationship between emerging adults' net compulsions and their perceptions of loneliness and their use of digital escapist is investigated in this study. As a coping technique to avoid dealing with real-life emotional or social difficulties, digital escapism is a common behaviour; this study seeks to understand how compulsive internet use as well as loneliness contribute to this propensity. Using standardized questionnaires that assessed issues including digital escapism, loneliness, and compulsive internet usage, data was gathered from 495 young individuals. According to the research, digital escapism was strongly predicted by net compulsions and loneliness, with various aspects of these factors displaying diverse degrees of effect. Two factors that stood out as major indicators of digital escapism in the study were cognitive salience and the degree to which internet use became uncontrollable. Elevated escapist levels were also associated with loneliness, especially relational and communal loneliness. These results highlight the need for therapies targeting digital escapism to take into account both compulsive internet usage and feelings of isolation. We address the study's shortcomings, such as its cross-sectional design as well as dependence on self-reported data, and offer suggestions for both theoretical and practical measures to address these issues.

Keywords: *Net Compulsions, Loneliness, Digital Escapism, Emerging Adults, Compulsive Internet Use, Predictive Dynamics, Psychological Impact, Internet Addiction, Emotional Regulation.*

1. INTRODUCTION

The rapid progression of digital technology has transformed how humans engage, communicate, and pursue leisure. Among emerging adults, often defined as those aged 18 to 25, there has been a significant transition towards digital platforms for social interaction, emotional management, and recreation. This development has led to a phenomena termed digital escapism, when people engage in online activities to evade real-world stresses, isolation, or psychological distress. Digital escapism is often linked to compulsive internet use, social media addiction, and excessive participation in virtual worlds, including gaming, streaming, and online social networks. Although digital environments provide avenues for leisure and diversion, overdependence on these platforms may lead to psychological and behavioural problems, such as less face-to-face contacts and mental health disorders. This research seeks to investigate the predicted relationships between net compulsions and experienced loneliness on digital escapism, specifically within the framework of emerging adulthood. Net compulsions, sometimes associated with internet addiction, denote excessive and uncontrolled participation in online activities, including compulsive gaming, excessive social media involvement, online shopping, and gambling. In contrast to casual internet use, net compulsions are marked by an inability to control digital consumption, resulting in disturbances in everyday life, scholastic achievement, social connections, and mental health. Studies indicate that persons exhibiting elevated net compulsions often use digital platforms as a means of escapism, hence perpetuating a cycle of avoidance and reliance. The growing accessibility of digital information is blurring the line between healthy involvement and obsessive behaviour, necessitating an examination of its effects on digital escapism in young people.

Likewise, felt loneliness is a significant component that fosters digital escape. Loneliness is a subjective emotional condition in which people perceive a lack of meaningful social contacts, irrespective of the size of their real social network. In an age when virtual contacts often replace in-person relationships, some young people may have intensified sensations of loneliness while being always "connected" online. Social networking platforms, virtual

groups, and digital entertainment provide a façade of social satisfaction, prompting people to find solace in digital environments. This dependence on digital contact may sometimes exacerbate feelings of isolation, perpetuating the cycle of loneliness and digital escape.

The relationship between net compulsions and felt loneliness indicates a complicated psychological process that underpins digital escape. Individuals experiencing excessive internet use and chronic loneliness are more inclined to utilise digital escape as a coping mechanism. Although digital escapism may provide transient alleviation from stress, ennui, or social isolation, its enduring effects on psychological health, social interaction, and productivity are worrisome.

Comprehending these predictive processes is crucial for tackling the wider ramifications of digital reliance and mental health among emerging adults. This research seeks to elucidate the influence of net compulsions and felt loneliness on digital escapism, so offering insights into behavioural patterns, risk factors, and relevant therapies. Identifying indicators of digital overdependence and cultivating healthy digital practices may alleviate the adverse effects linked to excessive digital interaction, so encouraging a more balanced and satisfying lifestyle for emerging adults in the digital era.

2. REVIEW OF LITERATURE

Moreover over half of the world's population presently uses digital devices (Ambat, 2025; Geyser, 2023). Because of their popularity, people are starting to worry about the consequences of being too reliant on them (Almourad et al., 2020). According to Aleem et al. (2023), digital gadgets are deeply ingrained in people's everyday lives due to the many ways they are used, including for work, communication, and socialising. To better understand the reasons behind this habit, this research seeks to delve into the experiences of those who use digital gadgets excessively. After participants completed a brief pre-screening survey, those who were found to be heavy users were asked to take part in semi-structured interviews. A total of 26 people, ranging in age from 18 to 52, were interviewed for this study. The participants included 3 men and 23 females. Participants spoke about their digital device use, the causes of their excessive use, & the reasons that kept them using these devices for 45 minutes each interview. The following four themes emerged from a reflexive thematic analysis of the factors thought to contribute to people's compulsive use of electronic devices; (a) reliance on such devices for

life-sustaining activities;(b) reliance on such devices for self-regulation; and(c) FoMO. The findings suggested that, depending on the person, excessive usage might be caused and maintained by one or more of these characteristics. Researchers also discovered that these factors affected all heavy smartphone, tablet, and laptop users, not only gamers and social media users.

