

Internet Addiction Among Adolescents at Al-Nasiriya City Center

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Abstract

Objective: Assessment of internet addiction among adolescents at Al-Nasiriya city center. **Methodology:** A cross sectional study of "non-probability" sample of (100) students from several schools at AL-Nasiriya city for the period from December 15th 2021 to January 29th of 2022. **The results :** The study shows that the overall assessment for the internet addiction among adolescents is moderate. **Conclusion :** Internet addiction means that the user spends 40 hours or more per week connected to the internet observed manifestations of addiction, the most important of which are: preoccupation with intense thinking about the internet while the line is closed,.. etc. Adolescence is the stage in which new manifestations, skirmishes and conflict appear, and an attempt to prove Self-realization with adults and if does not succeed, slips into the deflection shafts. The importance of the study is due to the fact that it is linked to one of the most important means of modern communication, which is the Internet as a phenomenon prevalent among adolescents of both sexes and the extent to which this means is important to them, their method and motives for using it and its impact on their psychological well-being. Results of study shows the internet addiction among adolescents is moderate. The study recommending that focusing on increase awareness among adolescents in schools about the problem of misuse of the Internet, and ways to positively benefit from it.

Keywords: internet addiction; adolescents.

1. Introduction

Communication is one of the most important social phenomena that have attracted the attention of researchers, and it is the basis of communication within society, as it is based on social interaction between individuals even if it differs communication in its content or in its multiple means, it remains the only way for the continuity of society and the achievement of his social entity. (1)

It is apparent and common that communication today has occupied a large area of interest, especially after the emergence of Information and communication technologies that have swept most of the human fields, especially the internet, the method that has become a criterion for technological development and a measure of the extent of people's growth and urbanization.(2)

Not only at this point, but the concepts have changed and the approved communication has become through these the medium is a virtual communication, just as the internet has become a profound societal phenomenon with a profound impact and influence.(3)

This is due to the services it provides to its users, whether communicative services such as e-mail, direct written dialogue, remote communication and others, as well as cognitive services.(4)

Research consisting of rules, information, electronic references, research and educational websites. Although the Internet is a means of communication and Gaining information, knowledge, insight and Dialogue Cultural enrichment and development if used in a moderately positive way, has taken a turn Otherwise if its use exceeds the acceptable rate and turns into excessive use, Or If it is misused or used in

an excessively negative manner and for other than the purposes for which it was created For it, and here the use of the Internet turns into a negative phenomenon dangerous to human life and poise And his psychological and social health, when a person uses the Internet excessively, It exceeds the usual normal use in terms of duration, quality and purposes of use and applications, the individual finds himself driven to them without an actual urgent need to use them, and he cannot stop this behavior, resist it, control it, and control its impulses. (5)

Which results in Negative consequences on the social, family, physical, professional and psychological levels the individual is addicted to the Internet and the use of it turns from a blessing to a curse. Undoubtedly, the adolescent group is one of the most receptive segments of society. Being the most categories Internet use, and more fascinated and influenced by the ideas received on the network, Thus, they are more likely to be addicted to the Internet, and from here it was necessary to study the phenomenon excessive use of the Internet and knowing the impact of this phenomenon on adolescents. (6) Continuous use of the Internet for long periods leads to addiction, and researchers may see that Internet addiction means that the user spends 40 hours or more per week connected to the Internet Observed manifestations of addiction, the most important of which are the following: Preoccupation with intense thinking about the Internet while the line is closed. Feeling the need to use the Internet for longer periods in order to feel satisfied. The inability to control the desire to use the Internet, as some people Wake up in the middle of the night to look at it. (7)

Adolescence is defined as the stage in which a set of physical, sexual changes occur And mentality, as

there are many definitions presented by scholars and researchers on different sides on which they focused. Adolescence is the stage in which new manifestations, skirmishes and conflict appear, and an attempt to prove Self-realization with adults, which is the stage in which a sense of maturity ignites and needs a valve Safety, and if he does not succeed, he slips into the deflection shafts. (8)

After progress The Internet and the increased risks of isolation from society and weak communication links as a result of sitting Long hours in front of the computer to navigate the ocean with all that it has to offer Of information, intellectual and cultural sources, and even means of entertainment and entertainment that have no limits. (9)

The global network is larger, but some people seem to find it more difficult to connect who are supposed to be the closest and dearest to them, and although we communicate less with our neighbors, We communicate more with those who are far from us, and this phenomenon has been called "lone led communication".(10)

