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## Internet addiction and its effect on family relationships among Nursing College students of Basrah University, Iraq

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Through a full study on the students of the Faculty of Nursing University of Basrah from the use of the Internet, whether on the computer or mobile and took the study period between October 1, 2018 and to April 1, 2019 The study was based on diagnose of addiction to students through a comprehensive survey of 200 students. Results indicated 74 Students as addicted and 126 as non-addicted students. For addicted students, treated with psychological treatment and medication, results were positive. The relationship has been identified between internet addiction and some variables in demographic data (age, sex, social state). Based on study it was recommended that the person should set strict and strict rules to reduce the amount of time spent on communication sites. It is useful to set time intervals in which the person is absent from all media and communication, creating periods of "fasting". One should give priority to real life as a commitment to friends with wonderful relationships, and it will not happen without spending time with them.

**Keywords:** internet , addiction, effect, family, student

### INTRODUCTION

Internet has become an important part of our daily life. throughout the world It is being used extensively, especially among adolescents and youth. Its problematic use is associated with various psychological symptoms (Murali and George 2007) .The internet is used by some to facilitate research, to seek information, for inter personal communication, and for business transactions. On the other hand, it can be used by some to indulge in pornography, excessive gaming, chatting for long hours, and even gambling. There have been growing concerns worldwide for what has been labeled as "internet addiction" (Shapira et al., 2003). Internet addiction is a problem of modern societies and many studies have considered this issue. Along with all the benefits Internet brings, problems of excessive Internet use are becoming apparent. Internet

addiction disorder is an interdisciplinary phenomenon and various sciences such as medicine, computer, sociology, law, ethics and psychology have surveyed it from different viewpoints (Moeedfar et al., 2007).The growing number of researches on Internet addiction indicates that Internet addiction is a psychosocial disorder and its characteristics are as follows: tolerance, withdrawal symptoms, affective disorders, and problems in social relations. Internet usage creates psychological, social, school and/or work difficulties in a person's life. Internet addiction can make changes in lifestyle and family values (Ko et al., 2015). An internet addiction phenomenon that has become prevalent coincidentally with the increasing the users' daily access to the continuous resources is similar to a real dependency such as the drug addiction; although, this kind of dependency is not

associated with the physical problems of chemical addictions, its consequent social problems are similar to other kinds of addiction (Jafari et al., 2011). Students use internet more than other people do in order to meet their educational needs. For this reason, they are more prone to the internet addiction. Based on the studies, the excessive use of the internet causes the dangers of the improper use of the internet, education problems, and the lack of participation in the curriculums for the students (Ghahremani et al., 2013). Internet addiction may have serious consequences such as changing the lifestyle in order to spend more time on the internet, ignoring the individual health and main activities, reducing the social relationships, ignoring the family and friends, and finally, financial, educational, and physical problems (Xu et al., 2008).

The scientific literature, are proposed multiple terms to describe the pathological use of the internet: internet use disorder, Internet addiction, problematic internet use, pathologic internet use, cyber dependence, online addiction and other (Ghahremani et al., 2013) Problematic Internet use (PIU), or Internet Addiction Disorder (IAD), are the two most commonly used terminologies and are characterized by a lack of control over the concern (Xu et al., 2008).

In United States of America [2015], study of The Effect of U.S. University Students' Problematic Internet Use on Family Relationships: A Mixed-Methods Investigation, Table 2 provides participants' responses to the YDQ. Nearly half of the participants (48.1%,  $n = 13$ ) met clinical criteria for PIU according to the YDQ, and 40.7% ( $n = 11$ ) of them met criteria for potential PIU. Almost all participants (96.3%,  $n = 26$ ) reported sometimes staying online longer than originally intended, with 81.5% ( $n = 22$ ) of students having experienced preoccupation (i.e., thinking about the Internet and anticipating the next period of time when the Internet is not available), 74.1% ( $n = 20$ ) having experienced unsuccessful efforts to control, cut back or stop their Internet use, 63.0% ( $n = 17$ ) having used the Internet as means of escape, and 55.6% ( $n = 15$ ) developing increasing tolerance (i.e., used the Internet with increasing amounts of time in order to achieve satisfaction). Additionally, 44.5% ( $n = 12$ ) of participants reported withdrawal symptoms (i.e., felt restless, moody, depressed, or irritable) when attempting to reduce or stop their Internet use. Table 3 provides participants' responses to the CIUS. The entire sample exceeded the recommended cutoff for compulsive Internet use according to the CIUS.

