Internet Addiction: Evidence of Students at Islamic Azad University in Babol

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Abstract:

The purpose of the present paper is to peruse the internet addiction position and also examined the relationship between the internet addiction and age, gender, and marital status. The statistical group consists of the university students at Islamic Azad University in Babol in 2015, which have access to the internet connection with utilizing a simple random sampling technique. Moreover, based on the present research findings, the most addictive internet among some of the university students is seen the married women at the age between 25 to 30 years. Also the Chi-Square Tests indicate that there are relationships between marital status, gender, and age and internet addiction.

Keywords: Internet addiction, Age, Gender, Marital status, Chi-Square Tests.

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1. Introduction

Internet is a global system that is increasingly used by all people as one of the most important devices for access of information in the world. The term "Internet addiction" was proposed by Dr. Ivan Goldberg in 1996 for pathological compulsive Internet use. Over the last couple of years, Internet addiction has been become a global concern to the public and can be classified as a health issue. There is even a proposal to include Internet addiction in the next revision of the Diagnostic and Statistical Manual of Mental Disorder.

Addictive behaviors were suggested to cause improper life style and impairment to personalities, especially amongst the young. The education system has evolved and the use of technology is now encouraged at much younger ages. Internet addiction means the over use of Internet to such extent that our everyday life collapses. At the end it leads to complete breakdown of our personal and social relationship, work and sleep routine as well as our mood and thinking capability. In other words we can say that the overuse of Internet creates disturbances in our life. The academic use of the Internet is primarily intended for learning and research, the Internet has also become an important part of student life. However, from time to time, cases of over involvement with the Internet have been observed on different campuses (Goswami & Singh, 2016: 37-38).The Malaysian Times reported that Internet addiction can in turn lead to many ill effects including internet gambling, misuse of social media, and a myriad of other internet-related problems that can subsequently result in depression, suicides, and deaths (Teong & Ang, 2016: 33).

The present paper aims to answer several basic questions: (1) How is the internet addiction position between students?; and (2) Is there any relationship between the internet addiction and age, gender, and marital status?

2. Literature Review

Du et al. (2010) investigated that randomized, controlled trial for the treatment of Internet addiction in adolescents. Their study involved a multimodal school-based intervention involving eight sessions of group-based Cognitive Behavioral Therapy (CBT). Therapy involved addicted adolescents learning principles of effective communication with their parents, learning how to manage online relationships, techniques for controlling impulses, and techniques for recognizing and stopping problematic behavior. Parent training was also delivered in tandem, and this involved teaching parents to recognize their child's emotions, increase problematic solving and communication between family members and develop techniques for managing

adolescents with problem technology use. Psycho education was also delivered to teachers in the school. Post treatment adolescents significantly reduced their Internet use and anxiety and improved their time management skills. Treatment gains were maintained at 6-month follow-up. Razieh et al. (2012) examined the prevalence of internet addiction among the male and female university students, the result of their study demonstrated that prevalence of internet addiction among male students in universities; boys were more addicted than girls. Kodvanji et al. (2014) investigated the impact of internet use on lifestyle of undergraduate medical students in India. Their cross-sectional study involved 90 (18-20 years) undergraduate medical students. The two groups, addictive and non-addictive, were compared for environmental stressors and lifestyle factors such as sleep, dietary pattern, physical activities and hobbies. The addictive internet user group had a statistically significant impairment of sleep and excessive day time sleepiness and presence of environmental stressors when compared to the non-addictive internet user group. Goswami and Singh (2016) reported that the Internet is a new tool evolving into an essential part of everyday life all over the world and its use increases especially among young people. As the Internet increasingly becomes part of our daily lives, Internet addiction disorder will receive much attention. There are several reviews addressing the definition, classification, impact of Internet on India, Internet addiction test, gender differences in Internet addiction, academic performance and Internet addiction and some reviews addressing the treatment of Internet addiction disorder. The main aim of their paper is to give a preferably brief overview of research on IAD Moidfar and Habibpour (2010) stated that the phenomenon of the internet addiction has recently emerged in the developed nations as a consequence of the increasing expansion in the network of the electronic communications. Such a phenomenon proves to have already involved a myriad of dysfunctions for the individual, the family, and the society. Their paper is an adapted version of a survey research conducted in 2006on the Situation of the Internet Addiction in Iran. The statistical group consists of the adolescent and the youth between 15 to 25 years of age who have access to the internet connection. The sample size equals 800 subjects. The findings indicate that the phenomenon of the internet addiction does exist in Iran, too. Although the usage is attributed to most of the adolescent, young users are determined to be normal. Moreover, based on the present research findings, the addictive use of the internet among some of the adolescent and the youth is associated with problems such as evading social responsibility, social isolation, lack of social support, and inefficient job and educational performances. The

above-mentioned problems bear direct relationship with the internet addiction, while the latter has an adverse effect on the feeling of self-worthiness.

