# Global Study Suggests Internet Use Improves Wellbeing, Oxford and Tilburg University Researchers Find



Researchers from the University of Oxford and Tilburg University have completed a global study, published in the journal Technology, Mind and Behaviour, indicating that internet use correlates with improved measures of wellbeing. The study analyzed responses from over 2.4 million individuals in 168 countries, gathered through the Gallup World Poll from 2006 to 2021.

The research focused on multiple aspects of wellbeing, including life satisfaction and community engagement, and examined the association of these factors with internet access and mobile internet usage. About 84.9% of the associations between internet connectivity and wellbeing were positive. Although the study does not claim a causal relationship, it noted an 8.5% increase in life satisfaction among those with internet access.

The findings aim to provide a broader perspective on the ongoing debate concerning the impact of screen time and internet use on wellbeing. The researchers highlight the need for policies and practices informed by data, advocating for careful consideration of evidence to tailor interventions targeting specific populations, particularly young people. Further research is encouraged to deepen understanding of the complexities involved in internet use and its effects on different demographic groups.