OPEN ACCESS

Effecting of Internet Addiction among Secondary School Student

Luay Abdulwahid Shihab[1*], Abdulkareem Salman Khudhair[2], Imad S. Alshaw[3], Zahraa Abbas Abdulnabi[4], Tariq Essa[5]

[1,2]Lecturer, Nursing College - Basra University - Basra – Iraq
[3]Assistant Professor, College of Information Technology, Basra University Iraq
[4,5]Nursing college - Basra University - basra – Iraq

Abstract		Review Article

Internet addiction is considerable a disorder in need further study and it is increasing in our society This addiction can lead to psychological and health problems such studies are lacking in Iraq especially in Basra city. Descriptive, cross sectional study carry out a secondary school in Basra city from 1st September 2018 to 30th march 2019.The total sample of study (363), where male are (216) and female are (147). Instrument of this study was self-administered questioner for internet addiction is adapted and modified from the world wide use of internet addiction test (IA) contain of 28 items as proposed by Dr. Kimberly young (a licensed psychologist and internationally known expect on internet addiction), also known as internet addiction test (young 1996). Questioner consists of two parts. Part one: demographic data consist of six variables include (age, Sex, class, number of family member, arrangement of student in her or his family, address). Part two: Composed of twenty eight questions about internet addiction to evaluate level of internet addiction in secondary school student.
Keyword: Internet, addiction, effect, student, secondary.

INTRODUCTION

Internet has become an essential part of our life. Through internet and Social Networking Sites (SNS), one can easily share thoughts, experiences with other person or can contact someone who is just a click away. Social networking sites has become an easy way to communicate and made possible to chat with friends who live far away [1]. Researches shows that younger population is a high risk group for internet addiction, reasons might be lack of supervision and guidance during the use of internet [2]. Since they are immature, both physically and psychologically, they may develop more serious complications than other age groups regarding the negative impact of the internet addiction [3]. Research study shows that 44.8% school going children are average users where as 14.6% were internet addicted [4]. Measuring internet addiction was a challenge. Goldberg developed the Internet Addictive Disorder (IAD) Scale by adapting the DSM IV. Brenner [5]. Developed the Internet Related Addictive Behavior Inventory (IRABI) comprising of 32 true and false questions. Young initially available test whose psychometric properties have been tested by Widyanto and McMurran[6].

Internet addiction is considerable a disorder in need further study and it is increasing in our society. This addiction can lead to psychological and health problems such studies are lacking in Iraq especially in Basra city.

The meaning of addiction according to the University of Cambridge is an inability to stop doing or using something, especially something harmful [7]. And Although a standardized definition of Internet addiction has not been uniformly agreed upon, some researchers define the Internet addiction was defined by preoccupation with the use of the internet, repetitive thoughts about limiting and controlling the use of the internet, failure to control the desire of access to the internet, continuous use of the internet despite the impairments at various levels of functionality, spending gradually increasing periods of time on the internet, seeking use of the internet in the case of inability to access and uncontrolled desire to get access to the Internet [8,9]. Addiction to the Internet has resulted in negative impact on academic performance family relationships and emotions for adolescents [10].

Young classifies Internet addiction into five different types of behaviors. Cyber sexual addiction (the addicts spent a lot of time in adult websites for cybersex and cyberporn), Cyber-relationship addiction (the addicts involved heavily in online relationships), net compulsions (the addicts exhibited obsessive online gambling and shopping), Information overload (the addicts displayed compulsive web surfing and database searches), and computer game addiction (the addicts were obsessive online game players) [11, 12].

No one knows what causes a person to be addicted to the Internet, but there are several factors that have been proposed, Whenever Internet addicts feel overwhelmed, stressed, depressed, lonely or anxious, they use the Internet to seek solace and escape. Studies from the University of Iowa show that Internet addiction is quite common among males who are suffering from depression [13].

Since IA was first introduced in the media and research literature, many research studies have been undertaken in an attempt to define, explore, investigate, and predict addiction and identify possible interventions or treatments for IA. Seven possible interventions have been identified as well as therapeutic approaches such as Cognitive Behavioral Therapy (CBT), Reality Therapy Group Counseling, and Psychopharmacology [14].

In Basra city (may, 2018), A study of negative effects of internet on indexes the mantel health of nursing students, results of the study show that student's negative effects test for (146) nursing college student in the questionnaire, where minimum degree equal (8), maximum degree equal (86), the mean of negative effect equal (40.90), std. deviation equal (15.435) and its result evaluation was in normal level. this result and its level give idea to nursing student awareness about the negative effect of internet ,also shows using a types of websites by sample, where more type have used social media & science site by students at (94%) percent [15].

