KAROLINA KOMSTA-TOKARZEWSKA

SENSE OF SECURITY IN MALES ADDICTED
TO THE INTERNET

A b s t r a c t. The aim of the article is to present and discuss the findings of research on a group of Internet addicts in the context of a sense of security. A growing interest in the issue of a sense of security, both from the socio-cultural and psychological perspective, is also reflected in the emergence of research on a sense of security among those who are at a high risk of Internet addiction. In Poland, this type of research is virtually non-existent so far. Its implementation and dissemination, coupled with the reflection thereon seems to be of paramount importance because of its wide practical implications: in the area of a therapeutic relationship, a healing process and prevention, as well as a deeper insight into the problems of Internet addicted patients.

An interpretive analysis covered the results for 136 respondents, including: Internet addicts and those not addicted to the Internet, aged 18-39. The research involved male subjects only.

Method. The research used the Sense of Security and Personal Resiliency Questionnaire (KPB-PO) by Zenon Uchnast and the Internet Addiction Test (IAT) by Kimberly Young.

Results. There are differences in a sense of security of Internet addicts and non-addicts. Developing a sense of security can contribute to improving the functioning of people who are addicted to the Internet.

Key words: sense of security; Internet addiction.

1. INTRODUCTION

Abraham Maslow treats a sense of security as one of the most significant constructs for a person's mental health, and even a symptom of well-being.

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For A. Maslow, a sense of security is a primary and basic psychological need, the satisfaction of which in the early stages of human development is assimilated with a degree to which the reality of human life bears the hallmarks of stability and order at the same time.

Despite the fact that a sense of security as a problem has remained for years in the sphere of interest of theory and empiricism, not much research has been devoted to the issue in relation to Internet addiction. Research results in this area confirm interdependence between Internet addiction and personal predispositions of an Internet user.[1]

Internet addiction is connected, among others, with a level of emotional sensitivity[2] or a tendency to affective states, as well as a low level of a web user's self-esteem.[3] A. Jakubik and J. Popławska have also come to a research conclusion that people addicted to the Internet show less activity and greater caution in social contacts, while they are calmer, not quite risk-takers, and feel a strong need of security and contact.[4] Therefore, a question arises about the relationship between other individual traits of an Internet user and Internet addiction. There is no research on the significance of a sense of security for the quality of life of addicts.

Therefore, the research undertaken has been aimed at investigating the differences in a sense of security in groups of people who are at a low and high risk of Internet addiction. The research may contribute to the understanding of the sense of security mechanism as a factor conducive to human health, as well as influence the effects of therapy of people who are excessively involved in the Internet. Based on the data available from the existing literature, it can be predicted that there will be differences in a sense of security in the studied groups.

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[1] EKATERINA G. SHUBNIKOVA, ANVAR N. KHUZIAKHMETOV, and DARIA P. KHANOLAINEN, "Internet-Addiction of Adolescents: Diagnostic Problems and Pedagogical Prevention in the Educational Environment," *Eurasia Journal of Mathematics, Science and Technology Education* 13(2017), 8: 5267–69.

[2] KIMBERLY YOUNG, ROBERT RODGERS, "The Relationship Between Depression and Internet Addiction," *CyberPsychology and Behavior* 1(1998), 1: 26.

[3] LYNETTE ARMSTRONG, JAMES G. PHILLIPS, and LAUREN L. SALING, „Potential Determinants of Heavier Internet Usage," *The International Journal of Human-Computer Studies* 53(2000), 4: 540.

[4] ANDRZEJ JAKUBIK, JUSTYNA POPŁAWSKA, „Internet Addition Syndrome," *Studia Psychologica* 4(2000): 125.

2. INTERNET ADDICTION: GENERAL OUTLINE

In scientific discourse, addiction is defined as a strong dependence of a human organism in which a person has a compulsive need to perform specific and repetitive activities or use a substance.[5]

Internet addiction, also termed Internetholism or netholism, is usually described as a "dysfunctional pattern of cognitive elements and behaviours related to the use of the Internet, the result of which is inability to control such behaviour (time spent and method of using the Internet) and significant deterioration of the social, professional or other vital sphere of a person's functioning."[6] Most frequent forms of Internet dependency mentioned in the relevant literature include: dependency on virtual social contacts termed cyber-relationship addiction, net compulsions, information overload or cyber-sexual addiction).[7]

