

Assessment of Internet Addiction and Psychosocial Adjustment among Secondary School Students in Al-Nasiriya City

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Abstract

A descriptive design study was conducted to assess internet addiction and psychosocial adjustment among secondary school students in Al-Nasiriya city,Iraq and find out the relationship between internet addiction and psychosocial adjustment among secondary school students. A non-probability (convenience) sample of 300 students, data were collected through the use of the questionnaire and the process of self-reported as a means for data collection. The questionnaire consisted of two parts: the first part is concern with demographic characteristics of the students that included (age, gender, grade, parent's educational level, place of residence, and monthly income), and the second consists of internet addiction and psychosocial adjustment scale. The study concludes that most of the students had moderate level of internet addiction, and the study showed that females are more affected than males.The results reveals statistically significance differences between internet addiction scale and psychosocial adjustment scale of secondary school students for Sample at ($P < 0.05$), when analyzed by Chi-Square Tests,and recommended that subjecting adolescents to parental control and forcing them to use the Internet moderately and for specific times.

Keywords: Internet Addiction, Psychosocial Adjustment, Secondary School Students.

Introduction

Internet Addiction(IA) which result from excessive use of internet, which has been defined as internet use that interferes with daily life [1]. Internet is have important role in our daily lives regardless of time and location as a means of contact, knowledge exchange, entertainment, and social interaction, It is easy to use, available, and affordable to people of all ages and socioeconomic backgrounds [2]. Between 2014 and 2015, the number of internet users increased by 10%, according to

the United Nations [3]. According to the same research, approximately three billion people use the internet on a regular basis around the world .

The overuse of the internet has led scientists to study the psychological and social features of internet users, with isolation, social anxiety, psychological distress, personality disorder, and other psychosocial adaptation issues being among the most popular of these characteristics [2]. Pain in the back, eyes, and dark circles around them, obesity, wrist pain, lack of sleep hours, fatigue and exhaustion, which leads to failure to go to work or school, neglect of social life and professional and job responsibilities, and neglect of his diet so that he is noticed (most online addicts eat their food in front of the computer screen, in addition to this spending exaggerated sums of money on the internet from monthly or annual subscriptions and various electronic and technical devices, and the internet addict is characterized by a lack of movement and physical activity [4].

The symptoms also include an increase in the number of hours spent in front of the computer, which exceeds the time limits set by the individual, causing the addict to lose track of time when connected to the network, as well as a feeling of extreme tension and anxiety in the event of any difficulty connecting to the internet that may reach a limit depression if the period of distancing from entry is prolonged, and in return he is overwhelmed with a sense of euphoria and tremendous psychological comfort when he is able to access the internet, and the addict resorts to talking about it constantly in his daily life [5].

Humans must achieve the best adaptation to different aspects of life if they are to live successful lives. Because good adaptation is linked to mental health, scientists would be very interested in studying adaptation as a branch of basic science [6]. There has been a strong link between lifestyle and online addiction over the last two decades [7]. A study of 600 American students found a connection between internet addiction and the onset of depression, anxiety, and stress [8]. The maladaptive use of the internet, which has pathological physical and emotional consequences, is referred to as internet addiction [9].

Excessive and problematic internet use (PIU) has been linked to several negative psychosocial and mental health outcomes. Excessive use of the internet, in particular, has been linked to social isolation [10]. as well as other adversities [11]. PIU has also been linked to aggressive behavior patterns [12] , social skills harmed [13]. attention deficit hyperactivity disorder[14], and depression and/or suicidal ideation [15]. However, no research has been done to date on the various determinants and psychosocial effects of potential PIU and PIU among adolescents [16].

According to an increasing body of evidence, internet addiction is a psychosocial condition marked by tolerance, backwardness, emotional disruptions, and disrupted social relationships [17]&[18].

Methodology

Design of the study:

A descriptive research design was carried out in order to achieve the earlier stated objectives of the study, the present study was established from September, 16th, 2020 to March, 19th, 2021. To assess internet addiction and psychosocial adjustment among secondary school students in Al-Nasiriya city as a main objective in the study.