The following negative consequences due to excessive Internet use were recorded: 63.0% ( $n = 17$ ) of participants reported inadequate sleep; 44.4% ( $n = 12$ ) stated they neglected school work and other daily obligations due to excessive Internet use show that Results Descriptive Results The findings from standardized assessments indicated that between 80% and 100% of the sample met criteria for PIU. Most participants reported experiencing several symptoms of PIU, including preoccupation with the Internet; repeated unsuccessful attempts to reduce or stop their Internet use; Internet use to reduce negative moods and emotions, and increasing time spent on Internet use. Over a quarter of respondents reported having lied to others to conceal the extent of their Internet use, and a third reported having risked the loss of an important life opportunity or relationship because of their Internet use (Snyder et al., 2015)

In Iraq [2018], study of Internet Addiction Disorder among Medical Students in University of Kufa: A Cross Sectional Study, According to the results of Young Internet Addiction Test score, 44.5% of the participants had a mild internet addiction, 119 (54.6%) had a moderate internet addiction, and only 2 (0.9%) had a severe internet addiction. Further analysis using binary logistic regression revealed that spending time online for studying related purpose was a significant protective factor from internet addiction among participants, High prevalence of internet addiction among medical students of Kufa University. Students who spend more time on the internet for educational purposes are protected from internet addiction. There is no significant association between internet addiction and academic performance of students. (Alfadhu et al., 2018)

In Iraq [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 .( Romiani et al.,2016) 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. This result and its Frequency give us idea of nursing student's to internet web sites, hours of internet using, by nursing students where less frequency

have (Murali and George 2007) .student in the rate of percent [0.7 %] at zero hour per day, more frequency have [24] students in the rate of percent [16.4 %] at two hours per day (Hassan et al., 2018)

The treatment consists of psychotherapy, pharmacology or a combination of both, as these types of interventions more effective for limits the amount of time Internet addicts spent online, and/or good at targeting symptoms of depression and anxiety (Yellowlees and Marks, 2007)

. published studies on this topic are scarce, precluding any recommendations for strong treatments. Even most of the existing studies have been found to be inconsistent with the definition and diagnosis of IA, lack randomization and comparison groups and provide insufficient information about recruitment protocols (Winkler et al., 2013).

Focused around cognitive-behavioral therapy (CBT), considered as the most influential model (King et al., 2011). The therapy requires approximately 12 weekly session where the early stages are focused on the behavioral aspects of the patient, while in subsequent stages the treatment is gradually shifted towards confronting the cognitive assumptions and distortions that encourage the problematic behavior. During treatment Internet addicts identify affective and situational triggers associated with their addictive online behavior and learn how to modify them into more adaptive ones (Young, 2009). In addition, CBT encourages the stimulation of activities which do not involve the use of the Internet in order to treat specific comorbidities. For example, the decreased use of the Internet decreases the dopamine levels in the individual. Participation in physical activities would compensate for this decrease in dopamine and enhance the effectiveness of the intervention (Khazaal et al., 2012). Most participants in CBT therapy manage to deal with their complaints by the eight session, with maintained improvement at a 6-month follow-up (Cash et al., 2012).

A pharmacological open label treatment study using extended release methylphenidate in after 8 weeks of treatment, measures of Internet use and Internet use duration were significantly reduced, and this improvement was positively correlated with improvement in measures of attention (Young,2007).Another study identified the comorbidity of impulsive-compulsive Internet use with OCD to examine whether selective serotonin reuptake inhibitors (SSRIs) such as escitalopram can be useful for treatment of