It is widely acknowledged that a pioneer of reflection on the phenomenon of Internet addiction is a New York psychiatrist, I. Goldberg, who already in 1995 was able to see a threat related to the Internet medium.[8] Goldberg assumed that Internet addiction refers to a situation in which a person abuses the Internet and consequently experiences some negative physical, psychological and social consequences.[9]

Based on the diagnostic criteria of addiction according to ICD-10 (1997), B. Woronowicz proposes that webaholism – an equivalent of the term "Internet addiction" should be diagnosed whenever at least three of the following symptoms were observed over last year:

– a strong need or a sense of compulsion to use the Internet;

– a subjective conviction of a reduced ability to control the Internet-related behaviours (i.e. poorer control over abstaining from the Internet and time spent on the web);

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[5] PIOTR ULMAN, "Social and Family Determinants of Addictions in Children and Young People," *Fides et Ratio* 8(2011), 4: 78.

[6] KATARZYNA KALISZEWSKA, *Excessive Internet use. Psychological characteristics* (Poznań: UAM, 2010), 44.

[7] ANNA ANDRZEJEWSKA, *Children and Adolescents in the Net of Real and Virtual Threats. Theoretical and Empirical Aspects* (Warsaw: Difin, 2014), 41.

[8] WIESŁAWA WALC, *Addictions among Children and Young People: Selected Problems* (Rzeszów: Wydawnictwo Uniwersytetu Rzeszowskiego, 2016), 131.

[9] RADOSŁAW KOWALSKI, "Internet Addiction: Truth, Circumstantial Evidence or Fiction?," *Wychowanie na co dzień*, 9(2005): 5.

– the occurrence of anxiety, irritability or discomfort when attempting to stop or limit the use of the Internet, and the disappearance of such states upon 'coming back' to the web;

– spending more and more time on the Internet to achieve satisfaction or a feeling of comfort that were previously achieved in a much shorter time;

– progressive neglect of alternative sources of pleasure or previous interests for the Internet;

– using the Internet despite harmful consequences (physical, psychological and social ones) related to spending time on the Internet.[10]

As a new disorder, Internet addiction has not been included in the 5th edition of the Diagnostic and Statistical Manual of Disorders – DSM – 5.[11] Over thirty years ago similar reactions could be observed following publication of the studies which pointed to the similarities between alcoholism and pathological gambling which, in time, became a nosologic unit of mental disorders in the two largest classification systems ICD-10 and DSM-4. What needs to be stressed is the problematic nature of being involved in Internet use, the consequence of which are broadly defined difficulties in a person's functioning related to behaviour, adaptation, emotions and health, which reveal distinct traits of addictive behaviour.[12]

K. Young, a pioneer of Internet research, adopted the diagnostic criteria of DSM-IV, describing the phenomenon of pathological gambling as analogous to Internet addiction.[13] Both disorders are treated by the researcher as originating from a common group of behavioural addictions. Young defines Internet addiction as an impulse control disorder that does not cause intoxication but significantly contributes to poorer functioning of the person in the psychological, social and professional sphere.[14] In order to diagnose the problem, Young used a questionnaire, which included the following 8 questions:

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[10] BOHDAN T. WORONOWICZ, *Addictions and their Treatment: Full Disclosure* (Warsaw: IPiN, 2001), 193.

[11] The scientific dispute concerning the creation of a new diagnostic category for the described phenomenon is described in more detail in his article by Guerreschi (K. YOUNG, "Technology in chamin the nature").

[12] RYSZARD POPRAWA, "Problematic Use of the Internet – Symptoms and Method of Diagnosis. Research among Adolescents," *Psychology of Quality of Life* 11(2012), 1: 62.

[13] DARIA J. KUSS, OLATZ LOPEZ-FERNANDEZ, "Internet Addiction and Problematic Internet Use: A Systematic Review of Clinical Research," *World Journal of Psychiatry* 6(2016), 1: 161.

[14] KIMBERLY YOUNG, "Internet Addiction: A New Clinical Phenomenon and Its Consequences," *American Behavioral Scientist* 48(2004), 4: 410.

– Do you feel preoccupied with the Internet?

– Do you feel the need to use the Internet with increasing amounts of time?

– Have you repeatedly made unsuccessful efforts to control, cut back, or stop Internet use?

– Do you feel restless, moody, depressed or irritable when attempting to cut down or stop Internet use?