Ethical Consideration:

The researcher received written consent from each student to participate in this study, and the researcher was able to administer the questionnaire to those students as a result of this consent. They were told that the information would be kept private and used exclusively for research purposes.

Settings of the Study:

The study was conducted on secondary school students in Nasiriyah city. The total number of schools 18. From these schools eight schools were randomly selected (a simple random sample) from Nasiriyah / Dhi Qar Governorate ,Iraq .

Sample of the study:

Convenience sampling was used in the selection of participants. As a non-probability sampling process. According to the city's Directorate of Education Statistics, the study population consists of all secondary school students in Nasiriyah City, with a total of 10068 students. Minimum sample size was calculated as 300 by taking confidence level as 0.95 and tolerance value as 0.025. At least 300 students were expected to participate in the study, with 38 students from each school having the opportunity to participate regardless of age or gender.

Instrument of the study:

Following a review of applicable literature and consultation with a panel of experts and related research, a questionnaire is created for the purpose of the report. It composed of **(Demographic Characteristics, Internet Addiction Scale, and Psychosocial Adjustment Scale)**.

Statistical Analysis

The current study's data is analyzed with the Statistical Package for Social Sciences (SPSS) version (25.0). In order to interpret data and evaluate the study's outcomes, the following statistical data analysis methods were used. To arrive at their conclusions, the researchers used descriptive and inferential data analysis.

Results and discussion

Table (1): Distribution of the (300) Students According to the Demographical Characteristics:

Basic Information	Groups	Frequency	Percent
Age groups	13 years	30	10.0
	14 years	46	15.3
	15 years	37	12.3
	16 years	43	14.3
	17 years	43	14.3
	18 years	59	19.7
	19 years	20	6.7
	20 years	22	7.3
	Total	300	100.0
	$\bar{x} \pm S.D.$	16.3 \pm 2.109	
Gender	Male	161	53.7
	Female	139	46.3
	Total	300	100.0
The Academic Grade	Intermediate	141	47.0
	Preparatory	159	53.0
	Total	300	100.0
The Father's Educational Level	Not read and write	11	3.7
	Primary	38	12.7
	Intermediate	50	16.7
	Secondary	69	23.0
	Institute	15	5.0
	Colleague graduation	78	26.0
	Master Degree	27	9.0
	Doctorate	12	4.0
	Total	300	100.0
The Mother's Educational Level	Not read and write	42	14.0
	Primary	65	21.7
	Intermediate	58	19.3
	Secondary	53	17.7
	Institute	21	7.0
	Colleague graduation	43	14.3
	Master Degree	15	5.0
	Doctorate	3	1.0
	Total	300	100.0
The Place of Residence	A Popular Neighborhood	96	32.0
	An Average Neighborhood	162	54.0

Family monthly income	An Elegant Neighborhood	42	14.0
	Total	300	100.0
	Low	38	12.7
	Medium	236	78.7
	High	26	8.7
	Total	300	100.0

Freq.=Frequencies, %=Percentages, $\bar{x} \pm S.D$ =Arithmetic Mean and Std. Dev. (S.D.)

Findings indicate that the vast majority of secondary school the participants in the study are between the ages of thirteen to twenty that the highest proportion is present in the age group of (18) which is 19.7%, The age of secondary school students ranges 13 to 18 years or to 20 years if fail for one or two years whether during the different levels of primary, intermediate or / and secondary schools. These agree with findings of the study was that studied the Internet addiction among students: research and prevention. The authors looked at the issue of From the viewpoint of individual and societal social health, internet addiction among students (14-19 years old) [19].

Regarding to adolescent gender in table (1-4), the present study indicate that most of adolescents using internet were males. Study in Korea was found there are psychosocial risk factors related to internet addiction[20]. In another study was found that males were more addicted to the internet than females (30.6 percent versus 21.2 percent). The percentage of males appeared more than females, due to the refusal of some female schools to participate in the study[21].

The present study indicated that (53%) of the sample at age (16-20) years(high school). The adolescents in China engage in online activities, have a high prevalence of Internet addiction, and are exposed to risk factors linked to family and education. Found that Students in higher grades showed a higher incidence of Internet addiction ($\chi^2 = 431.25$, P 0.001) [21].