With an emphasis on escapism, this article provides a critical review of the literature on the compensatory and dissociative processes linked to problematic gaming. As a result, we lay forth a theoretical model that incorporates the latest findings. We begin by establishing a continuum that maps the extent to which an individual's real and virtual worlds are interdependent, and then we relate the compensatory & dissociative processes that are associated with gaming along this same line. In the second part, we go over the pros and cons of current escapist theories and metrics. Unlike escape (avoidance) and general immersion from video games, we argue that escapism within gaming is a crucial component of compensating for challenges in satisfying psychological requirements in the actual world. Finally, we provide more details about the Compensatory-Dissociative Online Gaming (C-DOG) model, and these describes a series of linked mental processes that operationalise the spectrum of healthy and unhealthy internet gaming: de-stressing, active escapism, escape, dissociation, and body-mind detachment (Schimmenti, 2024)

The lives of internet users are greatly impacted by social networking sites (SNSs). Examining the causes of social media addiction and how it affects people's mental health is the primary goal of this study. Using the Stimulus-Organism-Response (SOR) model, we investigate how social influence, subjective pleasure, and utilitarian demands impact the development of addiction to SNSs and its related effects. Furthermore, in the correlation between social media addiction and stress, we take into account the border conditions of isolation as determinants of social media addiction and social anxiety. In both Time I and Time II, we used an online poll to gather data from 558 SNS users. Our results show that social influence, subjective satisfaction, and practical demands are major factors in SNS addiction, as determined by structural equation modelling using Smart PLS 4.0. Additionally, strain is positively associated with SNS addiction, which in turn influences users' well-being. Additional evidence suggests that social anxiety and loneliness moderate the predicted associations positively (Akhtar, 2024)

3. METHODOLOGY

3.1 Aim

To study the Dynamics of Net Compulsions and Perceived Loneliness as a Predictor of Digital Escapism in Emerging Adults.

3.2 Research Objectives

- a) To examine the potential impact of net compulsions on digital escapism among emerging adults.
- b) To assess the influence of perceived loneliness on digital escapism among emerging adults.
- c) To investigate the combined relationship between compulsive internet use, perceived loneliness, and digital escapism among emerging adults.
- d) To analyse the associations between specific dimensions of compulsive internet use (i.e., cognitive salience, loss of control, time spent online, and negative consequences) and dimensions of loneliness (i.e., intimate, relational, and collective loneliness) among emerging adults.
- e) To evaluate the relationships between the dimensions of compulsive internet use and the dimensions of digital escapism (i.e., avoidance, mood regulation, dissociation, and compensation) among emerging adults.
- f) To explore the associations between the dimensions of perceived loneliness and the dimensions of digital escapism (i.e., avoidance, mood regulation, dissociation, and compensation) among emerging adults.

3.2 HYPOTHESIS

H1: Net compulsions will demonstrate a significant predictive effect on digital escapism among emerging adults.

H2: Perceived loneliness will significantly predict increased digital escapism behaviors in emerging adult populations.

H3: A significant interrelationship will emerge between compulsive internet use patterns, perceived loneliness levels, and digital escapism tendencies in emerging adults.

H4: Statistically significant associations will be observed between specific dimensions of compulsive internet use (cognitive salience, loss of control, time spent online, and negative

consequences) and loneliness subtypes (intimate, relational, and collective loneliness) within the emerging adult cohort.

H5: Distinct dimensions of compulsive internet use (cognitive salience, loss of control, time spent online, and negative consequences) will correlate significantly with specific digital escapism mechanisms (avoidance, mood regulation, dissociation, and compensation) among emerging adults.

H6: Significant predictive relationships will exist between loneliness subtypes (intimate, relational, and collective loneliness) and digital escapism mechanisms (avoidance, mood regulation, dissociation, and compensation) in the emerging adult demographic.

3.3 VARIABLES OF THE STUDY

INDEPENDENT VARIABLES

Net Compulsions: This describes a person's involuntary need to use the internet to an extreme, even to the point where it becomes a hindrance to their regular tasks and everyday lives. Symptoms include cognitive salience (always thinking about the internet), loss of control (not being able to regulate one's internet use), and neglecting everyday duties because one is too engrossed in one's online activities.

Perceived Loneliness: This is the subjective sense of being alone or unattached from other people, even while you're in a group. Three types of loneliness can be identified: intimate, relational, and collective. Intimate loneliness is characterized by an absence of close relationships, relational loneliness by an absence of friendships and social interactions, and collective loneliness by an absence of belonging to a larger social group.

DEPENDENT VARIABLE

Digital Escapism: This refers to the practice of avoiding problems in one's personal life, one's mental state, or one's reality by spending time on the internet. Substance abuse occurs when a person engages in online activities like social networking, gaming, or content consumption in an effort to control or escape unpleasant feelings or social situations. This study finds that internet compulsions and feelings of isolation might lead people to engage in digital escape.

3.4 RESEARCH DESIGN

This study looked at the correlation between digital escapism, felt loneliness, and net compulsions in young adults using a correlational cross-sectional research approach. The purpose of this study was to examine the relationships and prediction power of the variables by collecting data from standardized self-report questionnaires all at once. The study did not use an experimental design, but it did examine the correlations between digital escapism and the independent variables of net compulsions and felt loneliness using statistical methods including Pearson correlation and regression analysis.

3.5 SAMPLE OF THE STUDY

This study used a convenience sample technique to recruit 495 young adults (those between the ages of 18 and 35). The sample was selected to represent the demographic of young individuals who are highly involved in digital activities, prone to net compulsions, isolation, and digital escape.

3.6 Inclusion Criteria

- a) Aged between 18 and 35 years, falling within the emerging and young adulthood category.
- b) Regular users of the internet, particularly active in digital spaces such as social media, online entertainment, or gaming platforms.
- c) Willing and able to provide informed consent to voluntarily participate in the study.
- d) Proficient in English, as the standardized questionnaires were administered in the English language.

3.7 Exclusion Criteria

- a) Individuals below 18 or above 35 years of age, as they fall outside the targeted developmental stage.
- b) Those not regularly engaged in digital activities, as they may not accurately reflect the behaviors and experiences under investigation.
- c) Individuals who submitted incomplete or inconsistent responses in the questionnaire were also excluded from final analysis to maintain data quality and reliability.

3.8 DATA COLLECTION INSTRUMENTS

To gather information for this research, three standardized surveys were administered. Four aspects of digital escapism—avoidance, mood regulation, dissociation, as well as compensation—were examined by Wang et al. (2009) in their Internet Escapism Mechanism Questionnaire (IEMQ). Cognitive salience, loss of control, temporal neglect, and negative repercussions were some of the variables examined by Meerkerk et al. (2009)'s Compulsive Internet Use Scale (CIUS). Lastly, we used Russell's (1996) UCLA Loneliness Scale (Version 3) to measure how lonely people felt on an individual, relationship, and group level.

