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# Perceived Social Isolation and Internet Addiction as Predictors of Procrastination among Young Adults

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**Abstract:** As procrastination becomes progressively more common in today's world, the hidden role of social isolation cannot be ignored. Feeling disconnected from real-life interactions may drive individuals toward internet addiction, ultimately increasing the chances of procrastination. The present study aims to find out the difference between the groups of Assigned Female At Birth (AFAB) and Assigned Male At Birth (AMAB) in PSI, Internet addiction and Procrastination; and to explore the interrelationships among PSI, Internet Addiction and Procrastination. All total 208 (73 AMAB and 135 AFAB) participants, aged between 18 - 30 years (mean age = 22 years), having 15 -17 years of education were selected from different regions of West Bengal, using purposive sampling. Patient-Reported Outcomes Measurement Information System (PROMIS) Social Isolation Scale, Internet Addiction Test(IAT) and General Procrastination Scale (GPS) were used. Statistical Analysis was done through SPSS -27. An independent sample t-test revealed that AMAB participants reported comparatively higher levels of internet addiction and procrastination than AFAB participants. Pearson's Coefficient of Correlation revealed significant positive relationships among procrastination, perceived social isolation and internet addiction among young adults. Regression analysis revealed PSI as a significant predicting factor for procrastination among young adults (with a weightage of 18%). Further multiple regression analysis revealed that PSI and internet addiction together significantly predict procrastination (with a weightage of 22.3%) among young adults. Thus the study highlights that internet addiction works as an important factor in translating feelings of social isolation, further leading to procrastinatory behaviour among young adults.

**Keywords:** procrastination, perceived social isolation , internet addiction, young adults.

## I. INTRODUCTION

In today's world, the internet has become an important part of everyday life. Young adults use it for studying, communication, entertainment, gaming, shopping, and social networking. Technological advancement has made life easier and more connected than before. However, along with its benefits, excessive use of the internet has also created several psychological and behavioural problems among people, especially among young adults. Some of the most common concerns seen in recent years are excessive internet use, delaying important tasks, and feelings of loneliness or emotional disconnection from others.

Internet Addiction this term has been first coined by Young (1996/1998): He conceptualized it as a "generalized impulse control disorder" that involves an compulsive internet use , inability to manage online time, leading to significant disruption in personal, scholastic, or occupational life, Regardless of this being an addiction or addictive disorder this is not included in DSM-5-TR. Studies showed that both internet addiction and procrastination are so common among college students (Solomon & Rothblum, 1984; Lay, 1986 ; Yang & Tung, 2007, Tice & Baumeister, 1997; Kandell, 1998). Research shows that there is also a mediating relation among internet addiction and academic procrastination on the other hand there is a positive direct effect with procrastination (Manap, et.al., 2023)

Procrastination refers to the habit of delaying or postponing tasks even when a person knows that doing so may lead to negative consequences. The conceptualizations of procrastination imply inaction, or postponing, delaying, or putting off a decision, in keeping with the Latin origins of the term "pro-," meaning "forward, forth, or in favor of," and "-crastinus," meaning "tomorrow" (Klein, 1971). Time delay is just the behavioral reflection, while personality traits, cognitive and motivational process, as well as contextual conditions are in-depth inducements to procrastination. Procrastination can be viewed as purposive and irrational delay

so as to miss the deadlines (Akerlof, [1991](#); Schraw et al., [2007](#)). In recent years, procrastination has become a major issue because it affects productivity, academic performance, emotional well-being, and daily functioning it may cause clinically distress in certain cases

Another important factor related to these behaviours is Perceived Social Isolation (PSI). Perceived social isolation refers to the feeling of being lonely, emotionally disconnected, or unsupported by others. A person may be surrounded by people and still feel emotionally alone. Such feelings can negatively affect emotional well-being and social functioning. Young adults who experience loneliness or social discomfort may often turn to the internet for comfort, distraction, or interaction, which can gradually increase unhealthy internet usage.

Previous studies have suggested a strong relationship between loneliness, social anxiety, and problematic internet use. Research by Caplan (2007) found that individuals experiencing loneliness and social anxiety are more likely to prefer online social interaction and may develop problematic internet use patterns. This suggests that emotional and social difficulties may play an important role in excessive internet use and related behavioural problems.