3. Theoretical Framework of the Research

The theoretical framework of this research is a combination of some of the perspectives as discussed above, with the previous research. In this study, the relationship includes in variables concerning to gender, age, education and internet addiction. As shown in the figure below directional relationship is also acknowledged in the previous research. Considering such a theoretical framework, the model used in this research for explaining the internet addiction is shown in the following figure:

Figure 1: The Model of Relationship between the Internet Addiction and age, gender, marital status
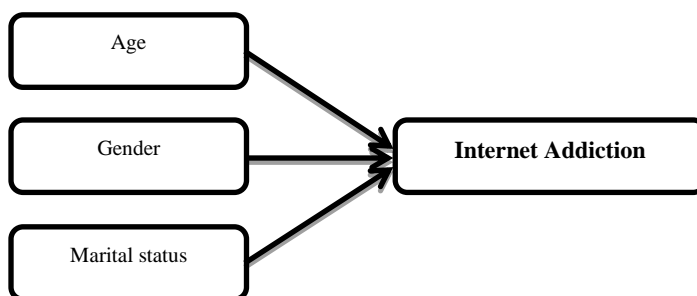
4. Research Hypotheses

Considering the theoretical framework, expounded earlier, this research's hypotheses are:
1. There is relationship between the internet addiction and age.
2. There is relationship between the internet addiction and gender.
3. There is relationship between the internet addiction and marital status.

5. Materials and Methods

This is a survey method research. The current study employed the convenience sampling method to collect data from 2015. The statistical population consisted of 7524 students in Islamic Azad University in Babol, who had access to the internet. Among them, a group of 380 students was selected. The grouping was carried out through the method used the simple random grouping among Islamic Azad University in Babol, whom subsequently were asked to fill a questionnaire.

The questionnaire has been our main evaluating instrument that was developed by Dr. Kimberly Young. In order to measure the degrees and aspects of the internet addiction, a combination of comprising 20 questions with a thorough consideration of the Iranian socio-cultural setting, was used. Having prepared the preliminary questionnaire, a pre-test was administered on a 50-subject sample from the total sample to ensure the reliability of the items.

6. The Finding

Cronbach's alpha test for research index is calculated, which obtained larger than 0.7. It is acceptable and indicates more consistency among statements of a scale.

Table1: Result of Cronbach Test

Index	Cronbach's Alpha
Internet Addiction	0.719

In the present study we will examine the first results of descriptive variables and then discuss analytical results. The following table shows the descriptive statistics of internet addiction which is explored from the perspective of the respondents.

Table2: The results of the descriptive statistics of internet addiction

	N	Mean		Std. Deviation	Variance	Skewness		Kurtosis	
	Statistic	Statistic	Std. Error	Statistic	Statistic	Statistic	Std. Error	Statistic	Std. Error
Internet Addiction	380	3.6002	.02057	.40089	.161	.024	.125	.378	.250

Table 3: Frequency of replying the respondents in internet addiction

	Internet Addiction		
	Frequency	Valid Percent	Cumulative Percent
No addiction	44	11.6	11.6
Exposed to addiction	254	66.8	78.4
Addicted to the internet	82	21.6	100
total	380	100	

As it considers, 11.6 percent of the respondents was not infected to internet addiction; 66.8 percent of respondents had been exposed to Internet addiction; and 21.6 percent of respondents had been suffering from Internet addiction.

Now, the mentioned hypotheses will examine:

Hypothesis 1: There is a meanigful relationship between the internet addiction and age.

Percent distribution and the proportion of Internet addiction among three age groups are shown in the following table:

Table 4: Percent distribution and the proportion of Internet addiction among three age groups

| | | Internet Addiction | | | Total |
		No addiction	Exposed to addiction	Addicted to the internet	
Age	Between18-25years old	33	149	40	222
	percent	14.9%	67.1%	18.0%	100%
	Between 25-30years old	10	67	28	105
	percent	9.5%	63.8%	26.7%	100%
	Between 30-35years old	1	38	14	53
	percent	1.9%	71.7%	26.4%	100%
	Total	44	254	82	380
	percent	11.6%	66.8%	21.6%	100%

Consequently, the Internet addiction at the age between 18-25 years is 14.9 per %; at the age between 25-30 years is 9.5 %; and at the age between 30-35 years is 1.9%. 67.1 % of student at the age between 18-25 years; 63.8% of student at the age between 25-30 years; and 71.7% of students at the age between 30-35 years has been exposed at risk of Internet addiction. At the last, 18.0 % of students at the age between 18-25 years; 26.7% of students at the age between 25-30 years; and 26.4% of students at the age between 30-35 years have been Addicted to the internet.

Thus, it can be realized that most students which are at the age of between 30-35 years have exposed at risk of Internet addiction. Existence or non-existence test of the relationship between internet addiction and age is demonstrated in the following table:

Table 5: Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	10.225[a]	4	.037
N of Valid Cases	380		

Chi-square value has obtained 10.225 that are significant with confidence of 95 % and the error level of less than 0.05. So, the H0 hypothesis is rejected and H1 hypothesis is accepted. Therefore, there is a relationship between age and Internet addiction.

