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[\[PDF \(384K\)\]](#) [\[References\]](#)**Effects of the Internet Use on Life Satisfaction and Social Efficacy: A Panel Study of Male Students in a Vocational College of Information Technology**[Reiko Ando](#)¹⁾, [Akira Sakamoto](#)¹⁾, [Kanae Suzuki](#)²⁾, [Kumiko Kobayashi](#)¹⁾, [Megumi Kashibuchi](#)³⁾ and [Fumika Kimura](#)¹⁾

1) Ochanomizu University

2) Graduate School of Library, Information and Media Studies, University of Tsukuba

3) Japan Society for the Promotion of Science · National Institute of Multimedia Education

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Previous studies have shown that the Internet can develop new interpersonal relationships. But few studies have examined the quality of these relationships, in terms of whether or not they lead to life satisfaction and social efficacy. To examine the effect of the Internet use on life satisfaction and social efficacy as a function of the number of cyber relationships, we conducted a panel study of 173 male students. Results indicated that the use of both synchronous and asynchronous Internet tools increased the number of cyber relationships. The use of synchronous tools increased life satisfaction if the number of opposite-sex of cyber-friends increased. The use of synchronous tools increased social efficacy as the number of acquaintances and cyber-friends of same sex increased, and the use of asynchronous tools increased social efficacy in proportion to the number of acquaintances. Finally, the use of synchronous tools had direct negative effects on life satisfaction and social efficacy.

Keywords: [Internet use](#), [cyber friendships](#), [panel study](#), [life satisfaction](#), [social efficacy](#)



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