In today's generation, where young adults spend a large amount of time online, understanding the relationship between emotional disconnection, excessive internet use, and delaying behaviours has become increasingly important. Therefore, the present study aims to examine the relationship between perceived social isolation, internet addiction, and procrastination among young adults. The study is important because it helps in understanding how emotional struggles and unhealthy online habits may affect the daily life, productivity, and psychological well-being of young adults, particularly within the context of West Bengal.

The aim of the research is to predict procrastination through perceived social isolation and internet addiction among young adults.

## II. LITERATURE REVIEW

On investigation of previous papers, it was found in research on "Impact of adolescent internet addiction on academic procrastination: the serial mediating role of self-control and anxiety" it has been conducted on both from high school and university suggests that Internet addiction not only has a direct effect on academic procrastination, but also self-control and anxiety can partially mediate the relationship between Internet addiction and academic procrastination. Self-control and anxiety also play a serial mediating role in the relationship between internet addiction and academic procrastination. (Wu et.al., 2025).

On the contrary research of "Relationship Between Procrastination and Perceived Academic Achievement: The Mediating Role of Internet Addiction" conducted in university students. Data were collected from 525 university students' findings revealed a negative influence of Academic Procrastination on self-perceived Academic Achievement, a positive influence of Academic Procrastination on Internet Addiction, and a positive influence of Internet Addiction on self-perceived academic achievement. Internet Addiction, partially and competitively mediates a relationship between Academic Procrastination and self-perceived Academic Achievement (Perez et.al.,2026).

Another study conducted on a university "The relationship between self-efficacy and internet addiction with adolescent academic procrastination through self-regulation" here the data were collected by multi- stage cluster method, The results showed that there is a negative and significant relationship between self-efficacy and academic procrastination, and a positive and significant relationship between Internet addiction and academic procrastination. There is also an indirect relationship between self-efficacy and academic procrastination through self-regulation. There is an indirect relationship between Internet addiction and academic procrastination through self-regulation (Ganji & Babapour et.al., 2025).

However a study conducted in another University on Mediating Role of Procrastination in the Relationship between Fear of Missing Out and Internet Addiction in University Students this studies was done on 315 students . The findings showed that Fear of missing out had a significant positive direct effect on both procrastination and internet addiction . Procrastination also had a significant positive direct effect on internet addiction . Additionally, procrastination mediated the relationship between the fear of missing out and internet addiction , it typically suggests that procrastination behaviour is a key factor in explaining the association between Fear of missing out and internet addiction (Manap et.al., 2023).

Study conducted on Internet Addiction, Academic Procrastination and Self-Esteem among University Students at a University, in Lahore, This studies Internet Addiction, Academic procrastination, and Self-esteem among university students. The correlational research design was employed, a sample of 453 university students selected from public and private universities Correlation was used to assess the relationship between variables. The results revealed that Internet Addiction has a significantly positive relationship with Procrastination and Self-esteem. Procrastination has a significantly positive relationship with self-esteem. The result of the mediation analysis showed that Internet Addiction significantly and positively predicts self-esteem. Moreover,

procrastination significantly and positively predicts self-esteem. Lastly, the interaction between Internet Addiction and Procrastination shows significant prediction of self-esteem (khan et.al. 2025).

In an Indian context, a study on “Well-being, Procrastination and Internet Addiction among Adolescents” is done on early adolescence and late adolescents of both genders. A total of 155 participants were selected from Varanasi district of Uttar Pradesh shows that there were found age- based significant differences in internet addiction and the findings revealed a significant positive correlation between procrastination and internet addiction among males. There is no significant correlation observed among females. (R.K. Jha,2025).

Another study on The Relationships of Internet Addiction, Depression, and Suicidal ideation in Adolescents done was done on internet addiction and to investigate the relationships among internet addiction, depression and suicidal ideation in adolescents. Participants were 1,670 high school students the result shows that internet addiction correlated positively to the level of depression and suicidal ideation. there were significant positive correlations among Internet addiction, depression, and suicidal ideation in adolescents. (jung et.al.,2004)

A study on The effect of sleep disturbances and internet addiction on suicidal ideation among adolescents in the presence of depressive symptoms it employed 631 adolescents aged between 12 and 18 randomly recruited from different middle and high schools as participants the result revealed that on a confirmatory path analysis suggests that the effect of sleep disturbances on suicidal ideation moderated by the impact of internet addiction and mediated by the sleep effects on depressive symptoms.(Sami et.al.,2018).

