# Oxford Study Finds Positive Link Between Internet Use and Life Satisfaction



A comprehensive study conducted by the University of Oxford, which analyzed data from 2.4 million people across 168 countries over a span of 15 years, found a positive correlation between internet use and life satisfaction. Published in the American Psychological Association’s journal, Technology, Mind and Behaviour, the researchers discovered that people who had access to the internet reported an 8.5% higher life satisfaction and an 8.3% increase in positive experiences compared to those without access.

The study, which involved over 33,000 statistical models, indicates that 84.9% of the relationships between internet connectivity and wellbeing were positive. Factors such as education, income, and health were considered, but the study did not explore social media usage specifically.

Lead researchers, including Professor Andrew Przybylski and former Oxford Internet Institute associate Matti Vuorre, expressed hope that the findings would contribute to reframing the ongoing discussions about screen time and internet use. They emphasized the need for further research and called for greater transparency and cooperation from platform providers to aid scientific inquiry into the impacts of internet technologies on daily life.