RESULTS AND ITS DISCUSSIONS

The results show that there is insignificant difference between the groups (class 1st 16.3%, class 2nd 17.9%, class 3rd 22.9%, class 4th 14.6%) and it shows that the highest number in the class 6th 89 (24.5%) and the lowest number in the class 5th 14 (3.9%), the percentage and frequency of the distribution of the level of internet addiction on the residential area of the participants. The results show that the number of internet users in urban areas is 185 (51%) more than the number of internet users in rural areas 178 (49%), the average and relationships between the total number of hours, age and type of use and there significant difference between number of hours people use the internet per day and types of internet usage them and insignificant between age (The mean 16.17), the statistics of the total score and evaluation of the samples, where the results show that the mean the level of internet addiction is 58.54% (moderate) in total sample of the study and the maximum score for the samples 95% While the minimum score in the samples was 27%, overall level of addiction among secondary school students, where the results showed that (mild 9.9% , moderate 42.1% , severe 41.6% and more severe 6.3%), descriptive statistics of the type of internet use for secondary students, the results showed that a large number of internet users use social media 44.9% and the percentage of users of online games 14.9% while 33.6% of internet users use it for study and research & finally 6.3% internet users use it for other things. Descriptive statistics for number of hours you use the internet per day, the results showed that 37.7% of people use the internet less than 2 hours per day, 36.6% use the internet 2-4 hours per day, 14.0% of people use the internet more than 6 hours a day and the lowest number of people 11.6% use internet 4-6 hours per day.

Table-1: Descriptive Statistics for sample's sex and its significant in score

Sex	Sample size	Percent	Mean of score	Std. Deviation	p-value	result
Male	**216**	**59.5%**	60.36	13.488		
Female	**147**	**40.5%**	55.86	14.102	**0.002**	**significant**
Total	363	100%				

This table (1) examines the descriptive statistics of the sample of the study, where the number of Internet users is males 216 more than the number of female Internet users 147 (males 59.5%, females 40.5%) As shown in Figure (1).
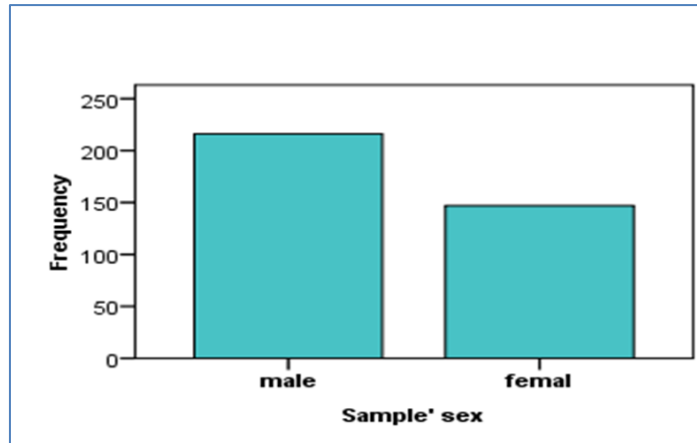
Fig-1

Table-2: Statistics of Total score and sample's assessment

Statistics	value	assessment
Sample size	**363**	
Mean of total score	**58.54**	
Std. Error of Mean	.729	
Mode	**51**	**Moderate**
Std. Deviation	13.898	
Range	**68**	
Minimum	**27**	
Maximum	**95**	

This table (2) shows the statistics of the total score and evaluation of the samples, where the results show that the mean the level of internet addiction is 58.54% (moderate) in total sample of the study and the maximum score for the samples 95% while the minimum score in the samples was 27% as shown in Figure (2).
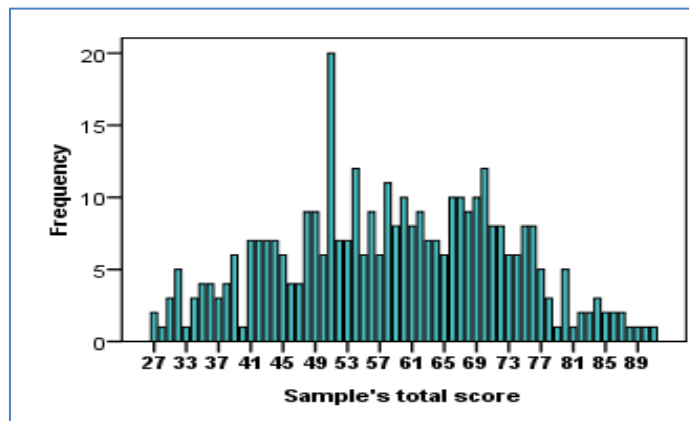

Fig-2

Table-3: Descriptive statistics for Number of hours you use the Internet per day

	Frequency	Percent	Cumulative Percent
less than 2 h	**137**	**37.7**	37.7
2-4 h	133	36.6	74.4
4-6 h	**42**	**11.6**	86.0
more than 6 h	51	14.0	100.0
Total	**363**	**100.0**	