A study on sleep health and Social Isolation among teens, its data were collected as part of the National Sleep Foundation Sleep in America® Poll. The random, population-based sample included N=1,097 teens (age 13-17) participants this study reveals increased social isolation is associated with lower sleep duration and restfulness, as well as increased use of sleep-promoting medications and sleep disorder diagnoses. Targeted initiatives that promote human connection may address the cause of social isolation and perhaps could help improve sleep and mental health among adolescents, thereby improving public health and well-being (Eksambe et.al.,2026).

A study on Effectiveness of Quality of Life Therapy on Internet Addiction, Loneliness, and Self-Esteem of Female Second Grade High School Students the population of sample was 88 students who were recognized to have internet addiction are chosen and assigned into two groups the result revealed that there is a quality of life therapy can reduce internet addiction and loneliness and it can enhance self esteem and after one month the finding did not change, and they were stable (Farhadi,Hadi).

A study on Preference for Online Social Interaction A Theory of Problematic Internet Use and Psychosocial Well-Being Results indicated that psychosocial health predicted levels of preference for online social interaction, which, in turn, predicted negative outcomes associated with problematic Internet use. In addition, the results indicated that the influence of psychosocial distress on negative outcomes due to Internet use is mediated by preference for online socialization and other symptoms of problematic Internet use this result support the current that the individuals' preference for online, rather than face-to-face, social interaction plays an important role in the development of negative consequences associated with problematic Internet use.(Caplan E Scott, 2003)

A study on Relations Among Loneliness, Social Anxiety and Problematic Internet use This study examined the extent to which social anxiety explains results previously attributed to loneliness as a predictor of preference for online social interaction and problematic Internet use. The results support that the relationship between loneliness and preference for online social interaction is spurious, and that social anxiety is the confounding variable.(Caplan E Scott).

### III. METHODS

#### A. Objectives

- To determine if there is any significant mean difference between the groups of AFAB and AMAB
- To study the interrelationship between perceived social isolation, internet addiction, and procrastination among university/college students of west bengal.
- To study the impact of perceived social isolation on procrastination among university/college students of west bengal.
- To study the impact of perceived social isolation on internet addiction among university/college students of west bengal.
- To study the impact of perceived social isolation and internet addiction on procrastination among university/college students of west bengal.

#### 1) Sample

Participants (n=208) were selected from the AMAB and AFAB adult population of university/college students from university/college students of West Bengal from April 2026 to May 2026.

- Inclusion Criteria

1. AMAB and AFAB college/university students (age range 18-30) irrespective of religion, marital status, residual and economical background.
2. AMAB and AFAB students who use the internet regularly.
3. Informed consent and voluntary participation.

- Exclusion Criteria

1. Inadequate response that could compromise data quality.
2. Non consent participants.

## 2) Sampling Technique

Data were gathered using a purposive and convenience sampling method from different educational institutes through google form because the sample was selected from university/college students to better understand procrastination, isolation, internet addiction during emerging adulthood, and they are available willing or easy to access. Or contact on a practical level.

## B. Operational Definition

### 1) Procrastination

Procrastination is the voluntary, irrational delay of an intended course of action despite knowing that the delay will likely result in negative consequences, increased stress, or worse outcomes. It isn't just poor time management or being busy; it is an emotional regulation problem where someone avoids a task to escape immediate discomfort, even though it hurts them in the long run.

### 2) Social Isolation

Social isolation is the objective state of having minimal contact with other people, a near-total lack of involvement with a social network, and few to no regular social relationships. Social isolation is objective (it counts your actual lack of human contact). This makes it different from loneliness, which is subjective (the painful feeling of being disconnected, even if you are in a room full of people).

### 3) Internet Addiction

Internet addiction (often called Problematic Internet Use or Cyber-dependence) is a behavioral addiction characterized by an individual's inability to control their online usage, leading to severe distress and the neglect of normal life responsibilities. Like chemical addictions, it triggers neurological reward pathways. It is defined by symptoms like tolerance (needing more screen time to feel satisfied) and withdrawal (feeling anxious or irritable when forced to log off).

## C. Tools Used

### 1) (PROMIS) Social Isolation Scale

Perceived social isolation will be measured using the PROMIS (Patient-Reported Outcomes Measurement Information System) Social Isolation Scale. The scale assesses an individual's subjective feelings of loneliness, exclusion, and disconnection from others. It focuses on perceived social isolation rather than objective social contact.