Internet addiction. A pharmacological open-label treatment study using escitalopram with impulsive-compulsive Internet users showed significant decrease in the number of hours spent on the Internet during the first phase of treatment but not later (Han et al.,2009).bupropion, a dopamine and norepinephrine inhibitor medication used for treating nicotine and substance dependence, was used for the treatment of Internet video game addiction (Dell'Osso et al., 2006) After a 6-week period of bupropion SR, craving for Internet video game play, total game play time, and cue-induced brain activity were decreased in the Internet video game-addicted players. A later study by Han and Renshaw (2012) showed that bupropion reduced Internet addiction scores, mean time of online game playing, and Beck Depression Inventory (BDI) scores in a group with comorbid excessive online video game playing (EOP) and Major Depressive Disorder (MDD) (Han et al.,2010)

The Internet is becoming more and more important for nearly everybody as it is one of the newest and most forward-looking media and surely the medium of the future. in our society we are need adequate knowledge about internet addictive students , and study the effect of it is on family relationships . Due to poor attention toward this project in our country of Iraq given us interest to search about the problem and analysis the factors that increase risk of internet addiction then introduce appropriate intervention.

In this view, the present work was conducted to study the internet addiction and its effect on the family relationships of the undergraduate students in Basrah city, Iraq. The general objectives of study were 1) to identify the numbers of internet addiction among students of nursing college in Basrah city, 2) to determine the effect of internet addiction on family relationships and 3) to determine the relationship between internet addiction and some variables in demographic data (age, sex, social state).

## **MATERIALS AND METHODS**

### **3-1 Design of the study:**

Descriptive, cross sectional study.

### **3-2 Setting of the study:**

The study carried out at nursing college / university of Basrah - in Al-Basra city from October - 1<sup>th</sup> – 2018 through April 1st-2019.

### **3-3 Sample of the study:**

Random sample of 200 students were collected.

### 3-4 Instrument of the study

Instrument of this study was questionnaire consist of two Parts;

#### 1-Demographic data:

Consist of 6 variables include (Age, Gender, stage, and social state).

#### 2- The second part of a questionnaire

We applied Young's IADQ (1998) to assess symptoms consist of 8 questions scored on a two-point scale [no (0) and yes (1)]. Among these 8 items, 5 items relate to the tendency to use the Internet:

(1) "Do you feel preoccupied with the Internet?"

(2) "Do you feel the need to use the Internet with increasing amount of time in order to achieve satisfaction?"

(3) "Have you repeatedly made unsuccessful efforts to control, cut back, or stop the use of the Internet?"

(4) "Do you feel restless, moody, depressed, or irritable when attempting to cut down or stop Internet use?"

and (5) "Do you stay online longer than you originally intended?"

There are 3 items that relate to the impairment in the individual's daily functioning due to excessive Internet use:

(1) "Have you jeopardized or risked the loss of a significant relationship, job, educational or career opportunity because of your use of the Internet?"

(2) "Have you lied to family members, a therapist, or others to conceal the extent of your involvement in the Internet?"

(3) "Do you use the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression)?"

#### 3-5 Method of data collection

The data collected by obtaining formal approval from the Students to answer about the questionnaire through direct interview.

#### 3-6 Statistical data analysis:

The data were analyzed by admitted to the Statistical program (SPSS) Program, version 16 for interpretation of result. Through the application of the descriptive data analysis

## RESULTS

We conducted this research at the University of Basra College of Nursing and took [200 sample] randomly selected for all stages, for

evening and morning studies .

According to demographic characteristics.

Sample's age at 22 years higher than sample's age at 35 years The results of marital status higher in single at 85.5 % percentage rather than others[ married at 14.5 % percentage ] ,Which similar result of Korea's study [ 2002] , "

### Study of internet and addiction ,Status, Causes, and Remedies

The study show the tendency of internet addiction was relatively higher in the following groups: single, male. But only differs in age [30-39]. This difference may be considered normal variation in age of undergraduate students. Concerning the students' academic year higher percentage of samples from fourth year students [67 %] and lower percentage of sample from second year students [39 %]. which is differs from study conducted in In Jordan [2009], the study was conducted about Prevalence of Internet Addiction and Its Association With Psychological Distress and Coping Strategies Among University Students in Jordan, result of the study reveal that is A total of 587 students, there were (19.6%) first year students, (30.3%) second year students, (25.9%) third year students, and (24.2%) fourth year students. According to the student's sex percentage of female students 56.5% , higher than male students 43.5% , Which is differ from Jordan study , result of the study reveal that is A total of 587 students (42.8%) were male and (57.2%) were female . This Difference may be due to the number of samples at University of Jordan more than the number of samples at University of Basrah College of Nursing.

