

# Internet Use and Well-Being in Older Adults

**To cite this article:**

Heo Jinmoo, Chun Sanghee, Lee Sunwoo, Lee Kyung Hee, and Kim Junhyoung. Cyberpsychology, Behavior, and Social Networking. May 2015, 18(5): 268-272. doi:10.1089/cyber.2014.0549.

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## ABSTRACT

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The Internet has become an important social context in the lives of older adults.

Extant research has focused on the use of the Internet and how it influences well-being. The purpose of the study was to develop an integrative research model in order to determine the nature of the relationships among Internet use, loneliness, social support, life satisfaction, and psychological well-being. Specifically, loneliness and social support were tested as potential mediators that may modify the relationship between Internet use and indicators of well-being. Data from the U.S. Health and Retirement Study (HRS) were used, and the association among Internet use, social support, loneliness, life satisfaction, and psychological well-being was explored. The sample consisted of 5,203 older adults (aged 65 years and older). The results indicated that higher levels of Internet use were significant predictors of higher levels of social support, reduced loneliness, and better life satisfaction and psychological well-being among older adults.

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