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Assessment of Internet addiction among young in Al-Hilla City.

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ABSTRACT

Internet itself is a neutral device originally designed to facilitate research among academic. consequences arising from the various stages of addiction, and culminate in determining the effect, if any, that this recurrent addiction has on the academic success of the individual student. Assess the prevalence of Internet addiction among young and find out the relation between Internet addiction compliance personality traits and the usage of internet applications. Descriptive study is carried out in Al-Hilla City/ Babylon University , from December, first 2015 to March, 10th, 2016. A non-probability (Purposive Sample) of (60) student, those who used internet. The data were collected through the utilization of the developed questionnaire after the validity and reliability are estimated, and by means of interview technique. Reliability of the questionnaire is determined through a pilot study and the validity through (16) experts. The data analyzed through the use of the descriptive and inferential statistical analysis procedures. The findings of the present study indicate that the overall assessment for internet application compliance level of addiction was severe. The study conclude if that the young male were found more internet addicted than their female Counterparts with internet application. The study recommended the needs to use the Internet with increased amounts of time in order to achieve application, has jeopardized or risked the loss of a significant relationship, job, educational or career opportunity because of the Internet and has fibbed to family members, therapist, or others to conceal the extent of involvement with the Internet.

Keywords: Assessment, Internet application, Internet addiction, young.

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INTRODUCTION

Internet addiction appears as a potential problem in adolescents. From the reported negative consequences, it appears that Internet addiction can have a variety of detrimental outcomes for young people that may require professional intervention. Problematic computer use is a growing social issue which is being debated worldwide. Internet Addiction Disorder ruins lives by causing neurological complications, psychological disturbances, and social problems⁽¹⁾. The Internet is spreading rapidly and influencing all aspects of everyday life, a task is assigned to the academic and clinical circles to establish a diagnosis and provide treatment for disorders brought about by its dysfunctional use, the most frequent problems and difficulties in dealing with individuals complaining of the symptoms of Internet use disorder, as well as some suggestions for overcoming and alleviating these problems⁽²⁾. The diagnostic criteria problem, a solution can be provided in the form of behavioral addictions category in order to solve the problem of the classification of not only this disorder but also other forms, such as pathological gambling, compulsive shopping etc. However, since there are obvious similarities with the compulsive behavior, we suggest the term Internet Use Disorder, which appears most acceptable in terms of avoiding beforehand the indecisiveness of this disorder nature. Although 'Internet addiction disorder is not officially recognized as a disorder by the psychiatric community'⁽³⁾. Young people seem especially vulnerable with case studies highlighting students whose academic performance plummets as they spend more and more time online. Some also suffer health consequences from loss of sleep, as they stay up later and later to chat online, check for social network status updates or to reach the next game levels⁽⁴⁾. Internet addictions is directed towards the other end of the continuum, and claims that the

Internet use cannot be related to addictions, even in the broadest possible sense, because Internet activity is a part of modern life, a way of spending free time or occupational behavior⁽⁵⁾. The Internet should be conceived as a product and consequence of the global evolution of human society and natural aspiration of the world for acceleration, which is inevitable. Currently, the term addiction is frequently related to various human activities⁽⁶⁾.

OBJECTIVES

The study aims to:

1. Assess the prevalence of Internet addiction among young.
2. Find out the relation between Internet addiction compliance personality traits and the usage of internet applications.

METHODOLOGY

Descriptive study is carried out in Al-Hilla City/ Babylon University, from December, first 2015 to March, 10th, 2016. A non-probability (Purposive Sample) of (60) student, those who used internet. The data were collected through the utilization of the developed questionnaire after the validity and reliability are estimated, and by means of interview technique. Reliability of the questionnaire is determined through a pilot study and the validity through (16) experts. The data analyzed through the use of the descriptive and inferential statistical analysis procedures. Each subject takes off approximately (20-30) minute to complete the interview.

The study instrument

A questionnaire is adopted and developed by after extension literature review and review the articles which were related to this field. The final study instrument consists of two parts:

Part 1: Internet Applications:

A Internet Applications sheet, consists of (6) items, which included were Facebook, You tube, News groups, Chat Room, E-mail, WWW and Information Protocols.

Part 2: Internet Addiction Scale:

This part of the questionnaire is comprised of (10) question, including the internet addiction test . The statistical data analysis approaches was used in order to analyze the data of the study under application of the statistical package (SPSS) ver. (20), and the Microsoft excel (2013). Data were presented using descriptive the in from of frequencies and Percentages. Summary Statistics tables including: Mean, Mean of scores (M.S), standard deviation (SD). Relative sufficiency (R.S): used to assess of patients’ compliance regarding therapeutic regime with coronary heart disease by three grades (severe, moderate, mild) scoring by (79-100, 56-78, 33-55). Person's correlation coefficient: was used to estimate the scale reliability through the application.

RESULTS

Table 1: Distribution of the Sample according to the Internet Applications

Application	Frequency	Percentage
Facebook	96	48
YouTube	35	17.5
News groups	22	11
Chat Rooms	16	8
E-mail	12	6
WWW	10	5
Information Protocols	9	4.5
Total	60	100.0

Table 1 show that the highest percentage of young internet applications were Facebook (48%); You tube (17.5); News groups (11%); Chat Rooms (8%); E-mail (6%); WWW (5%) and Information Protocols (4.5).

