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PREDICTION OF ADDICTION TO INTERNET AND VIRTUAL SOCIAL NETWORKS IN RELATION TO PSYCHOLOGICAL ADJUSTMENT UNIVERSITY STUDENTS

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ABSTRACT

The present study was done to evaluate the predictive role of addiction to internet and virtual social networks in relation to psychological adjustment university students of Fars agricultural jahad center. The research is a descriptive co relational study. The studied sample was included 250 students (125 girl. 125 boy) which were selected using multi-variate cluster sampling method. All participants completed the depression anxiety and stress scale (DASS-21) of Sahebi, et al, addiction to internet questioniree (IAT) of Kimberli- Yang (1996), and research- made questionnaire. In present study descriptive, inferential statistics correlation coefficients, standard deviation, multi- variety linear regression analysis (MANOVA) were used. The results showed that the stress, depression persont predicted a main part of addiction to internet and virtual social networks. Also the difference between girls and boys in addiction to internet and virtual social networks (total) and social remisseness and negligence was significant so that the mean of boys points in these variables was more than the girls mean points and was not significant in other sub- scales. The results showed that the mental hygiene and addiction to internet and virtual social networks are in high relationships with each other adequate attention should be paid to the juveniles.

Keywords: Addiction to internet and social networks, psychological adjustment

INTRODUCTION

Internet is one of the means of communication in the new generation, which is speed and accuracy in work and communications, so that the planet has become a global village. Internet transmission of millions of messages, messages on values, attitudes and cultural identity of its users at the micro level and the macro level affect the social and cultural systems. In line with this change that the symbolic realities in cyberspace, internet, social networks, has provided the basis for the formation of the (Barat dastjerdi and Sayyadi, 2012). Networks including Facebook, Twitter, YouTube, MySpace, Eureka, Flickr, including virtual social networks that have grown rapidly in a short time and they are becoming more popular day by day among the people. Because communication is the primary reason for the use of social networks and little time to communicate with multiple people can, in many cases led to excessive use of people, especially adolescents and young adults of this network has been And causes people to connect in cyberspace are more interested in real space of communication which can threaten their mental health. Disorders such as addiction, depression, social isolation, identity disorder, decreasing feelings, lack of

confidence, including excessive use of social networks is common disorders (Zakayy and Katiyby, 2012, as Barat dastjerdi and Sayyadi, 2012). Internet addiction disorder caused by the use of terms such as unreasonable and ill-defined Internet and can destroy relationships and emotions provide health. The symptoms of Internet addiction among students include: insomnia and fatigue, lower scores, spend less time with friends, irritability when not using the Internet, a denial of the seriousness of the problem, because masonry that what they learn on the Internet , a class of more and better courses and lying about the time spent on the Internet when the mental state of a person's emotional state, mental and academic exchanges, professional and social, damaged by heavy use of the Internet, a person with the addiction. (Biyon et al. 2009; quoted in Mirzaeean et al., 2011). Use of the Internet is often caused by excessive or problematic interpersonal problems or social problems such as introversion (Ferris, 2001). Mirzaeean and colleagues (2011) showed in their study of mental health and the physical symptoms, social anxiety and depression based on different levels of Internet addiction (mild, moderate, severe) there is a difference. Akhyn and Alexander (2011) in his research

showed that Internet addiction has a direct effect on depression, anxiety and stress. According to searches and theoretical foundations of variables, it seems that addiction to virtual social networks, further research is conducted sociological and psychological research has been very low. On the other hand, in the case of Internet addiction the layout of unobserved variables in the study, said the research so we can fill the gap in this field is research and indirectly, through the application of its results a step on the path to achieve their mental health is removed.

RESEARCH METHOD

According to the object and purpose of the study was descriptive and correlational study

The population

The study sample consisted of all students in the center of the Gulf of Agriculture is applied science

Sample and sampling

The sample consisted of 250 students of the Center for Applied Science and Agriculture Gulf. After the loss of 250 subjects (125 females and 125 males) were analyzed. And multi-stage cluster sampling method was selected. Questionnaires filled by students were analyzed.

