

P02-246 - **FACTORS PREDICTING THE USE OF INTERNET AT WORK FOR NON-WORK PURPOSES FOR A RANDOM SAMPLE OF COMPANY WORKERS IN GREECE**

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Introduction: Internet is an important means of communication but

its use must be monitored to prevent inefficiency in the working places and to become a behavioral disorder for workers.

Objectives: The aim of this paper is to investigate the relationships between the use of Internet at work for non-work purposes (Cyberloafing) and factors such as gender, age, years of work at company, education, excessive use of Internet at home, company salary and certain psychological attitudes such as loneliness and lack of self-esteem.

Methods: A random sample of 409 workers (180 men, 229 women) was interviewed using a questionnaire with demographics, applications of Internet and Young's criteria of Internet addiction sections. We performed a binary logistic regression analysis using the SPSS 18 with depended variable the amount of time spent every day on using the internet at work for non-work purposes.

Results: The following factors were found statistically significant predictors of the depended variable. Sex, Length of time for viewing Sports news at work, General Information, Buying pages, Playing games and Gambling. The mean age of the Cyberloafers was 35 years and the percentage of the workers who could use Internet at work for non-work purposes was 9.1%.The percentage of men who were using Internet at work for non-work purposes was 12.2%, whereas the analogues percentage for women was 6.6%.

Conclusions: Specific steps of monitoring the Internet use and organizing companies seminars for avoiding the dependence on the internet are recommended for maximum efficiency.