3.9 DATA COLLECTION PROCEDURE

Ensuring confidentiality as well as voluntary engagement, data was gathered after participants gave their informed consent. Each participant was free to choose how they wanted to complete the surveys; they may do it in person or via an online platform. The IEMQ, CIUS, as well as UCLA Loneliness Scale were administered in an organised style, and clear instructions were supplied for each. Each participant spent approximately twenty-five to thirty minutes on the data gathering procedure in total. For subsequent statistical analysis, all replies were assessed by established criteria after being securely recorded.

COMPULSIVE INTERNET USE SCALE (CIUS): Meerkerk et al. (2009) developed the obsessive Internet Use Scale (CIUS) to assess problematic and obsessive internet use habits. It touches on topics including internet addiction, compulsive web surfing, spending too much time online, and the drawbacks of being online too much.

RELIABILITY AND VALIDITY

Overall Cronbach's alpha values for the CIUS surpass 0.79 across all dimensions, and for negative outcomes, the reliability is exceptionally high, exceeding 0.90. What this means is that the scale reliably assesses obsessive web behaviour.

Significant connections with depression, anxiety, impulsivity, as well as harmful online behaviours support the validity of the CIUS. The reliability and validity of the scale in measuring compulsive internet usage have been extensively studied and confirmed.

UCLA LONELINESS SCALE (VERSION 3): Russell (1996) created the UCLA Loneliness Scale (Version 3), which assesses how isolated and lonely people feel.

Conceptually, it encompasses intimate, relational, and communal loneliness, and it represents the emotional pain caused by a lack of meaningful social ties.

RELIABILITY AND VALIDITY

The overall Cronbach's alpha for the UCLA Loneliness Scale ranges from 0.89 to 0.94, indicating extremely high reliability. Its reliability in measuring experienced loneliness is supported by the fact that its sub-dimensions exhibit strong internal consistency.

Construct and concurrent validity verify the scale's reliability and validity; it correlates significantly with related constructs, including depression and social support deficiencies, as well as other well-established loneliness measures such as the De Jong Gierveld Loneliness Scale.

INTERNET ESCAPISM MECHANISM QUESTIONNAIRE (IEMQ): The Internet Escapism Mechanism Questionnaire (IEMQ), created by Wang et al. (2009), assesses the extent to which people utilize the internet to alleviate unpleasant feelings and deal with real-life stresses. Mood regulation, compensation, dissociation, and avoidance are the four main aspects it evaluates.

RELIABILITY AND VALIDITY

With a total Cronbach's alpha of 0.91, the IEMQ has strong internal consistency. Excellent reliability across every dimension is shown by Cronbach's alphas that range from 0.83 to 0.88, which further supports the great dependability of its sub-dimensions.

Strong construct validity was validated using component analysis, further establishing the IEMQ's validity. The fact that it can predict future psychological discomfort and problematic internet usage proves its predictive validity, while its strong connections with anxiety, despair, and internet addiction show its convergent validity.

3.10 STATISTICAL ANALYSIS

To investigate the connections between internet compulsions, feelings of isolation, and digital escape among young adults, data were analyzed utilizing both descriptive statistics (mean, average, standard deviation) & inferential statistics (regression analysis, Pearson correlation).

4. RESULTS & DISCUSSION

Data analysis on the predictive dynamics of net compulsions as well as perceived loneliness upon digital escapism among emerging adults is presented in this chapter. Standardized questionnaires were used to collect data, which was then analyzed using statistical methods to look for patterns. In order to summaries the demographic as well as key variable characteristics, descriptive statistics were obtained. Then, inferential analyses were performed to assess the hypotheses that had been formulated. The purpose of these findings is to provide light on the relationship between this population's habits of digital escapism and their net compulsions and feelings of loneliness.

Table 1: *Descriptive statistics of all variables*

	<i>Compulsive Internet Use</i>	<i>Loneliness</i>	<i>Internet Escapism Mechanism</i>
Mean	47.27273	40.53131	48.39192
Median	48	39	48
Standard Deviation	8.738229	9.730713	11.9973
Kurtosis	-0.08334	0.219387	2.353997
Skewness	-0.50816	0.676523	0.755796
N	495	495	495

The study's variables—Internet Escapism Mechanism, Loneliness, and Compulsive Internet Use—are described in Table 1. With a mean score of 47.27 (SD = 8.74) on the compulsive internet use scale, the individuals' internet-related behaviors may be described as moderately intense. With a mean score of 48.39 (SD = 11.99) on the Internet Escapism Mechanism, it appears that digital escapism is a widespread coping method among the sample. With a mean score of 40.53 (SD = 9.73) on the loneliness scale, emerging adults report feeling somewhat lonely. Participants' answers varied somewhat across all three variables, as seen by the standard deviations. Each variable has a sample size (N) of 495, which indicates a strong dataset for additional study.

