

INTERNET ADDICTION AND ITS RELATION TO LIFE-SATISFACTION AND SELF-ESTEEM IN HIGH SCHOOL FEMALE STUDENTS

ALJUHARA FAHAD ALJOBAILAH
assistant professor of psychology

***ABSTRACT**_ the present research aimed at exploring the level of internet addiction for the Saudi high school female students in Riyadh City, and finding out the relationship between internet addiction and both of life satisfaction and self-esteem, and the possibility of predicting internet addiction by life satisfaction and self-esteem. The sample of the research consisted of (381) of the Saudi high school female students in Riyadh City. The female researcher used the Internet Addiction Test (IAT), the Multidimensional Students Life Satisfaction Scale (MSLSS), and the Self-Esteem Scale (S-ES). The research concluded the following results: 1- the highest proportion of the high school female students used the internet moderately with a percentage of (65.4%), whereas the percentage of those highly using the internet reached (28.6%), followed by the percentage of the female students using the internet in a low degree that reached (5.2%), and the percentage of those using the internet intensively reached (0.8%). 2- There was a negative relationship between internet addiction and life satisfaction. 3- Internet addiction could be predicted by the total degree of life satisfaction, and internet addiction could also be predicted by the degrees of some sub-axes of life satisfaction, namely: (life environment, school, and family). 4- There was a negative relationship between internet addiction and self-esteem. 5- Internet addiction could be predicted by the total degree of self-esteem.*

***KEYWORDS:** Internet addiction, life satisfaction, self-esteem, high school.*