Also, the number of females more than males University of Basra College of Nursing. The highest percentage of students [53%] surfed the Internet more than four hours per day. Others [1- 2 hours] being online at [19 %]. Which is similar to the Jordan study were the highest percentage of students (85%) surfed the Internet more than four times a week with an average of 4.3hr/day.

#### 5-2 Results descriptive of sample's score

Regarding scores of students majority of students show that 126 (63%) students no addiction, rather than 74(37) of students are addictive .This result is the same as the study conducted In Iraq [ 2018], " study of Internet Addiction Disorder among Medical Students in University of Kufa "

A Cross Sectional Study ,According to the

results of Young Internet Addiction Test score, 44.5% of the participants had a mild internet addiction, 119 (54.6%) had a moderate internet addiction, and only 2 (0.9%) had a severe internet addiction

Also minimum score of total 200 student 9 , and maximum score is 17 , reveal There is no addiction in general because of the proportion of addicts compared to others less .

This result differ as the result of the study conducted In Iraq [2018]

### 5- 3 Factors that may be the students attract to it.

The maximum average frequency of students are prefer internet for the leisure and entertainment (175) or (87 %).

Also the second factor of attraction for internet usage for courses of study (157) or (78%)

In addition to that third factor as reads electronic books and newspaper also preferred by students (131) or (65%)

Minimum percent of students are with the idea of dating and marriage online (41%) while (59%) of students are responds no to this question. A similar study have nearly same result of our study In Jordan, the study was conducted about prevalence of Internet Addiction and Its Association with Psychological Distress and Coping Strategies among University Students in Jordan,

.The main purposes of the Internet use were for chatting, (34%); social networking, (28%); emailing, (12%); entertainment, (10%); surfing, (9%); and academic activities, (7%).

### 5-4 positive and negative impact of internet .

Show that students who are learning skills and gained a positive impact on the ground height frequency (162) or (81%)

This ratio is a good indicator for students at the Faculty of Nursing for their positive use of the Internet

The same search result was recorded in Pakistan [2016], Internet Use Disruptive Or Enhancing Towards Learning. A total of 147 (69.3%) participants reported that internet use enhanced their learning and had a positive effect on their academic grades .

Also majority of students found a respect

and interest on internet 103 or ( 51 % ) , This result is differs to a study recorded in Pakistan [2016], Internet Use Disruptive Or Enhancing Towards Learning, and It differs from research In Iraq , study of Internet Addiction Disorder among Medical Students in University of Kufa.

### 5-5 Relationship between internet addiction and family relationship

According to the result of study the relation between scores of internet addiction and family relationship is significant at  $p$ -value  $< 0.005$  , which is considered negative effect of internet use This result of study can be similar to the study conducted In Iran [ 2014] , study of Exploring the Relationships between Internet Usage and Family Values of College Students , show

The student's internet addiction 16.1% at high level and 17.4% at the very high level. 18% of students were using the Internet at high level and 13% at very high levels. Besides, there is a significant negative correlation between the student's internet addiction and the family values, ( $P < 0.05$ ) and a significant and negative correlation between the use of the Internet and family values ( $P < 0.05$ ). It means that the more the usage of the internet increases, the less the students take attention to the family values. For every daily hour of internet use at home, the user will lose or scope from communication with the family for half an hour and this scope to an open society can cause the isolation from the real society.

### 4 – 1 Results of descriptive analysis

This table (1) shows the upper and lower limits of the reconstruction

**Table 1; Statistics sample's age**

<b>Sample size</b>	200
<b>Mean</b>	21.66
<b>Mode</b>	22
<b>Std. Deviation</b>	2.723
<b>Range</b>	17
<b>Minimum</b>	18
<b>Maximum</b>	35

