

Investigation of the Relationship between Internet Self-Efficacy and Cyberchondria Severity in Adults

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ABSTRACT

Problem of Research: The use of the Internet is rapidly spreading and the Internet is becoming one of the indispensable tools of daily life. As a result of this situation, it is possible for individuals to conduct research on health. Being a conscious user and having self-efficacy in internet use is important for cyberchondria, which is called a new generation disease.

Purpose of the Study: The aim of the study is to examine the relationship between internet self-efficacy and the severity of cyberchondria in adults.

Method: The data in the study were obtained by questionnaire form. The questionnaire form consists of sociodemographic characteristics, Internet Self-Efficacy Scale and Cyberchondria Severity Scale. The population of the research consists of individuals living in Konya. The sample of the study consists of 440 people who participated voluntarily.

Results: 55.2% of the participants are women and 28.4% are associate degree graduates. While 19.8% of the participants spend more than 1 hour - less than 2 hours on the Internet a day, 13.1% spend less than 1 hour. It was determined that there was a moderately significant positive correlation between the internet self-efficacy and cyberchondria levels of the participants.

Conclusion: In the study, it was determined that the increase in internet self-efficacy of adult individuals increased the level of cyberchondria severity. According to the results of the study, there is a need for studies to reduce the levels of cyberchondria in adults.

Keywords: Cyberchondria, Internet Self-Efficacy, Using Internet

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