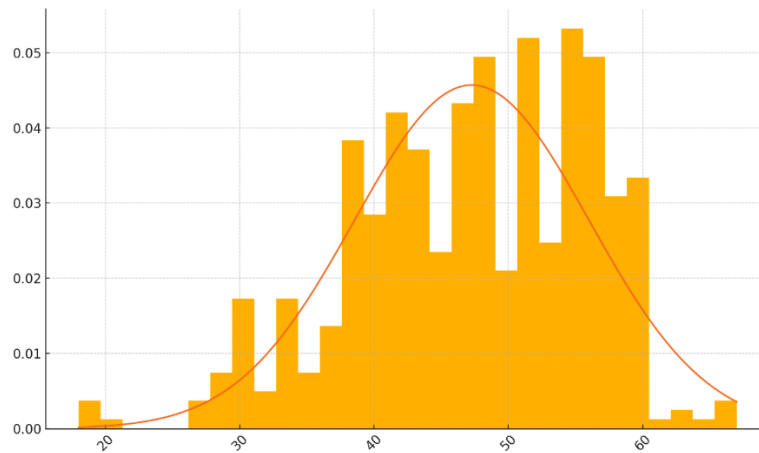


Figure 1: *Compulsive Internet Use*

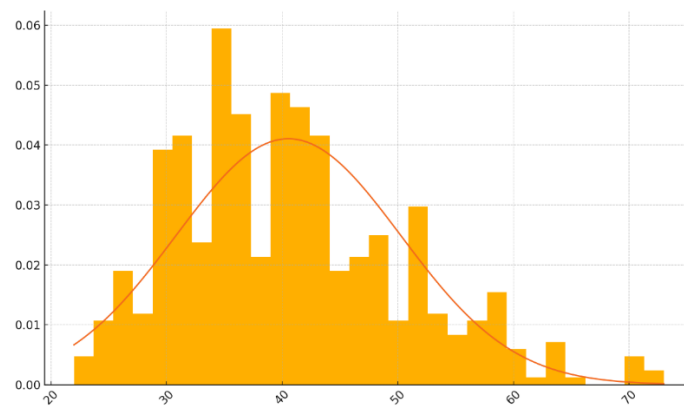


Figure 2: *Loneliness*

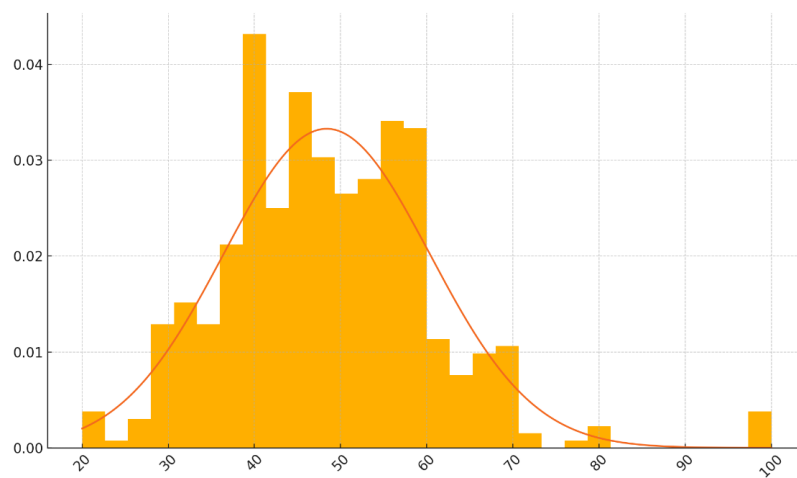
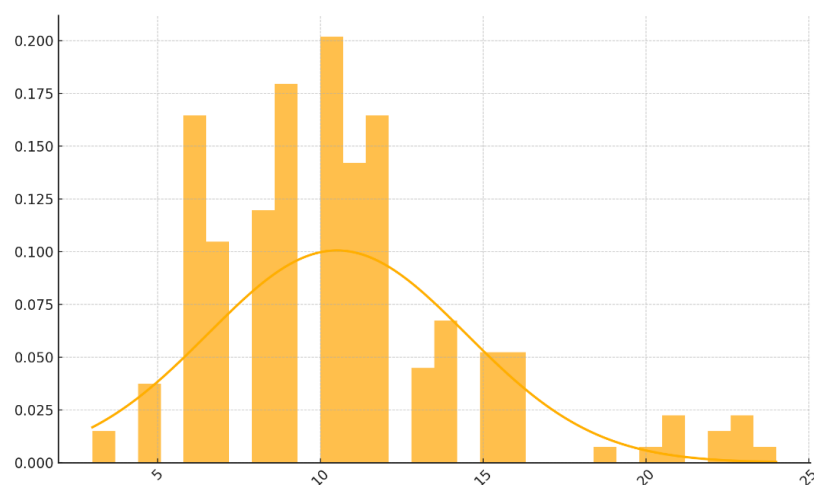


Figure 3: *Internet Escapism Mechanism*

Table 2: Descriptive statistics of Net Compulsions Dimension wise

	<i>Cognitive Salience</i>	<i>Loss of Control on Internet Use</i>	<i>Time Spent Online and Neglect of Daily activities</i>	<i>Negative Consequences of Internet Use</i>
Mean	12.76364	12.04242	11.28283	11.21414
Median	12	11	11	11
Standard Deviation	5.093328	4.382083	4.613921	4.030577
Kurtosis	-0.27053	0.325327	0.801298	0.401727
Skewness	0.673765	0.896541	1.02421	0.743965
N	495	495	495	495

Table 2 shows the descriptive data for the following aspects of net compulsive disorder: cognitive salience, internet addiction, excessive screen time, neglect of daily tasks, and negative effects of internet use. The individuals often had persistent thoughts about their internet use, as shown by the highest mean score for Cognitive Salience ($M = 12.76$, $SD = 5.09$). Next comes Loss of Control over Internet Use ($M = 12.04$, $SD = 4.38$), which shows that the sample has a hard time controlling their internet usage. Levels of Negative Consequences of Internet Use ($M = 11.21$, $SD = 4.03$) and Time Spent Online and Neglect of Daily Activities ($M = 11.28$, $SD = 4.61$) are moderate, indicating that internet use is linked to some negative consequences and disruptions to daily functioning. There is moderate response variability, as seen by the standard deviations across all dimensions. Descriptive analysis may be trusted since the sample size is constant ($N = 495$) across all dimensions.