This table (3) descriptive statistics for Number of hours you use the Internet per day , The results showed that 37.7% of people use the Internet less than 2 hours per day, 36.6% use the Internet 2-4 hours per day, 14.0% of people use the internet more than 6 hours a day and the lowest number of people 11.6% use Internet. 4-6 hours per day as shown in Figure (3).
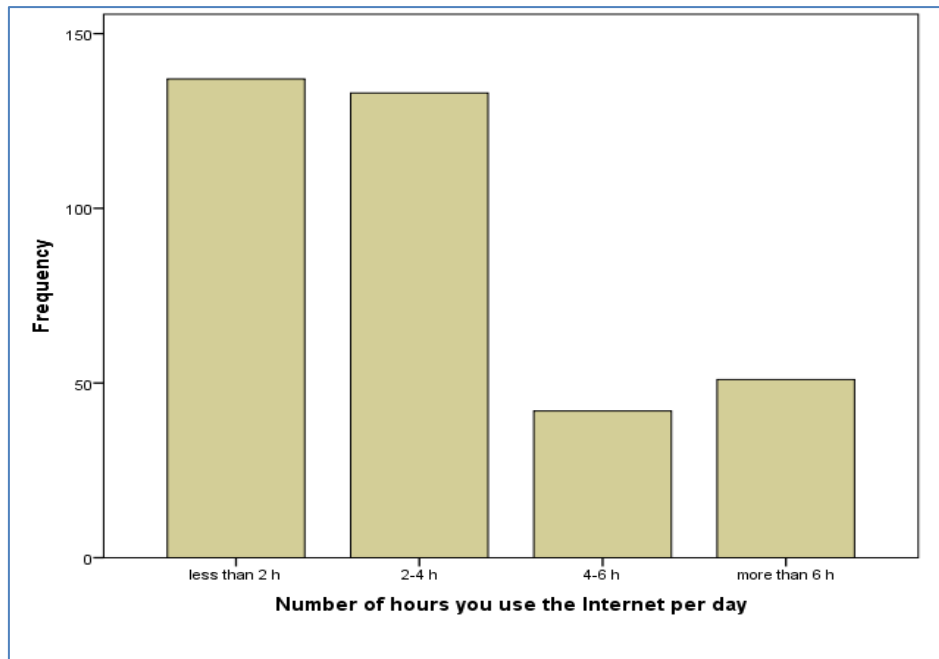
Fig-3

REFERENCES

1. Rheingold H. The virtual community: Finding commection in a computerized world. Addison-Wesley Longman Publishing Co., Inc.; 1993 Sep 1.
2. Daniel T, Shek L, Rachel C, Sun F, Lu YU. Neuroscience in the 21 stCentury from Basic to Clinical. 2 nded. New York: Springer Science+Business Media LLC; 2013.
3. Christensen MH, Orzack MH, Babington LM and Patsdaughter (Effects of Internet Use on Academic Achievement and Behavioral Adjustment among South Korean Adolescents: Moderating Roles of Parental Factors), C. A. 2001.
4. Jhala J, Sharma R. Prevalence and nature of internet use among adolescents in Vadodara (Gujarat). The International Journal of Indian Psychology. 2017 Mar 30;4(2):28-42.
5. Goel D, Subramanyam A, Kamath R. A study on the prevalence of internet addiction and its association with psychopathology in Indian adolescents. Indian Journal of Psychiatry. 2013 Apr;55(2):140.
6. Widyanto L, McMurran M. The psychometric properties of the internet addiction test. CyberpsycholBehav. 2004; 7:443-50.
7. Sowndarya TA, Pattar M. Pattern of internet addiction among urban and rural school students, Mangaluru, India: A comparative crosssectional study. Int J Contemp Pediatr. 2018 Sep;5:1750-4.
8. Ferrara P, Corsello G, Ianniello F, Sbordone A, Ehrich J, Giardino I, Pettoello-Mantovani M. Internet addiction: starting the debate on health and well-being of children overexposed to digital media. The Journal of pediatrics. 2017 Dec 1;191:280-1.
9. Halder D, Jaishankar K. Use and Misuse of Internet by Semi-Urban and Rural Youth in India: A Baseline Survey Report (2013). Available at SSRN 2378968. 2014.
10. Kumar R. Internet addiction and psychosomatic symptoms in engineering students. Delhi Psychiatry Journal. 2014;17(2):387-94.
11. Young K. "Internet addiction: the emergence of a new clinical disorder," in Proceedings of the 104th Annual Meeting of the American Psychological Association, Toronto, Canada, August; 1996.
12. Young KS. Internet addiction: Symptoms, evaluation, and treatment innovations in clinical practice. Cyber Psychology and Behavior, 4 (2). 1998:115-24.
13. J Kuss D, D Griffiths M, Karila L, Billieux J. Internet addiction: A systematic review of epidemiological research for the last decade. Current pharmaceutical design. 2014 Aug 1;20(25):4026-52.
14. Young K. "Internet addiction: the emergence of a new clinical disorder," in Proceedings of the 104th Annual Meeting of the American Psychological Association, Toronto, Canada, August; 1996.
15. Mahfoudh F. Hassan, Luay Abdulwahid Shihab NEGATIVE EFFECTS OF INTERNET ON INDEXES THE MANTEL HEALTH OF NURSING STUDENTS, INDO AMERICAN JOURNAL OF PHARMACEUTICAL SCIENCES, ISSN 2349-7750,IAJPS 2018, 05 (04), 2360-2367.