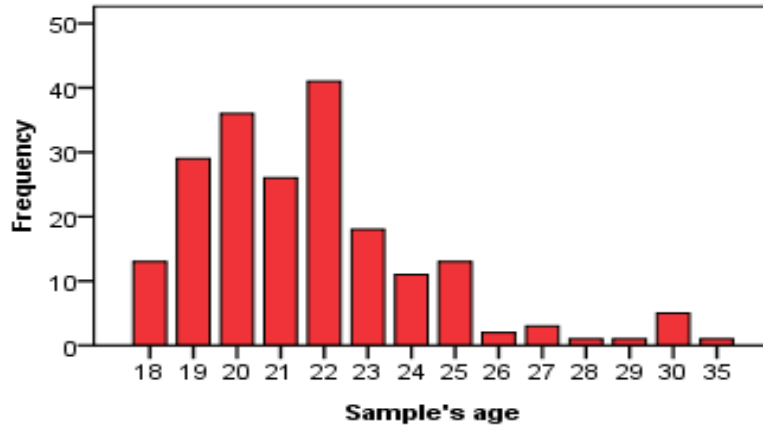


Figure (1) show Sample's age  
The table (2) shows the number of males was 87 and the number of females was 113

Table 2; Statistics of Sample's sex

sex	Frequency	Percent	Valid Percent	Cumulative Percent
male	87	43.5	43.5	43.5
female	113	56.5	56.5	100.0
Total	200	100.0	100.0	

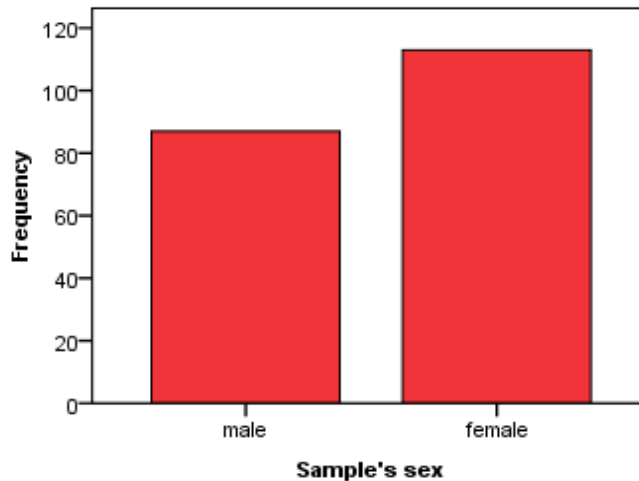


Figure (2) show Sample's sex

The table (3) shows the number of married 29 couples and the number of unmarried persons 171

Table (3) Statistics of Sample's social state

Social state	Frequency	Percent	Valid Percent	Cumulative Percent
single	171	85.5	85.5	85.5
married	29	14.5	14.5	100.0
Total	200	100.0	100.0	

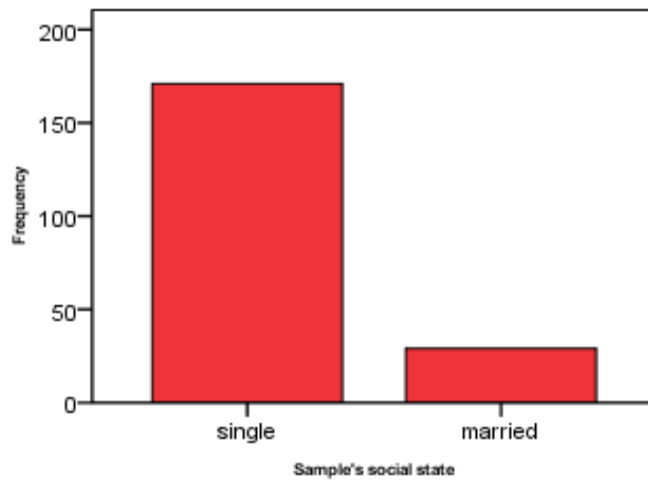


Figure (3) show Sample's social state  
4 – 2 Results descriptive of sample's score

