

Problematic Internet use and negative impact of WhatsApp:

Negative emotions as a risk factor (pp. 297-311)

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The use of the Internet and instant messaging as an escape from discomfort can make users vulnerable to the development of Internet and WhatsApp addictions. The aim of this research was to analyse the relationship between psychological well-being and negative emotions with problematic Internet use and negative impact of WhatsApp. A total of 630 university students (75.7% female) aged 18-62 years ($M= 21.23$) participated and answered the Problematic and Pervasive Internet Use Scale, the WhatsApp Negative Impact Scale, the PANAS Positive and Negative Affect Scales, and the Psychological Well-being Scale. Psychological well-being and negative emotions correlated significantly and predicted problematic Internet use and negative impact of WhatsApp. Displaying negative emotions was the strongest predictor for problematic Internet use and the negative impact of WhatsApp. People with low psychological well-being and negative emotions may have a greater predisposition to developing problematic Internet use and suffering a greater negative impact of WhatsApp.