

Abstract

Background: Modern technologies including the Internet are an increasingly used resource in our society. Currently when the whole world is dealing with the COVID-19 pandemic online activities are becoming more prominent and more attention needs to be paid to problem use. This can lead to increased addiction within the whole population.

Aim: The main aim of the research is to determine the level of Internet addiction in the general population during the pandemic. The secondary aims are to determine whether there has been an increase in Internet use by people with addiction and which online activities are more preferred by them.

Methods: A quantitative method of collection questionnaires through the online platform Survio was used for the research. Questionnaires were shared mainly on social networks and by the snowball method. It was used to determine addictive behavior Chen Internet Addiction Scale. Data analysis took place in the Microsoft Excel spreadsheet where its functions and filters were used to create tables and charts. Descriptive statistics were used for data analysis.

Results: The highest prevalence of Internet addiction was found in our research among women, 15 – 18, 19 - 24 and 25 - 34 years of age. In general there has been an increase in Internet use also among addicts and the preferred activities during a pandemic are work or school duties, mass media using, social networking, media watching and online shopping. Compared to the normal use of the Internet there has been an increase in its use for work or school duties. On the contrary there has been a significant decrease in the use of social networks as the primary online activity.

Conclusion and recommendation: Addictive behavior on the Internet was detected in 8,75 % of the population of the Czech Republic. According to our results, the endangered group can be characterized as a woman aged 15-34 with a basic education. Further research is needed on Internet addiction given its increased use during the COVID-19 pandemic, which may result in higher levels of addiction. The recommendation is to focus more on this issue, preventing or making the general population aware of these risks.

Key words: Internet – addiction - COVID-19 pandemic – prevalence of Internet addiction