Participants respond to items on a 5-point Likert scale ranging from Never to Always. This scale has excellent internal consistency for the PROMIS Social Isolation Scale, with Cronbach's alpha coefficients ranging from 0.90 to 0.97, indicating high reliability. It has strong convergent and discriminant validity.

### 2) Internet Addiction Scale (IAT)

Internet addiction will be assessed using the Internet Addiction Test (IAT) developed by Kimberly Young. The IAT consists of 20 items that evaluate the extent of internet use and its impact on daily life, social relationships, academic performance, and emotional well-being. The IAT has demonstrated excellent internal consistency, with Cronbach's alpha values generally ranging from 0.88 to 0.93.

### 3) General Procrastination Scale (GPS)

Procrastination will be measured using the General Procrastination Scale (GPS) developed by Clarry Lay. The scale contains 20 items designed to assess the tendency to delay tasks and responsibilities unnecessarily. The General Procrastination Scale has shown

high internal consistency, with reported Cronbach's alpha coefficients ranging from 0.82 to 0.91. The GPS has strong construct and convergent validity and accurately measures the tendency to delay tasks and responsibilities

#### D. Procedure

This is a quantitative research and the participants were basically college and university students from West Bengal. Every participant gave their consent for data. The data collection process was done in an online mode, through Google forms. Three scales were used there- Social Isolation Scale (PROMIS), Internet Addiction Scale (IAT) and General Procrastination Scale (GPS). The sample's normality was determined by the Shapiro-Wilk test. Inferential and parametric statistics (T-test, Pearson product moment Correlation )were used for analysing the data. Regression analysis was also done .The statistical analysis was done by using SPSS27. All the significant findings of the result section were tabulated by following the APA 7 format.

### IV. RESULTS

#### A. Tests for normality

Shapiro–Wilk test is used to assess the equality of variances for perceived social isolation ( $p=.989$  ), internet addiction( $p=.981$  )and procrastination( $p=.987$ ), calculated for AFAB and AMAB young adults: internet addiction significantly deviated from normality ( $p < .05$ ), whereas procrastination and perceived social isolation was normally distributed ( $p > .05$ ).

Table 1: Descriptive Statistics

| Scales | M      | SD     |
|--------|--------|--------|
| PROMIS | 55.451 | 7.526  |
| IAT    | 33     | 15.225 |
| GPS    | 64.135 | 9.909  |

#### Independent Sample t-test

An independent sample t-test revealed that 73 AMAB ( $M=55.159$ ,  $SD=6.861$ ) 135 AFAB ( $M= 55.579$ ,  $SD=7.904$ ) in terms of PROMIS and 73 AMAB ( $M=36.863$ ,  $SD=15.929$ ) 135 AFAB ( $M= 30.783$ ,  $SD=14.442$ ) in terms of IAT and 73 AMAB ( $M=67.520$ ,  $SD=9.544$ ) 135 AFAB ( $M= 62.179$ ,  $SD=9.576$ ) in terms of GPS, 73 AMAB participants reported comparatively higher levels of internet addiction and procrastination than 135 AFAB participants. In terms of conditions of Perceived social isolation, there is no significant mean difference is present between the 73 AMAB scores ( $M=55.159$ ,  $SD=6.861$ ) and 135 AFAB scores ( $M= 55.579$ ,  $SD=7.904$ ). The results are given below

Table 2: Independent Sample t-test results

| Variables | Male (n=73) |        | Female (n=135) |        | t-test |       |
|-----------|-------------|--------|----------------|--------|--------|-------|
|           | Mean        | SD     | Mean           | SD     | t      | Sig.  |
| PROMIS    | 55.159      | 6.861  | 55.579         | 7.904  | -.382  | .703  |
| IAT       | 36.863      | 15.929 | 30.783         | 14.442 | 2.790  | .006  |
| GPS       | 67.520      | 9.544  | 62.179         | 9.576  | 3.839  | <.001 |

#### B. Pearson's correlation

Pearson's Coefficient of Correlation is computed to examine the relationships among procrastination, perceived social isolation and internet addiction among young adults ( $n=208$ ). A Pearson correlation analysis revealed a moderate positive correlation between

perceived social isolation and internet addiction,  $r = 0.486$ ,  $p < .001$ . Internet addiction was also positively correlated with procrastination,  $r = 0.453$ ,  $p < .001$ . Additionally, perceived social isolation showed a significant positive correlation with procrastination,  $r = 0.335$ ,  $p < .001$ . The results are given below