The importance of the study is due to the fact that it is linked to one of the most important means of modern communication, which is the Internet as a phenomenon prevalent among adolescents of both sexes and the extent to which this means is important to them, their method and motives for using it and its impact on their psychological well-being. (11)

The importance of the study also lies in the fact that Internet addiction has become one of the widespread phenomena in this era, and even in various environments, cultures and societies, whether Arab or Western. The study is linked to one of the most dangerous age groups in the life of the individual, which is the period of adolescence in which the individual is weak and subject to any current. The importance of the study is also due to the fact that it is one of the first Arab studies (within the researcher's knowledge) that deals with the Internet as a new type of addiction and its impact on the psychological problems of adolescents. (12)

2. Material And Method sample of the Study

A cross sectional study of "non-probability" sample of (100) students from several schools at AL-Nasiriya city for the period from December 15th 2021 to January 29th of 2022. The random sample consists of 100 students from several schools at AL-Nasiriya city, The data were collected by The Internet Addiction Test (IAT) developed by Young (16) and the researcher made a questionnaire for demographic characteristics, using a census procedure. Based on The Internet Addiction Test (IAT) containing a 20-item self-report scale of addiction severity, we measured each participant's addiction score. Items are rated and scored according to the following patterns: Three-point Likert scales are used to rank items where (never, sometimes and always) the respondent's knowledge of each question is scored with (1) never, (2) sometimes, (3) always.

Data collection

Administration was the questionnaire using the Arabic version of the questionnaire for all individuals included in the study sample. Data collection was conducted from (19) May 2021 to (8) June 2021. Each interview took about (10-15) minutes to complete the questionnaire. After the samples were collected, they were coded and analysis by applying statistical analysis procedures and using the statistical package for social sciences (spss-ver26) and Microsoft Excel 2010. Windows to analyze and evaluate the result of the study.

Metadata Analysis

This analysis was performed by the following:

- 1Frequencies (F) / sample size*80
- 2Percentages (%) 3- Graphic:
- Pie chart
- bar graph
- 4Average score (MS(

The scale in the current study was based on the cut-off point (0.66) because of the three points like scales with three levels that include: Low (1-1.66), Medium (1.67-2.33), High (2.34-3.00)

3. Results of the study

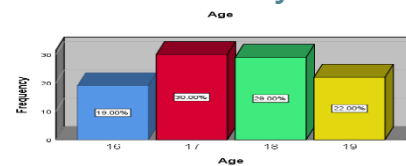


Figure (1) demonstrate destrebuton of study sample depending on the age

This figure show most of study samples at 17 and 18 years old with percentage (30%) and (29%) of all participants respectively

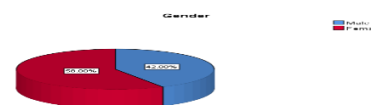


Figure (2) demonstrate destrebuton of study sample depending on gender

This figure show that (58%) of study samples were female

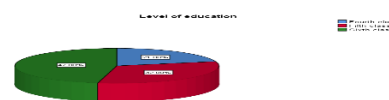


Figure (3) demonstrate destrebuton of study sample depending on the grade of study

