

Abstract

A correlational study was conducted to explore the relationship of digital media dependency, digital dementia and depression in adolescents. This research is divided into two studies. Study I was aimed to develop a valid and reliable scale to measure digital dementia in adolescents. For this, data of 410 participants was collected through convenient sampling. After content validation, out of 34, 26 items were finalized to explore factorial validity through exploratory factor (EFA) analysis which reduced data into three factors (Memory & Learning, Emotional & Behavioral, Concentration & Attention problems) and final 15 retained items explained 43.6 percent variance. Study I was conducted to assess the relationship of digital media dependency, digital dementia and depression in adolescents (n=410). Digital Media Dependency Scale (Bristol et al., 2016) was used to assess digital media dependency. Digital Dementia Scale (developed in study I) was used to measure digital dementia in adolescents. Beck Depression Inventory (Beck, 1961) was used to measure depression. Correlation, Linear regression, independent sample t-test and one way ANOVA were performed. Results revealed that hours spend on social media, gender (girls), emotional and behavioral problem, attention and concentration problems predict depression in adolescents. There were significant gender differences as girls are more digital media dependent and they are prone to depression more as compare to boys and there was significant difference in digital mediadependency and depression in relation to the hours spent on social media. This research will help in gaining knowledge about digital devices uses and misuses in adolescents and this study will be a good addition in indigenous literature as well.

Keywords: Digital Media Dependency, Digital Dementia, Depression