



Prevalence and Correlates of Internet Addiction Among University Students in Ghana

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Abstract

Internet addiction (IA) among university students is a growing concern in Ghana, reflecting broader societal shifts towards digital technologies. A cross-sectional survey was conducted using an online questionnaire designed based on existing literature. The sample comprised 500 university students from various campuses across Ghana. The prevalence of IA among the sampled students was found to be 32%, with significant differences observed in gender and academic performance ($p < 0.01$). Findings suggest that factors such as poor academic performance and higher levels of stress are significantly associated with increased risk of IA. Universities should consider implementing digital literacy programmes to enhance students' awareness of IA risks and strategies for healthy internet use.

Keywords: *Geographic, Sub-Saharan, Cross-sectional, Internet, Addiction, Prevalence, Correlates*

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