This figure show that (47%) of participants at sixth class

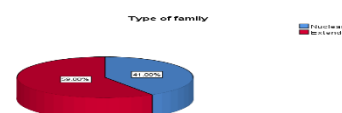


Figure (4) demonstrate distribution of participants depending on type of family

This figure show that (59%) of study sample lives in extended family



Figure (5) demonstrate monthly income of study participant

This figure show that (55%) of study participants had hardly income

Table (1) description of internet addiction among study participants

N	Items	R	F	%	M.S	L
	How many times have you been online more than you need?	Never	20	20.0	2.08	M
		Sometimes	52	52.0		
		Always	28	28.0		
	How many times have you neglected your homework to spend more time on the internet?	Never	23	23.0	2.01	M
		Sometimes	53	53.0		
		Always	24	24.0		
	How many times would you rather spend time online than meet a friend?	Never	20	20.0	2.06	M
		Sometimes	54	54.0		
		Always	26	26.0		
	Create new relationships by following on the Internet	Never	24	24.0	2.04	M
		Sometimes	48	48.0		
		Always	28	28.0		
	How often do people complain about how much time you spend on the internet?	Never	25	25.0	1.96	M
		Sometimes	54	54.0		
		Always	21	21.0		
	How many times have your studies or exam grades been affected by the time you spend on the internet?	Never	30	30.0	1.90	M
		Sometimes	50	50.0		
		Always	20	20.0		
	How many times have you browsed your incoming messages on the Internet before doing something required of you?	Never	27	27.0	2.00	M
		Sometimes	46	46.0		
		Always	27	27.0		
	How has your professional or job performance been affected by the use of the Internet?	Never	26	26.0	1.98	M
		Sometimes	50	50.0		
		Always	24	24.0		
	How many times have you become a defender when people ask you what to do online?	Never	13	13.0	2.21	M
		Sometimes	53	53.0		
		Always	34	34.0		
	How often do you block disturbing thoughts from your life with soothing thoughts on the internet?	Never	15	15.0	2.18	M
		Sometimes	52	52.0		
		Always	33	33.0		
	How often do you find yourself anticipating when you will come back online?	Never	19	19.0	2.05	M
		Sometimes	57	57.0		
		Always	24	24.0		
	How many times have you been afraid that your life would be boring and empty without the Internet?	Never	22	22.0	2.04	M
		Sometimes	52	52.0		
		Always	26	26.0		
	How many times do you yell or act upset if someone bothers you while you're online?	Never	24	24.0	2.10	M
		Sometimes	42	42.0		
		Always	34	34.0		
	How many times did you not sleep at night because you are online?	Never	22	22.0	2.08	M
		Sometimes	48	48.0		
		Always	30	30.0		
	Do you keep your mind busy with the internet and ended offline?	Never	20	20.0	2.10	M
		Sometimes	50	50.0		
		Always	30	30.0		
	How many times do you find yourself saying a few more minutes while you are online!	Never	18	18.0	2.14	M
		Sometimes	50	50.0		
		Always	32	32.0		
	How many times have you tried to reduce the time you stay online?	Never	16	16.0	2.11	M
		Sometimes	57	57.0		
		Always	27	27.0		
	How many times have you tried to hide how long you have been online?	Never	17	17.0	2.11	M
		Sometimes	55	55.0		
		Always	28	28.0		
	How many times did you choose to spend time using the internet instead of going out with others?	Never	10	10.0	2.38	H
		Sometimes	42	42.0		
		Always	48	48.0		
	How many times have you felt depressed and your mood is intolerant because you don't connect to the internet and your mood improves just by connecting to the internet with others	Never	12	12.0	2.23	M
		Sometimes	53	53.0		
		Always	35	35.0		

R=Responses; F= Frequency; %= Percent; M.S =mean of score; L= Level; L=Low ; M=Moderate; H= High Ass.= Assessment Cut-off-point: 1-1.66 =Low; 1.67-2.33= Moderate; 2.34-3.00 = High H= High ; M= Moderate; L = Low

This table demonstrates that all items have moderate

level except item 19 have high level

4. Discussion of the Study Result

Figure 1 and Figure 2 shows the age of the participant. The results show that this participation from the age group (17-18) years has the highest percentage of the study sample (29.30%) & most of them were females 58% of participants because this group is more present and active in the schools.

Figure No. (3) shows that the participants in the study sample at sixth grade with a percentage of 47% of the sample, due to the health situation, the Corona award and the decisions of the Ministry that the work is exclusively for the finished stages, and this is what was proven by the 2020-2021 study

Figure No. (4) shows that the participants in the study are from an extended family, with a rate of 59%, considered moderate or because of their social and economic status.

Figure No. (5) shows the material and monthly income and explained that its percentage of 55% is barely enough due to the poor financial conditions in Iraq and the poor situation

Table (1) and Table (2) shows internet addiction, this tables show that majority of participants at moderate level of internet addiction. This results confirm by (Sargin, 2012).

5. Conclusion

This study focusing on modern problem among adolescents related with different social and psychological problems may be effect their wellbeing. That problem is internet addiction, results of current study show that there are moderate level of internet addiction among participants in study, and recommended that spreading awareness among adolescents in schools about the problem of misuse of the Internet, and ways to positively benefit from it in the study and scientific research, through seminars, conferences, and study days, and conducting more research and studies in the field of the impact of excessive use of the internet on the teenager and his family and his academic achievement, and to benefit from the results of this research in planning programs awareness and guidance.

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