Research Tools

1. Inventory Internet addiction test (IAT)

The test is reliable and valid way to measure addiction to the Internet. The questionnaire consists of 20 items to measure the dependence of people on the Internet or a computer is made by the doctor Kimberly Young. And has six subscales: the obvious, overused, negligence, waiting, lack of control and neglect of social life. In the present study, Cronbach's alpha coefficient was used to determine which factors are: addiction to virtual social networks (total) 0/743, for obvious being 0/654, Using conventional 0/811, negligence, 562/0, Expectation 0/743 expectations, lack of control, 0/619 neglect of social life 0/758.

2. The scale of depression, anxiety and stress 21- DASS

Scale depression, anxiety and stress by Lavibond and Lavibond DASS (1995) were prepared. This scale has two forms, a short form with 21 is that each mental structures "depression", "anxiety" and "stress" by 7 different words, evaluates. Long form contains 42 words each of 14 words, a factor that measures the mental or structures.

Short form with 21 items by the owners and associates (2005) has been validated for the Iranian population. In the present study, Cronbach's alpha reliability coefficient was used to determine 0/847 for depression; anxiety 0/815 is the stress 0/713.

Analysis Information

Information and extracted data using two methods of descriptive and inferential statistics were used. That the descriptive statistics of mean and standard deviation and inferential statistics for the analysis of multivariate regression in SPSS-18 software was used.

RESULTS

Table 1: Total amount of scores, mean, standard deviation, minimum and maximum values of addiction to the Internet and social networks, virtual, psychological adjustment and subscales in men

Maximum	At least	standard deviation	Average	Total	Variable name
					Table 1: Total amount of scores, mean, standard deviation, minimum and maximum values of addiction to the Internet and social networks, virtual, and subscales of psychological adjustment in women
68	40	7/33	49/05	6131	**Internet addiction and virtual social networks**
20	5	3/17	12/2	1526	**Being clear**
17	7	2/84	11/89	1487	**Using conventional**
13	3	2/44	7/47	934	**Negligence**
9	2	1/48	5/23	654	**Expectation**
13	3	2/08	7/35	919	**Lack of control**
13	2	1/96	4/88	611	**Social neglect**
34	0	8/52	9/68	1210	**Depression**
28	0	7/51	8/65	1082	**Anxiety**
34	0	7/99	14/51	1814	**Stress**

Table 2: Total amount of scores, mean, standard deviation, minimum and maximum values of addiction to the Internet and social networks, virtual, psychological adjustment and sub-scales them to the subjects'

Maximum	At least	standard deviation	Average	Total	Variable name
68	41	5/09	47/36	5920	**Internet addiction and virtual social networks**
20	6	2/83	11/77	1472	**Being clear**
17	9	1/73	12/29	1537	**Using conventional**
14	3	2/04	6/67	834	**Negligence**
10	2	1/8	4/93	617	**Expectation**
12	4	1/82	7/32	915	**Lack of control**
9	2	1/85	4/36	545	**Social neglect**
38	0	10/82	13/92	1740	**Depression**
30	0	8/96	11/47	1434	**Anxiety**
50	0	10/48	17/61	2202	**Stress**

Table 3 - Results the correlation coefficient between variables

Maximum	At least	standard deviation	Average	Total	Variable name
68	40	6/35	48/2	12051	**Internet addiction and virtual social networks**
20	5	3/01	11/99	2998	**Being clear**
17	7	2/36	12/09	3024	**Using conventional**
14	3	2/28	7/07	1768	**Negligence**
10	2	1/65	5/08	1271	**Expectation**
13	3	1/95	7/33	1834	**Lack of control**
13	2	1/92	4/62	1156	**Social neglect**
38	0	9/94	11/8	2950	**Depression**
30	0	8/37	10/06	2516	**Anxiety**
50	0	9/43	16/06	4016	**Stress**

8	7	6	5	4	3	2	1	Variable name	Row
							1	**Internet addiction and virtual social networks**	1
						1	0/308**	**Depression**	2
					1	0/723**	0/237**	**Anxiety**	3
				1	0/778**	0/688**	0/291**	**Stress**	4

$< 0/01 \mathbf{P}$ ** :   ' $< 0/0$ 5: $\mathbf{P}$ *

Table 4: Linear regression tests simultaneously (inter) adaptation to the changing psychological (depression, anxiety and stress)

Degrees of freedom	F	R2	P(Sig) significance level	T	B	Predictor variables	Changing criterion
3	10/07	0/109	0/001	59/14	44/96	**Constant**	**Internet addiction and virtual social networks**
			0/01	2/59	0/151	**Depression**	
			0/048	1/96	0/133	**Stress**	
			0/409	-0/828	0/066	**Anxiety**	