– Do you stay online longer than originally intended?

– Have you jeopardised or risked the loss of a significant relationship, job, educational or career opportunity because of the Internet?

– Have you lied to family members, therapists, or others to conceal the extent of involvement with the Internet?

– Do you use the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g. feelings of helplessness, guilt, anxiety, depression)?

K. Young states that it is possible to diagnose Internet addiction if a person (taking into account the period of last year of use) answers 'yes' to five out of the eight questions quoted above.[15] Then it is synonymous with the addiction diagnosis. The number of the fulfilled criteria is the same as the number of criteria necessary to diagnose pathological gambling in DSM-IV classification.

The above-mentioned definition and criteria have been adopted for the purpose of the research done. Using the term of Internet addiction based on the definition by K. Young resulted mainly from the lacking final inclusion of the described phenomenon within the existing systems of classification of diseases and disorders. However, founded indications exist, resulting from the studies, clinical observation and implemented therapeutic programs, which confirm the need to precisely define the term and also to adopt uniform diagnostic criteria.

3. SENSE OF SECURITY AS UNDERSTOOD BY A. MASLOW

A sense of security is understood by A. Maslow in the context of his hierarchy of needs and a basic human dilemma: security or growth.[16] The author defines the need of security in the following way: „[...] neurosis

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[15] Christiane EICHENBERG, SCHOTT Markus, DECKER Oliver, and Brigitte SINDELAR, "Attachment Style and Internet Addiction: An Online Survey," *Journal of Medical Internet Research* 19(2017), 5: 171.

[16] ABRAHAM MASLOW, *Toward a Psychology of Being* (Warsaw: PAX, 1986), 52.

seem[s] at its core, and in its beginning, to be a deficiency disease; [...] born out of being deprived of certain satisfactions which I called needs in the same sense that water and amino acids and calcium are needs, namely that their absence produces illness."[17] Maslow's needs are divided into basic ones, which include physiological needs, security, belongingness and a need of respect, which are expressed in the desire for strength, achievement, adequacy, self-confidence and the desire for reputation, prestige, fame, recognition and appreciation.[18]

If the above-mentioned needs are relatively well satisfied, this leads to the emergence of higher level needs (the meta needs). These include the need for self-actualisation, creativity, constructive spontaneity, and a friendly care for others.[19] Maslow focused on becoming more and more what man is and what he can become, since: „[...] what a man can be, he must be."[20]

According to A. Maslow, the need of security is a primary and basic psychological need, the satisfaction of which determines normal functioning and psychological development. Its satisfaction in the early stage of development depends on the extent to which a person's world is relatively stable, orderly and organised; the world in which the person can enjoy a sense of friendly affirmation from others and being understood by them; the world in which the person can have at least some impact on the course of events, or at least their impact is sufficient for the world not to be accidental and chaotic. Therefore, the need of security meets all the characteristics of the basic need:

a. A man is ready to overcome obstacles in order to satisfy it.

b. Failure to fulfil the basic need produces pathology.

c. It occurs universally (it is species-wide and intercultural).

d. It never expires; there is always at least a slight pressure on its satisfaction.

e. Satisfying the need of security is an indispensable condition for the most complete human development.

f. It appears spontaneously and early in human development.[21]

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[17] A. MASLOW, *Toward a Psychology*, 26.

[18] ABRAHAM MASLOW, "A Theory of Human Motivation," in *Motivation and Personality*, ed. Abraham Maslow (Warsaw: PAX, 1990), 84.

[19] ZENON UCHNAST, "The Concept of Man as Understood by Humanistic Psychologists," *Częstochowskie Studia Teologiczne*, 6(1979): 471.

[20] A. MASLOW, "Theory of Motivation", 76.

[21] A. MASLOW, *Toward a Psychology*, 95.

Maslow assumed that "growth takes place when the next step forward is subjectively more delightful, more joyous, more intrinsically satisfying than the previous gratification."[22]

If the need of security is not fulfilled during childhood, a specific syndrome of a disturbed need of security is formed, which can be expressed in continuous attempts to maintain the status quo. Such people are afraid of risk, independence and freedom. They take a defensive, conservative, ordering and stabilising attitude, and avoid discovering reality and innovation.

If acquired in childhood, the sense of security pays off in the life of an adult human being, contributing to the fulfilment of personal and professional roles.

