

Abstract

This diploma thesis deals with the topic of anxiety in adolescents in relation to their use of social networks sites. The topic of anxiety, its origin, functioning and bridging into anxiety disorder is discussed. Furthermore, the devoted part of adolescence is emphasized with the developmental tasks of this period, as developmental tasks can provide an explanation of why adolescents and young adults are the most frequent users of social networks sites. Much of the work is also devoted to the Internet and social networks sites, especially the findings of research that focused on mental health issues in connection with the use of the Internet and social networks sites. As such, the four most common areas examined were sleep disturbance, depression, Internet addiction and its subtypes, and anxiety. The empirical part presents a questionnaire survey, which was conducted on high school students. The questionnaire battery included an Internet Addiction Test (IAT), a Social Media Disorder Scale (SMDS), and an Revised Child's Manifest Anxiety Scale (RCMAS-2).

Keywords

Anxiety, adolescence, social networks sites, internet addiction