Figure 4: Cognitive Salience

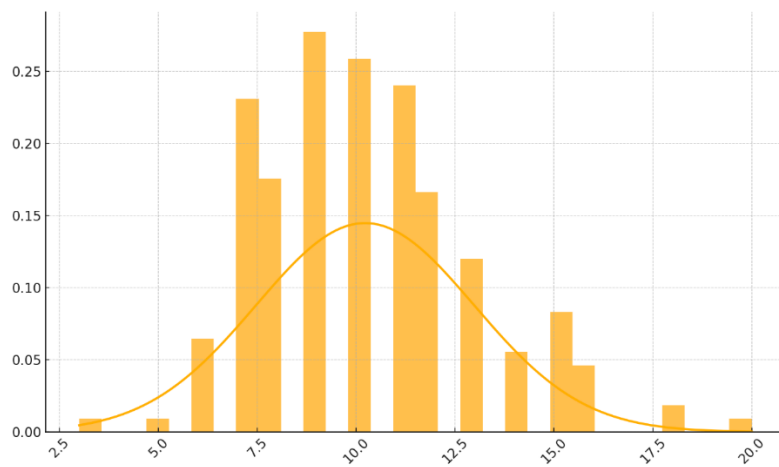


Figure 5: *Loss of Control on Internet Use*

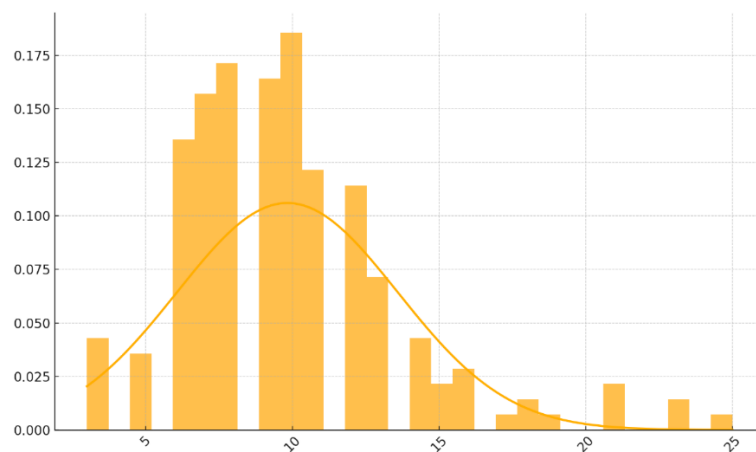


Figure 6: *Time Spent Online and Neglect of Daily Activities*

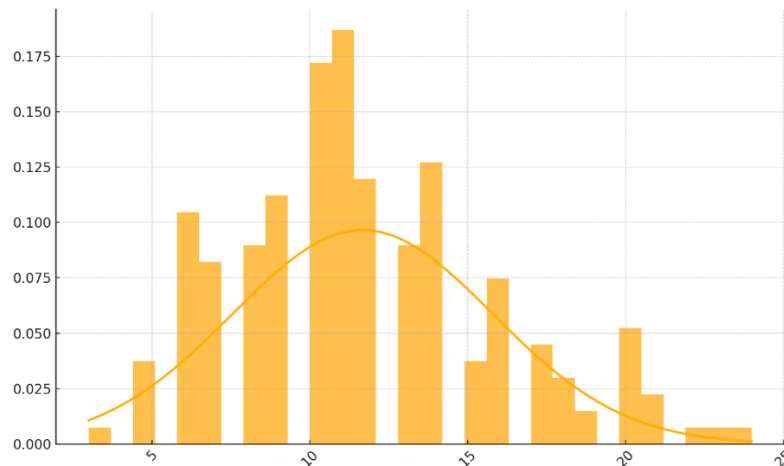


Figure 7: *Negative Consequences of Internet Use*

T **Table 3:** *Descriptive statistics of Loneliness Dimension-wise*

	<i>Intimate Loneliness</i>	<i>Relational Loneliness</i>	<i>Collective Loneliness</i>
Mean	13.5697	13.33333	13.62222
Median	13	12	13
Standard Deviation	5.116724	5.097431	5.330448
Kurtosis	-0.61866	-0.54469	-0.58733
Skewness	0.508401	0.548576	0.558197
N	495	495	495

Tabulated in Table 3 are the descriptive data for the three aspects of loneliness: interpersonal, collective, and intimate. With a mean of 13.62 and a standard deviation of 5.33, Collective Loneliness ranks highest among the three dimensions, followed by Intimate Loneliness at 13.57 and a standard deviation of 5.12, and Relational Loneliness at 13.33 and a standard deviation of 5.10. According to these results, people's degrees of loneliness are similar in the individual, relationship, and group contexts. There appears to be some variation in the sample's reported feelings of loneliness, as seen by the standard deviations, which show a moderate dispersion of scores around the mean. The results are reliable since the sample size of 495 individuals is constant across all parameters.

