

## **Self-control, Narcissistic Tendencies and Internet Addiction among Adolescents**

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The present research aims to investigate the relationship between self-control, narcissistic tendencies and internet addiction among adolescents. Sample consists of 100 adolescents (50 boys and 50 girls) with the age range from 15 to 19 years ( $M= 18.0$ ,  $SD= 1.33$ ) from different educational institutes. Assessment measures which are used to assess are Brief Self-Control Scale (Maloney, Grawitch & Barber, 2012), Narcissistic Personality Inventory (NPI-16) (Ames, Rose & Anderson, 2006), short version of Young's Internet Addiction Test (Pawlikowski, Altstötter-Gleich, & Brand, 2013) and a demographic questionnaire. Results of Pearson product moment correlation showed that there was a positive relationship between self-control, narcissistic tendencies and internet addiction among adolescents.

*Key words:* self-control, narcissistic tendencies, Internet addiction

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One of the types of behavioral addiction is media addiction, which is without use of any chemical substance (Marks, 1990). According to this definition, the individuals who are addicted to media feel themselves obsessed to use internet despite knowing the negative results of their use. These negative consequences make them feel compelled to use the media irrationally or out of control, even knowing the fact that their use is not beneficial (Liau, Khoo, & Ang, 2005).

Self-control can be described as the active role play in refraining from the instant gratification of impulses that would interfere with the daily functioning and attainment of goals (Baumeister, Vohs, & Tice, 2007). From a simple viewpoint, it is an intervening, dominating or changing of a predetermined behavior (Schmeichel & Vohs,

2009). Self-control is the skill of controlling or inhibiting a desired, persuasive urge in the attainment of goal (Fishbach & Trope, 2005).

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