4. LACK OF SENSE OF SECURITY

Theorists who are involved in the study of a sense of security have coined the statement that "[...] basically all neurotic and destructive behaviours have their roots in a sense of uncertainty and accompanying anxiety."[23]

K. Horney claims that neurotics are characterised by an inherent insecurity and a feeling "of being small, insignificant, helpless, deserted, endangered, in a world that is out to abuse, cheat, attack, humiliate, betray, envy."[24] This is how Horney describes the basic anxiety, which is tantamount to emotional isolation and connected with a feeling of inner weakness and lack of self-confidence. The more nagging the anxiety, the more intense the defences against the basic anxiety. They include: affection, submissiveness, power and withdrawal.[25] According to Horney, affection is used to create a sense of security. It is characterised by total compliance with other people's wishes. "There are people whose sense of security can only be ensured by rigid submissiveness. Fear is so strong in them, and the lack of faith in affection so complete that obtaining affection is absolutely out of question."

Submissiveness may refer to widespread, traditional opinions, religious rites or demands of a man who is in power. All behaviours will be motivated by the perception of regulations and fulfilment of aspirations.

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[22] A. MASLOW, *Toward a Psychology*, 50-51.

[23] ARTHUR S. REBER, *Dictionary of Psychology* (London: Penguin Books, 1985), 359.

[24] KAREN HORNEY, *The Neurotic Personality of Our Time* (Warsaw: Dom Wydawniczy REBIS, 1999), 82.

[25] K. HORNEY, *Neurotic Personality*, 85.

In order to reinforce the sense of security, neurotics strive to gain power by achieving real success, assets, admiration and intellectual superiority.

The fourth way to defend against the basic anxiety is to withdraw by becoming addicted to others to the extent to which they affect the satisfaction of the person's internal and external needs. Independence in satisfying external needs will manifest itself in compulsive gathering of things or depreciating one's own needs. Independence in terms of internal needs will be achieved through an emotional indifference to the environment.[26]

According to Maslow, a man who has not satisfied the need of security, affection, belongingness or respect from others is considered ill. External factors become pathological when "[...] they threaten or prevent the fulfilment of basic needs or partial needs that are inseparably related to basic ones."[27] For the disturbed need of security syndrome, Maslow gives fourteen parallel symptoms of a sense of security and insecurity:

1. A feeling of non-acceptance, of being rejected, unloved, treated with coldness, without kindness, of being despised versus A feeling of being liked, accepted, treated warmly.

2. A feeling of isolation, alienation, loneliness, a feeling of separation, and uniqueness versus a sense of belonging, being in a world like at home, having one's place in a group.

3. A constant feeling of anxiety, threat and an imminent danger versus a sense of security, no feeling of threat.

4. Perceiving the world and life as hostile, dangerous and demanding versus perceiving the world and life as pleasant, friendly, kind and warm.

5. Perceiving other people as evil by nature, malicious and selfish versus perceiving other people as good by nature, nice, friendly, kind and warm.

6. A feeling of distrust, aversion and jealousy towards other people versus A feeling of friendship and trust in others; little hostility; spontaneous expressions of warm feelings.

7. A pessimistic attitude, anticipating the worst versus an optimistic attitude, anticipating a happy turn of events.

8. An inclination to feel dissatisfaction and disappointment; a feeling of being mistreated; lack of happiness versus a feeling of contentment and well-being.

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[26] K. HORNEY, *Neurotic Personality*, 86.
[27] A. MASLOW, *Toward a Psychology*, 97.

9. A feeling of tension, arousal and conflict, which may manifest itself in general nervousness, tiredness, irritability, insecurity and lack of cohesion versus a feeling of tranquillity and peace, relaxation, lack of conflict and emotional stability.

10. A tendency to compulsively analyse personal feelings and experiences versus spontaneity in functioning; an ability to orient oneself towards the world of other people.

11. A feeling of discouragement, guilt, shame, sinfulness; suicidal tendencies; lack of courage versus acceptance of self, acceptance of own impulsiveness.

12. Disturbances in the field of self-assessment, pursuit of power, exaggerated ambitions, aggressiveness, jealousy or self-attribution of extraordinary competences, and/or the opposing, masochistic tendencies, excessive dependence, compulsive submissiveness, a sense of inferiority, weakness and helplessness versus a desire for strength and competence in solving problems, an adequate self-assessment, a feeling of strength, courage.