Table 2: Distribution of the young's sample according to internet addiction scale

NO.	Items of Scale	Rarely		Occasional ly		Frequentl y		Often		Always		M.S	SD	Level
		F	%	F	%	F	%	F	%	F	%			
1	How often do you neglect household chores to spend more time on-line?	10	16.7	18	30.0	19	31.7	11	18.3	2	3.3	3.38	1.07	Severe
2	How often do you from new relationship with fellow on-line users?	12	20.0	18	30.0	12	20.0	17	28.3	1	1.7	3.38	1.15	Severe
3	How often do others in your life complain to you about the amount of time you spend on-line?	7	11.7	7	11.7	14	23.3	12	20.0	20	33.3	2.48	1.37	Mode- rate

4	How often do you check your e-mail before something else that you need to do?	8	13.3	18	30.0	17	23.3	5	8.3	12	20.0	3.08	1.31	Severe
5	How often does your job performance or productivity suffer because of the internet?	17	28.3	5	8.3	17	28.3	18	30.0	3	5.0	3.25	1.29	Severe
6	How often do you fear that life without the internet would be boring, empty, and joyless?	31	51.7	20	33.3	7	11.7	2	3.3	0	0.0	4.33	.816	Severe
7	How often do you lose sleep due to late-night long-ins?	31	51.7	13	21.7	8	13.3	8	13.3	0	0.0	4.11	1.09	Severe
8	How often do you find yourself saying just a few more minutes when on-line?	17	28.3	6	10.0	14	23.3	23	38.3	0	0.0	3.28	1.24	Severe
9	How often do you try to hide how long you've been on-line?	4	6.7	3	5.0	13	21.7	17	28.3	23	38.3	2.13	1.18	Moderate
10	How often do you feel depressed moody or nervous when you are off-line which goes away one once you are back on-line?	24	40.0	8	13.3	5	8.3	9	15.0	14	23.3	3.31	1.66	Severe
Average mean												3.27		Severe

Table 2 show that the study subjects are severe addiction with internet addiction scale at among young university.

Table 3: Distribution of the Sample according to the Level of internet addiction by K 10 Scale :

Level of internet addiction	F	%
Mild	4	6.7
Moderate	14	23.3
Severe	42	70.0
Total	60	100.0

Table 3 shows that young overall responses are severe with internet application at Internet addiction among young.

DISCUSSION

The findings of the present study show that the majority of the studied sample the control group was not demographically well matched which weakens the comparative results. Therefore, generalizability of results must be interpreted with caution and continued research should include larger sample sizes to draw more accurate conclusions. Furthermore, this study has inherent biases present in its methodology by utilizing an expedient and convenient self-selected group of Internet users.

Therefore, If this is the case, the volume of moderate to severe negative consequences reported may be an elevated finding making the harmful effects of Internet overuse greatly overstated. Additionally, this study yielded that approximately 20% more women than men responded which should also be interpreted with caution due to self-selection bias. This result shows a significant discrepancy from the stereotypic profile of an "Internet addict" as a young, computer-savvy male⁽⁷⁾. Women may be more likely to discuss an emotional issue or problem more than men and therefore were more likely than men to respond to advertisements in this study. Future research efforts should attempt to randomly select samples in order to eliminate these inherent methodological limitations⁽⁸⁾. While these limitations are significant, this exploratory study provides a workable framework for further exploration of addictive Internet use. Individuals were able to meet a set of diagnostic criteria that show signs of impulse-control difficulty similar to symptoms of pathological gambling. In the majority of cases, Dependents reported that their Internet use directly caused moderate to severe problems in their real lives due to their inability to moderate and control use⁽⁹⁾. One interesting issue raised in this study is that, in general, the internet itself is addictive. Specific applications appeared to play a significant role in the development of pathological internet use as dependents were less likely to control their use of highly interactive features than other on-line applications⁽¹⁰⁾. It is possible that a unique reinforcement of virtual contact with on-line relationships may fulfill unmet real life social needs. Individuals who feel misunderstood and lonely may use virtual relationships to seek out feelings of comfort and community⁽¹¹⁾. Therefore, it may be hypothesized that new comers to the Internet may be at a higher risk for developing addictive patterns of Internet use. However, it may be postulated that "hi-tech" or more advanced users suffer from a greater amount of denial since their Internet use has become an integral part of their daily lives. Given that, individuals who constantly utilize the Internet may not recognize "addictive" use as a problem and therefore saw no need to participate in this study⁽¹²⁾. The rapid expansion of the Internet into previously remote markets and another estimated 11.7 million planning to go on-line in the next year, the Internet may pose a potential clinical threat as little is understood about treatment implications for this emergent disorder. Based upon these findings, future research should develop treatment protocols and conduct outcome studies for effective management of this symptoms. It may be beneficial to monitor such cases of addictive Internet use in clinical settings by utilizing the adapted criteria presented in this study⁽¹³⁾.

CONCLUSION

Internet addiction is associated with a variety of psychological and physical health problems and may impact the developing young in a variety of domains. This study paves the way for future research into Internet addiction. It highlights the risk of high frequency usage of specific Internet applications, which, separately and in combination with particular personality traits, may foster the development of psychopathology.

RECOMMENDATIONS

The study recommended the needs to use the Internet with increased amounts of time in order to achieve application, has jeopardized or risked the loss of a significant relationship, job, educational or career opportunity because of the Internet and has fibbed to family members, therapist, or others to conceal the extent of involvement with the Internet.

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