Table 3: Pearson Coefficient Correlation

| Scales |          | PROMIS | IAT    | GPS    |
|--------|----------|--------|--------|--------|
| PROMIS | R values | 1      | .486** | .335** |
|        | Sig.     |        | <.001  | <.001  |
| IAT    | R values | .486** | 1      | .453** |
|        | Sig.     | <.001  |        | <.001  |
| GPS    | R values | .335** | .453** | 1      |
|        | Sig.     | <.001  | <.001  |        |

Note: \*\*Correlation is significant at the 0.01 level

### C. Regression

A simple linear regression analysis was further conducted to determine whether perceived social isolation significantly predicted procrastination. The regression model was significant,  $F = 25.973$ ,  $p < 0.001$  explaining 11.2% of the variance in procrastination ( $R^2 = .112$ ). Also another linear regression analysis was conducted to determine whether perceived Social Isolation predicted Internet Addiction. The result showed perceived social isolation significantly predicted internet addiction, where the regression model was significant explaining 23.6% of variance of internet addiction ( $R^2 = .236$ ).

Further a multiple regression analysis was also conducted to determine whether perceived social isolation and internet addiction together significantly predicted procrastination. The regression model was significant,  $F = 29.344$ ,  $p < 0.001$  explaining 22% of the variance in procrastination ( $R^2 = .223$ ). Results are given below

Table 4 : Linear Regression 1  
(DV= gps)

| Model | R                 | R Square | Adjusted Square | R | Std. Error Of the Estimate |
|-------|-------------------|----------|-----------------|---|----------------------------|
| 1     | .335 <sup>a</sup> | .112     | .108            |   | 9.36073                    |

a. Predictors:(Constant), promis

Table 5: Linear Regression 2  
(DV= iat)

| Model | R                 | R Square | Adjusted Square | R | Std. Error Of the Estimate |
|-------|-------------------|----------|-----------------|---|----------------------------|
| 1     | .486 <sup>a</sup> | .236     | .233            |   | 13.33632                   |

b. Predictors:(Constant), promis

Table 6: Multiple regression

| Model | R                 | R Square | Adjusted Square | R | Std. Error of the Estimate |
|-------|-------------------|----------|-----------------|---|----------------------------|
| 1     | .472 <sup>a</sup> | .223     | .215            |   | 8.77977                    |

a. Predictors:(Constant),iat, promis

b. Dependent Variable :gps

## V. DISCUSSION

The aim of the present research was to examine the interrelationship between perceived social isolation, internet addiction, and procrastination among university/college students of west bengal. The independent sample t-test findings of the present study revealed that AMAB participants reported comparatively higher levels of internet addiction and procrastination than AFAB participants. The mean scores showed that AMAB scored higher on internet addiction ( $M = 36.863$ ) compared to AFAB ( $M = 30.783$ ), and similarly higher on procrastination ( $M = 67.520$ ) compared to AFAB ( $M = 62.179$ ). These findings suggest that young adult AMAB may be more vulnerable to excessive internet use and delaying behaviors than AFAB. One possible explanation for this finding may be understood through the perspective of the Social Learning Theory, which suggests that behavior is learned through observation, reinforcement, and environmental influences. AMAB individuals may receive greater social reinforcement for engaging in online gaming, digital entertainment, and risk-taking online activities, which can increase internet usage and reduce time management efficiency. Excessive involvement in such online activities may eventually contribute to procrastination behaviors. Furthermore, research has indicated that AFAB often demonstrate comparatively better self-regulation, emotional awareness, and help-seeking behaviors, which may protect them from excessive internet use and procrastination. In contrast, AMAB may engage more in avoidant coping strategies, where online activities are used to escape stress, boredom, or emotional difficulties. This pattern aligns with the Self-Regulation Theory, which explains that individuals with lower self-regulatory control are more likely to engage in impulsive behaviors such as excessive internet use and procrastination.

The findings of the present study revealed a positive and significant correlation between perceived social isolation and internet addiction ( $r = .486$ ,  $p < .001$ ). This indicates that individuals who experience higher levels of social isolation are more likely to develop problematic internet usage behaviors, studies by Caplan (2003, 2007) demonstrated that loneliness and poor social connectedness are strongly associated with problematic internet use, as socially isolated individuals often prefer online interaction over face-to-face communication. Therefore, it can be said that perceived social isolation may contribute to excessive internet use as a coping mechanism among young adults.