Hypothesis 2: There is a meaningful relationship between the internet addiction and gender.

Percent distribution and the proportion of Internet addiction and gender are displayed in the following table:

Table 4: Percent distribution and the proportion of Internet addiction and gender

		Internet Addiction			Total
		No addiction	Exposed to addiction	Addicted to the internet	
Gender	Men	12	129	37	178
	percent	6.7%	72.5%	20.9%	100%
	Women	32	125	45	202
	percent	15.8%	61.9%	22.3%	100%
Total		44	254	82	380
percent		11.6%	66.8%	21.6%	100%

According to the comparison cross table of Internet addiction and gender, we can compare the different classes of Internet addiction. Hence, Internet addiction in men is 6.7%; in women is 15.8%; 72.5 % of student in men and 61.9% of women have been exposed at risk of Internet addiction. Finally, 20.9% of men and 22.3% of women have been Addicted to the internet. Thus, it can be realized that most men have exposed at risk of Internet addiction.

Existence or non-existence test of the relationship between internet addiction and gender is presented in the following table:

Table 6: Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	8.452[a]	2	.015
N of Valid Cases	380		

Chi-square value has obtained 8.452 that are significant with confidence of 95 percent and the error level of less than 0.05. So, H0 hypothesis is rejected and H1 hypothesis is accepted. Therefore, there is a relationship between gender and Internet addiction.

Hypothesis 3: There is a meaningful relationship between the internet addiction and marital status.

Percentage distribution and the proportion of Internet addiction and marital status are shown in the following table:

Table 7: Percent distribution and the proportion of Internet addiction and marital status

		Internet Addiction			Total
		No addiction	Exposed to addiction	Addicted to the internet	
marital status	Single	39	233	67	339
	percent	11.5%	68.7%	19.8%	100%
	Married	5	21	15	41
	percent	12.2%	51.2%	36.6%	100%
Total		44	254	82	380
percent		11.6%	66.8%	21.6%	100%

Conferring to the comparison cross table of Internet addiction and marital status (single and married) we can compare marital status (single and married) with different classes of Internet addiction. Accordingly, Internet addiction in single students is 11.5% ; and in married students is 12.2 % ;68.7 % of students in single students and 51.2% of married students has been exposed at risk of Internet addiction. Finally, 19.8% of single students and 36.6% of married ones have been Addicted to the internet. Thus, it can be realized that the most single students have exposed at the risk of Internet addiction. Existence or non-existence test of the relationship between internet addiction and marital status is displayed in the following table:

Table 8: Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	6.489	2	.039
N of Valid Cases	380		

A Chi-square value has obtained 8.452 with confidence of 95 percent and the error level of less than 0.05. So, H0 hypothesis is rejected and H1 hypothesis is accepted. Therefore, there is a meaningful relationship between marital status and Internet addiction.

7. Discussion and Conclusion

The present paper deals with Internet Addiction of students in Islamic Azad University in Babol. Moidfar and Habibpour (2010) stated that the internet was introduced in Iran in 1994. Ever since then, the number of its users has grown considerably. Based on a report by the Ministry of Communication and Information Technology of Iran, within the span of the past four years only, the number of the internet users has grown by 25 times. It is, therefore, an inevitable need to understand scientifically such a growing phenomenon in Iran, keeping an eye on its implications (Moidfar and Habibpour, 2010: 80). This research has attempted an investigation into the internet addiction and its consequences among the students in Islamic Azad University in Babol.

The research findings indicate that there is a meaningful relationship between age, gender and marital status and Internet addiction. According to the intersection table, the internet addiction is different among different age groups; genders and marital status. So that the most number of no addiction is related to the age group of 18-25 years which is 14.9%; the most number of exposing to addiction is relevant to the age of 30-35 years which is 71.7%; and the most of number in addicted to the internet is correlated to the age of 25-30 years which is 26.7%. Therefore, the highest rate of internet addiction associates to the age of 25 and 30 that is addicted to the internet. Also, the most number of addictions is related to women which is 15.8%; the most number of exposing to addiction is pertinent to the men which are71.7%; and the most number in addicted to the internet is for women which is 22.3 %. Therefore, the highest rate of internet addiction relate to men that are exposed to addiction. Finally, the most number of addictions is related to married students which is 12.2 %; the large number of exposing to addiction is pertinent to the single students which are 68.7%; and the number of married students addicted to the internet is 36.6 %. Therefore, the highest rate of internet addiction relates to single students that are exposed to addiction. Also, the Chi-Square Tests indicate that there are relationships between marital status, gender, and age and internet addiction.

It is clear that excessive use of the Internet has become one of the leading challenges of the modern society and causes both physical and mental impairment. On the basis of this review paper we have understand that Internet has become one of the most significant information resources for adolescents, its impact is remarkable. It makes countless disturbances in academic performance; social relationship, emotional wellbeing etc. so there should be strong control overuse of Internet, and the treatment techniques must be implemented for Internet addiction.

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