13. A constant tendency to ensure a sense of security, neurotic tendencies to defensive attitudes; escapism, a tendency to psychotic behaviours versus Relative lack of neurotic or psychotic behaviours; realistic coping in life.

14. A tendency for selfish behaviours, egocentrism, individualism versus „Social interests" (in Alder's terms), willingness to cooperate, interest in others, friendliness.[28]

A. Maslow, while referring to his own theory of the hierarchy of needs, considered the first 14 symptoms to be source symptoms, whereas the remaining 11 he described as secondary ones (the effects of thwarting or satisfying the primary three source needs that are consolidated in the individual development of a person. These traits, according to Maslow, are characterised by deep characterological attitudes (symptoms: 4, 5, 6, 7,10 and 11) and tendencies to reactive behaviours (symptoms: 8, 9, 12, 13 and 14).

A formed structure of attitudes towards oneself and the environment that results from thwarting basic needs becomes relatively independent in relation to its sources. An adult with an insecurity syndrome remains unchanged in its attitude despite being offered safe affiliation and affection, while a person with a sense of security syndrome retains that sense in a situation of danger, isolation or rejection by the environment.[29]

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[28] A. MASLOW, *Toward a Psychology*, 31.

[29] ABRAHAM MASLOW, *Manual for the Security-Insecurity Inventory* (Palo Alto: CA: Consulting Psychologists Press, 1952), 28.

Based on the scientific findings presented above, it is concluded that lacking sense of security or unfulfilled sense of security adequately raises a person's inclinations to reactive and risky behaviours, which is reflected in empirical studies. The syndrome of lacking sense of security has a significant impact on the shape and quality of interpersonal relations established in the adulthood, developing of personality and sense of identity, emotional functioning, methods of coping with stress, occurrence of psycho-pathological symptoms and also on the person's health.

5. RESEARCH OBJECTIVE AND HYPOTHESES

It seems that research on the phenomenon of Internet addiction is needed, both from a cognitive and practical point of view (diagnostics, prevention and therapy). Based on the assumption that behavioural disorders in the form of Internet addiction actually exist, a primary objective of the research was to assess personality related determinants (if any) of this psychopathological syndrome. Being aware that one should expect a specific type of personality that will be characteristic of Internet addiction, as is the case with other addictions (alcoholism or drug addiction), the following general research hypothesis has been formulated:

H1: Addicted Internet users are different from men who are not web addicts in terms of their sense of security.

6. TEST GROUPS AND METHODS

Respondents
150 adults were included in the study; four persons refused to participate and the results for 10 were rejected due to incomplete data. They were aged from 18 to 39 years (M = 25.15, SD = 3.14).[30] A total of 136 males were surveyed, out of which 70 (group 2) matched the Internet addiction criteria

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[30] A determining factor for the pertinence of conducting a survey on a group of respondents at a developmental stage, i.e. early adulthood was the fact that it is young people aged 20-40 who account for more than half of Internet users in Poland (SAFERINTERNET, 2018). In addition, they are considered to be a high-risk group with regard to Internet addiction. A vital factor diversifying the level of risk of Internet addiction is also gender. Men constitute a group which is more prone to excessive use of the Internet (Sz.H. CHEN, Ch. CHAU, "A Review").

defined by K. Young (they scored 80-100 points on a general scale for IAT by Young)[31] and 66 males (group 1) were not at risk of Internet addiction (they scored 20-49 points on a scale for IAT by Young – who constituted a control group.[32]

To assess the sense of security, the Sense of Security and Personal Resiliency Questionnaire (KPB-PO) by Z. Uchnast was used. Results were analysed with the use of the statistics program SPSS Statistica.

Methods

To test the level of Internet addiction, the Internet Addiction Test by K. Young was used (with the test author's consent). Young's Internet Addiction Test (IAT) is a modified version of the Diagnostic Questionnaire from 1996 by K. Young and is recommended for conducting surveys on the population of adolescents and adults.[33] The test is composed of 20 'how often'–type questions. Each statement is rated in a five-point Likert scale (1 = rarely, 2 = from time to time; 3 = quite often; 4 = often; 5 = always). The maximum possible score is 100 points. The score from 20 to 49 reveals an average Internet user, from 50 to 79 indicates an Internet user with occasional or frequent problems because of Internet use, and the score of 80 and more points shows problematic Internet use. Internet addiction is understood as a dysfunction in controlling impulses which does not cause intoxication, and the term of the Internet refers to all types of on-line activity. The test measures the extent of individual's problems due to Internet use in daily routine, sleeping patterns, productivity, social life and feelings. Psychometric properties of the test were assessed on a group of 86 subjects. Six factors emerged in the questionnaire, namely: salience, excessive use, neglect work, anticipation, lack of control, neglect social life, with good internal consistency and diagnostic accuracy. Salience explained most of the variances. It was