Another important finding of the present study is the positive and significant correlation between internet addiction and procrastination ( $r = .453$ ,  $p < .001$ ). This finding suggests that individuals who spend excessive amounts of time online are more likely to delay academic, personal, or daily responsibilities. Similar findings were reported in earlier studies where internet addiction was associated with poor time management, reduced self-control, and avoidance behaviors. Excessive engagement in online activities such as social media, gaming, and entertainment may distract individuals from completing important tasks, thereby increasing procrastination behaviors. Thus, internet addiction appears to play a significant role in promoting procrastination among young adults.

Further, the study also found a significant positive correlation between perceived social isolation and procrastination ( $r = .335$ ,  $p < .001$ ). This indicates that socially isolated individuals may be more likely to postpone or avoid tasks. One possible explanation is that feelings of loneliness and lack of emotional support can reduce motivation, concentration, and psychological well-being, which may ultimately lead to procrastination., researches have similarly shown that emotional distress and low social connectedness are associated with avoidance behaviors and delayed task completion. Therefore, higher perceived social isolation may negatively affect productivity and task engagement among young adults.

The study further examined whether perceived social isolation significantly predicted internet addiction. The regression findings showed that perceived social isolation significantly predicted internet addiction, explaining 23.6% of the variance ( $R^2 = .236$ ). This suggests that socially isolated individuals are more likely to rely heavily on internet use to compensate for limited offline social interaction. Previous studies have also indicated that individuals experiencing loneliness or social withdrawal tend to engage

excessively in online activities as a means of emotional escape and social compensation. Therefore, perceived social isolation may strongly contribute to the development of internet addiction.

The study also attempted to determine whether perceived social isolation significantly predicted procrastination. The results of the regression analysis revealed that perceived social isolation significantly predicted procrastination, explaining 11.2% of the variance ( $R^2 = .112$ ,  $F = 25.973$ ,  $p < .001$ ). This finding suggests that perceived social isolation is an important contributing factor to procrastination behaviors. Individuals who feel disconnected from others may experience reduced emotional support and increased psychological distress, which can interfere with motivation and task completion. Hence, perceived social isolation can be considered a significant predictor of procrastination among young adults.

Moreover, the multiple regression analysis revealed that perceived social isolation and internet addiction together significantly predicted procrastination, explaining 22% of the variance ( $R^2 = .223$ ,  $F = 29.344$ ,  $p < .001$ ). This finding highlights that both social isolation and problematic internet use jointly contribute to procrastination behaviors among young adults. Excessive internet use may consume time and reduce self-regulation, while feelings of isolation may decrease emotional well-being and motivation. Together, these factors may increase the likelihood of delaying or avoiding important responsibilities. Therefore, the combined effect of perceived social isolation and internet addiction appears to significantly influence procrastination among young adults.

## VI. CONCLUSION

In conclusion, healthy social connection and balanced internet usage are important for the psychological well-being and daily functioning of young adults of West Bengal. Individuals who feel emotionally disconnected from others may be more likely to spend excessive time online and delay important responsibilities or tasks. The study also emphasizes the importance of maintaining healthy social relationships, emotional support, and balanced online habits for overall psychological well-being. Furthermore, this research contributes meaningful insight into the growing impact of social disconnection and excessive internet use among young adults, while adding valuable understanding to the existing literature in this area.

## VII. IMPLICATIONS

The present study highlights the importance of healthy social relationships and balanced internet use among young adults. The findings may help psychologists, counsellors, educators, and parents better understand how emotional disconnection can influence excessive internet use and delaying behaviours. The study can also contribute to awareness programs and future interventions aimed at improving psychological well-being and productive lifestyle habits among young adults.

## VIII. LIMITATIONS

- Data collection held online
- Students' data was collected from limited areas of West Bengal
- Deficient time for completion of the research.

## IX. FURTHER SCOPE

Further studies can explore the impact of counselling programs, healthy internet usage awareness, and social support interventions on reducing excessive internet use and procrastinating behaviours among young adults. Comparative studies involving different age groups, regions, or cultural backgrounds may also provide deeper understanding regarding emotional disconnection, online behaviour, and productivity in the present digital generation.

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