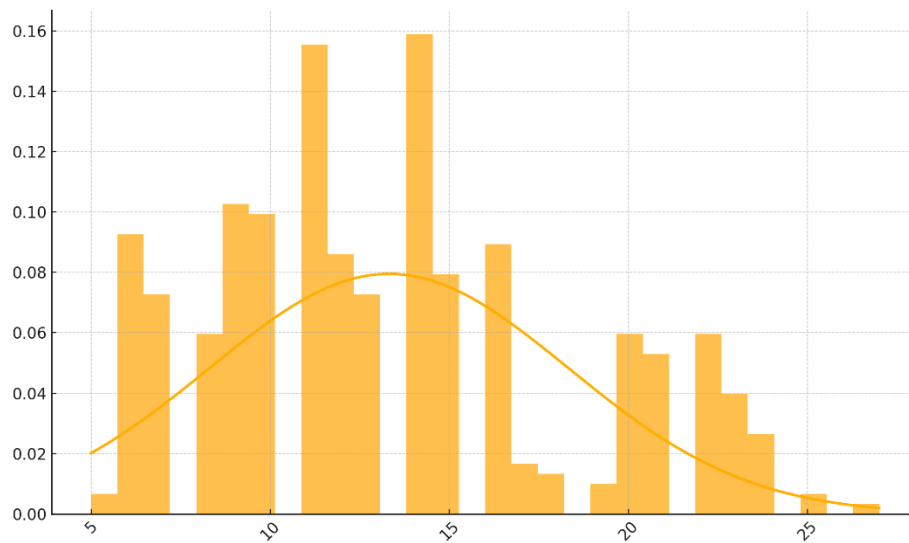


Figure 8: *Intimate Loneliness*

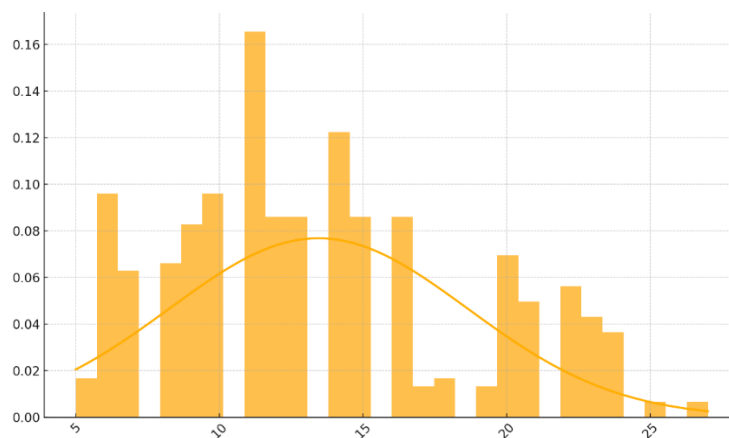


Figure 9: *Relational Loneliness*

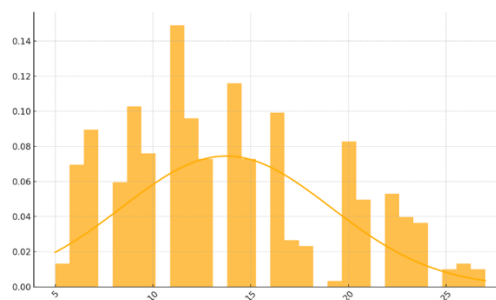


Figure 10: Collective Loneliness**Table 4: Descriptive statistics of Digital Escapism Dimension wise**

	<i>Avoidance</i>	<i>Mood Regulation</i>	<i>Dissociation</i>	<i>Compensation</i>
Mean	12.66263	12.27475	12.13737	11.55758
Median	12	11	11	11
Standard Deviation	5.147355	4.700468	4.922611	4.580391
Kurtosis	-0.24713	0.024433	0.121924	0.559201
Skewness	0.661989	0.775657	0.733212	0.903342
N	495	495	495	495

Digital escapism's four dimensions—avoidance, mood regulation, dissociation, as well as compensation—have their descriptive data shown in Table 4. With the highest mean score ($M = 12.66$, $SD = 5.15$) among them, Avoidance indicates that individuals utilize the internet most often to escape from real-life difficulties. Participants often utilize digital platforms to regulate their emotions and mentally disconnect from reality, as shown by the fairly high mean scores for Mood Regulation ($M = 12.27$, $SD = 4.70$) and Dissociation ($M = 12.14$, $SD = 4.92$). The compensation category has the lowest mean ($M = 11.56$, $SD = 4.58$) but still shows a significant reliance on the internet to make up for offline demands that aren't addressed. Participants' experiences showed moderate heterogeneity across all aspects, as indicated by the standard deviations. The sample size ($N = 495$) is consistent across all parameters, which adds credibility to these findings.