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[31] The clinical group comprised patients from addiction treatment centres in Warsaw registered as Internet addicts. All patients completed the basic therapeutic programme for Internet addiction and abstained from the Internet for 3 weeks the least and 3 months the most. The author did not work in any of the centres where recruitment was conducted.

[32] Linked selection method was used. All subjects were surveyed using the same method and procedure. The condition of group homogeneity was met only with regard to the developmental stage and gender of subjects (J. BRZEZIŃSKI, *Metodologiczne i pesychologiczne wyznaczniki*).

[33] The Polish version of IAT was used in the survey. Translation was developed in line with the rules adopted for the purpose of intercultural studies (E. KRZYŻAK-SZYMAŃSKA, A. SZYMAŃSKI, *Preventing New Addictions*).

also found to be most reliable, which is demonstrated by Cronbach's α coefficient with the value for 6 subscales from 0.45 to 0.82. Original version of the tool was used in the survey.[34]

In order to measure sense of security, the Sense of Security and Personal Resiliency Questionnaire (KPB-PO) by Z. Uchnast was used.

The quantitative data obtained from the KPB-PO based research makes it possible to determine the level of severity of five factors:

1. **B1** – the intimacy factor. A high score within this factor indicates a relatively good satisfaction of the need for belonging and personal ties with the immediate environment; it testifies to openness to direct contacts with the environment. A low score indicates a lack of a sense of acceptance from family and friends, being isolated, a feeling of alienation and distrust.

2. **ST** – the stability factor; here a high score indicates a relatively good satisfaction of the need for safe functioning in everyday life, an ability to ensure the best possible functioning, an ability to predict and influence the course of events and matters we are involved in.

3. **ZS** – the self-confidence factor; a high score within this factor testifies to a good satisfaction of the need of self-respect, a sense of competence, internal cohesion, affirmation of one's individuality, personal preferences and trust in an ability to handle life in a specific way that suits the person. A low score in the ZS factor indicates a feeling of uncertainty, intimidation, discouragement and inferiority, as well as tendencies to compulsively analyse own experiences.

The fourth, penultimate factor is an averaged indicator of a sense of security.

4. **PB** – the averaged indicator of a sense of security. A high score indicates a relatively good satisfaction of basic psychological needs and motivational predispositions to spontaneous self-actualisation: caring for well-being, an appropriate position in the environment and an effective use of own potentials and talents in order to effectively cope with important life tasks. Those who achieve a low score in this factor tend to have neurotic disorders in terms of well-being, find it difficult to adapt and are confrontational.

5. The fifth factor, **PO** – personal resiliency refers to a sense of closeness to and trust towards others, openness to what is going on and a responsible involvement in such affairs. An ability to fine-tune and harmonise own desires and

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[34] KIMBERLY YOUNG, "Psychology of computer use: XL. Addictive use of the Internet: a case that breaks the stereotype," *Psychological Report* 79(1996): 899-902.

aspirations to both personal skills and current and predictable external conditions. An ability to remain calm and keep the "presence of mind" in order to effectively regulate one's own affective impulsiveness and motivational tensions and pressures.[35]

The reliability of the questionnaire KPB-PO was measured with the internal cohesion indicator (MSA) applied to individual questions, and also to the whole set of questions, and with split-half reliability and stability of results after two weeks (group of 75 students were surveyed). Reliability coefficients for stability are: for PB – $r = 0.93$, for B1 – $r = 0.89$, for St – $r = 0.81$, for Zs – $r = 0.90$. When assessing questionnaire validity, its results were compared against Shostrom's Personal Orientation Inventory (POI) and the 16-PF Personality Questionnaire by R.B. Cattell. Percentages of explained variances of KPB-PO results were: for PB – 44%, for Bl – 24%, for St – 35%, for Zs – 36%. Changeability of the general result for the Sense of Security Questionnaire is explained in 70% with the use of 16-PF scales, and for individual dimensions Bl – 41%, St – 58%, Zs – 62%.[36]