Table 5: Multivariate analysis of variance to compare addiction to the Internet and social networks, virtual and subscales of male and female students

Statistical power	Significance level	F	Average of squares	sum of squares	Degrees of freedom		Source
0/558	0/036	4/46	178/08	178/08	1	**Internet addiction and virtual social networks**	**Group**
0/204	0/258	1/28	11/66	11/66	1	**Being clear**	
0/267	0/181	1/8	10	10	1	**Using conventional**	
0/799	0/005	7/88	40	40	1	**Negligence**	
0/292	0/158	2/004	5/47	5/47	1	**Expectation**	
0/052	0/897	0/017	0/064	0/064	1	**Lack of control**	
0/586	0/03	4/77	17/42	17/42	1	**Social neglect**	
			39/87	9888/51	248	**Internet addiction and virtual social networks**	**Within the group (Error)**
			9/06	2248/32	248	**Being clear**	
			5/55	1377/69	248	**Using conventional**	
			5/07	1258/7	248	**Negligence**	
			2/73	677/76	248	**Expectation**	
			3/83	951/71	248	**Lack of control**	
			3/65	905/23	248	**Social neglect**	
				590973	250	**Internet addiction and virtual social networks**	
				38212	250	**Being clear**	
				37966	250	**Using conventional**	
				13802	250	**Negligence**	
				7145	250	**Expectation**	
				14406	250	**Lack of control**	
				6268	250	**Social neglect**	

Evaluating the results of the research hypothesis

Hypothesis: Adaptation psychological (anxiety, depression, stress) may be addicted to the Internet and social networks, virtual University of Applied Science (Applied Science Center for Agriculture Gulf) to predict. Results of the test showed that the hypothesis that depression and stress factors can be part of the forecast range of Internet

addiction and virtual social networks In other words, 10.9 percent of Internet addiction changes and social networks is explained by the variables depression and stress. The results of the research results Ozgol et al. (2013), Jafari Nadoshanet al (2011), Akhin and Eskandar (2011), Morrison and Gore (2010), Cao et al. (2007); Aurang (2004) is consistent. The results of overuse of the Internet, people from the community and the real social relations and the elimination of real social interaction and control over their lives can feel alone and finally, depression is associated. For most users online contrived and weak relationships with the appointment and replacement over the actual interactions of life, real life relationships are less valued, and this could be depression related. With increasing depression and loneliness, even more, each time for Internet addicts longer connect to the Internet. This is the wheel that occur Alklyha (Kimberly Young, 1998). The result of this debate, demonstrating the association of Internet addiction with other disorders. It means that Internet addiction often associated with mental disorders such as depression and stress, another is in the direction of this communication is still not clear cut and commented. In other words, cannot be clear whether Internet addiction is caused by other diseases or disorders in users

others who provide Internet addiction. With so much to say these are the people who suffer from depression, stress or being in social situations (making some social relations) fear Online communication tend to show better because in such circumstances can be overcome stress such people on the other side there's an opportunity to think more to respond to This hypothesis can be said to explain the exact cause of the relationship between internet addiction and depression and stress specific virtual social networks There is, perhaps Depression Internet addiction can occur as a result of the people who are addicted to the Internet are its negative consequences, such as depression experience. It may be depression and stress trauma constitutes a person's risk for Internet addiction and virtual social networks vulnerable. Some people turn to the Internet for their depression, so that the Internet can replace for a life without joy helps depressed people.

Discussion and conclusion

Whatever it was possible to conclude that depression and stress variables on Internet addiction and virtual social networks have a significant positive effect. This means that the addiction to the Internet and social networks more depression and more stress. Or whether the depression and more stress a

person more likely to use social networks and the Internet becomes virtual. Therefore, to understand the use of the Internet and virtual social networks to not use this technology because they use too much of the user Technology makes the actual user of society and social relations, and this separation can cause feelings of loneliness and the depression of the user. The important point here is that the Internet and social networks, virtual indicate that not only the negative, good or bad usage of this technology into the hands of as many users that cannot be shy, depressed or real social relationship the same technology has been able to establish a good help to overcome the problem and fix it as participants in the study, Davis (2001) respectively.

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