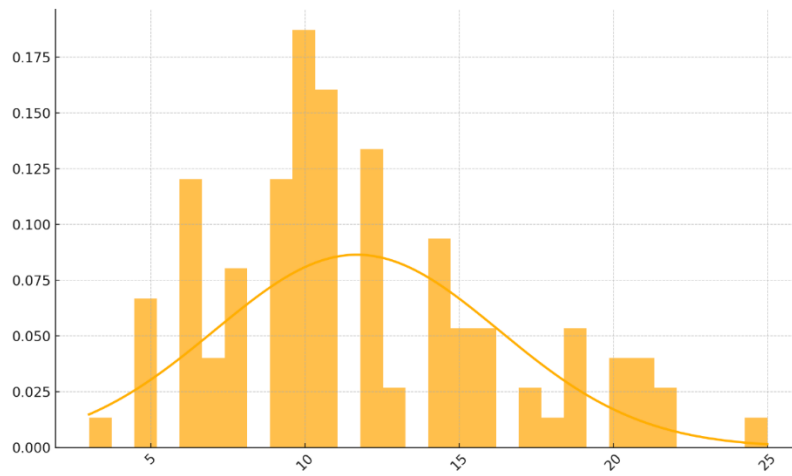


Figure 11: Avoidance

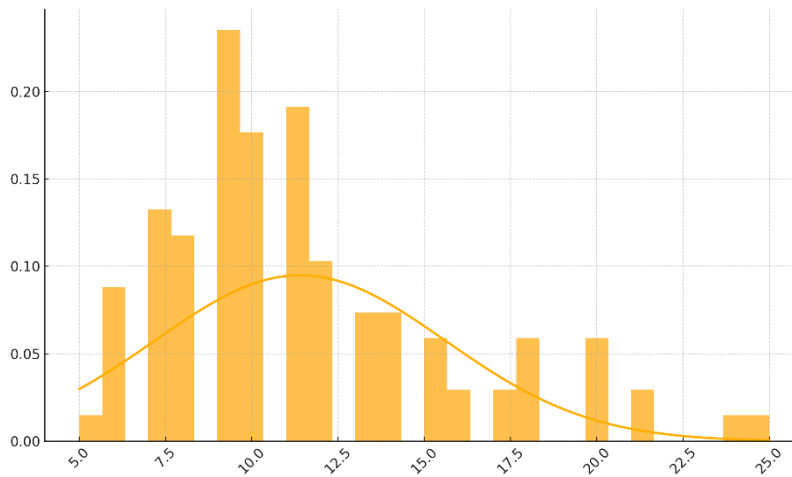


Figure 12: Mood Regulation

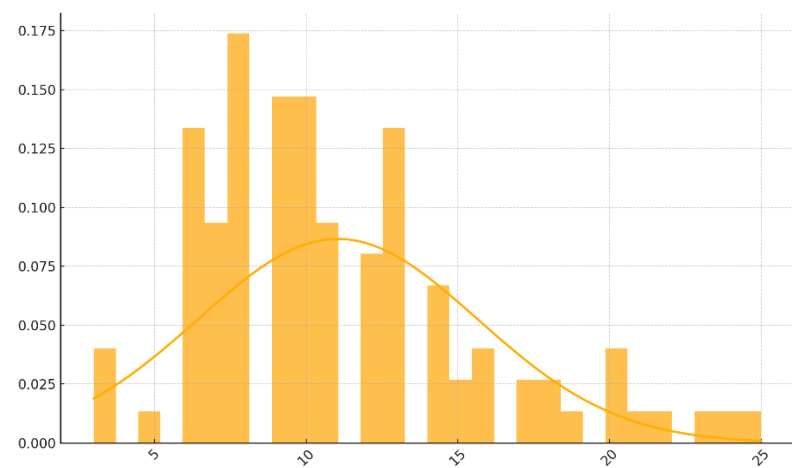
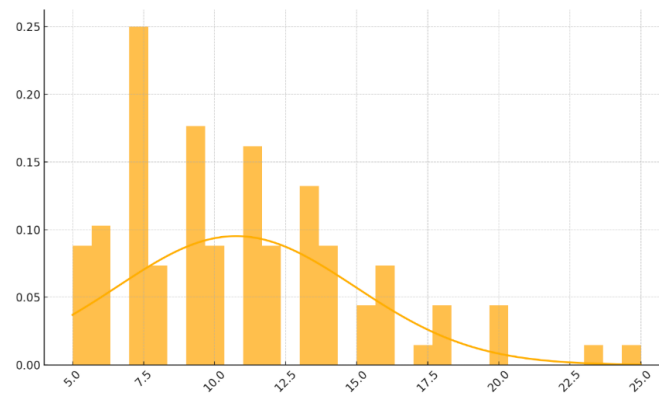


Figure 13: Dissociation**Figure 14: Compensation****Table 5:** Regression analysis of effect of Net Compulsions on Digital Escapism among emerging adults.

<i>Regression Statistics</i>	
Multiple R	0.168572
R Square	0.028416
Adjusted R Square	0.026446
Error Standard	11.8376
Observations	495

<i>ANOVA</i>					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	2020.523	2020.523	14.41905	0.000165
Residual	493	69083.44	140.1287		
Total	494	71103.97			

H1: There is significant impact Net Compulsions on Digital Escapism among emerging adults.

The findings of the regression analysis that was carried out to investigate the effect of net compulsions upon digital escapism within emerging adults are presented in Table 5. The significance F value of 0.000 ($p < 0.05$) indicates that the model is statistically significant, according to the study. Net compulsions explain around 2.8% of the variation in digital escapism, according to the R Squared value of 0.028. Despite the small effect size, the

substantial connection between Net Compulsions as well as Digital Escapism is further confirmed by the F-value of 14.42.

Table 6: *Regression analysis of effect of Loneliness on Digital Escapism among emerging adults.*

Regression Statistics					
Multiple R	0.104939				
R Square	0.011012				
Adjusted R Square	0.009006				
Standard Error	11.94315				
Observations	495				

ANOVA					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	783.0164	783.0164	5.489503	0.019528
Residual	493	70320.95	142.6388		
Total	494	71103.97			

H2: There is significant impact Loneliness on Digital Escapism among emerging adults.

Regression analysis was used to determine the effect of loneliness upon digital escapism within young adults, and the findings are shown in Table 6. The results show that the model has a substantial statistical impact, given a Significance F value of 0.019 ($p < 0.05$). Loneliness accounts for around 1.1% of the variation in Digital Escapism, according to the R Squared value of 0.011. The F-value of 5.49 indicates a substantial link, even if the amount of variation explained is tiny. Thus, the hypothesis (H2) indicating that loneliness significantly influences digital escapism among young adults is accepted according to the significance level.

Table 7: *Pearson Correlation Analysis of relationship between Compulsive Internet Use, Loneliness and Internet Escapism Mechanism among emerging adults.*

	Compulsive Internet Use	Loneliness	Internet Escapism Mechanism
Compulsive Internet Use	1		
Loneliness	0.100401	1	
Internet Escapism Mechanism	0.168572	0.104939	1

H3: There is significant relationship between Compulsive Internet Use, Loneliness and Internet Escapism Mechanism among emerging adults.

In Table 7, we can see the outcomes of the Pearson Correlation Analysis that looked at the connections between internet addiction, loneliness, and the escapist mechanism among young adults. The data shows that both loneliness ($r = 0.10, p < 0.05$) and the Internet Escapism Mechanism ($r = 0.17, p < 0.05$) are weakly but significantly correlated with Compulsive Internet Use. Meanwhile, there is a little positive relationship between loneliness and the Internet Escapism Mechanism ($r = 0.10, p < 0.05$). Digital escape methods are more commonly used by those who report higher degrees of both internet addiction and loneliness, according to these associations.

Table 8: *Dimension Wise Pearson Correlation Analysis of relationship between Compulsive Internet Use and Loneliness among emerging adults.*

Variables	Cognitive Salience	Loss of Control on Internet Use	Time Spent Online and Neglect of Daily Activities	Negative Consequences of Internet Use	Intimate Loneliness	Relational Loneliness	Collective Loneliness
Cognitive Salience	1						
Loss of Control on Internet Use	0.1088	1					

Time Spent Online and Neglect of Daily Activities	0.0737	0.0545	1				
Negative Consequences of Internet Use	-0.2557	-0.0642	-0.1342	1			
Intimate Loneliness	0.0199	0.0642	-0.0477	0.0353	1		
Relational Loneliness	0.0448	0.0528	0.0448	0.0278	0.0508	1	
Collective Loneliness	0.0330	0.0211	0.1032	-0.0419	0.0334	0.1776	1

H4: There is a significant relationship between dimensions of Compulsive Internet Use and dimensions of Loneliness among emerging adults.

In Table 8, we can see the results of the dimension-wise correlation study that looked at how different aspects of addictive internet use and loneliness in young people were related to one another. The findings show that there are minor positive connections between Cognitive Salience and Intimate Loneliness ($r = 0.0199$), Relational Loneliness ($r = 0.0448$), as well as Collective Loneliness ($r = 0.0330$), even though these interactions are not particularly strong. As for Intimate, Relational, and Collective Loneliness, there are minor positive connections between Loss of Control over Internet Use and all three variables ($r = 0.0642$, 0.0528 , and 0.0211 , respectively). There is a little positive correlation between online time and collective loneliness ($r=0.032$), but no correlation between these factors with interpersonal or relational loneliness. All three forms of loneliness are weakly and inconsistently related to adverse effects of internet use.