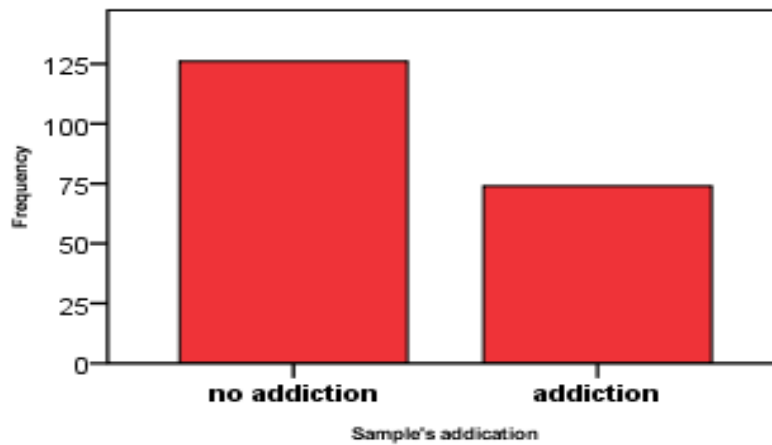
**Table 4; Descriptive Statistics to score of internet addiction**

internet addiction	N	Range	Minimum	Maximum	Mean		Std. Deviation	Assessment
	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	
<b>Score</b>	200	8	9	17	12.85	.124	1.753	No addiction

Table shows the number of addicts 74 and non - addicts 126

**Table 5; sample's internet addiction**

Sample	Frequency	Percent	Mean	Std. Deviation
<b>No addiction</b>	126	63.0	11.74	1.044
<b>addiction</b>	74	37.0	14.74	.861
Total	200	100.0		



**Figure 5; show Sample's social state**

## 4 – 3 Results the relationships

Table (6) Pearson Correlation Correlations between sample's score with some questions

Pearson Correlation		score	Df(n-2)	result
		P- value		
number of hours surfing the Internet every day			198	
		0.001		significant
Do your family members complain because of your frequent use of the Internet?			198	significant
		0.000		
Is the Internet an easy way to connect new relationships to alternative family relationships?				significant
		0.000	198	
Do you feel the default with your family because you were busy surfing the Internet?			198	significant
		0.000		
Have you had family problems because of using the Internet?			198	significant
		0.000		

## 4 – 4 Results the questions

## Read electronic books and newspapers

Response	Frequency	Percent	Valid Percent	Cumulative Percent
yes	131	65.5	65.5	65.5
no	69	34.5	34.5	100.0
Total	200	100.0	100.0	

## Leisure and entertainment

Response	Frequency	Percent	Valid Percent	Cumulative Percent
yes	175	87.5	87.5	87.5
no	25	12.5	12.5	100.0
Total	200	100.0	100.0	

## Spend time in electronic games

Response	Frequency	Percent	Valid Percent	Cumulative Percent
yes	112	56.0	56.0	56.0
no	88	44.0	44.0	100.0
Total	200	100.0	100.0	

## For courses of study

Response	Frequency	Percent	Valid Percent	Cumulative Percent
yes	157	78.5	78.5	78.5
no	43	21.5	21.5	100.0
Total	200	100.0	100.0	



**Are you with the idea of dating and marriage online?**

Response	Frequency	Percent	Valid Percent	Cumulative Percent
yes	82	41.0	41.0	41.0
no	118	59.0	59.0	100.0
Total	200	100.0	100.0	

**Have you added online learning skills and gained a positive impact on the ground?**

Response	Frequency	Percent	Valid Percent	Cumulative Percent
yes	162	81.0	81.0	81.0
no	38	19.0	19.0	100.0
Total	200	100.0	100.0	

**Have you added online learning skills and gained a positive impact on the ground?**

Response	Frequency	Percent	Valid Percent	Cumulative Percent
yes	162	81.0	81.0	81.0
no	38	19.0	19.0	100.0
Total	200	100.0	100.0	

**CONCLUSION**

The person should set strict and strict rules to reduce the amount of time spent on communication sites,

It is useful to set time intervals in which the person is absent from all media and communication, creating periods of "fasting"

They must find what they occupy themselves and their lives, and this is a very important element in the treatment,

One should give priority to real life as a commitment to friends with wonderful relationships, and it will not happen without spending time with them. The place of work is not like the beach, and the sleep time is not like the time of sport and recovery.

Remove people who do not care about your page. Be sure this is a great opportunity to learn about other useful sites, there are open learning sites. You must exercise until you get rid of using the equipment.

**CONFLICT OF INTEREST**

The authors declared that present study was performed in absence of any conflict of interest.

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