7. RESEARCH FINDINGS AND DISCUSSION

The values obtained from the surveys conducted with the use of the IAT and the Sense of Security and Personal Resiliency Questionnaire by Z. Uchnast, and comprising two subgroups: group 1 – males not addicted to the Internet, correct Internet use (low risk of Internet addiction (20-49 points); group 2 – males addicted to the Internet, pathological Internet use (high risk of Internet addiction (80-100 points), were subject to further statistical analysis. The analysis was conducted based on mean values (M) and standard deviations (SD). Statistically significant differences or similarities between individual groups of respondents enable finding the answer to the research question put forward in the article. With the use of Student's t test, significance of differences between average results in the group of addicted and not addicted males was computed.
Tables 2-5 contain data on the sociodemographic characteristics of the subjects.

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[35] ZENON UCHNAST, "The method of measuring the sense of security," in *Lectures on psychology at the Catholic University of Lublin*, ed. Zenon Uchnast, Tomasz Witkowski (Lublin: RW KUL, 1991), 95-108.

[36] Z. UCHNAST, "The method," 41-54.

Table 2. Age of the subjects (N = 136)

Group	Up to 20 years	21-30 years	31-39 years
Group 1 (N = 66)	4	23	39
Group 2 (N = 70)	20	46	4
Total	24	69	43

Table 3. Education of the subjects (N=136)

Group	Secondary	Incomplete higher	Higher
Group 1 (N = 66)	4	24	38
Group 2 (N = 70)	25	15	30
Total	29	39	68

Table 4. Type of work performed (N = 136)

Group	Pupil	Student	Blue collar	White collar
Group 1 (N = 66)	2	45	1	18
Group 2 (N = 70)	1	52	0	17
Total	3	97	1	35

Table 5. Place of residence (N = 136)

Group	Up to 30,000 inhabitants	Up to 100,000 inhabitants	Above 100,000 inhabitants
Group 1 (N = 66)	14	20	32
Group 2 (N = 70)	5	17	48
Total	19	37	80

From the data in Tables 2-5, it can be inferred that the majority of the studied men who are Internet addicts are persons aged 20-31, with secondary or higher education, pupils/students or white collar employees, from cities with over 100,000 inhabitants. The above data confirms the results of research conducted

by A. Jakubik, showing that the Internet users are mostly male university students, living in big cities.[37]

In order to establish the differences in a sense of security, both groups were tested with the use of the Sense of Security and Personal Resiliency Questionnaire (KPB-PO) by Z. Uchnast.

The results presented in Table 6 cover the following factors: intimacy, stability, self-confidence, sense of security and personal resiliency.[38]

Table 6. Average results obtained in individual KPB-PO factors
by Internet addicts and non-addicts (N = 136)

Factor KPB-PO		People who are not addicted to the Internet	People who are addicted to the Internet	T	p
Intimacy (B1)	M	56.15	51.06	3.290	0.001
	SD	8.716	9.305		
Stability (ST)	M	57.36	47.03	5.159	0.001
	SD	11.350	11.976		
Self-confidence (ZS)	M	64.30	53.20	5.260	0.001
	SD	10.696	13.651		
Sense of security (PB)	M	61.67	50.39	5.810	0.001
	SD	11.230	11.386		
Personal resiliency (PO)	M	53.27	50.39	0.157	0.876
	SD	8.284	53.00		

Legend: M – mean; SD - standard deviation; t – Student's t-test; p – significance of differences.

Statistically significant differences between groups of male Internet addicts and non-addicts occurred in four factors: intimacy (p<0.001), stability (p<0.001), self-confidence (p<0.001) and a sense of security (p<0.001). There were no statistically significant differences observed between the group of Internet addicts and non-addicts in the personal resiliency factor. Interpreting the above data, it can be stated that addict-free people have a well-satisfied need for bonding with the immediate environment and they are open to what is going on (B1). In everyday life, they function in an orderly and organised manner. They have a grea-

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[37] ANDRZEJ JAKUBIK, "Internet Addition Syndrome," *Studia Psychologica UKSW* 3(2002): 133.

[38] Z. UCHNAST, "The method", 95-108.

ter ability to predict an impact on the course of events and affairs in which they are involved (ST). Non-addicts are characterised by a sense of competence and internal cohesion; they have confidence in their ability to handle life in a specific way that suits them (ZS). They show preferences for spontaneous self-actualisation, and affirm themselves and their own abilities (BP).