Table 9: *Dimension Wise Pearson Correlation Analysis of relationship between Compulsive Internet Use and Digital escapism among emerging adults.*

Variables	Cognitive Salience	Loss of Control on Internet Use	Time Spent Online and Neglect of Daily Activities	Negative Consequences of Internet Use	Avoidance	Mood Regulation	Dissociation	Compensation
Cognitive Salience	1							
Loss of Control on Internet Use	0.1088	1						
Time Spent Online and Neglect of Daily Activities	0.0737	0.0545	1					
Negative Consequences of Internet Use	-0.2557	-0.0642	-0.1342	1				
Avoidance	0.0205	0.1252	0.0532	0.1035	1			
Mood Regulation	0.1096	0.1008	0.0844	0.0326	0.3706	1		
Dissociation	-0.0021	0.0021	0.0060	-0.0157	0.2411	0.3830	1	
Compensation	-0.0055	0.0287	-0.0565	0.1003	-0.0047	0.0807	0.0239	1

H5: There is a significant relationship between dimensions of Compulsive Internet Use and dimensions of Digital Escapism among emerging adults.

Table 9 presents the dimension-wise Pearson Correlation Analysis exploring the relationship between the dimensions of Compulsive Internet Use and Digital Escapism among

emerging adults. The findings indicate that Loss of Control on Internet Use shows a weak positive correlation with Avoidance ($r = 0.1252$) and Mood Regulation ($r = 0.1008$), suggesting that greater loss of control is modestly associated with increased tendencies to avoid problems and regulate mood through internet use. Cognitive Salience shows a weak positive correlation with Mood Regulation ($r = 0.1096$), while Time Spent Online and Neglect of Daily Activities exhibits very weak positive relationships with Avoidance ($r = 0.0532$) and Mood Regulation ($r = 0.0844$). Negative Consequences of Internet Use correlate weakly with Avoidance ($r = 0.1035$) and Compensation ($r = 0.1003$), indicating that experiencing negative outcomes from internet use is slightly associated with using the internet for avoidance and compensatory behaviors. Overall, although the strength of these relationships is generally weak, statistically observable associations are present across multiple dimensions. Therefore, based on the results, the hypothesis (H5) is accepted.

Table 10: *Dimension Wise Pearson Correlation Analysis of relationship between Loneliness and Digital escapism among emerging adults.*

Variables	Intimate Loneliness	Relational Loneliness	Collective Loneliness	Avoidance	Mood Regulation	Dissociation	Compensation
Intimate Loneliness	1						
Relational Loneliness	0.0508	1					
Collective Loneliness	0.0334	0.1776	1				
Avoidance	0.0808	0.1175	0.0592	1			
Mood Regulation	0.0580	0.1021	0.0169	0.3706	1		
Dissociation	0.0429	0.0306	0.0509	0.2411	0.3830	1	
Compensation	0.0344	0.1327	-0.0273	-0.0047	0.0807	0.0239	1

H6: There is a significant relationship between dimensions of Loneliness and dimensions of Digital Escapism among emerging adults.

The Pearson Correlation Analysis, dimension-wise, that looked at the connection between the aspects of digital escapism and loneliness in young people is shown in Table 7. According to the results, there is a minor positive link between Relational Loneliness and Avoidance ($r = 0.1175$), Mood Regulation ($r = 0.1021$), and Compensation ($r = 0.1327$). This means that people who experience higher levels of relational loneliness are somewhat more likely to participate in digital escapist methods. Collective loneliness has a mild positive link with avoidance ($r = 0.0592$) and dissociation ($r = 0.0509$), but intimate loneliness has weak positive relationships with mood regulation ($r = 0.0580$) and avoidance ($r = 0.0808$). Across all dimensions, there is a positive link between digital platform use for escapism and experiences of loneliness, even if the associations are often small. So, we accept hypothesis (H6) based on the data.

5. CONCLUSION

This study set out to fill a substantial knowledge vacuum by investigating the interplay between three psychological constructs—net compulsions, perceived loneliness, as well as digital escapism—as they pertain to the use of digital media among young adults. Emerging adults are a population that is becoming more reliant on the internet for social contact and enjoyment, and the results give important insights regarding how compulsive internet use as well as loneliness lead to the involvement in digital escapist behaviors.

The data provided support for the first hypothesis, which proposed that Net Compulsions had a major influence on Digital Escapism. People who use the internet excessively are more prone to participate in digital escapism as a means to escape from the stresses of real life, according to the study. Previous study has established a connection between psychological requirements and excessive internet usage. It suggests that people use the internet as a way to cope with emotional or social inadequacies (Kardefelt-Winther, 2014). This study shows that escapist behaviours are significantly predicted by Net Compulsions, which calls attention to the necessity for therapies specifically designed to help emerging adults with their problematic internet use. The results supported the second hypothesis, which postulated that digital escapism is highly influenced by loneliness; however, the link was shown to be less when

compared to compulsive internet usage. A strong correlation between loneliness and the propensity to participate in online escapism was found, lending credence to previous studies showing that people with greater degrees of loneliness frequently seek solace in digital platforms (Nowland et al., 2018). This exemplifies how both excessive internet use and feelings of isolation contribute to the development of pathological need for digital escape.

Additionally, the study validated the connected and reinforcing nature of compulsive internet usage, loneliness, and internet escape techniques by confirming a substantial association between these dimensions. A pattern of escapist behaviors is fostered by the coexistence of excessive internet usage and loneliness. Each aspect of internet use (e.g., time spent online) influences distinct types of escapism (e.g., avoidance, mood management), and the study results also highlighted the significance of knowing these factors in a multidimensional manner.

Finally, the study adds to the current literature by delving into the complex interplay between emerging adults' net compulsions, loneliness, as well as digital escapism. According to the results, one way to lessen the negative impact of digital escapism is to deal with issues like internet addiction and loneliness. Future studies might build on this one to look at how young adults' mental health and happiness are affected by digital escapism in the long run. To better meet the requirements of this at-risk population, it is crucial to comprehend and control the effects of digital technology on mental health as it develops further.

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