The percentage of the father's educational level that graduated from the colleague appear 26.0%,and the percentage of the mother's educational level that graduated from the primary schools appear 21.7% this result supported by study to test relationship between internet usage and levels of psychosocial change in high school students was studied). That show father's educational level 57% were university graduates,and 7% of the mothers were primary school graduated[22].

According to the family monthly income the finding refer that (78.7%) is moderate.The present finding supported by study test relationship between internet usage and levels of psychosocial change in high school students was studied).That referred to the family monthly income was moderate for

70%. Relative to the place of residency the majority of study sample are lives in an moderate neighborhood and account for 162 (54.0%) of all study sample [22].

Table (2): Distribution the Level of Internet Addiction of Study Sample:

Scale	MS	Level of Evaluation	Frequency	Percent
Internet Addiction	>15	Low	20	6.7
	(16-30)	Moderate	280	93.3
	(31-45)	High	0	
	Total		300	100.0

Level of evaluation (>15)= Low, (16-30)= Moderate, and (31-45)= High

Distribution the Level of Internet Addiction of Study Sample:

The result revealed the majority of study sample with moderate level of internet addiction 280(93.3%) overall study sample. These finding agree with the study in iran was studied Prediction of internet addiction among students at Iran university of medical sciences based on knowledge literacy, it was found that students have a moderate degree of internet addiction[17].

Study title effect of Internet addiction on sleep quality in adolescents, it was determined that adolescents have a moderate Internet addiction score according to YIAT-SF and poor sleep quality according to PSQI and the sleep quality was negatively affected by the Internet addiction [23].

Table (3): Distribution the Level of Psychosocial Adjustment among Secondary School Students :

Scale	MS	Level of Evaluation	Frequency	Percent
Psychosocial Adjustment	(40—80)	Well Psychosocial Adjustment	102	34.00
	(81-120)	Fair Psychosocial Adjustment	102	34.00

	(121-160)	Poor Psychosocial Adjustment	96	32.00
	Total		300	100.0

Levels of evaluation (40-80)= Well Psychosocial Adjustment , (81-120)= Fair Psychosocial Adjustment, (121-160)= Poor Psychosocial Adjustment.

The levels of psychosocial adjustment among secondary school students was 34.0% Well (40-80); 34.0% Fair (81-120); and 32.0% Poor (121-160). These findings show the majority of study sample within same level of psychosocial adjustment scale (Well and Fair) among the study sample, and agreed with study of which was studied Internet addiction and its relationship with psychosocial adjustment among adolescent, and found high level of psychosocial adjustment (160.58), $M=125$, and $SD=13.08$ [24].

Table (4): Distribution and Association between Student's Gender and Psychosocial Adjustment of Study Sample.

Psychosocial Adjustment Student's Gender		No	Mean	SD	T	P .value	Sig
Psychosocial Adjustment	Male	161	1.98	0.376	50.743	0.000	HS
	Female	139	2.02	0.422			

Mean=Arithmetic Mean, Std. Dev. (S.D.), , P = probability value. , NS : Non Significant at $P \geq 0.05$, S : Significant at $P < 0.05$ t=t-test , No=Number of sample.

Discussion of the differences between students gender and Psychosocial Adjustment of Study Sample:

According to association between students gender and psychosocial adjustment of study sample the results shows there is statistically significant differences between students gender and psychosocial adjustment, these found mean score of female 2.02, SD; 0.422, and mean score of male 1.98, SD; 0.376, at p.value=0.000 when analysis by t- test. Current results support by study in Bahrain, these result of study found there are statistically significant differences between males and females in personal and social adjustment in favor female sample. Because the female is more

emotional than male, especially in the teenage stage where the stage is turning and a hormone change[25].

Conclusions

The Internet has a negative effect more than a positive, as it was found that students who use the Internet for many hours affects them physically, psychologically and socially, and thus psychosocial adjustment decreases.

Recommendation

Establish educational extension programs in secondary schools, and providing psychological and educational support for students, especially females. Since this study was conducted in few secondary schools, further studies with larger sample sizes are proposed in order to identify other effective variables in the field of Internet addiction.

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