Internet addicts feel non-acceptance and alienation from their family and friends (B1). They are characterised by emotional instability; they act in a less organised and orderly manner (ST). These people have less confidence in their skills and competences. They live with a sense of inferiority, discouragement and uncertainty (ZS). They show a tendency to disorders in terms of well-being, as well as adaptational difficulties (BP).

8. CONCLUSIONS

An interpretive analysis of research findings has made it possible to see the difference in a sense of security in male non-addicts and those addicted to the Internet. Statistically significant mean results have been obtained within four KPB-PO scales. The data obtained shows that people who are not addicted to the Internet have a greater sense of security than the group with a high risk of addiction. Non-addicted men have a well-satisfied need to bond with their family and friends. They function in a more organised and orderly manner than the addicted Internet users. They are open to what is going on, and their mark is a sense of competence and internal cohesion. Non-addicted men have confidence in their own skills, and show preferences for spontaneous self-actualisation and affirmation of their abilities.

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Men who are addicted to the Internet can be characterised as people with a little sense of security. The research findings prove that men who are addicted to the Internet differ from non-addicted Internet users in terms of their sense of security and its individual dimensions. Addicted men significantly less often display a pattern of a trusting and safe bond with people; at the same time, they more often experience distrust, fear and insecurity, while avoiding intimacy and closeness in the relationship with their family and friends. According to theoretical assumptions, it can be concluded that deficits in a sense of security could have contributed to the development of the addiction contemplated here. The research has also shown that there are no statistically significant differences in

the group of Internet addicts and non-addicts in terms of personal resiliency. However, it should be emphasized that compared to males who are free of Internet addiction, the addicted men obtained lower scores in the aforementioned personality trait. It can be assumed that lower perseverance and determination in pursuing a goal, as well as an ability to put up with failure and treat life as a challenge (i.e. the characteristics that are inherent in the sense of resiliency) may actually lead to an escape into the Internet.

The research findings cast new light on the relationship between a sense of security and Internet addiction. They confirm the importance of a feeling of intimacy, stability, self-confidence and a sense of security in the functioning of an addict. A sense of security has its roots in an earlier period of human life, and such early experiences may actually bear significance for the etiology, prevention and therapy of Internet addiction.

The above-mentioned research results also have the application value, as they may prove important in the process of therapy of people who use the Internet in a highly destructive way. They also point to the need to develop and shape the sense of security resource.

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POCZUCIE BEZPIECZEŃSTWA U MĘŻCZYZN UZALEŻNIONYCH OD INTERNETU

Streszczenie

Celem artykułu jest przedstawienie i omówienie wyników badań nad grupą mężczyzn uzależnionych od Internetu w kontekście poczucia bezpieczeństwa. Rosnące zainteresowanie problematyką poczucia bezpieczeństwa, zarówno w perspektywie społeczno-kulturowej, jak

psychologicznej, znajduje wyraz również w pojawieniu się badań nad poczuciem bezpieczeństwa osób wysoko zagrożonych uzależnieniem od Internetu. W Polsce, jak dotychczas, brakuje tego typu badań. Ich realizacja, rozpowszechnianie, jak i refleksja nad nimi, wydaje się mieć niezwykle istotne znaczenie ze względu na szerokie implikacje praktyczne – w obszarze relacji terapeutycznej, procesu zdrowienia, profilaktyki, jak również pogłębionego rozumienia pacjenta uzależnionego od Internetu.

Analizie interpretacyjnej poddano wyniki 136 respondentów, w tym: mężczyzn uzależnionych od Internetu oraz nieuzależnionych od Internetu, w wieku od 18-39 lat. W badaniach uczestniczyli sami mężczyźni.

Metoda. W badaniach wykorzystano Kwestionariusz Poczucia Bezpieczeństwa i Prężności Osobowej (KPB-PO) autorstwa Zenona Uchnasta i Test Uzależnienia od Internetu K. Young (IAT).

Wyniki. Istnieją różnice w poziomie poczucia bezpieczeństwa u mężczyzn uzależnionych i nieuzależnionych od Internetu. Rozwijanie poczucia bezpieczeństwa może przyczynić się do poprawy funkcjonowania osób uzależnionych od Internetu.

Słowa kluczowe: poczucie bezpieczeństwa; uzależnienie od Internetu.